



LONDON, September 29, 2014 /PRNewswire/ --

## **First clinic in the UK to offer repetitive Transcranial Magnetic Stimulation (rTMS) as a drug-free treatment for depression reveals outstanding patient results**

The London Psychiatry Centre is the first clinic in the United Kingdom that is able to provide patients with repetitive Transcranial Magnetic Stimulation (rTMS) -- a safe and proven intervention to help overcome treatment-resistant depression without the use of antidepressant medication.

Depression is the most common mental health disorder, affecting about 1 in 10 people every year. Studies show that up to two thirds of those who suffer from depression will continue to do so despite taking antidepressants and / or undergoing psychotherapy.

***rTMS is a ground-breaking treatment for adult patients with Clinical Depression. It provides a solution to those for whom antidepressant medications have failed to provide satisfactory relief.***

rTMS is a newly licensed and approved treatment in the UK to treat depression. It utilises magnetic pulses to target the area of the brain that regulates mood. It selectively alters activity in specific areas of the brain, resulting in a positive improvement in mental health. rTMS is safe, highly effective, long lasting, non-invasive, pain free, and has virtually no side effects.

At The London Psychiatry Centre, treatment using rTMS is short but intense, around 25 minutes per session -- five sessions each week are required for 2-6 weeks.

To date, the clinic has treated 83 patients with treatment-resistant depression who were previously unable to achieve relief. Out of these patients, 55 (66%) achieved remission (full recovery) within 6 weeks (4 weeks on average) and most have been well for between 1-12 months with infrequent maintenance. There have been no side effects noted.

This swift and meaningful result for patients who have suffered for very long periods of time with unrelenting depression, is life changing. In many cases, rTMS patients can return to work within a few weeks of starting treatment - as opposed to the average of 9 months with drug treatment, psychotherapy and ECT.

Consultant Psychiatrist Dr Rafael Euba oversees rTMS at The London Psychiatry Centre, and is the first clinician in the UK to offer rTMS for the treatment of depression. He is one of a very small group of brain stimulation experts in the UK who have a deep clinical understanding of this effective and ground-breaking treatment for depression.

*"After all my many years of treating patients, I believe rTMS to be the best solution for people with treatment-resistant depression. For many sufferers, it works where other interventions have failed."*

**Consultant Psychiatrist, Dr Rafael Euba**  
(Licentiate in Medicine and Surgery (Spain), MRCPsych)

## **NOTES FOR EDITORS**

### **ABOUT THE LONDON PSYCHIATRY CENTRE**

The London Psychiatry Centre on Harley Street is the first clinic in the UK that offers patients cutting edge, fully approved and licensed rTMS treatment, as routinely used by the famed Mayo Clinic, Johns Hopkins and Harvard's McLean Hospital in the USA.

Their team includes Consultant Psychiatrists, Psychologists and Psychotherapists along with nutritionists, coaches and wellbeing experts.

The London Psychiatry Centre  
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For more information, please visit: <http://www.psychiatrycentre.co.uk>

For more information, press visits, images or commentary and interviews with Dr Rafael Euba, please contact Kate Lam: [kate.lam@staturepr.com](mailto:kate.lam@staturepr.com) / +44(0)207-100-0853

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