

Initial Experience Using Linear Shockwave Therapy (RENOVA®) in the Treatment of Erectile Dysfunction

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Introduction

Linear Shockwave Therapy (LSWT) is a new noninvasive therapy that uses shockwaves of low intensity to induce locally controlled angiogenesis and to significantly improve the hemodynamic function of the male sexual organ.

Objective

To report our experience (15 cases) using Linear Shockwave Therapy as a treatment for ED.

Material and Methods

This pilot, prospective, cross-sectional study included 15 sexually active men of ages 45-70 years with mild and moderate vasculogenic ED that were evaluated by the International Index of Erectile Function (IIEF-EF). The study was conducted in three stages: screening, treatment and monitoring. Patients received 4 weekly LSWT sessions (by RENOVA®); each session included 5000 shocks with an intensity of 0.09 mJ/mm². Patients' erectile function was assessed by IIEF-EF, SEP (Sexual Encounter Profile) and GAQ (Global Assessment Questions) at one and three months post treatment.

Results

13% of patients started the treatment with moderate ED, 66.6% started with mild to moderate ED and 20% with mild ED. We noted that the trend of success in our study was 80%. We found an increase between the baseline IIEF-5 score (average 14.53 pts), the one month follow-up IIEF-5 score (average 19.60 pts) and the three month follow-up IIEF-5 score (average 19.66 pts) with distribution t of 1.7445 (p<0.013).

Conclusions

We observed that LSWT has a positive short-term clinical effect in men with Vasculogenic ED. Long term follow-up is required to show the ability of LSWT to be an effective and safe solution for the treatment of ED. The feasibility and tolerability of this treatment, and rehabilitation of tissue functionality, make LSWT a potential new attractive treatment option for patients with Vasculogenic ED.

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