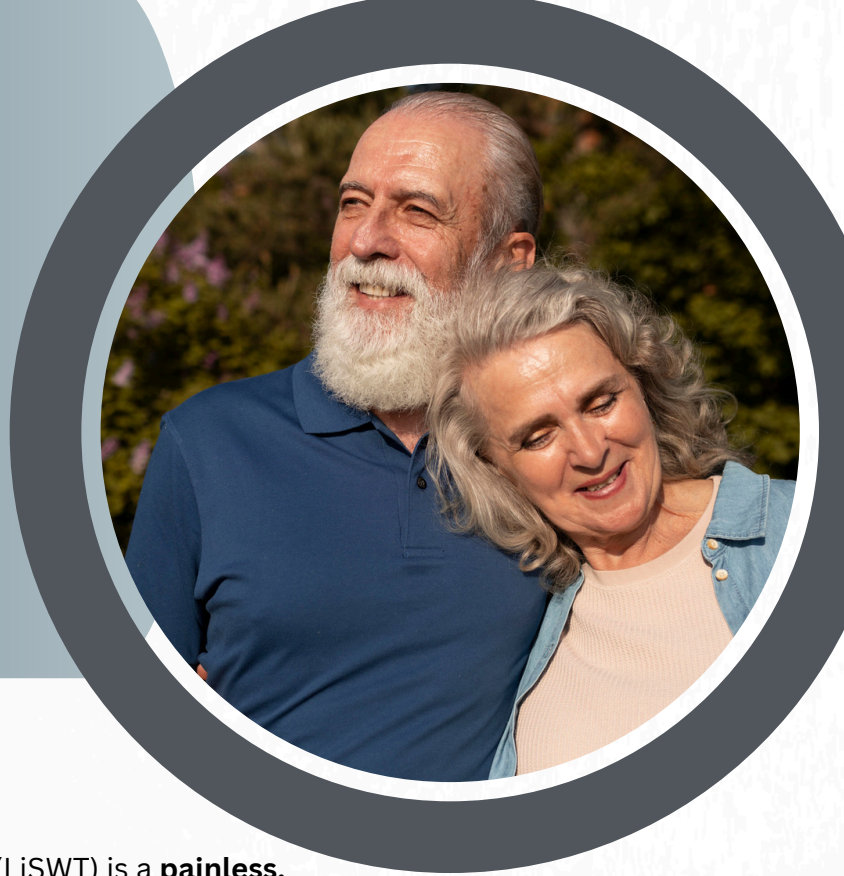


LOW-INTENSITY SHOCKWAVE THERAPY FOR ERECTILE DYSFUNCTION



WHAT IS LOW-INTENSITY SHOCKWAVE THERAPY (LISWT)?



Low-Intensity Shockwave Therapy (LiSWT) is a **painless, safe, & non-invasive treatment for Erectile Dysfunction** which aims to utilise low-intensity shockwaves (sound waves) to improve blood flow to the penis.

HOW DOES LISWT WORK?



Shockwaves (sound waves) are applied to penis with a special device over a series of treatments. These shockwaves are thought to restore erectile function in the following ways:

- **Improve Blood Flow:** Shockwaves stimulate the growth of new blood vessels and enhance circulation to the penis, which is critical for achieving and maintaining an erection.
- **Repair Tissue:** LiSWT helps to stimulate repair mechanisms in the penis, which can help damaged blood vessels and tissues in the penis recover.

MEDICAL EVIDENCE:



- In the original 2010 clinical trial investigating LiSWT, **67% of men previously unable to achieve an erection hard enough for penetration were able to do so without medication** after treatment with LiSWT (Vardi, et al., 2010).
- A systematic review published in 2022 found that LiSWT **significantly improved erectile dysfunction compared to placebo** across 16 studies including 1,064 men (Yao, et al., 2022).
- A study of 113 men published in 2024 showed a **significant increase in penile hemodynamics (blood flow) as measured by penile ultrasound**, in addition to significantly increased erection scores reported by participants (Rubino, et al., 2024).

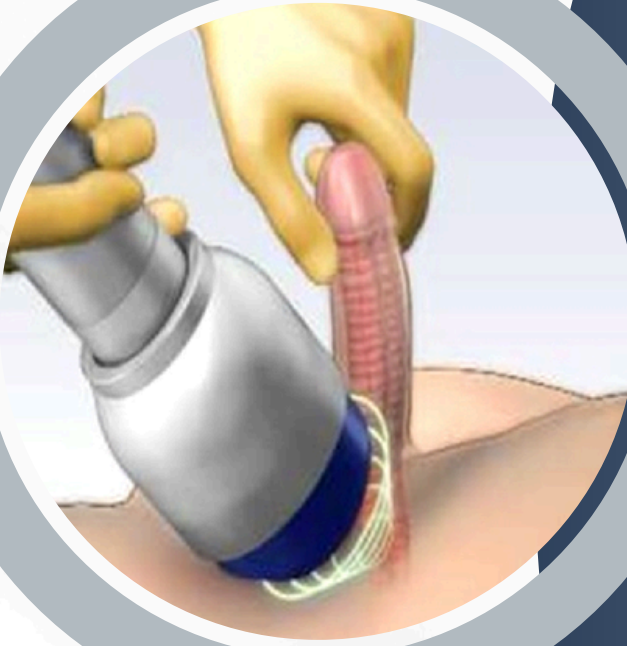
WHO CAN BENEFIT MOST FROM LISWT?



We recommend LiSWT for men with mild erectile dysfunction caused by vascular dysfunction. It may be most beneficial for men who:

- Are not responding to erection medications as well as they once did
- Have mild erectile dysfunction and are not interested in taking medications due to inconvenience or side effects

WHAT CAN YOU EXPECT DURING A TREATMENT COURSE?



Abu-Ghanem, Yasmin et al. "Penile Low-Intensity Shock Wave Therapy: A Promising Novel Modality for Erectile Dysfunction." Korean Journal of Urology 55 (2014): 295 - 299.

- **Initial Visit:** A/Prof Katz, or one of the Doctors at Men's Health Melbourne, will perform a full assessment to determine if you are a candidate for LiSWT.
- **Duration:** A treatment course consists of 1 session per week for 6 weeks. Each session lasts approximately 15-20 minutes.
- **Procedure:** The practitioner utilizes a handheld device that delivers gentle sound waves to the penis.
- **No Pain:** The treatment is typically painless, although you may experience a mild tingling sensation.
- **No Downtime:** You can resume normal activities immediately after the treatment.

WHAT ARE THE POTENTIAL SIDE EFFECTS?



LiSWT is generally safe, with few possible side effects:

- Mild discomfort or tingling during the session.
- Redness or mild swelling around the treatment area (temporary).
- Bruising (rare and usually mild).

WHAT IS THE COST OF TREATMENT?



- Each treatment course includes 6 sessions and costs \$2,000.

WHEN CAN YOU EXPECT RESULTS?



- **Initial Improvement:** Many patients report some improvement within 2-3 weeks.
- **Full Results:** Many studies find that 50-70% of men obtain some positive response to treatment. Optimal results are typically achieved within 6-12 weeks, with benefits often continuing to improve after each session. You will have a follow up visit with your practitioner at MHM at this time to evaluate your progress and reassess your erectile function.
- **Sustained Benefits:** Studies show durable results lasting at least 6-12 months, with the possibility of repeat treatments to maintain improvements.

REFERENCES:

- Vardi Y., et al. (2010). Can Low-Intensity Extracorporeal Shockwave Therapy Improve Erectile Function? A 6-Month Follow-Up Pilot Study in Patients with Organic Erectile Dysfunction. Eur. Urol. 2010;58:243-248.
- Yao H., et al. (2022). Systematic Review and Meta-Analysis of 16 Randomized Controlled Trials of Clinical Outcomes of Low-Intensity Extracorporeal Shock Wave Therapy in Treating Erectile Dysfunction. Am. J. Men's Health, 16(2).
- Rubino M, et al. (2024). Impact of low-intensity extracorporeal shockwave therapy on vascular parameters and sexual function in patients with arteriogenic erectile dysfunction. Asian J Androl. 2024 Jul 1;26(4):344-348.