



# SYMBIOS

INTEGRATIVE HEALTH



## VETERANS HELPING VETERANS



Multiple Locations in Texas | 7am - 7pm Monday - Friday

**469-983-1300 | [www.Symbiosccn.com](http://www.Symbiosccn.com)**

# VETERANS HELPING VETERANS



**SYMBIOS**  
INTEGRATIVE HEALTH

## Community Care Network

**Reduce Pain  
Restore Function  
Better Sleep  
Improved Mental Health**

**One of a Kind FDA  
Approved Treatment**





# Our Mission : Help Veterans

## Veteran Owned

Symbios Integrative Health is a veteran-owned group practice administered by Triwest Community Care Network. We are a unique and innovative multi-disciplinary facility developed to provide safe, modern, and quality healthcare through outpatient services specifically for the veteran community. Symbios was established to meet specific veteran needs and to improve the lengthy backlog often encountered with federal healthcare plans. Symbios provides safe, effective, and evidence-based quality healthcare with results unparalleled by traditional practices by incorporating advanced technologies which allows us to serve as a preeminent healthcare facility.

**We provide comprehensive  
specialized care for our veterans.**

Symbios specializes in helping Veterans suffering with physical and neuropathic pain, depression, PTSD and anxiety. We are proud to provide compassionate, patient-oriented healthcare to our veteran community.

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## PROVIDERS

We have a comprehensive medical team assembled to provide thorough examinations, evaluations, and assessments to determine the specific needs of each individual veteran. Once your specific healthcare needs have been determined, individualized recommendations and treatment plans will be initiated.



## ADVANCED TECHNOLOGY

We have a multi-disciplinary team of contracted healthcare providers so that we may offer state of the art technology as well as modern medical approaches to meet a multitude of patient-specific needs.



## OUR PURPOSE

Symbios has been formed to dramatically reduce and/or eliminate barriers to various healthcare needs that affect many veterans. We strive to improve the lives of veterans suffering from various chronic and acute conditions, including chronic pain, PTSD, and other mental health concerns. We are committed to serving all veterans from every branch of service.



**John S. Townsend IV, M.D.**  
Medical Director



**Sherine Reno M.D.**



**Olivier Djoumessi**  
MSN, PMHNPBC



**Naomi Nyabuto**  
MSN, APRN-CNP, PMHNP-BC







## SERVICES

- **Problem-oriented Medical Assessments**
- **Behavioral Assessments**
- **Neurodiagnostic Testing**
- **VECTOR Neuromodulation/Biofeedback**
- **Psychotherapy/Counseling**
- **Medication Management**
- **Addiction Medicine**
- **Pain Management/Physical Medicine**

## Neurodiagnostic Testing

Specialized testing helps differentiate neurological conditions from other conditions with similar symptoms and allows our staff to individualize patient treatment.

### BEHAVIORAL ASSESSMENT

Clinical evaluation of existing mood or behavioral disorders centered around anxiety, PTSD, and traumatic brain injury.

## TECHNOLOGY

A novel, rapidly emerging non-invasive non-pharmacologic treatment system utilizing microcurrent electrical stimulation and simultaneous real-time biofeedback applied through skin surface electrodes to individualize treatments to each patient's specific needs. This is done by continuous monitoring of heart rate variability and skin temperature gradients, while the VECTOR automatically customizes each patient-specific treatment. **VECTOR**



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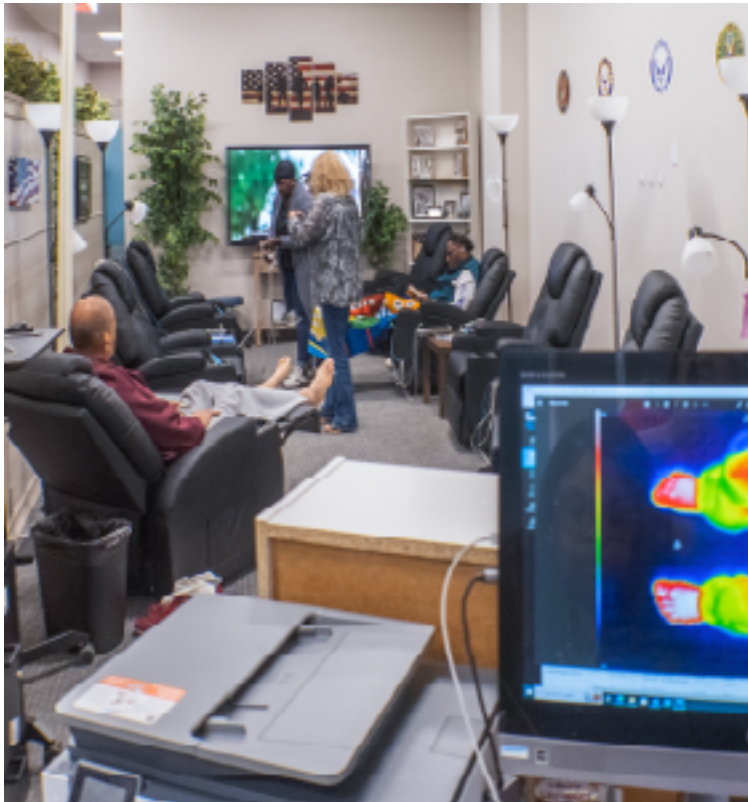
### COUNSELING SERVICES

Emotional and physical guidance from a medical professional; personalized relief and management for stress and trauma.

# VECTOR

Neuromodulation and Biofeedback

VECTOR neuromodulation therapy is a non-invasive, drug-free therapy for the safe symptomatic relief of pain and various mental health conditions. VECTOR therapy utilizes continuous biofeedback to determine the optimum treatment for each individual.



## Pain Relief You Can Live With

Traditional treatment of chronic pain and mental health conditions often involves the use of narcotic pharmaceuticals. Besides being heavily addictive, many times these medications are often associated with unpleasant, unacceptable, and unwanted side effects.



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**VECTOR is used for a variety of conditions:**

### **Symbios Treats:**

- Post Traumatic Stress Disorder
- Depression
- Traumatic Brain Injury
- Back, Neck & Musculoskeletal Pain
- Arthritis
- Trigeminal Neuralgia
- Military Sexual Trauma
- Insomnia
- Anxiety
- Combat Injuries & Mental Health
- Migraine Headaches
- Diabetic Neuropathy
- Post Surgical Pain
- Reflex Sympathetic Dystrophy

### **Retrospective Study of 197 Chronic Pain Patients**

- 33% reported total pain relief
- An additional 58% reported mild to significant pain reductions
- A total of 91% of participating patients experienced some or total pain relief
- 85% reported an increase in the ability to perform activities of daily living
- 70% reported a reduction in their pain medications

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## Transcranial Magnetic Stimulation (TMS)

- Does not affect cognitive function
- No anesthesia
- Outpatient procedure
- Covered for Veterans
- FDA cleared\*

### What is Transcranial Magnetic Stimulation (TMS)

TMS has been recommended by the American Psychiatric Association since 2010 and FDA cleared since 2008 for the treatment of major depressive disorder.

TMS is free from common antidepressant drug side effects such as weight gain and sexual dysfunction. TMS therapy consists of repeated cycles of TMS followed by rest periods. Diagnosis and initial session is performed by a licensed physician.

TMS is non-invasive and does not require any anesthesia. As there is no recovery period, the patient can immediately return to his or her usual activities.

**Are you not responding to antidepressants?**  
TMS therapy might be the solution for you.

Transcranial magnetic stimulation (TMS) is an advanced neuromodulation technology that uses magnetic pulses to stimulate the affected areas in the brain. TMS Therapy® is an effective CE approved treatment option for patients suffering from major depressive disorder, OCD and Addiction (psychoactive substance use disorder (PSUD)). In addition, TMS Therapy can reduce the symptoms of comorbid anxiety in patients suffering from major depressive disorder.

### TMS in short:

- Series of pulsed magnetic stimuli to the brain
- Safe, with high tolerability
- Free from common antidepressant drug side effects
- Most common side effects from TMS are headache and nausea
- Does not affect cognitive function
- Patients are able to resume daily activities right after treatment
- May be used with or without antidepressants (determined by physician)
- Covered for Veterans

### What does TMS feel like?

You sit in a chair in a relaxed position. When the magnetic pulses are delivered you hear a clicking sound and feel a tapping sensation on your head. Many patients are able to watch TV or read during treatment.





**PHONE: (469) 983-1300**

**FAX: 888-234-7101**

## Referral Requests

### What does TMS feel like?

We are a group practice contracted with IriWest Community Care Network (CCN) specializing in veteran healthcare for mental health and chronic pain management without the use of narcotic medications. We have a variety of providers to accommodate the specific needs of our fellow veteran community.

We are also pleased to offer a unique and patented therapy that has been extremely effective with no negative side effects for both mental health and pain management. Vecttor therapy is non-invasive and FDA approved. Vecttor utilizes unique and patented technology to modulate, re-establish, and promote neurotransmitter production which enables you to sleep more soundly while restoring chemical balance at a cellular level.

To receive Vecttor therapy, notify your PCP (primary care provider) and request a referral to Symbios Integrative Health. If your PCP will not support your request for direct referral to Symbios, you may ask to be referred out to a Community Care Network provider for your individual mental health needs or for chronic pain treatment. Once contacted by your TriWest representative for scheduling within the Community Care network, you can then select Symbios Integrative Health as your preferred provider.

**VECTTOR Therapy has been used to treat a wide variety of conditions:**

- Depression
- Anxiety
- Post-Traumatic Stress Disorder
- Traumatic Brain Injury
- Combat Injuries
- Neck or Back Pain
- Diabetic Neuropathy
- Arthritis
- Post-Surgical Pain
- Reflex Sympathetic Dystrophy Syndrome (RSDS)
- Chronic Regional Pain Syndrome (CRPS)
- Trigeminal Neuralgia
- Fibromyalgia
- Musculoskeletal Pain
- Migraine Headaches



**No Drugs  
No Injections  
No Side Effects**

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