Benefits of Electroconvulsive Therapy (ECT)

If you or someone you care about suffers with a mental illness, stress, depression, anxiety or has difficulty with alcohol or drug abuse ... we can help.

281.893.7200 (North)

or

713.790.0949 (Medical Center)

~ 24 hours a day, seven days a week ~

www.intracare.org
**Who May Benefit from ECT?**

ECT may be an appropriate treatment option for patients who:

- Are age 18 and older
- Have severe depression, mania or schizophrenia and have not responded or only partially responded to conventional treatment such as medications and therapy
- Have had multiple medication trials with minimal or no response
- Have had multiple hospitalizations and regress rapidly into crisis
- Are in need of rapid, definitive response because of the severity of a psychiatric or medical condition
- Are seen as treatment resistant due to medication non-compliance

**Before ECT**

Prior to the first ECT treatment, a patient and his/her family will have a consultation with the ECT nurse as well as a complete physical examination, a psychiatric evaluation and a consultation with an anesthesiologist.

A Pre-ECT evaluation includes:

- An explanation of what ECT is and how it may help the patient
- A medical history
- A physical examination
- Basic blood tests
- An electrocardiogram (ECG) to check for certain types of heart disease

**Referrals**

To refer a patient for an ECT consultation and evaluation, please call:

281.893.7200, Ext. 3361

**ECT Can Help**

- At the time of my first ECT treatment, I was 49-years-old and was hospitalized due to severe depression, anxiety, suicidal thoughts and random homicidal thoughts. I was uninterested in social activities or my family. I had been on multiple medication trials in the past. I underwent a series of ECT treatments and now undergo routine maintenance treatment. Currently, I have a part-time job. I have regained my interest in social activities and my depression has greatly improved. My energy level, appetite and sleep have increased.

- When I was 62-years-old I suffered with severe depression unrelieved by medication and therapy. I had passive suicidal thoughts and little interest in my family. I struggled at work with motivation, concentration and completing assignments. I had a series of ECT treatments and I am now undergoing maintenance treatment. I have less depression, increased energy and a better level of functioning. My ability to complete tasks at work and my concentration have greatly improved. I spend more time with my family and have regained my interest in playing golf.