

## **Patient Information Sheet: Peyronie's Disease**

**What is Peyronie's Disease?** Peyronie's Disease is a condition that affects the penis, causing it to develop an abnormal curvature. This occurs due to the formation of scar tissue (also known as plaques) beneath the skin of the penis. The condition can lead to pain, erectile dysfunction, and difficulties with sexual activity.

### **Symptoms of Peyronie's Disease:**

- A noticeable curve in the penis, especially during an erection.
- Pain in the penis, with or without an erection.
- Presence of hard lumps or plaques under the skin of the penis.
- Shortening of the penis.
- Erectile dysfunction or difficulty maintaining an erection.

**Causes and Risk Factors:** The exact cause of Peyronie's Disease is not fully understood, but potential factors include:

- Trauma or injury to the penis during sexual activity, sports, or accidents.
- Genetic predisposition.
- Aging, which can increase susceptibility to tissue damage and scarring.
- Certain connective tissue disorders.

**Diagnosis:** A healthcare provider will perform a physical examination to feel for plaques and assess the curvature. Additional tests may include:

- Ultrasound to detect scar tissue and blood flow.
- Photographs of the penis during an erection to evaluate the curvature and severity.

**Treatment Options:** Treatment depends on the severity of symptoms and the impact on quality of life. Options include:

#### **1. Medications:**

- Oral medications to reduce pain and inflammation.
- Injectable treatments (e.g., collagenase) to break down scar tissue.

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**2. Non-Surgical Interventions:**

- Stretching devices or vacuum pumps to help reduce curvature.
- Physical therapy techniques.

**3. Surgical Options:**

- Procedures to remove or alter the scar tissue.
- Penile implants for those with severe erectile dysfunction.

**4. Lifestyle and Support:**

- Avoiding activities that may worsen the condition.
- Seeking counseling or therapy for emotional and relationship support.

**When to Seek Help:** Contact a healthcare provider if you notice:

- Persistent or worsening curvature of the penis.
- Pain during erections or difficulty having sex.
- Emotional distress or concerns about your sexual health.

**Living with Peyronie's Disease:** Although Peyronie's Disease can be challenging, many men find effective treatments to improve their symptoms and quality of life. Open communication with your partner and healthcare provider is essential for managing the condition.

**For More Information:**

- Visit trusted health websites like the [American Urological Association \(AUA\)](https://www.urology.org).
- Join support groups to connect with others who have Peyronie's Disease.

**Remember:** Early diagnosis and treatment can make a significant difference. Don't hesitate to seek professional advice if you experience symptoms of Peyronie's Disease.

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