WELCOME

AN ADVANCED PSYCHIATRY SERVICE PROVIDER



At CNY TMS, our mission is to cultivate hope for a purpose-filled life.

JASON STEPKOVITCH, MD
SALVATORE ARGIRO, MD

CNY TMS
PSYCHIATRY

Welcome Booklet

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Our Mission

CNY TMS PSYCHIATRY



Jason Stepkovitch, MD



The physicians and staff at CNY TMS Psychiatry are driven to help patients achieve an optimal quality of life. Our patient interactions are comforting, and you can expect the best in care at CNY TMS Psychiatry.

CNY TMS specializes in treating a number of psychiatric and neurological conditions, such as treatment resistant depression, geriatric depression, generalized anxiety disorder, bipolar depression, obsessive compulsive disorder (OCD), borderline personality disorder, attention deficit hyperactivity disorder (ADHD), Alzheimer's and other memory disorders, as well as a number of other conditions.

Our physician providers:
- Jason Stepkovitch MD
- Salvatore Argiro, MD
- David Kang, MD

We take great pride in our ability to provide the most advanced form of treatments, such as transcranial magnetic stimulation (TMS) therapy for a number of treatment resistant conditions that do not respond to conventional types of medicines and psychotherapy.

TMS THERAPY

Education with a Purpose

TMS THERAPY IS THE MOST ADVANCED FORM OF TREATMENT IN PSYCHIATRY MEDICINE

Salvatore Argiro, MD



TMS stands for transcranial magnetic stimulation. TMS is an FDA-approved treatment for major depressive disorder and obsessive compulsive disorder (OCD), and smoking cessation. TMS is also used to effectively treat a number of other psychiatric and neurological conditions.

TMS uses brief magnetic pulses to stimulate a very specific area of the brain. With repeated stimulation over a period of time, the neurons in the area being treated begin to "wake up". As these neurons wake up and begin to perform their job, balance of neurochemicals and restoration of neural pathways brings freedom to patients by helping to alleviate their depression symptoms.

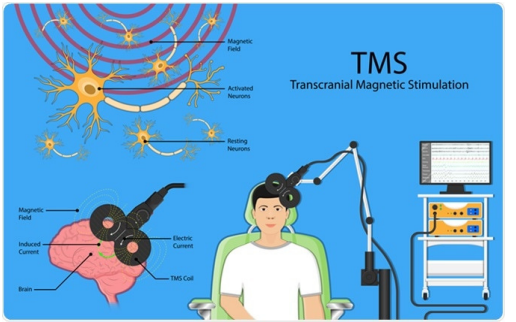
Unlike medications and ECT (electroconvulsive therapy), TMS does not cause any systemic side effects or memory loss. TMS is considered safe and very effective, with nearly 70% of patients achieving greater than a 50% reduction in symptoms up to complete remission.

The majority of patients treated with TMS can expect to live a much improved quality of life and even remission from their symptoms for approximately 10-12 months, and even longer for some patients.

Maintenance treatments or repeat treatment every 6-12 months are generally recommended to maintain your state of remission. In most cases your insurance may cover a full course of repeat TMS treatment in approximately 6-months if your symptoms come back and severe depression returns.

TMS is widely researched as a treatment option for a number of psychiatric conditions. There is hope that TMS will be soon be approved for additional conditions, such as anxiety, substance abuse, and bipolar disorder.

We look forward to helping you to achieve a much happier, healthier, quality of life.



WHAT TO EXPECT WITH TMS THERAPY

TMS is a safe and effective treatment with no downtime. Depending on the treatment protocol that the doctor prescribes, each treatment session may last from 3 to 19 minutes.

A standard treatment, consists of five 19-minute treatments per week for approximately six weeks, followed by a tapering of six additional treatments.

Unlike medications, you should not expect to have any systemic side effects, such as dizziness, insomnia, weight changes, GI-upset, sexual dysfunction or otherwise.

TMS is a painless therapy with no systemic side effects and most patients begin to respond by the third or fourth week. Results typically last for about 12 months for most patients.

Treatment at

CNY TMS PSYCHIATRY

Answers to the Most Common Questions Asked

FAQs

IS TMS COVERED BY INSURANCE?

TMS is generally covered by insurance for adult patients with a diagnosis of depression who have tried 2-4 antidepressant medications and some form of psychotherapy, yet still continue to suffer from depression.

IS TMS PAINFUL

Painful? No. Uncomfortable? It depends on the individual. In the majority of patients, TMS is well tolerated with only minor discomfort on the scalp where TMS is applied.

WHAT CONDITIONS DOES TMS TREAT?

At CNYPsychiatry, we focus on evidenced-based treatment. We can treat major depression, postpartum depression, bipolar depression, personality disorder, ADHD. anxiety, and Alzheimer's and other memory disorders.

HOW LONG DOES TMS RESULTS LAST?

Approximately 70% of patients respond to TMS with typical results lasting 6-12 months.

IS TMS SAFE FOR MY TEEN CHILD?

While FDA-approved for adult patients, TMS can be an effective and safe treatment option for teens suffering from depression or anxiety.

My Symptoms	MON	TUES	WED	THURS	FRI	SAT	SUN
Anxious							
Burdened							
Defeated							
Empty							
Foggy thoughts							
Fatigued							
Hopeless							
Lonely							
Overwhelmed							
Sad							
Sleeping problems:							
Other:							
Other:							
Other:							
Other:							

MY SYMPTOM TRACKER

TMS Start Date:

Initial PHQ-9 Score:

Treatment 15 PHQ-9 Score:

Treatment 30 PHQ-9 Score:

Last TMS Treatment Date:

2021 WELCOME TO CNYPSYCHIATRY

Patient Name: _____

CNY TMS
PSYCHIATRY

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