

**Brief info on rTMS Alzheimer's Study**  
**rTMS Lab, Room PE-450, Riverview Health Center**  
**University of Manitoba**

rTMS stands for Repetitive Transcranial Magnetic Stimulation, which uses short magnetic pulses from a coil placed on the scalp. It is a non-invasive procedure that doesn't involve any medication. This technology has been used to successfully treat depression, and it is also being studied for a number of other neurological conditions (Parkinson's, concussion, stroke, etc). Basically, we use magnetic pulses to cause neurons in the brain to activate, and hopefully this will train the neurons to perform better in the future. rTMS has only mild side effects: some people report a mild headache which is easily treated with Tylenol, and there is an extremely small risk of seizure. For that reason, individuals with a history of epilepsy and/or seizures are excluded from the study.

The study involves either 10 treatments performed over 2 weeks or 20 treatments performed over 4 weeks. Treatments are done from Monday to Friday. Patients will be randomly assigned to one of these two groups upon signing up for the study. Additionally there are 6 assessments - before treatment, after 2 weeks of treatment, after 4 weeks of treatment, and then every 6 weeks from the end of treatment up to 6 months after the start of the study (3 additional assessments).

The treatments are run at the administration building of Riverview Health Center. Each treatment takes about 30 minutes and the assessments take a couple of hours. We are pretty flexible in terms of what time of day the treatments are at, so if you prefer a particular time we can probably work around that. We can also compensate for your transportation and accommodation (if you come from outside Winnipeg) costs if needed.

Also, in order to make sure that we don't just find a placebo effect, we have to randomly assign half of our volunteers to receive "control" treatment, which would be a fake treatment with no real effects. We would not be able to tell you until after the study finished which group you were in. However, we promise to give the real treatment to those in placebo group after 6 months of their first participation.

If you are interested in the study and have been diagnosed with probable mild or moderate Alzheimer's disease, please have your psychiatrist or neurologist fax your diagnosis to Dr. Zahra Moussavi (204-261-4639). Afterwards, we will schedule an appointment with you to complete some assessments to check your eligibility to participate in the study. If you don't have a diagnosis, you can ask your family physician to refer you to one of our study doctors:

Dr. Behzad Mansouri or Dr. Neda Anssari      Fax #: 204-940-8347

Neurologists      Location: Adult Medical Clinic (Fort Garry on Pembina Hwy)

Dr. Craig Omelan      Fax #: 204-237-6264

Geriatrician      Location: St. Boniface Hospital

During the visit, please mention that you're interested to participate in this rTMS treatment study.

Once you are done with the above referral or fax, please contact us by the e-mails (preferred) or phone numbers below. If applicable, please let us know which doctor you or your family member has been referred to

Zahra Moussavi,      Email: [Zahra.Moussavi@umanitoba.ca](mailto:Zahra.Moussavi@umanitoba.ca)      Phone #: 204-474-7023

or Cassandra Aldaba      Email: [umaldabc@myumanitoba.ca](mailto:umaldabc@myumanitoba.ca)      Phone #: 204-478-6163

To learn more about rTMS treatment you may watch this short (<2min) video: <https://youtu.be/n-2kE8hnoBs>

If you find it hard to type the above address, you may go to youtube.com, and in its search bar type: [moussavi rTMS Alzheimer's](#). The first link should be the above video.