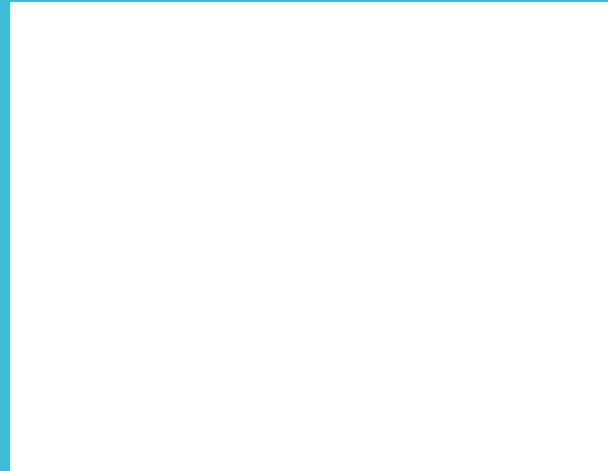


Do you still have questions? Ask your doctor or therapist if tDCS might be an option for you.

Your tDCS provider:



This resource has been made available by neurocare, your doctor's / therapist's trusted partner in tDCS therapy solutions. This information is meant to be general in nature and is not a substitute for professional medical advice. Always speak to your doctor or therapist for any questions regarding your health or medical condition

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08/2023 | 30DCSM_PatE

Advantages of tDCS therapies

Proven effectiveness

tDCS is a well-established therapy method that has been extensively researched worldwide over the past 15 years. Numerous clinical studies have demonstrated the effectiveness of this method in enhancing the brain's neuroplasticity.

Little to no side-effects

tDCS is regarded as a promising technique given the research demonstrates high tolerability with minimal side effects. Occasionally, mild fatigue may occur after stimulation. In rare cases individuals may report experiencing nausea or headaches.

Manageable therapy duration

Several sessions of 20 to 30 minutes per week are recommended. The number of sessions depends on the type and severity of your symptoms. Your therapist will be able to determine an appropriate therapy plan tailored to your symptoms.

Who can treat with tDCS?

tDCS is a therapy method which can be applied by trained doctors, psychologists, occupational therapists, physiotherapists and speech therapists. Ask to your doctor or therapist if tDCS could be an option for your treatment



tDCS

transcranial Direct Current Stimulation of the brain

An effective therapy for depression, pain or rehabilitation



Therapy with tDCS

effective, painless and with minimal side effects

Transcranial direct current stimulation (tDCS) is a non-invasive, well-tolerated treatment method. It gently stimulates specific areas of your brain with a very weak current.

Therapy with tDCS has different effects depending on the indication. When successful, tDCS results in:

- improved mood
- reduced pain
- faster progress in rehabilitation of speech, motor, cognitive skills



Who may benefit from tDCS?

tDCS therapy can be beneficial for the following conditions:

- Psychiatric disorders, such as depression, addiction and schizophrenia
- Pain, including fibromyalgia, migraine, chronic and neuropathic pain
- Rehabilitation, including aphasia, dysphagia, motor and cognitive disorders.

How is tDCS treatment administered?

In preparation, the therapist moistens two areas on the head with a saline solution and then attaches the electrodes with rubber straps or a cap. During the stimulation the electrodes apply a weak current to the surface of the head.

What does the stimulation feel like?

tDCS is a well-tolerated method. Patients rarely feel any stimulation effects, other than a light tingling sensation.

Testimonials

„We mainly treat patients with depression, chronic pain and post-stroke conditions with cognitive deficits with tDCS. I can state that an augmentative treatment with tDCS has a positive influence on depressive symptoms as well as on pain symptoms. It is a treatment method that can be very effectively integrated into the clinical routine of a psychiatric-psychotherapeutic practice.“

Dr. med. Günter Hetzel – Doctor for Psychiatry and Psychotherapy, Schwabisch Gmuend, Germany

„We regularly use tDCS for depressive disorders, anxiety disorders and in pain therapy. We have had particularly good experiences with fibromyalgia and chronic pain. tDCS therapy is also a very good option for patients who do not wish to be treated with medication, or for whom from a medical point non-drug methods make sense initially.“

Frank Schmidt-Staub – Doctor for Neurology, Psychiatry und Psychotherapy, Hannover, Germany

“In my practice I use tDCS in combination with the indicated occupational therapy treatments. For example, rapid treatment success is seen when motor-functional training is supported by tDCS. Patients with migraine also respond very well to the stimulation in my experience.“

Birgit Puderbach – Occupational therapist, Erfurt, Germany

