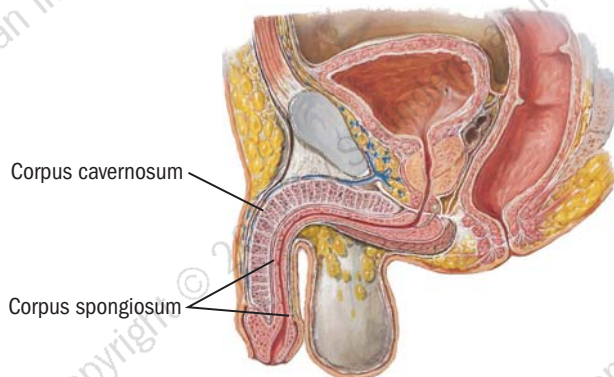


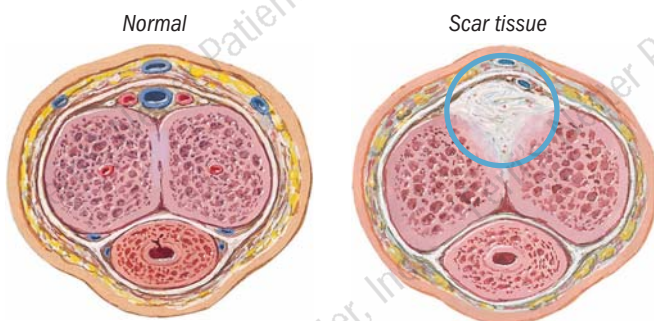
# MANAGING YOUR PEYRONIE'S DISEASE

Peyronie's disease is a disorder involving the penis. It's seen in about 1% of men, usually 45 to 60 years old. It's less common in men of African or Asian heritage. It's not serious but can be embarrassing and lead to erectile dysfunction.



The penis has spongy tissues called the corpus cavernosum and corpus spongiosum. With sexual arousal, these tissues fill with blood, so an erection occurs. An erect penis is normally straight. In Peyronie's disease, the erect penis curves abnormally and gets shorter.

Cross section of penis



The exact cause is unknown, but scar tissue may make a hard lump or plaque on the penis. Scar tissue pulls that side of the penis so it can't expand right during arousal, and the penis curves. Injury from sex, accidents, medicines, or surgery may cause scar tissue.



Your doctor makes a diagnosis from a physical examination, especially of the penis, and medical history. Blood tests and ultrasonography may be done.

## What Is Peyronie's Disease?

Peyronie's disease is a disorder involving the penis. The penis is made of spongy tissues called the corpus cavernosum and corpus spongiosum. With sexual arousal, these tissues fill with blood, so an erection occurs. The penis is normally straight in an erection. In Peyronie's disease, the penis curves abnormally and gets shorter during an erection.

This disease is seen in about 1% of men, usually 45 to 60 years old. It's less common in men of African or Asian heritage. It's not serious but can be embarrassing and uncomfortable and can lead to erectile dysfunction.

## What Causes Peyronie's Disease?

The exact cause is unknown. However, scar tissue may make a hard lump or plaque on one side of the penis. The scar tissue pulls that side of the penis so it cannot expand properly during arousal. This makes the penis curve. Trauma caused by vigorous sex, accidents, medicines, or previous surgery on the penis may cause the scar tissue to form. The disease isn't contagious or hereditary.

## What Are the Symptoms of Peyronie's Disease?

The most common symptoms are painful erections and curvature (bending) of an erect penis. The penis curves up if scar tissue is on top, and it curves down if the plaque is under the penis. These symptoms can occur slowly, usually during 2 years. Other symptoms include impotence (cannot get an erection), no pleasure with sex, pain without an erection, problems with sex (penetration), and penis shortening. One side or more of the penis may have a thick band of hard tissue.

## How Is Peyronie's Disease Diagnosed?

The doctor makes a diagnosis from a physical examination, especially of the penis, and medical history. The doctor may order blood tests to rule out other causes and ultrasonography to look for scar tissue. Ultrasonography uses sound waves to make pictures of inside the body and is painless and harmless.

## MANAGING YOUR PEYRONIE'S DISEASE

Men with mild symptoms may need no treatment. For mild to moderate symptoms, medicine or a vacuum device may be used to help get erections. This device stops blood from leaving the penis, so the penis stays erect. Medicine may be taken by mouth, put on the penis, or given as an injection into the penis.



Talk to your partner about your condition. You may be embarrassed by it, but talking with your partner may help relieve stress and make your partner aware that your condition isn't about a loss of attraction.



Scar tissue removed

For severe symptoms, surgery may be needed to remove scar tissue, remove tissue from the side opposite the plaque (cancels the bend), or implant a device to help rigidity. Surgery often offers the best results. Sex can resume 6 weeks after surgery.



Call your doctor if pain or curvature of the penis is getting worse or if after surgery you have a fever or foul-smelling drainage.



### How Is Peyronie's Disease Treated?

Very mild symptoms may not need treatment. Peyronie's disease often goes away on its own. For mild to moderate symptoms, medicine or a vacuum device may be used to help get erections. A vacuum device stops blood from leaving the penis too early, so the penis stays erect. Medicine may be taken by mouth, put on the penis, or given as a shot in the penis. For severe symptoms, surgery may be needed to remove scar tissue, remove tissue from the side opposite the plaque (cancels the bend), or implant a device to help rigidity. Surgery often offers the best results, and sex can be resumed 6 weeks after surgery. Many men have a tender midline scar, which often goes away without treatment in 6 to 15 months.

### DOs and DON'Ts in Managing Peyronie's Disease:

- ✓ **DO** tell your doctor about your other medical problems.
- ✓ **DO** tell your doctor about your medicines, both prescription and over-the-counter.
- ✓ **DO** call your doctor if pain or curvature of the penis is getting worse.
- ✓ **DO** call your doctor after surgery if you have a fever or foul-smelling drainage.
- ⊘ **DON'T** stop taking your medicine or change your dosage because you feel better unless your doctor tells you to.

### FROM THE DESK OF

#### NOTES

### FOR MORE INFORMATION

#### Contact the following source:

- American Urological Association  
Tel: (866) 746-4282  
Website: <http://www.auanet.org>