

Transcranial Magnetic Stimulation

Information leaflet

Opening Hours

Monday - Friday: 8:30am - 4:30pm
Saturday - Sunday: CLOSED

Contact Us

Phone: (07) 5636 6666
Email: info@gcspecialists.com.au
Website: www.gcspecialists.com.au

GC Specialists Clinic

HQ@Robina
Suite 51, Level 5
58 Riverwalk Avenue
Robina QLD 4226

Get Started

For more information on rTMS
please visit our website
www.gcspecialists.com.au



GC SPECIALISTS
CLINIC

Repetitive Transcranial Magnetic Stimulation (rTMS)

A safe, non-invasive, Medicare-supported therapy now available at GC Specialist Clinic on the Gold Coast.

What is TMS?

Transcranial Magnetic Stimulation — A Gentle, Effective Approach

Transcranial magnetic stimulation (TMS) is a safe, non-invasive treatment for depression and other mental health conditions. It uses gentle magnetic pulses, like those used in an MRI to stimulate areas of the brain that regulate mood. When the magnetic pulses are delivered repetitively, it's called Repetitive Transcranial Magnetic Stimulation (rTMS). There is no administration of medications, anaesthesia and no hospital stay is required.

During an rTMS procedure, an electrical current passes through a small coil placed close to the scalp. This current induces a magnetic field that stimulates electrical activity in specific areas of the brain.

TMS is approved by the Therapeutic Goods Administration (TGA) in Australia and supported by a strong body of clinical evidence. It has been used worldwide for over two decades and is now covered by Medicare for eligible patients with treatment-resistant depression.



What to Expect

Step 1: Initial Consultation

You will meet with one of our psychiatrists for about an hour to review your symptoms, mental health history, previous treatments and determine if rTMS is right for you.

Step 2: Personalised Treatment Mapping

Before your first treatment session, we map the precise area of your brain to target and determine the strength of treatment that you will receive, called the Resting Motor Threshold (RMT).

Step 3: Treatment Sessions

A typical course of rTMS involves daily sessions on weekdays over four to six weeks. Each session takes approximately 20 to 40 minutes. You will be comfortably seated the entire time and many patients listen to music or simply close their eyes and relax.

Step 4: Progress Reviews and Follow-Up

Throughout your treatment, we monitor your response to treatment with regular check ins and validated mood assessments.

Who can benefit from rTMS?

rTMS may be right for you if you have been living with depression that has not responded well to medication — sometimes called treatment-resistant depression. Conditions we treat with TMS include:

- Major depressive disorder (MDD) — our primary focus
- Anxiety disorders
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

Your Psychiatrist will determine your eligibility to receive rTMS.



What are the side effects?

Most people tolerate the treatment very well.

The most common side effects include mild scalp discomfort or a tapping/tingling sensation during stimulation and a transient headache that generally resolves as tolerance develops.

Very rarely, one may experience a brief facial muscle twitching or light-headedness during or just after treatment.

A serious potential adverse event is the induction of a seizure. This is extremely rare, estimated to be less than 1 in 30,000 treatment sessions. We have strict safety protocols in place to minimise any risks.

Medicare and Fees

If you meet the Medicare eligibility criteria for rTMS, your treatment sessions are bulk-billed, meaning there is no out-of-pocket cost to you for the rTMS sessions themselves. Your initial consultation and follow-up appointments however may attract a gap fee, which we will explain upfront before your first visit.