

MeRT Treatment – Frequently Asked Questions

What is MeRT treatment and how does it work?

MeRT stands for Magnetic e-Resonance Therapy. MeRT treatment combines technologies of repetitive transcranial magnetic stimulation (rTMS, an FDA cleared therapy), Quantitative Electroencephalogram (qEEG), and Electrocardiogram (ECG/EKG) to deliver treatments tailored for each individual's unique brain pattern. The treatment protocol is aimed at restoring the brain to its optimal state, which can lead to significant clinical improvements.

How is MeRT treatment different from rTMS?

Unlike standard rTMS therapy, which delivers stimulation to one location at a fixed frequency for all patients, MeRT treatment individualizes the treatment frequency and location based on each client's Quantitative EEG and ECG. This results in a "custom-fit" MeRT treatment protocol as opposed to the "one-size-fits-all" approach of rTMS.

What takes place during a typical MeRT treatment session?

Cortical MeRT treatment delivers magnetic pulses to specifically targeted areas of the brain via a coil that sits on the head at a particular location/s. The Session lasts approximately thirty minutes.

What benefits may result from MeRT treatment?

Results are individual in nature, depending on the initial presenting symptoms. Common benefits of functional recovery include:

- Increased sleep quality / duration
- Increased motivation
- Increased attention span
- Increased concentration and focus
- Increased sociability
- Increased emotional stability
- Increased ability to adapt to change
- Improvement in clarity of thought
- Improvement in mood
- Improved self-confidence and self-esteem
- Reduction of anxiety

What are the side effects of the treatment?

From our current data side effects are few and generally mild. The most commonly reported side effect is a mild tension headache at the site of stimulation, which can last 1-2 hours and responds well to over-the-counter analgesics. Other possible side effects are hyperactivity, increased agitation, euphoria, or very rarely a seizure (1:100 000).

How soon after I start MeRT treatment should I expect to see a response?

Every individual's response to treatment is different. However, some response is typically observed during the assessment week.

For how long should I receive MeRT treatment to achieve the best results?

Overall duration of treatment is based on an individual's response rate. Length of treatment will be decided by the clinician and patient after reviewing clinical and EEG changes. It is commonly recommended to do at least one month (20 MeRT treatment sessions) after the assessment period.

How long will the effects of MeRT treatment last?

Results vary per individual. In general, the longer the length of treatment, the longer the changes remain, especially if receiving treatment for greater than one month. If a reduction in positive gains are noted after leaving BTC, clients may return for additional treatment.

Will missing one MeRT treatment effect my results?

Consistency of treatment is important, especially during the first assessment week of treatment. However, outside of the assessment period, missing one day of treatment should not affect overall results.

Why do I have to keep my eyes closed during MeRT treatment stimulation?

The treatment is most effective when the individual's brain is in a calm awake state, without receiving and processing too much information. Therefore, the treatment should be administered with the client sitting awake in a chair with his/her eyes closed (reduced visual info) during the MeRT treatment stimulation (5 second periods).

Does my child still get the benefits of MeRT treatment if he does not close his eyes?

Yes, the treatment will still be effective with eyes open but to maximize the effects we recommend that patients close their eyes during the MeRT treatment stimulation (5 second periods).

Should I be concerned about medications I am taking?

During your intake appointment, disclose all medications you are currently taking. Your clinician will address any and all questions regarding medications.

Should I continue other medical or therapeutic treatments and activities while receiving MeRT treatment?

We do not advise making any changes to your normal routine without first seeking the guidance and direction of your primary medical provider.

Should I be concerned if I have a pacemaker?

Notify the clinician if you have a pacemaker or other internal electric device during your intake session.

Can I wear eyeglasses, earrings, jewellery, or hearing aids during MeRT treatment?

It is not necessary to remove eyeglasses, earrings, or jewelry, but it is recommended. It is recommended to remove hearing aids during treatment.

Why is it important to eat after a MeRT treatment session?

You should eat a snack soon after a MeRT session in order to replenish your body's glucose stores that may be decreased during the treatment session. This is especially important if you feel light-headed or tired after treatment.

Will MeRT treatment affect my appetite?

A change in appetite might be noticed as a by-product of decreased anxiety or increased energy level and motivation.

How does morning light help me?

Exposure to morning sunlight (Blue Light) regulates your circadian rhythm to keep you alert and awake during the day and help you sleep well at night. Blue light exposure from electronic gadgets after sunset is counterproductive to obtaining quality sleep. It is highly recommended to limit the use of electronic devices 1-2 hours prior to bedtime or utilize the blue light filter on electronic devices (on Apple devices it is called "Night Shift").

Why is sleep important, especially between 10pm-2am?

People are in their deepest sleep in the earlier parts of the night. Deep sleep allows your body to regenerate and allows the brain to rest and recharge. If your brain does not get enough rest, it will not function optimally. Maintaining healthy sleep habits plays an important role in obtaining the best results from MeRT treatment.

If I already sleep well, do I still need the morning light?

Yes. Although you may be sleeping through the night, your sleep may not necessarily be deep or restful sleep. Morning light will help regulate your sleep-wake cycle and improve the quality of your sleep.

Do I still get the benefits of morning light if it is overcast?

Yes, the blue light penetrates through the clouds.

Do I get the benefit of blue light if I drive with the window down?

Driving in your car with the windows down might provide some benefit, but we recommend 45 minutes to 1 hour of exposure to blue light between 7am to 11am outside, with no glasses or contacts covering your eyes.

Will MeRT treatment be less effective if I do not get morning light?

Treatment is most effective when you have sufficient, good quality sleep. If your lack of blue light exposure in the morning results in poor quality sleep, then you may not respond to treatment as well as someone with good quality sleep. As such, we advise regular morning exposure to blue light.