

MANITOBA

MEN'S HEALTH

CLINIC

A GUIDE TO

Understanding Peyronie's Disease

Written By: Dr. Premal Patel, MD & Dr. Jay Nayak, MD

Peyronie's Disease

aka Penile Curvature

COMMON QUESTIONS AND TREATMENT OPTIONS

What's Behind Peyronie's Disease (PD)

Peyronie's Disease (PD) may sound complicated, but it boils down to the buildup of fibrous scar tissue (plaques) beneath your penis skin. These plaques can cause your penis to curve or bend during an erection, leading to discomfort and issues during sex. Now, why does this happen? Well, we don't have all the answers, but there are some factors that play a role. These include:

- Trauma: If you've experienced an injury to the penis, this can cause scar tissue to form.*
- Genetics: Sometimes, it's in your genes.*
- Connective Tissue Disorders: Certain health conditions can make you more susceptible.*
- Blood Flow: Problems with blood flow to your penis may be part of the equation.*

Is Peyronie's Disease Going to Improve on Its Own?

The million-dollar question: will PD just vanish by itself? The answer is that it might, but it's different for everyone. Research tells us that in 89% of cases, the pain goes away on its own, but the curve only gets better in about 12% of folks, while it actually gets worse in nearly half of the cases. So, bottom line, if you think you've got PD, it's a good idea to talk to the experts like the team at the Men's Health Clinic to figure out your best plan.

Hard Lump? Is It Penile Cancer?

Now, if you've felt a hard lump on your penis, don't jump to conclusions about cancer. There are many other things that can cause lumps down there. It could be benign stuff like penile cysts, genital warts, or even those fibrous plaques we talked about with PD. So, when in doubt, reach out to a healthcare provider for a proper diagnosis.

When Do You Need to Fix the Curvature?

Alright, let's get to the point. When should you straighten out that curve? Well, it depends. If your curve isn't causing you much trouble, you might not need to fix it. But, if it's making sex a challenge and causing you pain, it's worth considering. And if the condition has stopped changing and other treatments aren't helping, surgery might be on the table.

So, What Can You Do About It?

Medications: There's no magic pill for PD, but medications like pentoxifylline, L-citrulline, and tadalafil can help manage the symptoms. You might also use pain relievers like NSAIDs if needed. And sometimes, Low Intensity Extracorporeal Shockwave Therapy (Li-ESWT) can come into play for pain relief.

Non-Surgical Options

Traction Devices: These nifty gadgets gently stretch your penis to reduce the curve. But, keep in mind, you need to use them consistently, and they might cause some skin irritation or bruising.

Injections: Ever heard of verapamil? It's a medication that can be injected right into those plaques. It helps soften that scar tissue, reducing the curve, and easing pain. There might be some discomfort and potential side effects, like dizziness.

Surgery

Penile Plication: This surgery involves placing sutures to straighten your penis. It's usually safe and effective, with a good chance of correcting the curve. But, as with any surgery, there are risks, like bleeding, infection, penile shortening, and, rarely, erectile issues or sensory changes.

Incision/Excision & Grafting: Here, the surgeon removes the problematic plaque and uses a graft to cover the area. It's less likely to cause penile shortening compared to plication but comes with similar risks. However, the risk of erectile issues or sensory changes are higher with this surgery than Penile Plication.

Penile Prosthesis Surgery: If PD leads to severe erectile dysfunction, your doc might suggest a penile implant. This involves putting inflatable cylinders in your penis, which you can pump up for an erection. Risks include bleeding, infection, implant issues, and sometimes penile shortening.

So, Peyronie's Disease can bend things down there, but there are plenty of ways to tackle it. Medications, non-surgical methods, and surgery are all options, and the choice depends on your situation and what you're comfortable with. Your best bet? Chat with healthcare professionals to make a plan that suits you.

Discover healthcare delivery designed for the 21st Century on Manitoba's leading-edge, The Men's Health Clinic – where dreams of parenthood find their way.

Visit www.mhclinic.ca for more information.

