

Peyronie Disease

Peyronie disease is a common, treatable medical condition that affects millions of men in the US.

Peyronie disease (PD) is an abnormality of the erect penis such as a bend, curve, or hourglass-shaped narrowing which can negatively affect sexual function. PD can cause pain (with or without erections), inability to engage in penetrative sexual intercourse, erectile dysfunction, emotional distress, depression, and relationship difficulties. It develops in up to 5% to 10% of men. PD occurs because of inflammation and scarring of the **tunica albuginea**, the inner lining of the penis that allows the penis to become hard during erections. This scarring is referred to as a **Peyronie plaque**. Development of PD may be genetic or related to an injury to the penis (which patients may not remember experiencing).

Diagnosis

PD is typically diagnosed by a doctor's examination of the penis. A doctor may use an injectable medication to induce an erection during the examination to allow the doctor to assess the degree of curvature or deformity. A doctor may also perform an ultrasound of the penis to assess the patient's erectile function.

Treatment

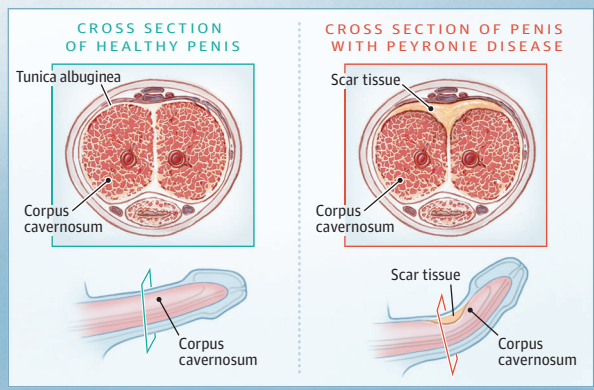
Pain associated with PD may be treated with nonsteroidal anti-inflammatory drugs or extracorporeal shock wave therapy, an ultrasound-based treatment performed in the doctor's office. Treatment of PD depends on the degree and type of curvature, sexual function, desire for treatment, and effect of PD on quality of life.

Men with PD who are not bothered by their curvature or who are not sexually active do not have to be treated. Men who desire treatment but wish to avoid invasive treatments are candidates for **penile traction therapy**, in which the penis is placed on traction for 30 to 90 minutes per day. Some medications have been shown to improve penile curvature but are not routinely used because proof of their success is limited.

Men with PD and good erectile function are candidates for **penile injection therapy** with collagenase clostridium histolyticum (CCH) as well as **penile modeling**. CCH is a medication that can break down scar tissue. Penile modeling is a technique performed by a doctor to help further break down the PD scar. With CCH, curvature improves by approximately 30%. Most men find that this is enough to improve PD-related problems. Side effects include pain, penile bruising, and penile fracture. Patients should avoid sexual activity while they are being treated. Other injection-based therapies are available but are less well studied.

Peyronie disease

The tunica albuginea is the inner lining of the penis that surrounds the corpus cavernosum and allows the penis to become hard during erections. Peyronie disease is inflammation or scarring of the tunica albuginea that causes a bend, curve, or hourglass-shaped narrowing of the erect penis that can negatively affect sexual function.



Men with good erectile function and stable PD are candidates for a surgical procedure called **plication** that involves placing a suture opposite the curvature to straighten the penis. This approach is very effective but requires anesthesia and recovery time and is associated with decreased penile length. Another surgical approach for men with good erectile function involves cutting into the scar tissue or removing it and placing a graft. This method is not associated with loss of penile length but does have an increased risk of complications and is less commonly used.

Men with poor erectile function are candidates for placement of a penile prosthesis device inside the penis to act as a permanent replacement for the process that allows erections. This procedure corrects curvature in most men and restores erectile function while offering patient and partner satisfaction. Rare side effects include device infection or mechanical failure, both of which require explant or exchange of the device.

FOR MORE INFORMATION

National Institute of Diabetes and Digestive and Kidney Diseases
www.niddk.nih.gov/health-information/urologic-diseases/penile-curvature-peyronies-disease

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Authors: Christopher D. Gaffney, MD; James A. Kashanian, MD

Author Affiliations: New York Presbyterian Hospital–Weill Cornell Medicine, New York, New York.

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