

Information and Instructions

What is a Peyronie's Disease?

Peyronie's disease is the presence of fibrous plaques within the shaft. The plaques are formed in the tissues outside the main erectile bodies and give rise to bending and angulation of the erect penis.

Doctors are unsure of what causes Peyronie's disease and many factors may contribute to the disease occurring, such as trauma, genetics or auto-immune factors. The condition can affect men of any age and with different degrees of severity. The plaques are NOT cancerous.

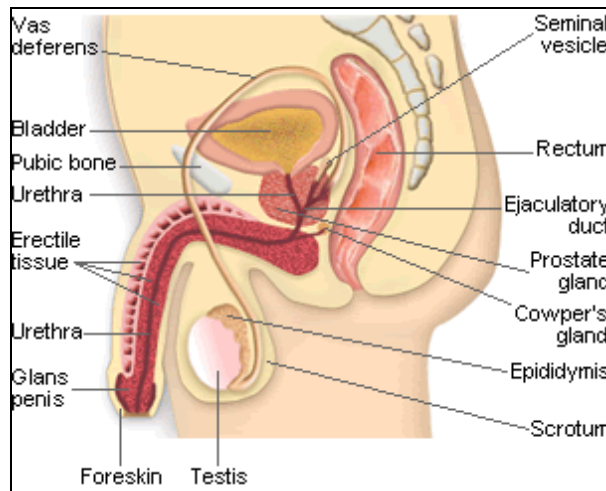


Figure 1 Male Anatomy

Why is it called Peyronie's Disease?

Peyronie's disease was so-named after Francois Gigot de La Peyronie's (surgeon to King Louis XV of France), who in 1743 described the characteristic of fibrotic and sometimes calcified plaques under the skin in the penis. He did not discover the disease, there is evidence that it existed in the 6th Century BC!

Natural History of Peyronie's

The plaques often appear suddenly for unknown reasons. Usually they are tender in the first few months. Curvature of the penis can occur soon after.

The disease may progress for a period not usually more than 18 months. Plaques and curvature may become worse during this time. Once the disease is stable corrective surgery can be performed if needed. If surgery is performed too early re-curvature may occur.

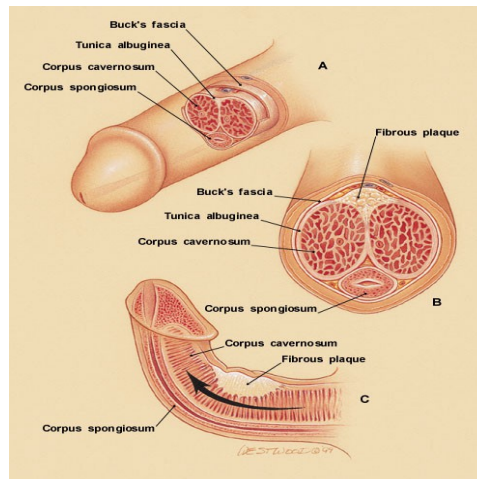


Figure 2 Cross section of penis`

Who can get Peyronie's Disease?

Any man can develop Peyronie's Disease. The average age onset is 50 years, but it can occur in men as young as 18 years of age.

What are the Main Effects of the Disease?

There are 3 main symptoms of Peyronie's Disease:

- Pain in the penis
- Lumps (plaques) in the penis
- Curvature/bending of the penis

All of these may not be present and they may vary in severity. Some men initially experience pain in their penis when they have erections. Often this painful stage will disappear without any treatment. At this stage the man may be able to feel firm lumps (plaques) in the shaft of the penis. As these plaques develop he will notice bending or angulation of the penis when erect. In severe cases this distortion may make sexual intercourse impossible or extremely uncomfortable for both partners. Sometimes worrying about the problem may lead to difficulties in obtaining or maintaining an erection.

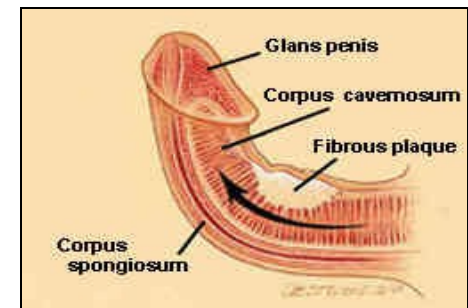


Figure 3 Dorsal plaque causing thickening and shortening

What is the best Treatment?

Over the years a large number of different treatments have been used.

Vitamin E cream is the simplest form of treatment and should be applied twice daily to the plaque. Many other treatment options have been tried with limited success; some of these are painful and expensive. Occasionally the condition may clear itself but most settle with mild curvature.

Surgery is indicated in about 10% of men and is usually performed to correct a significant penile curvature causing difficulty with sexual intercourse. Surgery must not be performed until the disease has been present for one year and has stabilised as the plaque can still be growing in this period and curvature may therefore recur.

The operation consists of placating (or shortening) the other side of the penis to correct the bend. The aim of surgery is to produce a relatively straight penis sufficient for normal intercourse. It is successful in about 80-90% of patients. Excision of the fibrous plaque is not advisable as this often leads to impaired erections.

The psychological impact can be significant. Some men will avoid getting into either a relationship or sexual situations, other partners maybe afraid to have intercourse, fearing further "damage". Embarrassment may cause a delay in seeking help.

Summary of Peyronie's Disease

1. Benign condition of uncertain origin
2. Use Vitamin E cream twice daily
3. No restriction on activities or sexual intercourse
4. If significant curvature exists after 12 months, surgical correction can be considered
5. Be patient before seeking surgical intervention

Patient Information Leaflet

PEYRONIE'S DISEASE



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