

Sooma Depression Therapy

A fast relief for depressive symptoms

Information for patients

Sooma Depression Therapy



Sooma Depression Therapy is an effective, drug-free treatment. The therapy is suitable for acute depressive symptoms as a first-hand option. In severe and prolonged depression symptoms the therapy can also be used as an add-on therapy along with other types of treatment, such as medication and psychotherapy.

Depression affects brain activity, especially in the prefrontal areas. With Sooma's easy-to-use portable device a weak direct current is delivered to the affected brain areas in order to normalise the brain function and relieve the depressive symptoms. This method of brain neuromodulation is called transcranial direct current stimulation (tDCS).

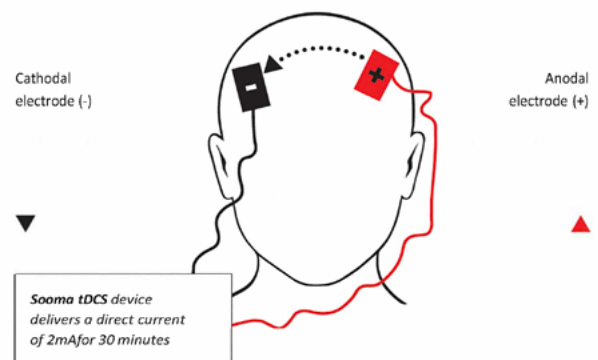


Home-based therapy

The first therapy session is given by a healthcare professional, but after that you can perform the therapy independently at home. The therapy does not require anesthesia or any other medical preparations.



The duration of one therapy session is 30 minutes and is repeated five times a week for minimum three weeks. During the treatment you can relax or do your usual daily tasks.



The effect of Sooma tDCS is based on a weak constant current delivered through electrodes. The positive electrode increases brain activity at the left prefrontal area, which is often underactive in depressed patients. The current flows from the positive to the negative electrode, and balances the activity in the prefrontal areas.

Efficacy of the therapy

The efficacy of Sooma Depression Therapy has been proven in research and has been repeatedly shown to be safe for adult, adolescent and elderly patients. The most recently published treatment outcomes of Sooma Depression Therapy showed that the majority of the patients experienced a minimum of 50% reduction in depressive symptoms during the three-week treatment period. Typical effects from the therapy are improvements in mood, sleep quality and activity levels, as well as a reduction in anxiety.

Safety

Sooma Depression Therapy is well tolerated and does not cause any adverse side-effects. The therapy is non-addictive and is suitable for patients who are resistant to medication or who have not received a satisfactory response from medication.

Sooma Depression Therapy is painless, but during the first minutes of the treatment session you might feel itching in the stimulation area. A small proportion of patients experience mild short-term headache or tiredness after treatment. The skin under the electrodes may also become slightly red.

Starting the therapy

Sooma Depression Therapy is started after a discussion with your doctor. The doctor adjusts the treatment protocol to best fit your personal situation. Because the effect of the treatment is created by repeating the therapy for several weeks, it is important that you do not miss any therapy sessions.

Read more about Sooma Depression Therapy:
www.soomamedical.com



Sooma Oy

Sooma Oy is a Finnish medical device company developing accessible therapy solutions for routine care.

Sooma tDCS medical devices are manufactured in Finland in accordance with the international ISO 13485 quality management system for medical devices.

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