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HP-04-002. Extracorporeal shock wave therapy (ESWT) for chronic prostatitis and chronic pelvic pain syndrome: clinical results of our experience

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Objective

Chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS) is a common males clinical syndrome characterized by pain in the perineum, pelvis, suprapubic area, or external genitalia and variable degrees of voiding and ejaculatory disturbance. In addition to traditional therapies, or when these do not work, now we can benefit from a new simple approach, the prostatic Extracorporeal Shock Wave Therapy (pESWT). Many studies show that pESWT yields good effect in the treatment of chronic prostatitis, especially in pain relief. We report our experience.

Methods

From January 2016 to date we have included 41 patients who had had CP/CPPS for ≥ 2 months. pESWT was administered using a perineal approach once a week for 6 weeks. The follow-up was at 1, 6 and 12 weeks after pESWT, to evaluate the effects on pain, quality of life and prostate texture. Imaging studies and changes in prostate-specific antigen (PSA) were used to investigate the safety and side-effects of pESWT.

Results

Only two patients did not complete the study protocol, 39 patients were evaluated. At week 12, the mean of pain score, urinary score, quality-of-life and ultrasonographic features are all improved. Specifically, the pain is reduced significantly after 3-4 applications in almost all patients. No side effects have been demonstrated.

Conclusion

pESWT is proved to be a simple and effective method of treatment of CP/CPPS not accompanied by the development of side effects. The effects on pain are exciting and ultrasound are seeing an improvement in prostate texture.