

INTRODUCTION:

Shockwaves are audible high-energy sound waves. Since 1980 shockwaves have been used successfully for the treatments of various medical conditions. Originally only used for the disintegration of kidney stones, shock wave therapy has evolved into a recognized treatment modality in orthopaedics, cardiology and since 2010 for the treatments of erectile dysfunction.

Focus shockwave therapy is a non-invasive treatment that uses low-frequency, acoustic shock waves generated via a handheld device to improve flow to the penis and improve erection quality. The shockwaves stimulate the growth of new blood vessels into the tissues, promoting growth factors, increasing cell proliferation, decreasing inflammation and mobilising stem cells.

Several studies have shown an improvement in erection hardness a month after starting the treatment, mostly due to physiological changes to the blood flow. Shockwave therapy has been shown to have no negative side effects when used to treat erectile dysfunction.

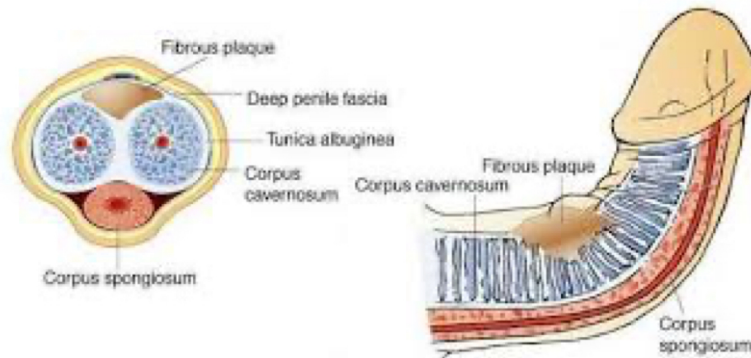
In terms of treatments offered, shock wave therapy is a great alternative to surgery as there is no risk of infection or complications and has significantly reduced costs.



WHY IS IT DONE:

Extracorporeal shockwave therapy is prescribed for 3 main conditions:

- Induratio Penis Plastica - Peyronie's Disease: Connective tissue disorder involving the growth of fibrous plaques in the tunica albuginea. These "plaques" are responsible for painful erections, penile curvature and penis shortening.



- Erectile dysfunction: Inability to maintain an erection for sexual intercourse. It could be caused by androgen insufficiency, diabetes, drug/alcohol, surgeries (radical prostatectomy), neuropathy and Peyronie's disease.
- Chronic pelvic pain syndrome: Persistent or recurrent prostate pain, associated with symptoms suggestive of urinary tract infection and/or sexual dysfunction. No proven infection or other obvious pathology. **Symptoms include**: pain sensations in the prostate, testes, groin, back, pelvic floor and supra-pubic region. Urinary problems, erectile dysfunction and quality of life are also mostly affected.

SIDE EFFECTS:

Low-intensity extracorporeal shockwave therapy has demonstrated minimal side effects which include:

- Small haematomas on treated area
- Transient microhematuria

BEFORE THE PROCEDURE:

- You should inform your doctor or nurse if you take **long term oral Steroids, anticoagulant medications, have a clotting disorder, or have cancer in the area of treatment** as these are contraindications for shockwave therapy.

DURING THE PROCEDURE:

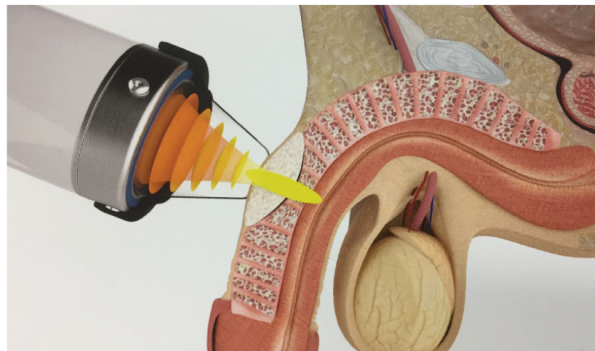
The procedure will be performed in our rooms. No anaesthetic required. No fasting required.

The shockwave therapy will be administered by our Practice Nurse with a wand-like device which will be placed in different areas of the penis and perineum.

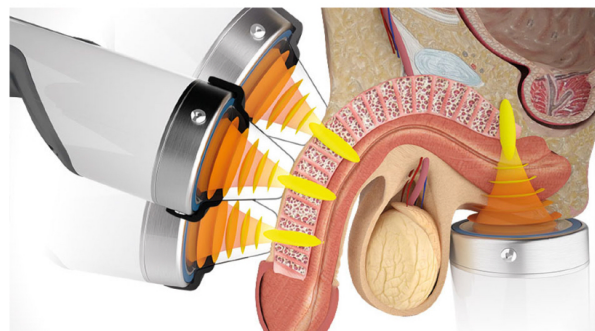
The treatment session uses 3000 pulsed shockwaves into the affected area and lasts approximately 30 minutes.

The intensity of the shockwaves will be increased throughout the treatment depending on your tolerance. Most men describe it as a painless experience.

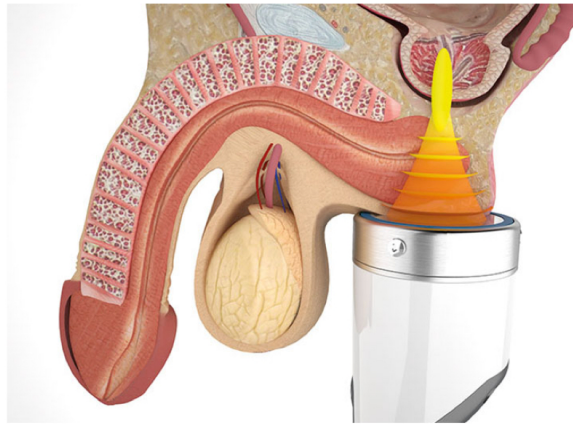
For **Peyronie's Disease** you will require 4 treatments (1 session per week).



For **Erectile Dysfunction** you will require 6 treatments (2 sessions per week with one week interval).



For **Chronic Pelvic Pain Syndrome** you will require 4 treatments (1 session per week).



AFTER THE PROCEDURE:

You can drive straight after each session.

No special care required.

You can resume your daily activities.

The body's natural healing process will continue after the prescribed course of shockwave therapy. Some studies showed improvement on erectile function up to 6 months after shockwave treatment.

PROBLEMS OR CONCERNS AFTER SURGERY:

- If you have any problem or concern, you are always able to contact us at our rooms, between 9a.m and 5p.m, Monday to Friday on **02 9570 5510** where we have a nurse to take your call.
- If you experience a problem after hours, on the weekend or on a public holiday, please call the hospital where you had your surgery and they will inform your surgeon, or surgeon on call.
- If it is extreme urgency, please call an ambulance and inform the hospital where they take you, of your recent procedure and ask them to contact Dr Paul Cozzi.