

Low energy shock wave treatment for Erectile Dysfunction

Mr Jas Kalsi & Mr Milad Hanna

Imperial Private HealthCare

Erectile dysfunction

Erectile dysfunction (ED) is defined as a consistent or recurrent inability to attain or maintain an erection sufficient for sexual intercourse [1]. ED is a common disorder of men that increases with age and may profoundly affect their quality of life [2,3].

For the past 15 years, oral treatment with phosphodiesterase-5 (PDE-5) inhibitors or intracavernosal injection therapy with vasodilating agents has been the preferred treatment for erectile dysfunction. However, these treatments do not reverse the underlying pathology and associated with side effects. Furthermore, they need to be synchronized with sexual activity.

What is LE-SWT?

Low energy Shock Wave Therapy (LE-SWT) is a novel and very safe new treatment for erectile dysfunction. where the cause is lack of blood flow ie vasculogenic. This technology has proven to be effective in improving ischemic tissues of the heart [4] and wound healing [5]. This technique utilizes low- energy ultrasound waves, focusing on blood vessels and encouraging neovascularization (new blood formation) in the penis shaft and crus (deep part of the penis).

LE-SWT is effective without medication

Unlike conventional ED treatment, such as PDE5 inhibitors, LE-SWT does not involve the use of any pharmaceuticals. Moreover, the shock wave treatment causes no side-effects or systemic load on other organs and healthy tissues. The non-invasive, painless procedure is performed during a series of brief visits to the out-patient and requires no sedation or anesthesia. Improvements in the erectile function of the penis can be experienced within two weeks after therapy begins. Recent clinical studies revealed that patients reported a high rate of satisfaction for more than two years after treatment – all with or without reliance on PDE5 inhibitors [8]. In clinical tests, LE-SWT has shown significant long-term effectiveness however, the treatment may need to be repeated.

LE-SWT: Effective treatment for diabetic patients with severe ED

Diabetic patients with ED are now able to benefit from LE-SWT; both those who are responsive to PDE5 inhibitors as well as those who are

unresponsive. For the latter, which includes a substantial number of severe ED patients, the only previous options were invasive: vacuum pumps, injections and penile implants. This technology now brings hope to those hard to treat cases, by allowing up to 70% of them to become responsive to PDE5 inhibitors. With over 50% of men aged 40-70 suffering from ED, and even more from transient ED, This breakthrough therapy can bring lasting improvement in erectile function [7].

LE-SWT: treatment protocol

Six session over a 3-6 week period, carried out using a handheld Duolith SD1 machine (Storz, Tägerwil, Switzerland) , with a total of 3000 impulses, performed in six positions on the penis (distal, centre and proximal part of each corpus cavernosum) [6].



The IIEF-15 patient questionnaire and erection hardness score (EHS) are used to assess the severity at baseline and improvement in erectile dysfunction after LE-SWT.

For further information

If you have any further queries or concerns and you would like to discuss regarding this treatment please do not hesitate to contact Mr Jas Kalsi on (01753 665415) or info@urologynow.co.uk.

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