

Memmos D. , Kalyvianakis D. , Mykoniatis I., Kapoteli P. , Hatzichristou D.

Georgios Gennimatas Hospital, 1st Department of Urology, Aristotle University of Thessaloniki, Thessaloniki, Greece

Introduction & Objectives: A large proportion of patients with vascular erectile dysfunction present a history of cardiovascular disease and are under anticoagulation or antiplatelet therapy. The aim of the study is to test the safety of low intensity shockwave therapy (LiST) in this group of patients.

Materials & Methods: Data were collected from two randomized clinical trials conducted by our research team and a pooled analysis was performed. The studies followed the same design and moreover the same shockwave machine (Dornier Aries 2) and the same application technique were used. Of the 138 patients who participated in both studies 35 were under single (n = 31) or double (n = 4) anticoagulation/antiplatelet therapy. These patients, according to the study they participated, were exposed to 6 (n = 2), 12 (n = 29) or 18 (n = 4) LiST sessions, using energy of 0.05 mJ/mm² (n =23) or 0.1 mJ/mm² (n = 12). Before and after each treatment session, patients were screened for bleeding events (clinical examination, medical history). Also, penile ultrasound was performed on all patients during the 1st and 3rd month follow-up visit.

Results: None of the patients reported symptoms related to the treatment. No evidence of a bleeding event was found and the penile ultrasound was normal after even 18 sessions with frequency up to 3 times a week.

Conclusions: LiST to treat erectile dysfunction is a safe and well tolerated method in patients under anticoagulation/antiplatelet treatment.