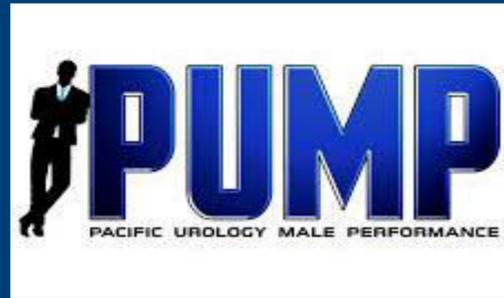


USE OF RADIAL PULSE WAVE THERAPY (RPT) AND A NITRIC OXIDE BOOSTING SUPPLEMENT IN THE TREATMENT OF ERECTILE DYSFUNCTION



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OBJECTIVES

The purpose of the study is to determine the efficacy of a combination of Radial Pulse Therapy and a Nitric Oxide boosting nutritional supplement, 3 gm L-citrulline and 180 mg beet root extract, in the treatment of men with Erectile Dysfunction.

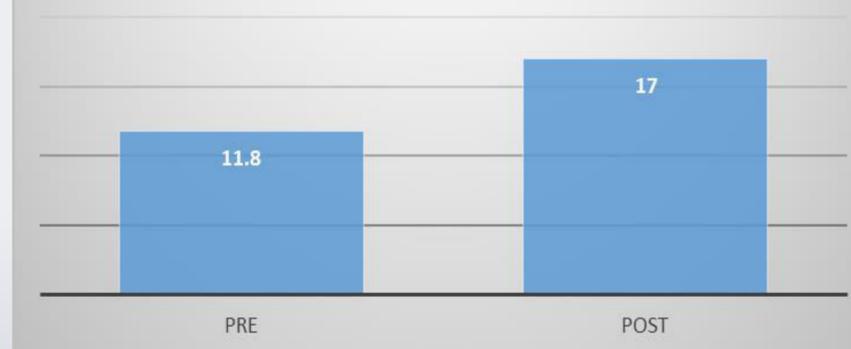
METHODS

40 consecutive patients were treated with Radial Pulse Therapy with the Zimmer enPuls Pro. This machine uses electromagnetic energy with a convex treatment head to generate mechanical radial pulsed waves. Six weekly treatments of 10,000 shocks at an energy of 90 mJ and a rate of 15 using the GAINSwave technique were delivered to the penile corpora and perineum. Men took 1500 mg L-citrulline and 90 mg beet root extract (AFFIRM®) twice a day during treatment. L-citrulline has been shown to improve NO levels and mildly improve erectile function. SHIM (Sexual Health Inventory for Men) questionnaire was administered prior to treatment and at 5 weeks after the first treatment.

RESULTS

The average age was 68 years (range of 36 to 79). All of the men had previously tried PDE-5 inhibitors, and none had been using intercavernosal injections or penile pumps. 7 men were diabetic, 6 had significant coronary artery disease, 4 were taking SSRIs, 7 had hypertension and were on medication and 6 had a history of tobacco abuse. The average SHIM score prior to treatment was 11.8. The average SHIM score 5 weeks after initiating treatment was 17.0. The average improvement in SHIM score was 5.2 ($p < 0.01$). The median improvement in SHIM was 5. There were 11 men who had an increase in SHIM of two or less. 15 men had an increase in SHIM of 7 or more.

6 weeks Radial Pulse Therapy
and NO Booster
Change in SHIM Score



The Sexual Health Inventory for Men (SHIM) Questionnaire

- How do you rate your confidence that you could get and keep an erection?
- When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)?
- During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?
- During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?
- When you attempted sexual intercourse, how often was it satisfactory for you?

CONCLUSIONS

Radial pulse therapy using the Zimmer enPuls Pro weekly for six weeks in combination with a supplement consisting of ingredients known to boost Nitric Oxide resulted in significant improvement in ED at 5 weeks based on the SHIM questionnaire which increased 5.2 points ($p < 0.01$). This is the first report of radial pulse therapy, as opposed to focused shock wave therapy, improving ED. It is also the first to show that the combination of RPT and a NO boosting supplement improves erectile function. TRIPLE THERAPY - the combination of a NO boosting supplement, PDE-5 inhibitor and Radial Pulse Therapy may prove synergistic in the treatment of ED. Further studies are underway to examine the benefits of Nitric Oxide boosting in combination with radial pulse therapy.