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Effect of functional electrical stimulation on erectile dysfunction

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#### ABSTRACT

**Introduction:** Erectile dysfunction (ED) affects approximately 150 million men worldwide. The application of functional electrical stimulation (FES) has been used due to the high regenerative capacity of smooth muscle cells. This approach can be beneficial in the treatment of which normally has the end causes on cavernous smooth muscle degeneration.

**Objective:** The aim of this study is to evaluate the ESF effect on erectile function in men with erectile dysfunction.

**Methodology:** It's a randomized clinical trial that selected 22 patients with ED randomized into two groups. The intervention group was conduct therapy with FES (50Hz / 500us) for 15 minutes with intensity below the motor threshold and the control group use FES placebo. Two weekly sessions were held for four weeks. Erectile function was assessed by validated questionnaire IIEF-5. The instrument was completed by blinded researcher.

#### Preliminary results

-Intervention group

3/11 patients regained full spontaneous erections

5/11 patients improve statistically significant in the IIEF-5 score

3/11 were FES failures

-Control group

no spontaneous improvement in erectile function was observed based in the IIEF-5 score.