

## **Extracorporeal shock wave therapy (ESWT) for treatment of chronic pelvic pain syndrome (CPPS): first results of a new therapeutic approach**

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### **Introduction**

CPPS is accompanied by voiding disorders, erectile dysfunction and pain in perineum, testis, penis, bladder and back. An efficient therapy is still missing. We evaluated feasibility and efficacy of ESWT for pain relief of CPPS patients.

### **Materials and methods**

Patients with CPPS received 6 sonographically focused ESWT treatments (each 2000 impulses) within 2 weeks (perineal approach, supine position, Minilith SL1, Storz Medical, Kreuzlingen, Switzerland). Follow up (FU) was done 1, 4, 12, and 52 weeks after ESWT. Complaints were evaluated by visual analogous scale (VAS, 0-10) and validated questionnaires (micturition: international prostate symptom score IPSS, specific complaints: NIH chronic prostatitis symptom index NIH-CPSI, sexual behaviour: international index of erectile function IIEF).

### **Results**

20 patients (age 36-62, mean 49.7) were treated as outpatients without side effects/anaesthesia. 11/6 patients completed short-/long term FU up to now. All patients (11/11) had less pain/CPPS-specific complaints after ESWT. Pain reduction rate was 44.3% (average VAS value 7.0 (range 3-9) before/3.9 (1-7) afterwards). NIH-CPSI improved for 28.8% (score 27.8 (17-37) before/19.8 (12-27) after ESWT). Quality of life increased for 27.8% (NIH-CPSI question 7-9, average score 10.0 before/7.3 after). IPSS before/after ESWT was 18.3/13.1 (improved 28.4%, less score in 8/11 patients (72.7%)). On long term FU (10-12 months) these results remained stable.

### **Conclusions**

ESWT could be done easily on outpatient basis and showed a remarkable reduction of CPPS related pain and complaints without side effects. Also long term FU was encouraging, so we continue to evaluate this treatment option with a larger patient group.