

SOOMA THERAPY

The Next Wave of Depression Therapy



An effective solution for routine clinical treatment of depression

- Effective: 59% response rate with additive effects to medication and psychotherapy
- Free from serious side effects: an alternative for patients who cannot tolerate antidepressants
- Easy to use: an automated procedure with only one button to press
- Used by professionals in over 30 countries

The Method

Sooma Depression Therapy utilises transcranial direct current stimulation (tDCS) to modulate brain activity on dorsolateral prefrontal cortex (DLPFC). A weak electric current is applied to the cortex through two electrodes placed over the scalp. In patients with major depression, the DLPFC is the cortical area where brain function is known to be changed.¹

The goal of Sooma Depression Therapy is to increase the excitability of the left DLPFC, and consequently relieve the symptoms of major depression.

Electrodes with conductive media are soaked with saline to provide a contact point with the scalp and the Sooma head cap positions the electrodes accurately for optimum results.

Value

Sooma tDCS allows physicians to offer more personalized treatment options for patients and answer the demand for non-drug therapies. As a first-line treatment option that is free from adverse side effects, Sooma tDCS has the potential to increase treatment effectiveness and patient satisfaction.

Sooma Depression Therapy

The treatment protocol for acute major depression consists of fifteen daily sessions, over three weeks. Continuation therapy can be used to prevent relapse after a favourable response. During each session Sooma tDCSTM delivers a constant current of 2 mA for 30 minutes.

Patient specific adjustments

Under the supervision of the attending psychiatrist, the standard protocol may be adjusted for an individual patient's special needs. Such adjustment may include adding one or two extra weeks of daily stimulation to

the initial phase or extending the duration of the maintenance phase.

Safety and Tolerability

TDCS is well tolerated and is not associated with serious side-effects. A treatment session is painless and can be felt as a itching or tingling under the electrodes. Mild headache and skin redness are common side effects of tDCS treatment.⁸

Clinical Impact

A meta-analysis² of tDCS studies concluded that active tDCS results in depression improvement comparable with antidepressants and repetitive transcranial magnetic stimulation. In a study by Brunoni et al.(3), the use of tDCS alone led to a remission rate of 40%, whereas the remission rate for group who received both tDCS and sertraline was 47%. Based on our own outcome data 66% of patients achieved treatment response.⁴ The European evidence-based guideline has given a level B recommendation for the use of tDCS in treating patients with symptoms of depression⁵. Read updated Sooma Therapy results at: www.soomamedical.com

Duration of effects

In a study by Martin et al⁶, with weekly maintenance 84% of patients avoided relapse for three months after the acute treatment stage. In Boggio et al's⁷ study, patients were found to be free from relapse without active maintenance for one month after completion of a treatment period.

Suitable for most patients

Sooma Depression Therapy is a potential option for most adult patients with major depression. Stimulation can be used as a monotherapy and has been found to have additive effects to both medication³ and psychotherapy⁹.

Contraindications include devices or metal objects on or inside the skull, cardiac pacemakers and an acute eczema or broken skin in the intended stimulation area.

Easy to use anywhere

Starting a treatment session is straightforward. The Sooma tDCS™ devices have a single control button that is used to start and pause the stimulation. Everything

else is automated and consequently, the presence of a medical professional is not required during the 30 minute treatment session. In addition, with the help of our cloud based software suit, patients may perform the therapy from the comfort of their home and transfer treatment progress instantly to the physician via an easy to use app.

Finland-based Sooma Oy is a medical device manufacturer developing therapy solutions for routine care. Sooma tDCS is a CE-marked class IIa medical device. Sooma is an ISO 13485 and ISO 9001 certified company, and has international patents granted.

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See also:

NICE Guideline IPG 530

Royal College of Psychiatrists position statement CERT04/17