

Effectiveness of extracorporeal shock wave therapy for Peyronie's disease

Sven Lahme, Reinhold Zimmermann, Arnulf Stenzl

Introduction

Problems with sexual intercourse as a result of penile deviation or pain are indications for treating Peyronie's disease (PD). Conservative treatment modalities show disappointing results, and operative forms of therapy are only suitable for correcting penile deviation. Extracorporeal shock wave therapy (ESWT) is a very promising non-invasive therapy for relieving the clinical symptoms that characterise this condition.

Materials and Methods

A total of 46 PD patients with penile deviation and erection pain received ESWT in 6 sessions à 2000 shock waves (Piezoson 100, Wolf, Knittlingen, Germany). 17/46 patients (36.9%) were suffering from erection pain and 29/46 (63.0%) from penile deviation. The treatment was carried out on the flaccid penis without anaesthesia. An erection was artificially induced and the pre- and post-treatment penile deviation was measured in the ventrodorsal and lateral direction by means of a goniometer; in addition, a visual analogue scale (VAS) was used to assess the pain intensity during erection.

Results

The patients received on average 5.3 sessions á 2000 shock waves. The pain intensity was reduced in 14/17 (82.4%) of the patients after ESWT. The penile deviation was improved for 11/29 (37.9%) of the patients, and palpable plaques were no longer detectable for 12.5% of the cases. In 1 case penile deviation increased. There were no complications observed with the ESWT.

Conclusions

ESWT for the treatment of PD shows promising results in terms of reducing erection pain. Recession of the penile deviation could be achieved with ESWT in almost 40%. It is still unclear whether the observed effects are really due to the ESWT or whether spontaneous remission of the disease is the true explanation. This question is the topic of a prospective, randomised, single-blind study that is currently underway.