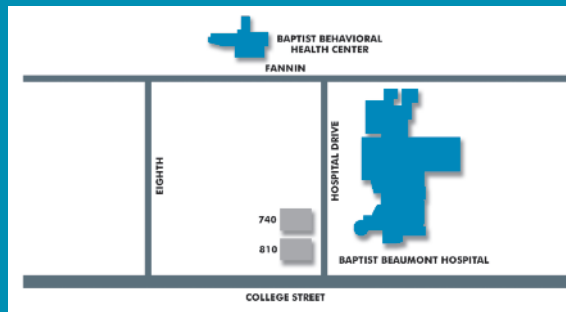


Baptist Hospital Behavioral Health Center is pleased to offer Electroconvulsive Therapy (ECT). Electroconvulsive Therapy (ECT) can provide rapid, significant improvements in severe symptoms of several mental health conditions. ECT often works when other treatments are unsuccessful and when the full course of treatment is completed, but it may not work for everyone.

ECT is a procedure, done under general anesthesia, in which small electric currents are applied, intentionally triggering a brief seizure. ECT appears to cause changes in brain chemistry that can quickly reverse symptoms of certain mental illnesses.

There has been some stigma attached to ECT much of which is based on early treatments, with the advancements in modern medicine, ECT is much safer today.

Today, the ECT procedure uses much milder electric currents to achieve the most benefit with the fewest possible risks.



For more information:
Baptist Behavioral Health Center
409-212-7000

Safe, Effective and Affordable

Electroconvulsive Therapy



Wm. Mark Valverde, MD
Medical Director



Baptist
Hospitals of Southeast Texas
Behavioral Health Center
Performing Sacred Work Every Day

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INDICATIONS FOR ECT

- **Severe depression**, particularly when accompanied by detachment from reality (psychosis), a desire to commit suicide or refusal to eat.
- **Treatment-resistant depression**, a severe depression that has not improved with medications or other treatments.
- **Severe mania**, a state of intense euphoria, agitation or hyperactivity that occurs as part of bipolar disorder. Other signs of mania include impaired decision-making, impulsive or risky behavior, substance abuse, and psychosis.
- **Catatonia**, characterized by lack of movement, lack of speech, and other symptoms. It is associated with schizophrenia and certain other psychiatric disorders. In some cases, catatonia is caused by a medical illness.
- **Agitation and aggression in people with dementia**, which can be difficult to treat and negatively affect quality of life.

TREATMENT OPPORTUNITIES

ECT may be an excellent treatment option when medications are not tolerated or other forms of therapy have not worked. ECT may be used:

- When other forms of therapy and medications have been ineffective
- In older adults who cannot tolerate drug side effects

- In people who prefer ECT treatments over taking medications
- When ECT has been successful in the past

Before the first ECT treatment, each patient receives a full evaluation, which usually includes:

- A medical history
- A complete physical exam
- A psychiatric assessment
- Basic blood tests
- An electrocardiogram (ECG) to check your heart health
- A CT scan
- Anesthesiologist review to go over the risks of anesthesia

These exams help make sure that ECT is safe for the patient.

ECT at Baptist Hospital is performed while the patient is an inpatient at the Behavioral Health Center. Each ECT procedure takes about five to 10 minutes, with added time for preparation and recovery.

EQUIPMENT

Baptist Hospital Behavior Health Center has purchased some of the very latest equipment for ECT, and it is conducted by our psychiatrists who are specially trained to perform this procedure.

SERIES OF TREATMENTS

ECT treatments are generally given two to three times weekly for up to three or four weeks — for a total of six (6) to twelve (12) treatments. The number and type of treatments needed depends on the severity of symptoms and how rapidly they improve.

Many people begin to notice an improvement in their symptoms after about six treatments with ECT. Full improvement may take longer, though ECT may not work for everyone. Response to antidepressant medications, in comparison, can take several weeks or more.

No one knows for certain how ECT helps treat severe depression and other mental illnesses. What is known, though, is that many chemical aspects of brain function are changed during and after seizure activity. These chemical changes may build upon one another, somehow reducing symptoms of severe depression or other mental illnesses. That is why ECT is most effective in people who receive a full course of multiple treatments.

Even after symptoms improve, patients often need ongoing depression treatment to prevent a recurrence. Ongoing treatment may be ECT with less frequency, but more often, it includes antidepressants or other medications, or psychological counseling (psychotherapy).