



LASERS

RADIAL SHOCKWAVE THERAPY FOR MALE ERECTILE REJUVENATION

D Goldberg⁽¹⁾

Skin Laser & Surgery Specialists Of Ny And Nj, Icahn School Of Medicine At Mount Sinai, New York, United States⁽¹⁾

Introduction: Radial low-intensity shockwave therapy has been FDA cleared for the treatment of cellulite. Its mechanism of action is based on inducing micro-trauma, resulting in new vessel formation.

Objective: We explored the role of this therapy for erectile dysfunction treatment in a dermatology and/ or medical aesthetic practice.

Materials and Methods: Erectile dysfunction is defined as the inability to achieve and maintain an erection to satisfactorily complete intercourse. Eighty percent of erectile dysfunction is due to vasculogenic disorders. Treatment depends on the cause and includes penile pumps, implants, surgery, and phosphodiesterase 5 inhibitor medications.

A literature review was conducted on radial low-intensity shockwave technology in use for erectile rejuvenation to explore its positioning, safety, efficacy, tolerability, subject satisfaction and usability in a dermatology and/ or medical aesthetic setting.

Results: Radial low-intensity shockwave therapy was shown to be effective in subjects with organic erectile dysfunction irrespective of sensitivity to phosphodiesterase 5 inhibitor medications. At 2-year follow up subjects who initially responded positively to treatment showed a gradual decrease in the effect on erectile function with time. Those with more severe disease at baseline had a higher probability of treatment failure at 2 years, however, subjects treated for milder forms of erectile dysfunction maintained the beneficial effect for 2 years. The treatment is reported to be safe, well tolerated and to have little downtime.

Conclusions: As this is an evolving field clinical evidence at this stage lacks robustness. Studies and clinical experience suggest that male erectile rejuvenation using radial low-intensity shockwave therapy seems an attractive option for subjects with mild-to-moderate conditions. The treatment can be safely and effectively delivered by trained staff as part of the total package that is available to men in a dermatology and/ or medical aesthetic practice.

