Understanding EXOMIND

A simple explanation first. More medical detail in the second paragraph.

What is EXOMIND?

EXOMIND is a treatment that uses magnetic pulses to stimulate parts of the brain involved in mood. A coil rests against your scalp. You stay awake, and no surgery or anesthesia is needed.

More medical detail: The treatment is called transcranial magnetic stimulation (TMS). Repeated pulses are called repetitive TMS (rTMS). The magnetic field creates small electrical currents that affect activity in targeted brain regions. [1, 3]

Who might benefit?

EXOMIND may help adults with major depression when antidepressant medicine has not helped enough. A medical evaluation is the first step.

More medical detail: The FDA-cleared adult indication covers depressive episodes in major depressive disorder (MDD), including reduction of co-occurring anxiety symptoms, after inadequate improvement with antidepressant medication during the current episode. It is not a general clearance for every type of anxiety. [1]

What about OCD and younger patients?

EXOMIND also has cleared uses for adults with obsessive-compulsive disorder (OCD) and for some younger patients with major depression. In these situations, it is used alongside other treatment.

More medical detail: The device is cleared as an adjunct for adult OCD and for MDD in patients ages 15-21. Adjunct means an addition to existing treatment. Your clinician confirms the diagnosis, age criteria, safety and appropriate protocol. [1]

Your treatment and care

A simple explanation first. More medical detail in the second paragraph.

What happens at a treatment visit?

You sit in a treatment chair while a coil is positioned against your scalp. You may hear clicks and feel tapping. Your team explains the schedule and checks how you are feeling.

More medical detail: rTMS is delivered in a series of outpatient sessions. Treatment location, stimulation settings and number of sessions depend on the condition and protocol. Hearing protection is used. Ask which protocol is proposed and what evidence supports it for your diagnosis. [2, 3]

What are the risks?

Headache and scalp discomfort can happen. Seizures are rare but serious. Tell your team about past seizures, bipolar disorder, head injuries, all medicines and any implanted devices.

More medical detail: Safety screening considers seizure risk, possible mood activation and metallic or electronic implants. Suitability depends on the device and its location. Your team reviews these factors before treatment and monitors side effects during the course. [2, 3]

What results should I expect?

Some patients improve, while others need another approach or continued care. Your provider will review your progress. Ask about likely benefits, alternatives, costs and follow-up.

More medical detail: TMS has evidence for treating depression, but response varies. FDA clearance applies to specific uses; it does not establish benefit for general brain enhancement, weight loss or every wellness concern. Research on other applications should be discussed separately, with clear limits on what is known. [1, 2]

Learn more. Start a conversation.

Explore both practices online and bring your questions to your visit.



Hush Medical Spa

Explore EXOMIND care and consultation options in Williamsport.

www.hushmedicalspa.com



Lazar Medical Group

Meet our physicians and find patient information and resources.

lazarmedicalgroup.com

Medical sources

[1] U.S. FDA. BTL-699 (EXOMIND), K260691. August 23, 2026. Clearance and indications.

[2] Trapp NT, et al. Consensus review and considerations on TMS to treat depression. Clinical Neurophysiology. 2025;170:206-233. Read the review.

[3] National Institute of Mental Health. Brain Stimulation Therapies. Patient information.

Prepared November 23, 2026. General education; your clinician will make recommendations based on your diagnosis and health history.