

# Abstract submission form

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## Abstract category

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## **Abstract**

### **Effectiveness of shock wave therapy: implementation of a soft wide focus applicator in patients with erectile dysfunction**

**INTRODUCTION & OBJECTIVE:**Low-intensity extracorporeal shock wave therapy (LI-ESWT) is of clinical interest for the treatment of erectile dysfunction (ED). Research in animal and human studies showed that the beneficial effect of LI-ESWT is due to its angiogenic properties. It is thought to stimulate neovascularization by inducing the expression of regeneration and growth related factors. This is a Progress report on LI-ESWT in the treatment of vascular ED using a SWFA (soft wide focused applicator) handpiece for a cohort of patients in a clinical center in Bogotá, Colombia.

**METHODS:** Clinical records were reviewed during the first half of 2016, with diagnosis of vascular ED and underwent a protocol of LI-ESWT once a week for 5 weeks, energy flux density 0.15mJ and 3000 pulses per session, with the MTS urogold100® and applicator OP155. Outcome measurements: Erection Hardness Score (EHS), International Index of Erectile Function, 5-item version (IIEF-5).

**RESULTS:** 20 patients with a mean age of  $53.1 \pm 12.1$  years were included. At admission, 70% of patients had mild / moderate ( $n = 14$ ), 20% ( $n = 4$ ) moderate and 10% ( $n = 2$ ) severe ED according to the IIEF-5 scale. After five sessions 25% ( $n = 5$ ), and after one month follow-up even 45% ( $n = 10$ ) of patients showed a clinical important difference (defined as an increase of  $\geq 4$  points) in the IIEF score with an average increase of 5 points ( $18 \pm 4.4$ ). Assessing the EHS, 55.5% of patients at baseline (mean EHS:  $3 \pm 0.6$ ) had an erection insufficient to penetrate, this proportion decreased significantly to 28% after therapy (mean EHS:  $4 \pm 0.7$ ), a beneficial effect that was still persisting after one moth follow-up (mean EHS:  $4 \pm 0.7$ ).

**CONCLUSIONS:**The preliminary results of LI-ESWT in the treatment of ED indicate a clinically significant improvement in both, the IIEF and EHS by this.