

## About Bergen New Bridge Medical Center

Bergen New Bridge Medical Center, a clinical affiliate of Rutgers, is a 1,070-bed hospital located at 230 East Ridgewood Avenue in Paramus, NJ. The Medical Center is both the largest hospital and licensed nursing home in New Jersey and the fourth-largest publicly-owned hospital in the nation. It is a highly respected leader in the mental health field with a competitive psychiatric internship program teaching best practices to tomorrow's top mental health professionals.

A not-for-profit safety net facility, Bergen New Bridge, in addition to providing a complete continuum of mental health and substance use disorder treatment services, is also a diverse medical center offering high-quality comprehensive services including acute care, emergency care, specialty care and long-term care to the greater Bergen County community. The Medical Center, including its Long-Term Care Division, is fully accredited by The Joint Commission.

Learn more at [www.newbridgehealth.org](http://www.newbridgehealth.org).



A Clinical Affiliate of **RUTGERS**

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# ECT Today

## Understanding Modern Electroconvulsive Therapy



## What is ECT?

Modern ECT is very safe and effective. It is a viable treatment option for patients whose medication or other treatments have failed to ease symptoms associated with some mental health issues. Today's ECT has evolved into a valuable treatment tool recognized by the National Institute of Mental Health, American Psychiatric Association, American Medical Association, and the U.S. Surgeon General.

## Where Can I Receive ECT Treatment?

Bergen New Bridge Medical Center is one of the few facilities specializing in ECT in the state. ECT involves a series of treatments performed in a dedicated surgical suite with a team of health professionals, who are experienced in ECT treatment and care.

ECT is offered at Bergen New Bridge Medical Center as an ambulatory service; no inpatient hospitalization is needed. Initially, ECT is recommended as 10 to 12 consecutive treatments every other day. For example, on Monday, Wednesday, and Friday, and after can be continued once per month as a maintenance procedure. Some patients may need more or fewer treatments.

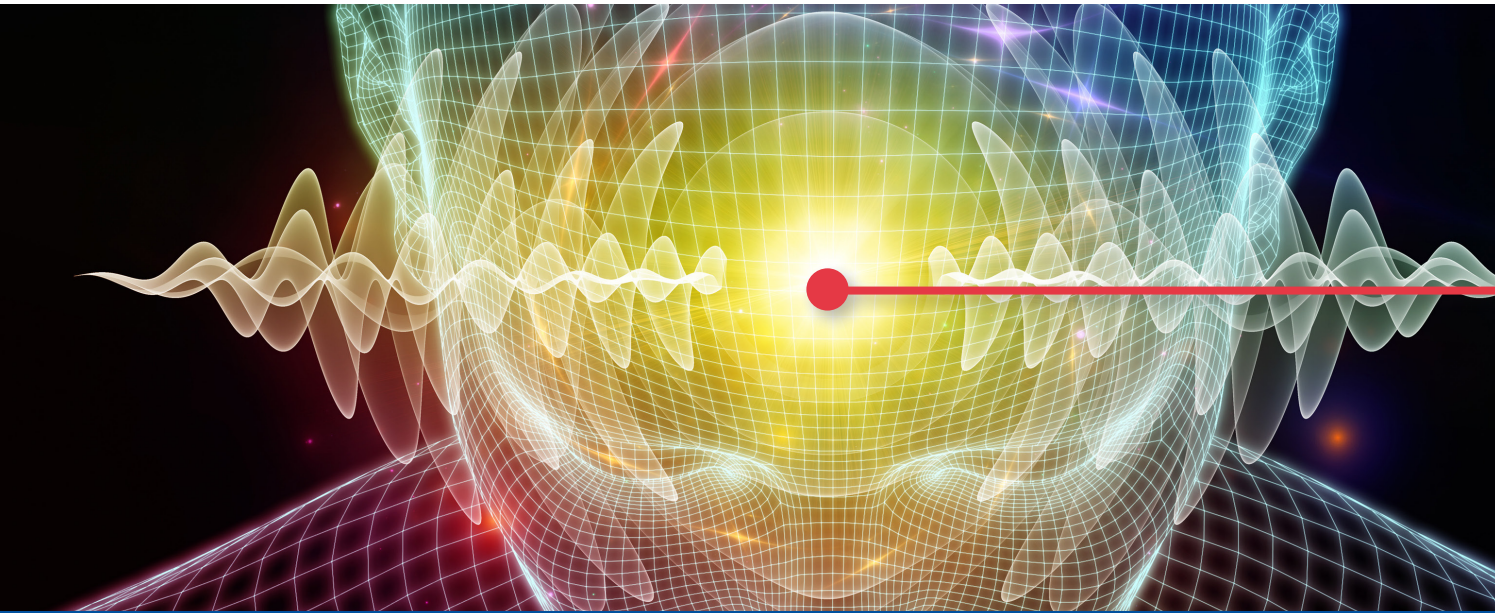
**To schedule an appointment for ECT evaluation and medical clearance call 201.225.4700**

## How Does ECT Work?

ECT treatment at Bergen New Bridge uses innovative technology and finely-tuned equipment to administer electrical stimulation to the brain, changing its activity, and improving chemical balance. It is used to effectively treat:

- Treatment resistant depression
- Mania
- Mixed bipolar states
- Acute psychotic disorders
- Catatonia
- Mood and psychotic disorders that are secondary to certain medical conditions
- Severe major depression in patients who need a rapid, definitive response
- Those who have not responded or cannot tolerate medication treatment

For pregnant patients with psychosis and mania, it is one of the safest treatment options when compared with pharmacology. ECT is used widely in the geriatric population when psychotropics are not recommended.



Extensive research has found ECT to be highly effective for the relief of major depression.



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Call 201.225.4700 for More Information or Visit [NewBridgeHealth.org](http://NewBridgeHealth.org)