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Daniel Craig and Ruth Negga in "Macbeth" Broadway.com "When shall we three meet again?" The answer is: when corona lets us. Earlier this month, Daniel Craig brought preview performances of a new Broadway production of Macbeth to a halt after testing positive for coronavirus. The James Bond star has now returned to the theatre, but the show continues to be challenged by Covid-forced absences. Thursday evening saw yet another actor testing positive, and with all the show's understudies already filling in for other roles, the director was forced to come up with a novel solution: take to the stage himself. The New York Times reports that Sam Gold took on two small roles on the night. This is just the latest challenge for the production which only got through three performances following its April 1 debut before the first actor tested positive for coronavirus, and it had to cancel that day's performance. When Craig tested positive three days later, the play had to close for a further 11 days. The production, starring Ruth Negga alongside Craig, is scheduled to open on April 28, making it eligible for this year's Tony Awards. Gold previously won a Tony in 2015 as the director of the musical Fun Home. Macbeth isn't the only production to be beset by coronavirus. Sarah Jessica Parker is still away from the stage of Plaza Suite, a new musical A Strange Loop had to delay its first preview performance on Thursday, and another musical Paradise Square hopes to resume this coming Tuesday. Subscribe to Deadline Breaking News Alerts and keep your inbox happy. 'Space Force' Steve Carell and his old boss from "The Office," Greg Daniels, have reunited for an out-of-this world new sitcom. Playing a four-star general assigned to lead a new mission to the moon, Carell has adopted a gruff delivery and Teflon ego that can handle anything, including an imprisoned wife (Lisa Kudrow) and an eccentric sidekick (John Malkovich). Overlook the Tang-flavored sentiment and you'll have a blast. Netflix 'Central Park' Broadway would be lucky to land the kind of smart, snappy songs that reside in this new animation series from Loren Bouchard, the mad genius behind "Bob's Burgers." There's something of a plot, involving a battle between an earnest ranger and an evil entrepreneur who'd like to turn NYC's parkland paradise into a strip mall. But the real pleasure is listening to folks like Josh Gad, Kristen Bell and Daveen Diggs make beautiful music together. Apple TV 'Miles Davis: Birth of the Cool' This week's death of drummer Jimmy Cobb at 91 — last man standing from the legendary "Kind of Blue" album sessions — reiterated the important history covered in one of the best music docs of recent memory. Cobb and other players offer great insight into the iconic jazz innovator's unusual recording and performing techniques, while the savvy and unusually gorgeous women in Davis' life provide unvarnished insight into his equally complex personal life. Netflix 'The Boy, the Mole, the Fox and the Horse' A lot of people received Charlie Mackesy's illustrated book for Christmas last year but, if you didn't, its message of kindness and self-care is well suited to the present moment. It appears to be a children's book but the messages ("Asking for help isn't giving up. It's refusing to give up.") are apt to land with adults, too. The plot-free book sometimes lays it on too thick but Mackesy's paintings and hand-lettered text are stunning. Harper Collins Books 'Circus of Books' The Masons were a typical, middle-class Jewish family living in West L.A. with their three children, except for one detail. For over 30 years, they owned and ran Circus of Books, one of the biggest distributors of gay male porn in America. Written and directed by artist Rachel Mason, the documentary revolves around her parents, Barry and Karen Mason, who got into the gay porn distribution business through a series of coincidences and a connection to Larry Flynt, publisher of Hustler. What seems like a movie about an important community gathering space in LGBTQ history during the height of the AIDS crisis ends up being as much about the complexities of family. Executive directed by Ryan Murphy, the film stars the Mason family and former "Circus of Books" employees as themselves. Netflix. Metallica Mondays The band that famously took on Napster two decades ago has been unusually generous during the quarantine, posting an unreleased concert video on its YouTube channel at 6 p.m. every Monday for 10 weeks running. Sets have ranged from a 1983 Chicago club gig to last week's 2014 all-request mega-show in Peru, each refreshingly devoid of "Black Album" material. The only request from Metallica in return is a donation to its All Within My Hands hunger-fighting foundation. YouTube 'Unalienable' As Asian Pacific Islander American Heritage Month concludes, check out the monologues that Twin Cities actor Eric "Pogi" Sumangil solicited in response to a rise in anti-Asian-American activity. Inspired by the Declaration of Independence's guarantee of "unalienable rights" and performed by local actors such as Eric Sharp and Katie Bradley as well as sitcom and movie star Amy Hill ("50 First Dates"), the brief plays range in tone but all address the pain of feeling unwelcome in your own home. New videos will be posted Friday and Saturday, including "Fries With That," about an essential worker at a drive-through, and "A Is for American," a satirical piece about how to signal one's "Americanness." ericpogisumangil.com/unalienable 'The Last Movie Star' It wasn't technically Burt Reynolds' last appearance on film, but this 2017 comedy serves as his swan song, much like "The Shootist" did for John Wayne. He plays a washed-up movie idol forced to face his past — and characters from "Deliverance" and "Smokey and the Bandit" — when he's hoodwinked into attending a third-rate retrospective. Regrets? He's had a few. And director Adam Rifkin somehow gets him to mention them all in tear-inducing monologues. Showtime on Demand 'The Pale Horse' Purist alert: On the Amazon review page, every Agatha Christie fan in the world despises this show as a pretentious mess that bears no resemblance to Christie's classic. One rare positive review says, "Ignore the po-faced book-is-always-better crowd." Who's right? If you're a fan of British mysteries and enjoy the early-'60s period pieces, you can decide for yourself. The same team was behind the recent adaptation of Christie's "ABC Murders," if that helps. Amazon Prime 'Motive for Murder' "Dateline NBC" is the long-running TV true-crime series that asks a serious question: Do you really think the spouse didn't do it? C'mon. NBC has been releasing the shows in podcast form at a furious rate, and they work well as audio-only stories, released in short weekly installments. You might think you have this one figured out from the start. But you'll still listen, because it's "Dateline," and perhaps the spouse didn't do it. Maybe it was Dad! podcasts.apple.com Ao no Orchestra or The Blue Orchestra is a manga that revels in the love of music. Still, it doesn't stop at being a simple music-based series and portrays how its characters overcome their trauma through their love for playing. Aono, the protagonist, might seem like a moody brat at first, but[...] Tags Akine, Ao no Orchestra, Aono, The Blue Orchestra Post Time 9:50 am Find out your implicit associations about exercise, anxiety, alcohol, eating, marijuana, and other topics! Shockwave therapy has been getting a lot of attention as a possible cure for erectile dysfunction (ED). But, does it really work? Can ED really be reversed by using sound waves? Is it better than Viagra? And equally important - is it safe? In this review, I'll cover research on the shockwave ED treatment. In addition, we'll also discuss the cost, side effects and how it works too. Is it right for you? Let's see what the research says. What Is Shock Wave Therapy for ED? Also known as low intensity extracorporeal shock wave therapy, this it's an in-office procedure where a physician uses a ultrasound device to apply low-level sound waves to shock to the penis. The hope is this these sound waves will regrow blood vessels and restore blood flow. The therapy was discovered after researchers observed low intensity sound waves could improve blood flow to the hearts of lab animals. It was speculated this same treatment may have similar effects in penile tissue. Reasons People Get Shockwave Therapy There are several reasons why a doctor might prescribe low intensity sound wave therapy such as: break up kidney stones (lithotripsy) improve heart blood flow treating osteoarthritis improving wound healing helping plantar fasciitis treating erectile dysfunction It's important to remember the shock waves used to treat ED are different than other procedures. For example, you wouldn't use a lithotripsy machine on the penis. Shockwave ED Research Since it was first used in 2010, various studies have been conducted on the use of low intensity shock waves to reverse ED. Most research shows it works. In the very first investigation, 20 middle aged men with ED (average age 56) all responded well to low intensity shock wave treatments. Some men responded so well in fact that 10 of them no longer needed drugs like Viagra. The benefits from the treatments persisted for at least 6 months. Since then, many other studies have noted improvements in penile performance factors such as erections, hardness and ability to maintain erections. Instead of listing them all here, let's just cover the meta-analysis trials. These are studies of studies. These types of investigations look at a bunch of previous studies and see if a consensus or common thread can be reached. So far, there have been 3 such investigations. Here's a rundown of the evidence: In a review published in 2017, researchers looked at the results of 7 previous studies involving over 602 men whose average age was 60. When compared to men who underwent a sham therapy (placebo group), shock-wave therapy caused significantly improved penis erections. In another review from that same year, doctors compiled the results of 14 previous studies involving 833 people. Their calculations noted sound wave shock therapy significantly improved hardness and penis function and that the results persisted longer than 3 months. As expected, men experiencing mild to moderate ED responded better than those with more severe cases. While these reports are encouraging, another review published in 2018 of the data is less encouraging. In this review of past studies, researchers note that while shock wave therapy may benefit men with mild ED, there is "no consensus" on how well it worked. These investigators point to differences in how past studies were conducted which makes it difficult to tell how well it really works. Bottom Line: Most individual studies and reviews indicate shockwave ED therapy helps at least some men with erectile dysfunction. Video Review Watch on my YouTube Channel if you prefer How Does Shock Wave ED Therapy Work? The mechanism of action goes like this: Low-intensity sound waves cause micro-traumas in the penis The body responds to this trauma by increasing inflammation in an attempt to heal the damage. This is a normal inflammation and eventually results in the formation of new new blood vessels growth. This process is called angiogenesis. The shock-waves also cause the body to produce a substance called vascular endothelial growth factor (VEGF) which further improves blood vessel growth in the penis. Another way the therapy may work is by helping the body produce nitric oxide, a potent vasodilator. In-Home Shock Wave ED Treatment Options? Low intensity ultrasound ED treatment devices can also be found online at both: While in-home options are sure to appeal to some men, remember devices sold online may not be the same as those used by physicians. The sound waves they produce may not be the same either. As such, their effectiveness is not known. Shockwave Therapy Erectile Dysfunction FAQ 1. How much does it cost? Expect the cost to be about \$6,000 for 16 treatments. This price may vary -higher or lower - according to where you live. 2. How many treatments are needed? The number of treatments will vary. Generally 1 treatment session won't work. As a rule, 6-12 treatments may be required. Some men may start to see results after 8 treatments but this can vary depending on their degree of ED. 3. Does it work for everybody? More research is needed to know which men shockwave therapy works best for and who it might not work for. 4. What does a treatment session look like? This procedure is performed in a doctors office. You can go in at lunchtime and still make it back to the office for the rest of the day. A treatment lasts about 10 minutes so you may be in the doctors office for a total of about 20 minutes at most. Some doctors may suggest you start with 1 treatment for the first week and then come back the next week for a round of 3-4 sessions. After 3-4 sessions, you take a week or so off and return afterward for another round of 3-4 sessions. This continues until you have racked up about 12-16 treatments. 5. How soon until I notice a difference? It varies. Nobody will be the same. Some men may start to notice differences after 8 treatments while in others, it may take longer. Factors such as age, the degree of ED, the cause of ED and the number of treatments need to be considered. 6. What should I do between treatments? The man I know whose getting the treatment was told to masturbate during the off weeks. The reason is this also helps bring blood to the area and boost nitric oxide levels. This makes sense as does other types of activity - like walking, weight lifting etc. 7. Can I take Viagra while getting shockwave therapy? Your doctor can best guide you on this. As a rule, there may be a synergistic effect if male enhancement drug are used but this may not always be the case. Since those medications can cause a drop in blood pressure, those with hypertension should speak their doctor first. 8. How does it increase nitric oxide levels? It's thought the soundwaves produce micro-traumas in the blood vessels. The blood vessels respond to this trauma by ramping up their nitric oxide production. 9. Can nitric oxide supplements help the therapy work? Just as with ED meds, speak to your doctor/pharmacist if you have any health issues like heart or blood pressure problems. While some nitric oxide supplements may be safe, others could contain stimulants which may carry a higher risk. At a basic level most nitric oxide (NO) supplements contain these amino acids: Purchasing these amino acids would be less costly. Other compounds which can raise NO levels include the spice, turmeric and green vegetables. There is even some evidence V8 Juice boosts nitric oxide levels 10. Does it require surgery? No. This is an out-patient procedure and does not require any surgery. 11. How long does a therapy session last? About 20 minutes total. 12. How long do the effects last? Results will vary but some research shows benefits may last for several months. 13. Do the treatments hurt? I've been told there is some stinging pain that, while not fun, it's not unbearable either. 14. Does it cure ED 100% of the time? No therapy is 100% effective and this is true for shock wave therapy too. So far, improvements seem to occur in about 75% of the men. Success is expected to be best in men with mild to moderate ED. 15. Is it covered by insurance? In most cases, this is probably not covered by insurance. Still, it can't hurt to ask. 16. Is it FDA approved? Shock wave therapy has not been FDA approved as a treatment for erectile dysfunction. While the European Association for Urology has listed shock wave therapy as a potential treatment option for ED, other organization such the American Urological Association and International Consultation on Sexual Medicine do not include it as a recommended treatment. Regardless of this, some urologists may offer this therapy. The best advice is to ask your doctor. 17. Will it benefit younger men? If younger men get shock wave treatments, will it reduce the odds of ED occurring when they are older? This is unknown. Proving this would require a study lasting decades. So far this has not occurred. Until that happens, healthy men in their 20s should save their money on shockwave treatments. Shock Wave Therapy Side Effects While I've been told the therapy may be a little bit painful, no harmful side effects have been reported in clinical studies. Still, if you have any issues "downstairs" (Peyronie's disease, etc), talk to your doctor. How To Find a ShockWave Physician? A good place to start your search is by asking a urologist. Your personal physician will also likely have insights on where to find a qualified professional. Searching online for "shockwave ED treatment near me" may also provide various men's health clinics which offer this treatment. GainsWave is a company which provides their own version of shock wave therapy. They have offices all over the US which you can find at their their website (GainsWave.com/directory). Their providers are mostly MDs but there are also NDs (doctors of naturopathy) and chiropractors. The company certifies their physicians so this may be an advantage. If you're trying to decide how to choose a shockwave physician, questions to ask include: how long have you been doing the therapy? did you receive any training on how to do the therapy? how much training did you receive? what side effects have you seen with your patients? who should not get shockwave treatments? on average how many treatments do you suggest for someone my age? how much does it cost? Shock Wave Testimony While I have not personally tried this procedure, I know someone who is receiving this therapy now. After he's finished his treatments, I will update this section on what happens. Stay tuned. ED Shock Treatment Pro/Con Here's a quick rundown on the good and not so good about this therapy Pro Con Several human studies show it works Expensive Few side effects Not yet officially endorsed to treat ED Treatments don't take long It may not work for everybody In-office treatment Several treatments may be needed No hospitalization needed Not all doctors may offer it Results may last several months Probably not covered by insurance Does Shock Wave Therapy Reverse ED? Several clinical studies have noted significant improvements in erections with shock wave therapy. While encouraging, some doctors may prefer to wait for larger studies before recommending it to their patients. Even if shockwaves really work, remember, erectile dysfunction may be a sign of heart disease. Blockage of the blood vessels in the penis may reflect blood vessel problems elsewhere too. Shock wave treatments won't reverse heart disease. Only eating better and exercise can help that condition. Any Comments or Questions?

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