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Medical Director

Riverview Psychiatric Medicine

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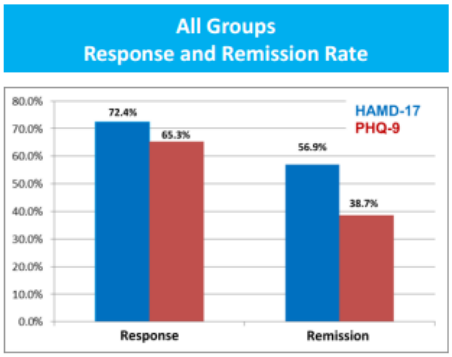
The View
Community Mental Health Newsletter

Riverview Psychiatric Medicine, PC is a leader in providing state of the art treatments for neuropsychiatric conditions including depression and anxiety. In 2009, Dr. Pardell established the **TMS Center of the Hudson Valley**, bringing the breakthrough technology of transcranial magnetic stimulation (TMS) to our region. TMS therapy is uniquely positioned to treat patients who have not responded to antidepressant medications, could not tolerate medications or have opted for a non-pharmacologic modality. The TMS Center of the Hudson Valley utilizes the Neurostar TMS Therapy System which is the first TMS technology cleared by the FDA.

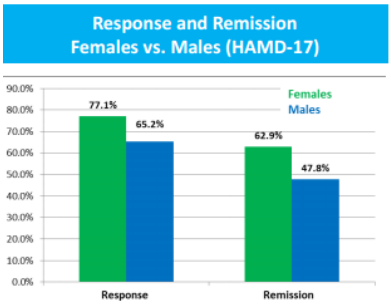
TMS works by utilizing an MRI strength magnetic field to stimulate the areas of the prefrontal cortex of the brain that are responsible for depression. In essence, the directed magnetic pulse "awakens" neurons and generates both electrical and chemical changes to normalize function and lift depression. Unlike electroconvulsive therapy (ECT), TMS does not induce seizure for therapeutic benefit or require anesthesia or sedation. During the 40 minutes procedure patients are positioned and comfortably reclined in a European spa chair. They have the option of listening to music, watching TV, or interacting with staff. Reported side effects are local site sensitivity and mild to moderate headache which are easily managed with over the counter medications. Over the initial week of treatment side effects abate. The incidence rate of seizure with TMS is rare (3/10,000 treatments as reported by FDA), and is the same or less than the rate of seizure reported for antidepressant medications. TMS is contraindicated in patients with ferromagnetic material implanted in and around the head such as cochlear implants, stents, or metal plates or fragments.

TMS patients have an initial consultation with Dr. Pardell to evaluate the potential benefit of TMS therapy. At the onset of treatment a motor threshold determination (SMT) is performed to ascertain a patient's unique treatment intensity and precise location for magnetic coil placement. Patients are welcomed to bring a trusted friend or family member for support. In the acute treatment phase, patients will receive 5 treatment sessions per week for a minimum of 20 sessions. Though some patients may experience improvement early in treatment, typical antidepressant effects will occur in the 3rd to 4th week of treatment. The total number of sessions required in the acute treatment phase varies with each patient. Following acute treatment, Patient may require subsequent maintenance treatments to remain free of depression. Dr. Pardell holds regularly scheduled complimentary **TMS Educational Meetings**. The next meeting will be held on **April 19, 2014** from **10AM-12 PM** at **Riverview Center, 370 Violet Avenue, Poughkeepsie, NY. 12601**. RSVP at **info@riverviewpsychiatric.com** or call us at **845-471-1807**.

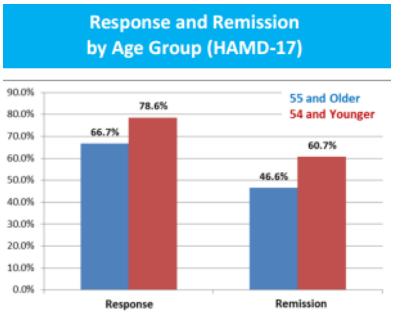
In October 2013, at the US Psychiatric and Mental Health Congress in Las Vegas, Nevada, Dr. Pardell presented his research on depressed patients treated with transcranial magnetic stimulation at the TMS Center of the Hudson Valley. Utilizing the Hamilton Depression Rating Scale, Dr. Pardell described a Response Rate of 72% and Remission Rate of 57%. Dr. Pardell performed further analysis of his results stratifying Response and Remission Rates by age and gender. His statistical analysis using parameters of age and gender was a landmark study.



His research showed that woman had higher response and remission rates compared to men. Though a gender difference was found, one explanation for the variation could be attributed to men initiating treatment later on in their illness when they were more severely ill and less treatment responsive.



Younger patients under the median age of 55 appeared to respond better to TMS then older patients. Prior studies have shown that TMS effectiveness is directly related to the power of TMS pulsing. As we age the brain cortex begins to recede from the cranium and is at a greater distance from the magnetic coil and hence may lead to less effective treatment response due to reduce power of the magnetic field.



The results presented were received with much interest and were nationally reported in an article circulated through the Psych Congress Network. Please access our website for links to the poster presentation and article at riverviewpsychiatric.com.

Our Mission:

Our mission at Riverview Psychiatric Medicine is to address the physiological and psychological aspects of each patient to create the optimal treatment plan. We offer **medication management**, **Transcranial Magnetic Stimulation (TMS)** the breakthrough technology for treatment resistant depression, **genetic testing** to personalize medication treatment selection, **serum biomarker testing** to diagnose depression, **nutritional and bioidentical hormone supplementation**, **psychotherapy**, **career coaching and consulting**.

Our Team:

Randy Pardell, MD, DFAPA

Terri Coonrad-Hershkowitz, NP-P

Ellyn Enisman, CEC, LMSW

Virginia Coleman, LCSW-R

TMS of the HUDSON VALLEY center

Randy I. Pardell MD DFAPA is board certified , a Castle Connolly Top Doctor and a distinguished fellow of the American Psychiatric Association. Dr. Pardell has been a psychiatrist in the Hudson Valley for over 25 years. In 2009, he established the *TMS Center of the Hudson Valley*, offering patients state of the art treatment for recurring depression. Transcranial Magnetic Stimulation Therapy (TMS) offers hope to those who are unresponsive to medication, experience unwanted side effects from medication, or those opting for alternative modalities. Our practice has a clinically proven response rate in treating depression symptoms with TMS of greater than 72%

Dr. Pardell completed TMS fellowships at the Harvard School of Medicine and the Duke University School of Medicine. He is a nationally recognized speaker and educator, lecturing on the latest treatments for psychiatric disorders. Contact our office for a consultation

We offer community educational events. Our next complimentary event:

TMS Educational Seminar

Date: **Saturday April 19, 2014**

Time: 3 PM

Place: Riverview Psychiatric Medicine

370 Violet Avenue,

Poughkeepsie, NY 12601

Please call the office **845-471-1807**, or email us at **info@riverviewpsychiatric.com**.

Services We Provide

- Medication Management
- Pharmacogenomic Testing to individualize medication selection
- Serum Biomarker Testing to diagnose Depression
- Nutritional and Bioidentical Hormone Supplementation
- Transcranial Magnetic Stimulation therapy for Depression
- Psychotherapy for individuals, couples and families
- Career Coaching/Consulting

Contact Information

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Our office hours
Monday – Thursday: 8:30 a.m. to 7 p.m.,
Friday: 8:30 a.m. to 4 p.m

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