

Efficacy of extracorporeal shock wave therapy (ESWT) for males chronic pelvic pain syndrome: A phase III, randomized, double blind controlled with placebo study

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Introduction: Chronic Prostatitis/ Chronic Pelvic Pain Syndrome (CP/CPPS) according to NIH is genitourinary pain or discomfort lasting 3 or more months with undetectable uropathogenic bacteria.

Material & Methods: Randomized, double blind, placebo controlled study has been conducted in 40 male patients who have had CPPS. Patients were randomly assigned to receive extracorporeal shock wave therapy (ESWT) or placebo. The study was conducted together by both Urology and Rehabilitation services. The primary outcome was to assess the efficacy of extracorporeal shock wave therapy for treatment of males CPPS.

Results: 38 patients were evaluated. ESWT group improved their pain relief statistically significantly compared to placebo group (11 +/- 3.15 vs 6.31 +/- 2.55, $p < 0.05$). Also improved voiding quality as measured by IPSS score (11 +/- 2 vs 7.21 +/- 1.5, $p < 0.05$) and NIH-CPSI urinary symptoms (5 +/- 1.5 vs. 3.42 +/- 1.5, $p < 0.05$). These results were maintained until 12 week. No AEs.

Discussion: At 4 and 12 weeks, patients who received ESWT experienced improvement in pain relief, quality of life, and voiding symptoms. In the literature the patients experienced the maximum relief of their symptomatology after 4 weeks of treatment, according to our results patients have achieved an improvement even better at 12 weeks. The results obtained are similar to those reported in the bibliography. Several studies in orthopedics, urology and cardiology have shown very low rate of AEs derived from ESWT.

Conclusion: It has been demonstrated ESWT is an effective and safe treatment for CPPS. Due to high prevalence of CPPS and none specific treatment, ESWT should be considered an effective and safe treatment alternative.