

September 17, 2014

Dr. Balu,

I am writing this letter to give you some insight into my experiences with the TMS treatment that I am receiving from your office.

Just a short synopsis to my treatment; I began treatment in early August with your office, hoping to find some relief from the ongoing depression and anxiety issues that have accompanied my pain issues. I am a 50-year old woman and have battled major and situational depression for most of my life, starting when I was a child. In my early 40s the depression became increasingly severe. At that time I began a downward spiral, which can be described as rapid and seemed as though there was no real end in sight. In April 2009, I was involved in a near fatal motor vehicle accident that left me with eight breaks, internal injuries, an occipital condyle fracture, and a two-week stay in shock trauma at Christiana Care Hospital in Newark, DE.

Following that accident, I continued treatment, but also became more and more dependent upon the medications that I was taking. I was taking Percocet , Soma, and Ativan, a combination that lead to an addiction that lasted many years. I have now been off all narcotics since November 2012.

Unfortunately, my depression and anxiety became extreme and this lead to my pain becoming more pronounced again. I have been seeing therapists and been prescribed antidepressants and anti-anxiety medications over the course of my life; however, they have been ineffective to this point. Until we began my TMS treatments.

Since I began the treatments, I am more even tempered, less prone to emotional outbursts and more able to handle the day to day problems and issues that arise than I was before. In addition to the emotional relief, I am seeing a marked relief in my pain. I have had pain in my lower back , cervical spine and legs, which can and has been debilitating at times. Recently, I have been able to deal with my pain with fewer medications, and knowing that, I can get through it and move forward. Even more interesting, is that I feel better about myself, lighter inside, more able to cope and happier than I have been in quite some time.

I can't thank you enough, Dr. Balu. We have worked together toward my physical well-being for many years, and now we are working toward my emotional well-being as well. I have read many articles and research papers that lean toward pain and depression walking hand in hand, and I am now a firm believer in this statement. My own life is a testament to this. I am getting better every day and can't wait to see how it all works out and what life has to offer now that I am healthier and happier.

With my deepest gratitude,

LR, female, Bear Delaware