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# Arkansas Psychiatry Offers Non-Drug Treatment for Depression



Northwest Arkansas Psychiatry, a MANA clinic, continues to expand its services and is proud to offer Transcranial Magnetic Stimulation, a non-drug treatment for depression.

The clinic, which opened four and a half years ago as a service to provide psychiatric consultation to patients



Dr. Lance Foster



Dr. Randall Staley

within the MANA network, now also is accepting new patients from outside the MANA network. Expert, compassionate care is provided by the team of mental health professionals that includes Dr. Lance Foster, Dr. Randall Staley, Psychiatric Mental Health Nurse Practitioner

Brittany Seifert and Licensed Professional Counselor Andrea Cole.

Northwest Arkansas Psychiatry is the only provider in Northwest Arkansas to offer Transcranial Magnetic Stimulation therapy, an alternative to medications. This advanced therapy is a non-invasive, non-drug treatment approved by the FDA specifically for people who don't respond to antidepressant medication. According to a 2012 study, more than 1 in 2 patients responded favorably to TMS treatment and more than 1 in 3 achieved remission.

This therapy is also being studied for a number of other mental health issues, including Parkinson's disease, chronic pain, obsessive-compulsive disorder and post-traumatic stress disorder.

"With TMS, we are changing how the brain circuits are arranged and how they communicate with each other," says Dr. Foster. "We know that

the brain is a changeable organ," he continues. "Every time people learn something new, there are physical changes in the brain structure. TMS allows us to make positive changes more quickly."

During a TMS session, an electromagnetic coil is placed against the scalp near the forehead. The electromagnet painlessly delivers a magnetic pulse that stimulates nerve cells in the prefrontal cortex and limbic system, regions of the brain involved in mood control and depression. This pulse activates areas of the brain that have decreased activity and lets the brain practice actions that are much like having positive thoughts. Neurons in the brain release neurotransmitters just as they do when we have positive experiences.

TMS involves a series of sessions lasting less than one hour. It takes place in the office and patients can drive home afterward — or back to work or school. Earplugs are provided for patients who don't care for the noise, but patients can chat or listen to music instead. The side effects are minimal, usually no more than a temporary headache, and often are completely absent.

In addition to TMS therapy, Northwest Arkansas Psychiatry provides comprehensive mental health care for all ages, including psychiatric evaluations, medication services and therapy services. In March, the practice added individual, family and couples counseling. ■

TMS therapy is covered by most insurance providers, including Medicare. A referral from your primary care provider is not required to make an appointment. Learn more about TMS Therapy for depression at [www.mana.md](http://www.mana.md) or call (479) 571-6363.