



SAINT JAMES
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NOVEL TREATMENT OF ERECTILE DYSFUNCTION

Erectile dysfunction (ED) is common worldwide. Nonetheless, contrary to popular belief, it is a symptom and not a disease. Some patients suffering from this condition may not be properly assessed or they might be receiving treatment for an underlying disease or condition that may be actually causing erectile dysfunction.

ED may be autogenic, psychogenic or mixed. Some risk factors show a link with cardiovascular disease, namely heavy alcohol use, tobacco use, being overweight, diabetes, hypertension and stress.

Diagnosis typically involves a basic work up that includes sexual history, physical examination, laboratory testing and specialised diagnostic tests.

Treatment options for ED include changing modifiable or reversible risk factors including lifestyle or drug-related factors, phosphodiesterase-5 inhibitors, intra-cavernous injections, combination therapy, intraurethral/topical alprostadil and penile prosthesis as third line therapy.

A recently developed treatment is the **Low Intensity Shockwave Therapy** (LIST) which, accompanied by autologous stem cell therapy, is an effective cure for ED sufferers, prevalent among which are diabetic patients.

LIST has angiogenic properties and stimulates neo-vascularisation. It can improve penile blood flow and stimulate neo-vascularisation. It has been found to be most effective in patients responsive to phosphodiesterase-5 inhibitors.

Autologous stem cells injected into the corpora cavernosa together with LIST stimulate penile vascular regeneration which

is required for penile erection. LIST involves applying shock pulses at five sites along the penile shaft and crura. A number of sessions are involved in this treatment.

Both autologous stem cell therapy and erectile dysfunction shock wave therapy are available at Saint James Hospital, Zabbar.

BENEFITS OF LIST

- Proven clinical results
- Long term effect
- Triggers the body's natural repair mechanism
- Pain free – short treatment with no reported side-effects
- Suitable for additional urologic applications

The treatment is completely safe, non-invasive and no medications are used with no reported side-effects. Patients are able to return to their daily routines immediately following each treatment session.

Each session takes approximately 20 minutes. The entire treatment protocol consists of several sessions, which are conducted over a few weeks' time.

HOW SOON CAN IMPROVEMENT BE NOTICED? HOW LONG WILL IT LAST?

Patients report discernible improvement within two weeks of beginning the treatment, with a high rate of satisfaction for more than a year following treatment – without reliance on phosphodiesterase-5 inhibitors. 🏡