

My world consisted of pajamas and a dark cloud following me daily. There was little that I got excited about after I got in a car accident in 2007 and started to suffer from chronic pain, PTSD, migraines, and depression. I was living the American Dream... I had the perfect job... the wonderful husband and a beautiful daughter but after my accident it was test after test trying to fix my chronic pain. I didn't have an easy case where you could just go and fix my problem and go back to work. I learned my restrictions fast where lifting only 5 pounds would give me a migraine. Or sitting for 30 minutes would start to hurt my back. Walking for long periods of time would hurt. The sun and bright light would bring on migraines. That left me with little to do but I tried every procedure they recommended until they came to the end and said there was nothing more we could do for you... Everyday the depression just got worse and the cloud got bigger. I started to live in my pajamas and just stay in the house where I felt comfortable and safe, where I didn't have a lot of responsibilities.

I had to give up everything and had this black cloud of depression for years until I met Dr. Balu. I had suicidal thoughts daily... wondering why me? I was tired of sitting on the sidelines watching everyone have fun and my life was passing me by. Since my case was a Workers' Comp case they liked to change doctors and this was a blessing for me that Dr. Balu took my case... which he was very hesitant at first because like I said I tried everything. Dr. Balu and his team listened to my issues and could hear my desperation to try anything they had to feel better. Dr. Balu had treated me for a while when he and Dr. Patel asked if I would be interested in trying a machine they were going to get to help with reducing depression? At first I was skeptical that this machine would work.

After getting all the details about TMS therapy I was a little nervous. The black cloud in my head was telling me "we don't get out of the house 5 times a week.. what are you crazy?" But I trusted Dr. Patel so I forced myself to make those appointments. After the third week of treatment I started to enjoy the sun and not sleep all day. Things were changing for me. My family could see a change in the fourth week. When the fifth week rolled around Dr. Hana and Dr. Balu has already cut down all of my medications. Cymbalta from 90 mg to 60, Topamax from 125 mg to 100 mg, Xanax was cut in half, as well as all my pain medications. TMS also reduced my migraines significantly.

Today I feel like I got my life back. I am excited about doing things. I can make plans and stick to them. I know how the Brainsway machine is supposed to work but still I'm in amazement how it has released me from suffering and I can't thank Dr. Balu's team enough for giving me my life back and the ability to enjoy and celebrate everyday!

- PP, female, 42, New Castle County