

Can a machine lift your mood?

Device uses gentle magnetic pulses to treat depression

It sounds like science fiction: a machine that treats mental illness by sending magnetic pulses into a patient's brain.

But transcranial magnetic stimulation (TMS) isn't sci-fi. It's a real treatment option at Coos Bay's Ko-Kwel Wellness Center, proven to help 75 percent of patients with depression who use it.

"That's a phenomenal statistic, given that these people have been dealing with depression all their lives," says Jennifer Hope, a psychiatric mental health nurse practitioner at KWC.

Is TMS for you?

The national Network of Depression Disorders reports that depression is the No. 1 cause of disability among Americans age 15-44. It's responsible for more than \$200 billion in annual lost earnings.

Hope says TMS isn't for every depression patient. She prescribes it for those



Jennifer Hope, PMHNP-BC, adjusts a helmet that will deliver non-invasive magnetic pulses to a region of the brain that manages mood.

who haven't responded to medication.

Once Hope has determined that TMS is suitable for her patient, the patient must commit to four weeks of five treatments a week. After that, treatments taper down to two or three a week for four more weeks.

Hope uses TMS as an "adjunct" therapy. Rather than using it alone, she prescribes it alongside antidepressant medication.

Other TMS uses

In addition to depression, TMS is approved to treat obsessive-compulsive disorder and post-traumatic stress syndrome. The Department of Veterans Affairs is studying its possible use for traumatic brain injury. Ex-football players with brain injuries are trying it as well.

Learn more about TMS inside this issue.

TMS: What it's like

Patients often ask Jennifer Hope: Is transcranial magnetic stimulation like "shock therapy"?

No, she assures them. It's not like that at all.

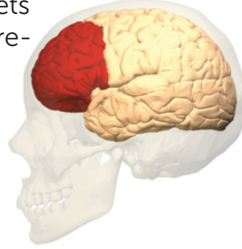
TMS is a non-invasive treatment with minimal risk. It treats depression by sending magnetic pulses (not electricity) into the brain's left prefrontal cortex.

You sit in a cushy chair, wearing a hoodlike cloth cap, topped with a futuristic helmet. No needles or electrodes are involved.

Each treatment takes about 20 minutes. The most common side-effects are temporary headaches and scalp tenderness.

Noise is a minor drawback. Like magnetic resonance imaging (MRI), the TMS device clicks loudly. So the patient and the medical professionals wear earplugs.

To treat depression, TMS targets the left prefrontal cortex, a brain area that manages mood.



About Jennifer Hope

Jennifer Hope has wanted to work in a Native American clinic since 2006, when she trained with a Cherokee Indian nurse practitioner in West Virginia. So she's delighted to be practicing at the Ko-Kwel Wellness Center in Coos Bay.

Hope is a certified psychiatric mental health nurse practitioner, with a Master of Science degree in nursing practice. She currently splits her time between KWC and another local clinic, but she'll join the KWC full-time in January.

The Ko-Kwel Wellness Center is the region's first clinic to offer TMS, and that's another big reason for Hope to join the Ko-Kwel Wellness team.

"This is an opportunity that



most people working in mental health don't get," she said.

It's a promising opportunity for her patients as well.

Meet the rest of our behavioral health team

Gina Allison



Mental Health Counselor Gina Allison is available in Coos Bay for individuals, couples and families. She offers support and collaboration for clients of all ages with adjustments to changes, problem solving, coping skills, emotional regulation, depression, anxiety, trauma, stress, substances and sleep problems.



Kenda Plate

Licensed Professional Counselor Kenda M. Plate empowers clients to build coping skills. She can help with difficult life problems; eating and activity changes for a healthy weight; behavioral changes for tobacco or alcohol use; and a variety of mental health conditions.

We can
brighten your smile!

Call KWC's dental clinic today:

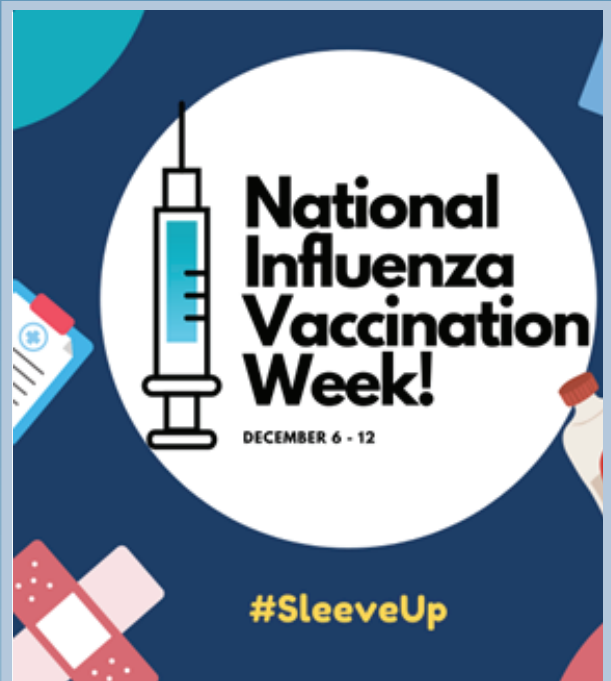
541-888-9494, option 6



Had your flu shot yet?

Influenza (flu) causes millions of illnesses, hundreds of thousands of hospitalizations, and thousands of deaths in the United States each year.

People of every age, including people in good health, are at risk.



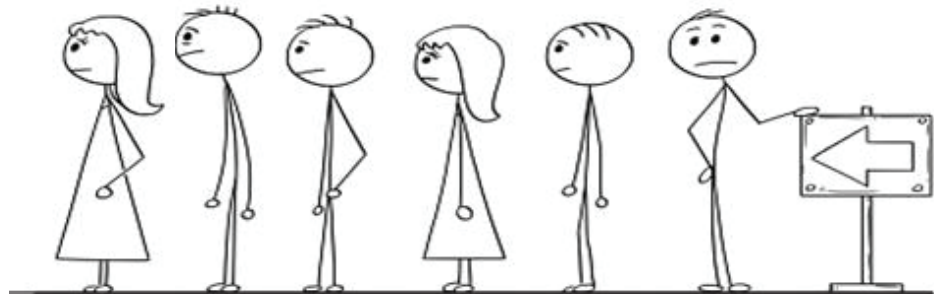
At your next Ko-kwel Wellness Center appointment, talk to your health-care provider about getting your flu shot and other recommended vaccines.

Wash those germs away

You have the power to prevent COVID, flu, colds, strep, tonsilitis and more.

1. Wash your hands when they are dirty and before eating.
2. Do not cough into your hands.
3. Do not sneeze into your hands.
4. Above all, do not put your fingers into your eyes, nose, or mouth.

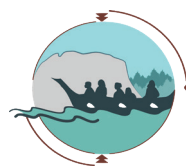
Why wait in line?



Fast, friendly pharmacy service by mail!

- We serve American Indian/Alaska Natives with OHP Open Card.
- We also offer primary medical, dental and behavioral health care.
- In-person prescription pickup is available in Coos Bay.

Call to sign up
541-435-7039



Ko-Kwel
Wellness Centers

Lung cancer kills ...

... 142,000 U.S. men and women each year

So let's get tested!

You need a yearly CT scan screening if:

1. You're between 50 and 80, and –
2. You smoke now, or you quit within the past 15 years, and –
3. You've smoked the equivalent of a pack a day for 20 years, or two packs a day for 10 years.

Ready to quit?



Thinking about getting screened?

Talk to your health-care provider and request a KWC "quit kit."

November is Lung Cancer Awareness Month

Ko-Kwel



Wellness Quarterly

Autumn 2022

Ko-Kwel Wellness Center
630 Miluk Drive
Coos Bay, OR 97420

Accepting new patients

- The Ko-Kwel Wellness Center in Coos Bay offers primary medical care, dental care, an on-site pharmacy and behavioral/mental health services.
- Our Eugene clinic offers primary medical care and a convenient mail-order pharmacy.
- We accept Medicare, Medicaid and private health insurance.
- Members of federally recognized tribes pay ZERO out-of-pocket.

Coos Bay (541) 888-9494
630 Miluk Drive

kokwelwellness.org

Eugene (541) 916-7025
2401 River Road
Suite 101