The first experience of shock wave application in the treatment of chronic prostatitis

Author:
Boris Garilevich, Anton Rotov

Institutions:
Central Clinical Air Force Hospital, Poperechniy prosek, 17, Moscow, Russia, 107014

Device and producing company:
Compact, Dornier

Introduction:
The unique biological properties of shock waves (SW) allow us, for the first time, to apply them to the prostate in patients with chronic prostatitis (CP).

Methods:
We performed a prospective study of the results of treating 68 patients with CP using shock wave therapy (SWT) based on technique we developed (basic group) versus traditional physiotherapeutic cure (control group).

Results:
We found that the action of SWT produced a quick and apparently anesthetic effect, which occurred after 1 or 2 procedures. In the basic group, the maximum systolic flow in prostate vessels increased 81 % (on average), while in the control group the increase was 47 % ($p < 0.001$). The maximum speed of urination increased to/by? 36 % (on average), while in the control group it increased only 19 % ($p < 0.001$). High efficacy of the method was proved in the cases of fibrous forms of CP. No apparent side effects of the SWT including spermograms were observed.

Discussion:
The parameters of the SWT that we developed allow SW application to the prostate because of the anesthetic and anti-inflammatory effect, increase of the blood supply and activation of the metabolic processes, and decrease of fibrosclerotic changes.

Conclusion:
SWT with the parameters we developed is an effective and safe method in the treatment of CP including difficult forms of CP which are resistant to other kinds of physiotherapeutic action.