

June 15, 2016

Patient experience at Delaware TMS

I was 18 when someone finally decided that, maybe, there actually might be a problem. They called it depression. Since that time I have been in every kind of therapy, inpatient for three months, outpatient everyday for a year, on at least 80 kinds of medications, and 13 ECT treatments, all to just remain what would be considered functional. If you were to meet me you would think I was just as "normal" as yourself. The main difference would be that my outlook on life as opposed to yours. Mine was without any hope.

Everyone has down days as they saying goes, but mine lasted year after year after year. Inside though all I wanted was to die to stop the thoughts. Fast forward 51 years, I am now 69 years old.

TMS, do you know what that stands for? Transcranial Magnetic Stimulation. Sounds scary doesn't it? I was scared to death, but I was also tired of all the medications and toxins in my body. We moved to Sussex County in April 2014, and my husband saw an article in the Cape Gazette that TMS had come to Delaware and called to inquire.

Before I knew it I was sitting with Erin Yates, the TMS Program Director, and she was explaining everything to me. And I mean everything. I told her upfront, through my tears, that I didn't feel worth her time or the money at my age, "what difference does it make now," and her answer to me was "... wouldn't it be worth it to see the other side of life."

At first I thought I would never make it through, but just like Erin said it did indeed get much easier. I was never in any pain and never had any side effects. She is very particular and precise when working with you and most of all, always very caring. I always felt secure and at ease in her knowledge and professionalism.

So just maybe if you have been like me for years and years and feel like it's too late, "who cares anyway?" Or you are younger and just feel those down days come far too often and last too long you might want to give TMS a try. It truly can make a difference and for the first time in a long time I'm in remission from my depression. So... after 60 years life really is worth living.

-C.J., female, 69 years, Sussex County DE, Chronic, Severe, Major Depressive Disorder