Erectile Dysfunction Shock Wave Therapy: A new modality in management of Erectile Dysfunction

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**BACKGROUND:**
Erectile dysfunction shockwave therapy (EDSWT) has brought new hope in the management of Erectile Dysfunction (ED). Its role in treatment of ED has not been established to date, however its application in different medical disciplines owing to its property of neovascularisation has proved its worth.

**OBJECTIVES OF THE CURRENT STUDY:**
Our aim was to evaluate the efficacy of EDSWT on men with ED and analyze its role in the management of ED.

**CONCLUSIONS:**
This treatment modality has shown promising results in its efficacy of improvement of erectile function and the fact that the effects were natural, long lasting and measurable improvement gives a hope in attainment of a possible cure to ED.

**METHODS & MATERIALS**
We conducted a double-blind randomized placebo controlled study. A total of 60 patients diagnosed with arteriogenic erectile dysfunction who had International Index of Erectile Function ED (IIEF-ED) domain scores between 3 and 18 (average: 7.80) and abnormal nocturnal penile tumescence (NPT) parameters were enrolled for the study. Follow up assessments with IIEF-ED questionnaire and doppler ultrasound examinations were done at 3 and 6 months periods.

**Results:**
Changes in various sexual function questionnaire before and 6 months after undergoing Erectile dysfunction shockwave therapy.

**Main Outcome Measures:**
Various validated sexual function questionnaires: International Index of Erectile Function (IIEF), rigidity scores (RS), Quality of Erection Questionnaire (QEQ), and the Self-Esteem and Relationship Questionnaire (SEAR) formed the subjective evaluation and Doppler ultrasound outcomes formed the objective evaluation.

**Results:**
We evaluated 60 middle-aged men (average age: 39.2 yr) with arteriogenic ED (mean duration: 2.08 years).

At 6 months of follow-up period, significant increases in IIEF-ED domain scores were recorded in all men (23.30±3.37 vs 7.85±2.68, p < 0.001).

Significant increases in duration of erection and penile rigidity were also recorded.

Doppler ultrasound study objectively recorded the improvement in various parameters.

No adverse events were noted during follow-up.

**Images of Penile Doppler before and 6 months after undergoing Erectile dysfunction shockwave therapy**

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