

# Life WITHOUT Depression

By Tammy Adams

## ELIZABETH'S STORY

Elizabeth cannot recall ever being happy. Growing up, she always felt intimidated and just couldn't relate to her happy siblings and schoolmates. Even as a young married woman and mother of two small children, Elizabeth could not escape her suffocating depression. When she divorced and moved back home with her parents and two little ones, Elizabeth finally found the courage to seek help for her crippling secret.

One call to Mohamed Ahmed, M.D., changed her life. Dr. Ahmed is the founder of the Psyclinic and a board certified adult and child psychiatrist. He recommended TMS (Trans-cranial Magnetic Stimulation), an FDA-approved non-invasive, non-drug treatment for depression. Within her first week of treatment, Elizabeth felt lighter, more positive and more confident. "I will never regret my decision to try this treatment," said Elizabeth. "It changed my life for good and made me who I always wanted to be."



## SHARON'S STORY

For Sharon, depression was not just an illness; it was a lifelong companion. She isolated herself from family and friends because it was less painful than watching their happy lives and not being able to engage with them. She sought help and tried every medication prescribed for depression. Nothing helped long term. Just when she had resigned herself to living with her deep sadness forever, Sharon's doctor suggested TMS as an alternative to her failing meds.

It took some time and Sharon even experienced a medical setback with a stroke during that season. One day, while recovering in the hospital, Sharon noticed that she felt lighter, more relaxed and deeply happy, in spite of her health scare. "I couldn't believe myself," said Sharon.

"That very special moment made me feel 20 years younger, full of hope, optimism and best of all, happiness." Sharon loves to share her story to give hope to others who struggle with depression. "It's never too late to try to seek help," she said. "Everything is possible and God has His own timing."

# It CAN Happen!

## KIMBERLY'S STORY

Kimberly was a happy, energetic young woman when she was blindsided by depression. Her grandmother's death triggered it and she tried every prescription on the market to try to pull herself out of the darkness. Her husband and children suffered from her inability to engage in and enjoy their family life. After a weeklong hospital stay, Sharon was determined to get the help she needed. She and her husband met with Dr. Ahmed, who recommended she try TMS.

The process took some time and Kimberly journaled throughout this season. "Then one day as I wrote, a surge of emotions and feelings started flowing through my heart," she said. The improvement continued and gave

Kimberly the strength and confidence to restore her broken relationship with her mother. She is enjoying greater intimacy with her husband and more fun with her children. "I used to feel ashamed of being bipolar and having depression," said Kimberly. "But not anymore! There is hope out there."





## JANE'S STORY

Jane's struggle with depression began after the birth of her first child and subsequently became worse each time she had another baby. Years later, with two failed marriages and what felt like a lifetime struggle with depression, Jane resigned herself to being on medications forever. "I was prescribed more varieties and higher dosages until I was on so many meds, I could not even keep up with taking them all each day," she said.

When she moved back to Texas to be near family, Jane entered an intensive outpatient program, met Dr. Ahmed and learned about TMS therapy. By the end of her fourth week of treatment, Jane was feeling so much better and had more clarity than she could ever remember having. "I realized I had been living in a fog for decades," she said. Today, Jane has been weaned off of most of her medications by Dr. Ahmed and takes less than 25 percent of what she was taking when she started TMS. She quit smoking and feels so much healthier in every way. "I want to take care of myself; I want to live," she said.

## JAN'S STORY

As a hospice nurse, Jan knows about sadness and depression. But for her patients and their families, she always kept a smile on her face and tried to lift the spirits of those around her. But when her own beloved mother died, depression hit Jan and hit her hard. "I realized you just cannot kick this on your own," said Jan. "It was such a deep, dark, black hole."

After eight years of struggle with what she termed "the abyss", Jan knew it was time to get help. At the time she met Dr. Ahmed, he was just adding the new FDA-approved NeuroStar TMS therapy to his Webster clinic. Jan was the first patient to utilize TMS and her mental health improved immediately. "One day I just noticed how clear and bright colors had become," she said. "The abyss was gone! I wasn't heavy or dark; feeling like an elephant was lying on my chest. I felt truly happy."



impossible



## JENNIFER'S STORY

Decades of depression that came and went finally caught up with Jennifer and she ended up in an outpatient psychiatric hospital. She was taking such large doses of prescription medicines to treat her depression that she began experiencing hallucinations. "I decided it was time for a new approach to my life and my illness," said Jennifer. A major life change brought her back from California to her home in Houston. It was here she met Dr. Ahmed.

After her fifth session of TMS, Jennifer felt as if a giant cloud had been lifted off her head. "I was beginning to see the world differently." She would like others to know there is a new option for depression. "You don't have to live with it for the rest of your life," she said.



## MELBA'S STORY

After two divorces and some serious life challenges, including a health scare, Melba brushed off her lack of energy or desire to do anything as just a response to the hard things she had come through. But her daughter recognized Melba's symptoms as possible depression and suggested she see a psychiatrist.

When Dr. Ahmed suggested TMS therapy, Melba was at first skeptical, wondering how such a protocol could actually work. But she decided to give it a try in early December. By Christmas, she was feeling so much better. "I wanted to be social, my energy returned and I even started painting again," she said. "TMS is phenomenal. You cannot get to this machine fast enough if you've ever suffered from depression."



## LUCY'S STORY

After a difficult and long bout with depression that was exacerbated by her husband's death after 54 years of marriage, Lucy felt immobilized and unable to do anything to change her situation. She had no appetite and no desire to do anything. Although she had been medicated for years for depression, Lucy felt the meds were no longer able to stay ahead of her deep sadness.

When Dr. Ahmed suggested TMS, Lucy was excited to start. Initially, she didn't see a difference but she stayed the course and continued with her treatment plan. "Eventually, I noticed I started feeling more energetic," said Lucy. "I felt like cleaning my house. I was hungry and eating again." Lucy now enjoys life again, taking a ceramics class and taking trips with her girlfriends.



## TAMMY'S STORY

Tammy remembers the day she saw a terrible car accident on the road and thought, Why can't that just be me? Why can't I just die? Years of depression had taken a toll, stealing Tammy's joy and desire to even live. For whatever reason, Tammy's depression did not respond to traditional treatment, leaving her even more despairing.

For Tammy, TMS therapy literally saved her life. She had exhausted all other options and was still living in misery. With just a month of TMS treatments, Tammy feels like a new person. "The results have been amazing," she said. "I feel like I'm a stronger person now and I want to help others."



## DR. AHMED—A FIERCE ADVOCATE FOR INDIVIDUALS SUFFERING FROM DEPRESSION

"Depression is a painful darkness that can feel like you are living in a cloud or fog," said Dr. Ahmed, a board certified children and adult psychiatrist and founder of the PsyClinic, with locations in Webster and Baytown. "TMS is a non-invasive, painless procedure that stimulates certain areas of the brain to help relieve depression."

TMS, which stands for Transcranial Magnetic Stimulation, uses the newest technology and is FDA-approved to help with depression. "It works even in patients who do not respond to all other treatments," said Dr. Ahmed. "It is painless and uses a pulsed magnetic field, similar in type and strength to an MRI. During treatment, patients can listen to music, watch television or even close their eyes to relax or go to sleep."

TMS is affordable and now covered by most insurance plans. "Our flexible payments plans make it affordable for every budget," said Dr. Ahmed. "The financial impact of untreated depression can be devastating when you add up the cost of medication, doctor visits, hospitalization, lost time at work and failed relationships."

"TMS is a tool that should be considered for every patient with depression," he added. "Medication is an option, but the side effects, ineffectiveness and intolerability can be quite a burden for any patient." Dr. Ahmed believes TMS is the future of psychiatry but is currently underutilized.



### MEET DR. AHMED

**Dr. Mohamed Ahmed**  
Board Certified Adult and  
Child Psychiatrist

Dr. Mohamed S. Ahmed, MD serves as the Chairman of the Department of Psychiatry at The San Jacinto Methodist Hospital in Baytown, TX. Dr. Ahmed is also an Assistant Psychiatry Clinical Professor at UTMB Galveston, TX. Founder of The PsyClinic in Baytown and Webster, TX.



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**281-837-6463 • ThePsyclinic.com**

**Clear Lake**—330 E. Medical Center Blvd., Webster, Texas 77598  
**Baytown**—4201 Garth Road, Suite 212, Baytown, Texas 77521