

The London Psychiatry Centre Partners With LycaHealth To Bring Innovative New Depression Treatment To Canary Wharf

Submitted by: The London Psychiatry Centre

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The London Psychiatry Centre (TLPC) (<http://www.psychiatrycentre.co.uk>) of Harley Street has partnered with leading provider of private medical services, LycaHealth (<http://lycahealth.com>), to offer repetitive Transcranial Magnetic Stimulation (rTMS), the ground-breaking and highly effective treatment for depression and anxiety, at Canary Wharf.

Rankings from the Organisation for Economic Co-operation and Development (OECD) show that Britain is one of the most depressed countries in Europe, and a recent survey showed that 34% of British workers are dealing with anxiety, depression or stress (PwC). This partnership brings the UK's most experienced and pioneering team in rTMS to those who work in some of the most high pressured and stressful environments in the UK.

According to the Centre for Urban Design and Mental Health, city dwellers have a 40% increased risk (<http://www.urbandesignmentalhealth.com/mind-the-gaps-framework.html>) of depression compared to those based outside the City. The partnership between TLPC and LycaHealth brings the innovative treatment of rTMS to the densely clustered business district of Canary Wharf, where over 100,000 people work.

rTMS is an effective, drug-free, non-invasive and pain-free treatment for depression. rTMS uses magnetic pulses to stimulate areas of the brain that regulate mood. Of 44 centres in the US and Australia that have published rTMS treatment results for treatment-resistant depression, the remission rate is 29%. There are no published treatment outcomes available in the UK other than those from TLPC. At TLPC, remission rate for treatment-resistant depression with rTMS is over 60%, with 74.2% of women and 58% of men recovering in an average of 4.3 weeks. These results were published in peer reviewed publications, including a presentation at The Royal College of Psychiatrists annual meeting in August 2017. The CQC stated in its inspection report (http://www.cqc.org.uk/sites/default/files/new_reports/AAAG4617.pdf) that TLPC pioneered rTMS in the UK.

Dr Andy Zamar, Consultant Psychiatrist and Medical Director of TLPC, said: "We are delighted to announce our partnership with LycaHealth, and bring our unique expertise (http://www.cqc.org.uk/sites/default/files/new_reports/AAAG4617.pdf) with the very high success rate in rTMS at Harley Street to Canary Wharf. Our partnership represents this vision by not only extending the tailor-made care packages available to our clients, but by making innovative treatments for depression accessible for those based in the City and the East London area. LycaHealth's cutting-edge facilities, personal care and commitment to exceeding expectations, combined with our dedication to excellence is a natural fit."

TLPC was a national adviser to The National Institute for Health and Care Excellence (NICE) in issuing guidance on rTMS treatment for depression (IPG542) and has been described by the CQC (http://www.cqc.org.uk/sites/default/files/new_reports/AAAG4617.pdf) as 'innovative' and 'pioneering' in their contribution to mental health treatment and research in the UK. The CQC highlighted in its inspection report that:

"Feedback from patients was very positive about the service, with some patients describing life

changing treatments, following years of unsuccessful treatments elsewhere.”

“Staff provided innovative treatments to patients who could not easily access these elsewhere. They published papers in medical journals, and contributed to innovations in mental health provision in the UK.”

“Patients received a range of treatments which were not available in other settings, including repetitive transcranial magnetic stimulation, and external trigeminal nerve stimulation. Patients spoke highly of the impact of these treatments following unsuccessful previous treatments with medicines.”

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NOTES TO EDITORS

Lyca Health (<http://lycahealth.com>) is based in Canary Wharf and Orpington and is a leading provider of medical services. Our goal is to offer clients all around the world advanced healthcare expertise, consultation and diagnostic services within the local community, as we seek to deliver the highest levels of advanced and ethical healthcare. We have a dedicated team of nurses, world class physicians and clinicians.

The London Psychiatry Centre (TLPC) (<http://www.psychiatrycentre.co.uk>) offers an innovative integrated full service addressing every need associated with mental health. This includes psychiatric, psychological, therapeutic and social aspects of a patient. The centre was founded by Dr Andy Zamar (MBBCh, LRCP, MRCS, MRCPsych), Consultant Psychiatrist, Gaskell Gold Medal & Prize – RCPsych. He is a member of the Royal College of Psychiatrists and is on their roll of honour due to being awarded the Gaskell Gold Medal & Prize. Together with his team, he has introduced and pioneered a number of new technologies to the UK including rTMS and eTNS. He oversaw the introduction of rTMS into the provisional NICE guidelines for the treatment of depression with Dr Rafael Euba acting as the national advisor for NICE.

rTMS results for depression

TLPC is the only clinic in the UK that has audited and published rTMS treatment results in a non-research set-up with real life patients. TLPC has treated the most patients of any UK clinic with rTMS for treatment-resistant depression.

Of 44 centres in the US and Australia that have published rTMS treatment results for treatment-resistant depression, the remission rate is 29%. The remission rate for H-coil dTMS used by certain UK centres is 31%. For TLPC, the full remission rate is over 60% for treatment-resistant depression. These were patients who had been unable to achieve satisfactory results with antidepressant medication. 62% achieved remission (full recovery) within six weeks (four weeks on average).