

Low-intensity shockwave treatment for ED - long term follow up of 2 years

Yoram Vardi, Boaz Appel, Noam D. Kitrey, Omar Massarwa, Ilan Gruenwald

Neuro-Urology unit, Rambam Medical center, Haifa, Israel

Introduction & Objectives

Low-intensity shockwave therapy to the penis is an effective treatment for ED as it has been previously proven in the short term, however its long term effect has not been evaluated. The aim of this study was to find out if men who have responded to shockwave therapy for 3 months post therapy preserved their response after two years.

Materials and Methods

the study group included all the men that had a significant improvement in their erectile function at the 3 month follow-up visit, and had at least 2 years of follow-up. The initial success at 3 months follow-up visit was defined according to the change in the IIEF-EF domain questionnaire from baseline (Rosen minimal change clinical improvement). These men were prospectively followed after 6, 12, 18, and 24 months by an interview (face to face, telephone, or an e-mail). The effect of the treatment was evaluated by IIEF-EF domain questionnaires and/or CGIC (Clinical Global Impression of Change).

Results

66 patients were included. 3 of them were lost to follow-up. The remaining 63 patients had a median age of 60 years (27-78), 21 patients (33%) had diabetes mellitus, and 20 patients (32%) had cardiovascular disease. In the entire group, 92%, 73%, 65%, and 51% of the patients maintained their initial success after 6, 12, 18, and 24 months respectively. The success rate after two years was lower in diabetic patients (33% vs. 60% in non-diabetic), and in patients with severe ED (29% vs. 62% in mild-moderate ED).

Conclusions

The positive effect of low-intensity shockwave therapy on erectile function wanes gradually over two years in about half of the patients, mainly in severe and diabetic ED patients. Additional research is needed to find the possible modifications in the treatment protocol that could make its effect last longer.

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