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PRESS RELEASE

HYGEIA S.A: A new therapy for severe, treatment-resistant depression - For the first time in Greece

The Vagus Nerve Stimulation (VNS) method as a complementary therapy in patients with treatment-resistant depression and the therapeutic application of "Deep Brain Stimulation (DBS)" in patients with treatment-resistant obsessive compulsive disorder, were presented for the first time in Greece in a Meeting organized by the D.T.C.A. HYGEIA with the subject "Recent Therapeutic Approaches in Mental Disorders".

According to the President of the Meeting, **Dr. Constantinos Zaharakis Psychiatrist**, the VNS method is **approved** by the Food and Drug Administration (FDA) in USA as a complementary therapy in treatment-resistant depression, requires a simple and short operating procedure, and shows **significant efficacy rates**, improving substantially the quality of life of the those patients with refractory depression. This method has been applied until today to **3,500 patients worldwide**, with particularly satisfactory results.

During this International Meeting, **Dr. Rene Sorel psychiatrist from Holland** presented the results from the application of this method in Holland.

Moreover, **Dr. Loes Gabriels** psychiatrist from Belgium presented the results from the application of "Deep Brain Stimulation" method in patients with treatment-resistant obsessive compulsive disorder in Belgium.

Depression is today a common mental disorder, taking into account that 20% of women and 12% of men exhibit at least one depression episode during their lives.

According to the **World Health Organization (W.H.O.)** depression holds the 4th place as far as loss of years of life, free from disabilities and social dysfunction, is concerned while it is speculated that by 2020 it will hold the 2nd place.

As far as obsessive compulsive disorder is concerned, it presents a 3% prevalence rate in the general population and may cause a substantial degradation of patients' quality of life.