



Starting to use Sooma Depression Therapy

Starting to use Sooma Depression Therapy is very simple. Once your healthcare provider has prescribed you the treatment, they will provide you with a Sooma device and your login credentials for the Sooma App.

After installing the Sooma App on your smartphone, simply log in and follow the on-screen instructions to proceed with your treatment.

It is important that you do not miss any therapy sessions. That's why the Sooma App will also send you helpful reminders for your upcoming treatment sessions and questionnaires.

References

1. Bikson et al. (2016). Safety of Transcranial Direct Current Stimulation: Evidence Based Update 2016. Brain Stimulation Journal.
2. Löökene et al. (2022). Reduction Of Symptoms In Patients With Major Depressive Disorder After Transcranial Direct Current Stimulation Treatment: A Real-World Study. Journal of Affective Disorders Reports.
3. Fregni et al. (2020). Evidence-based guidelines and secondary meta-analysis for the use of transcranial direct current stimulation (tDCS) in neurological and psychiatric disorders. International Journal of Neuropsychopharmacology.

About Sooma

Sooma Oy is a Finnish medical device company developing accessible neuromodulation solutions for routine care. Our products are manufactured in Finland in accordance with the international ISO 13485 quality management system for medical devices.

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Patients

What is Sooma Depression Therapy?

- Drug-free, effective depression treatment without serious side-effects
- Prescribed and monitored by a healthcare professional
- The most prescribed tDCS therapy worldwide



What is Transcranial Direct Current Stimulation?

Transcranial Direct Current Stimulation (tDCS) is an effective, drug-free treatment for Major Depressive Disorder. The therapy uses a mild electrical current to stimulate brain areas affected by depression. The therapy can be used to treat depressive symptoms as a stand-alone treatment or in combination with other treatment methods, such as medication, psychotherapy, or other neuromodulation therapies.

Sooma Depression Therapy is always prescribed by a healthcare professional, and is an easy-to-conduct tDCS treatment that only takes 30 minutes per day. After only one guided session, most patients are able to use it independently or even at home.



How does it work?

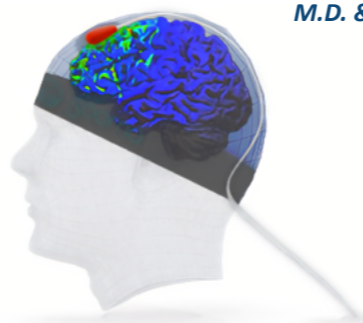
Our brain function depends on electrical signalling. When people experience depression, this signalling becomes imbalanced in certain regions of the brain. These areas of the brain are found in the dorsolateral prefrontal cortex (DLPFC). For depressed patients, studies suggest that the left DLPFC experiences reduced activity, while the right DLPFC is overactive.

Sooma Depression Therapy specifically targets these areas to relieve depression. By administering a mild current through two electrodes inside of the head cap, the system stimulates activity near the left electrode while reducing the activity near the right electrode. This process can help to restore the balance between these two brain areas and can result in reduced depressive symptoms.

"Patients become less anxious, more emotionally responsive, and more active. After treatment, we often receive feedback from patients that they're really functioning better in everyday life, including work and social activities."

**- Margus Lõokene
M.D. & Senior Psychiatrist**

Sooma Depression Therapy stimulates the left dorsolateral prefrontal cortex (DLPFC) to increase neuronal activity and relieve depressive symptoms with a mild painless current.



Does it have any side effects?

Sooma Depression Therapy is safe, and it is not known to cause any serious side effects. No adverse interactions with other depression treatments, such as medication or other neuromodulation therapies, have been reported.



Typical side effects

The therapy is painless, but may produce a tingling or itching sensation in the stimulation area. A small portion of patients experience a mild short-term headache or fatigue after treatment. The skin under the electrodes may also become slightly red.



Contraindications

Sooma Depression Therapy is not suitable for patients with metal implants on the skull or in the brain, acute eczema or broken skin in the stimulation area.

If you feel a worsening of your symptoms at any point in your treatment, please contact your clinic.



Why choose Sooma Depression Therapy?



Safe, whether alone or in combination with other treatments:

Sooma Depression Therapy is a painless, drug-free treatment option without serious side effects that's proven safe for adults and the elderly¹.



Proven Effective:

The efficacy of Sooma Depression Therapy has been proven in clinical use. Most patients experience at least a 50% reduction in their depressive symptoms in response to the standard treatment period².



Supported by science:

International evidence-based guidelines written by leading experts give tDCS an A level recommendation as an effective depression treatment³.



Prescribed to the most patients worldwide:

Sooma Depression Therapy is used by more clinics than any other tDCS treatment globally and has treated over 15.000 patients to date.



Download Sooma App

With guided treatments and helpful reminders, tDCS therapy is easy with the Sooma App!

www.soomamedical.com

