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## **PRESS RELEASE**

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### **Pressure waves can help bring back your potency**

**In a case series the Viborg Hospital has treated impotent men with shock waves on the penis. The treatment of this indication has given spectacular results. 11 out of 15 treated men reported that they have obtained their sexual potency again.**

Shock wave technology was first used in kidney stone fragmentation. At Viborg Hospital, home of the Region Central Jutland Centre for Kindey stone treatment, research physicians explored the effects of low energy shock wave therapy. They found out that low energy shock waves have a beneficial effect on patients with impotence due to vascular reasons.

When shock waves hit the tissue one effect is the formation of new blood vessels. In this case it will increase blood flow to the penis. The researchers - MD, DMSc. Lars Lund and medical student Ditte Rolling S. Pedersen - had, at best, estimated that about half of the impotent men in the study would experience an improvement.

That 11 out of 15 men can have intercourse after only five treatments indicates that we've got a therapy that is very effective. This gives new hope for impotent men who would otherwise be forced to accept their condition or seek medical treatment with the side effects it can have. The handheld shock wave device allows a very local treatment, and it has therefore proved ideal for the patient population here, says Dr. Lars Lund.

The 15 men were treated over a period of five weeks. During the follow up they have shown that the effect remained still two months after therapy.

The company Storz Medical has made available the shock wave device (DUOLITH SD1) for research and treatment of patients with vascular erectile dysfunction at Viborg Hospital. Shock waves are just harmless and without side effects for the patients if they are administered properly and wisely.

**A larger research project is already ongoing.**

The 15 men who participated in the shock wave experiment were 42-67 years old. All men needed medications like Viagra to complete sexual intercourse.

Studies have previously shown that 50% of all men over 60 years suffer from impotence to a greater or lesser degree. That figure is even higher among men with other diseases such as hypertension or diabetes.

The attempt at Viborg Hospital is the first of its kind in Europe. The positive result encouraged Lars Lund to participate in a larger, randomized, controlled European study. It is managed by specialists Reinhold Zimmermann from Salzburg, Milad Hanna from London, and Lars Lund from Viborg, and the multicenter study will cover about 150 impotent men.

Our experiments have shown that shock waves have a positive effect on sexual potency. Therefore, it is worth investigating further, because there is a need for an alternative to the traditional medication.

**For more information**

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**Photo (Photo: Viborg Hospital)**

MD, DMSc. Lars Lund and medical student Ditte Rolling S. Pedersen.

Photo with the shock wave device DUOLITH SD1 and the therapy head used for the experimental treatment of impotence.