



Erectile dysfunction (ED) affects over half of men over the age of 40. Despite ED being so common, men often do not discuss this condition with their doctors. There are many options to treat men with ED, including pills, injections, vacuum devices, and surgery – however these therapies lead to a lack of spontaneity for sexual activity and have potential side effects.

New technology using low-intensity acoustic waves delivered to the penis has been shown to improve male sexual health. LISWT is an in-office, non-invasive technology that can improve blood flow in the penis without the use of medication or surgery.

To learn more, schedule an appointment, or refer a patient, visit us online at **stluurology.com**



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**Low-Intensity
Shock Wave
Therapy (LISWT)**
for Erectile Dysfunction

How does LISWT work?

The LISWT device applies acoustic waves to various parts of the penis. The acoustic waves increase penile blood flow by stimulating the growth of new blood vessels (neovascularization) and repair of damaged blood vessels.

LISWT therapy is performed in-office without anesthesia. A course of LISWT therapy includes six separate treatments, each lasting 20-30 minutes. After your treatment you can return immediately to your normal daily activities.

- Device: Storz Medical DUOLITH SD1
- Per session: 3000 shockwaves total.
Intensity: 0.15 mJ/mm2 up to 0.55 mJ/mm2 as tolerated

What is the risk of LISWT?

LISWT therapy is generally considered to be safe and has been used for a variety of non-urologic health conditions. The use of the LISWT device in optimizing sexual health and erectile dysfunction has not been approved by the FDA and is therefore considered an "off-label" use of the device. As an "off-label" therapy, LISWT for ED is not covered by medical insurance. Studies using LISWT for ED treatment have shown it to be safe and effective therapy.

Who is a Candidate for LISWT?

Given the low risk, all men with erectile dysfunction can consider therapy. LISWT has been shown to have the best outcomes in men with mild to moderate erectile dysfunction due to poor blood flow (vasculogenic ED). If you are interested in Low-Intensity Shock Wave Therapy (LISWT) for Erectile Dysfunction, please speak with your provider at Urology of St. Louis or call 314-567-6071 to set up an appointment to discuss ED and potential LISWT treatment with one of our Men's Health Specialists.



Low-Intensity Shockwave Therapy Post-Treatment Information

How Long Does Shockwave Therapy Take to Work?

Most people who get shockwave therapy for ED will often see benefits within one to three months. The initial results (within the first several weeks) can be dramatic, however, the response will vary based on one's individual physiology. There is still not enough long-term research and data to say how long the treatment might last, whether the effects of the treatment could wear off, or whether you will need additional treatment at a later time.

Review of the Risks of Shockwave Therapy

LISWT is generally considered to be safe and has been used for a variety of non-urologic health conditions in the past. Contact your urologist if you experience bleeding or bruising on and around the penis, blood in the urine, skin infection on the penis, painful erection, or penile curvature that worsens after shockwave therapy.

When Should We Touch Base?

A follow-up appointment should be made for 6-12 weeks after completion of the last LISWT session. At this follow-up appointment, we will discuss the benefits that you have seen since your last session and any other treatment alternatives if needed. Please complete the Sexual Health Information Questionnaire (SHIM), either electronically on paper, prior to your appointment. This will allow us to compare your SHIM score before and after LISWT.

What Types of Potential Benefits Can I Experience?

The goal of LISWT is to improve erectile function. After completing LISWT, many men have reported better response to oral medications at current dosages, or a decreased need for medication. Rarely, one may be able to stop medication for ED entirely after LISWT.

Can the LISWT Sessions Be Repeated?

There is emerging evidence showing that repeat sessions may be beneficial to boost or extend the effects of LISWT. Repeat sessions may be started 6 months to 1 year after completing the initial set of sessions.

What Should I Do if I Need to Pursue Additional Options After LISWT?

Talk to your urologist to discuss additional options for erectile dysfunction including intracavernosal injections, vacuum erection device, or implantable penile prosthesis, among other options.