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Does Extracorporeal Shockwave Therapy (ESWT) have an Effect on Erectile Dysfunction – Preliminary Results

Peter Lyngdorf, Jesper Lyngdorf,

Institution: Clinic for Sexual Dysfunction, Gentofte, Denmark

Device and producing company: Aries ESWT, Dornier

Introduction: Treatment with ESWT has shown to be a new modality in the area of erectile dysfunction. The aim was to demonstrate the effects of ESWT applied to men with erectile dysfunction of vascular origin. To demonstrate the effect, IIEF and Duplex-ultrasonography was used.

Methods: A prospective study of 10 men with erectile dysfunction of vascular etiology unable to perform sexual intercourse with or without medication. The participants had ED for more than 6 months. After history was taken the men completed IIEF score and all men had penile ultrasonic scans performed before and after intracavernous injection of prostaglandine. Patients received 12 treatments over a 9 week period. 1-2 months after the final treatment the IIEF and Duplex scans were repeated.

Results: Ten men participated, mean age 63 years, range 45-82. Nine patients showed a significant increase in IIEF score and 6 of these 9 men had no needs for medication. Six patients had signs of better penile flow.

Discussion: ESWT is a new treatment for erectile dysfunction with a high rate of success. It can be applied to men with reduced vascular capacity.

Conclusion: Treatment with ESWT showed a significant effects in erectile function. The treatment is without side effects.