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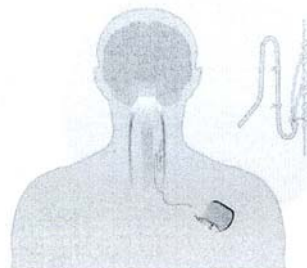
New Option for Treating Chronic and Recurrent Depression

The US Food and Drug Administration (FDA) recently approved Vagus Nerve Stimulation (VNS) Therapy, the first implantable device for depression and the first therapy specifically designed, studied and labeled as a long term treatment option for patients with treatment resistant depression. VNS Therapy is intended for patients 18 years of age and older who are experiencing a major depressive episode and have not had an adequate response to four or more adequate antidepressant treatments. VNS Therapy was approved for the treatment of pharmacoresistant epilepsy in 1997.



Major depressive disorder affects nearly 19 million Americans every year. Of those, approximately four million people experience depression that does not respond to multiple antidepressant treatments. For these people, treatments including psychotherapy, antidepressant medications and even electroconvulsive therapy do not work, or they work for a short while then stop working over time.

VNS Therapy is delivered from a small device implanted in the chest area that sends brain via the vagus nerve in the neck. A thin, thread-like generator, runs under the skin to the left vagus nerve. shown that VNS Therapy may modulate neurotransmitters norepinephrine thought to be involved in mood regulation. from three to eight years, depending on the dose settings. Side effects associated with VNS Therapy are typically stimulation and decrease over time. The most commonly include hoarseness and shortness of breath.



pacemaker-like mild pulses to the wire, attached to the Several studies have such as serotonin and The battery lasts

mild, happen during reported side effects

For more information on VNS Therapy, ask your doctor, visit www.vnstherapy.com or call 1-877-NOW-4-VNS. (Editor's note: another excellent source is Dr. Ivan's Depression Central, <http://www.psychom.net/depression.central.vagus.html>.)