

# Efficacy and Safety of Extracorporeal Shock Wave Therapy in the Treatment of Chronic Prostatitis/Chronic Pelvic Pain Syndrome and Acquired Premature Ejaculation Patients

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## Abstract

**Introduction:** The aim of this study was to evaluate the efficacy and safety of extracorporeal shock wave therapy (ESWT) in patients with acquired premature ejaculation (APE) due to chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS).

**Method:** Patients with APE due to CP/CPPS between January 2020 and June 2022 were included in the study. Demographic data of the patients were recorded, and the degree of their symptoms was evaluated with the National Institutes of Health-Chronic Prostatitis Symptom Index (NIH-CPSI), premature ejaculation diagnostic tool (PEDT), and Premature Ejaculation Profile (PEP). The international prostate symptom index (IPSS) was also used for lower urinary tract symptoms (LUTS), and the international erectile function index-erectile function (IIEF-EF) was used to evaluate erectile functions. All patients received treatment with the Medispec Bold Li-ESWT device without using any anesthesia method (12 sessions). The changes in the symptom scores of the patients were evaluated before the treatment and at the 3rd month after the treatment.

**Results:** A total of 42 patients were included in the study. The mean age of the patients was  $43.75 \pm 12.03$  (20-55), and the mean BMI was  $23.58 \pm 7.61$  (18.03-35.98) kg/m<sup>2</sup>. The patients' estimated mean intravaginal ejaculation latency time (IELT) before ESWT was  $37.98 \pm 21.87$  s. After a total of 12 sessions of ESWT, the IIEF-EF, IPSS, NIH-CPSI, and PEP index scores of the

patients showed significant improvements ( $p < 0.001$  for each). The IELT mean increased to  $74.81 \pm 46.79$  s ( $p < 0.001$ ). Posttreatment IELT fold increase was determined as  $3.25 \pm 1.72$ -fold. A highly significant positive correlation ( $p = 0.032$ ;  $r = 0.839$ ) was found between the CPSI score difference and the posttreatment PEP index score.

**Conclusion:** Li-ESWT treatment is an effective and safe treatment with positive effects on both LUTS and premature ejaculation in patients with APE symptoms due to CP/CPPS. Patients who benefit from CP treatment also have longer IELT times.

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