

SEVENTEENTH ANNUAL SCIENTIFIC MEETING

香港泌尿外科學會

HONG KONG UROLOGICAL ASSOCIATION

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Kowloon

HONG KONG S.A.R.

Extracorporeal Shock Wave Therapy for Chronic Pelvic Pain Syndrome : The PYNEH Experience

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Objective:

Extracorporeal shock wave therapy (ESWT) is well proven to be effective in other specialties like orthopedics for the treatment of painful condition. With chronic pelvic pain syndrome (CPPS) being one of the commonest urological diseases diagnosed in outpatients, we aim to evaluate the effectiveness of ESWT for the treatment of CPPS-related symptoms.

Patients & Methods:

Patients with CPPS for a minimum of 6 months, no signs of inflammation in urine and seminal fluid and no clinical evidence of prostate cancer were included into the study. Totally nine patients were selected. The patient was positioned on his back and the therapy head was coupled on the perineum. At each session, 3000 pulses of focused SW were applied at a frequency of 3.5Hz. The treatment was effected at an energy level of $0.25\text{mJ}/\text{mm}^2$. The time between individual treatments was one week. A total of 4 sessions over a course of four weeks was planned. Follow up was performed after 4 weeks. Pre and post-treatment pain severity and frequency together with IIEF-5 and IPSS were compared.

Results:

There was no significant difference in IPSS and IIEF-5 score after treatment. However five out of nine patient (55.6%) showed significant decrease in pain severity (average 46.9% reduction) , duration (average 49.6% reduction) and frequency

Conclusions:

ESWT to the prostate region can be a safe and effective treatment for CPPS with significant improvement in pain-related symptoms.

Acknowledgements

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