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## **Treatment Option for Mood Changes in MS: Electric Convulsive Therapy Featuring: Dr. Anthony Feinstein**

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### **Dr. Anthony Feinstein**

Maybe two, three times a year we will get a referral for an MS patient who has not responded either to medication or cognitive behavior therapy who has a very severe depression, who is usually suicidal as well. So there's a concern about personal safety so you have to move very cautiously with patients like this. They're invariably admitted to hospital and once we've done a thorough medication review and we find that they are, indeed, treatment resistant to antidepressant medication, they would be offered electric convulsive therapy or shock therapy. The evidence suggests this is a very effective form of treatment in MS patients who have not responded to some of the other kinds of therapies. ECT is a safe treatment. There's a potential risk that the treatment itself might trigger a relapse in the disease. But on an anecdotal level, and I've been doing this for many years, I find ECT to be effective in MS patients who've not responded to medication or the cognitive behavior therapy.

What I always tell my MS patients is that when you have a disease without cure, what becomes essential is good symptom management. You really have to treat symptoms aggressively because that's how you can make this disease manageable. And so if you do find depression, you need to treat it because the data show that depression can respond to medication. It can respond to cognitive behavior therapy. You can make a difference in terms of the quality of life.