

Dana Bear

When did you notice your depression?

00:06

Basically I started noticing my depression in my early adulthood. And in at that point in time, I didn't do anything about it. I mean, I was just it was, it wasn't that bad. It started getting bad about 40 years ago. And I have been working with it trying to get it under control forever, and I've basically been on medication for around 30 years. It has worked some, it's, it's worked pretty good. But the depression always comes back. And my depression is, I consider it severe in that I can really feel it, and I also I get suicidal.

What is a misconception people have about depression?

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Now, I have worked all my life. And I know that lots of people think depressed people can't work, they can't do anything, they can't get out of bed. But I have always had to take care of myself, I've been single. And so I had to work. And I learned how to put on this fake mask, and just fake it. And that was pretty exhausting.

Describe your symptoms at their worst.

01:18

My symptoms, at their worst, I would like to just stay in bed with my head covered up and not do anything. Very, very, I get very exhausted. And I have suicidal ideation quite a bit. That's one thing, and I have attempted suicide. But it has been a while. I mean, it's been about 30 years, I think since I did that. Different medications have worked differently for me, and some of them I didn't like at all and some that I have liked.

How does the TMS procedure feel?

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First of all, it does not hurt. Okay, it is loud.

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But this noise that comes on it I mean, it is a loud banging. If you've ever been in the MRI, I think those are kind of loud banging things. It's sort of like that, except for it's right here by, you know, by your ear and in your head.

Do you feel TMS has worked for you?

02:27

When I left here, my last time, I was very, very happy with the results that I had gotten. Because I did, I had this feeling of being hopeful. I hadn't felt that in so long, I had a feeling of kind of being a light of heart and I mean, happiness just seemed to be on my shoulders, sort of like that. And I'm not saying everything has been perfect since then, because it hasn't, you know, I have had a day or something where it's, you know, I felt a little depression, but it hasn't been anything near what I had felt before. So I think the treatment is still working on me. My suicidal ideation has really, really gone down. I mean,

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really, really, really, I don't really think about it anymore. Other than sometimes I think "I haven't been thinking about killing myself."

Any other changes that you've noticed?

03:44

One thing that I did have a couple of people tell me, even though I wasn't seeing them in person I was talking to them on the phone, and two good friends of mine said Dana, you sound so much better. So people could tell in my voice that I felt better and that I was happier.