

# Peyronie's Disease

## What Is Peyronie's Disease?

Peyronie's disease is a condition characterised by the formation of fibrous scar tissue, known as plaques, inside the penis. This scar tissue causes the penis to curve during erections, which can be painful and affect sexual function. The curvature may also lead to difficulties with sexual intercourse and overall discomfort.

## Causes And Risk Factors

While the exact cause of Peyronie's disease is not fully understood, potential contributing factors include:

- **Trauma or injury:** Physical trauma to the penis, such as during sexual activity or injury, can contribute to the development of scar tissue.
- **Genetic factors:** A family history of Peyronie's disease may increase risk.
- **Connective tissue disorders:** Conditions that affect connective tissue may predispose individuals to Peyronie's disease.

## Symptoms

Common symptoms of Peyronie's disease include:

- Noticeable curvature of the penis.
- Pain during erections.
- Erectile dysfunction.
- Palpable lumps or hard areas on the penis.
- Shortening of the penis.
- Difficulty with sexual intercourse.

## What Can I Do To Improve This Condition?

- **Consult a specialist:** Early consultation with a urologist is crucial.
- **Medication:** Use medications as prescribed to manage symptoms.
- **Lifestyle changes:** Maintaining a healthy lifestyle can improve overall well-being.
- **Exercises:** Gentle stretching exercises, as advised by a healthcare professional, may help.
- **Support groups:** Joining support groups can provide emotional support and practical advice.

## How Will I Be Assessed?

- **Medical history:** Discussion of symptoms, medical history, and any previous treatments.
- **Physical examination:** A thorough physical exam to detect scar tissue.
- **Imaging tests:** Ultrasound or X-rays may be used to assess the severity of the condition.
- **Erection induction:** Sometimes, an erection may be induced to evaluate the degree of curvature.

## What Are The Treatment Options?

### Non-surgical options:

- **Medications:** Oral or injectable medications to reduce pain and curvature.
- **Shockwave therapy:** Use of high-energy shock waves to break down scar tissue.
- **Penile traction therapy:** Use of mechanical devices to stretch the penis.
- **Vacuum devices:** These devices help in achieving an erection and can aid in stretching the penis.
- **Collagenase injections:** Enzyme injections to break down the collagen causing the curvature.

### Surgical options:

- **Nesbit procedure:** Removal or pinching of tissue on the opposite side of the curve to correct the shape.
- **Plaque incision and grafting:** Cutting the plaque and grafting tissue to correct the curvature.
- **Penile implants:** Implantation of devices to aid erections and correct curvature.

## What Does Surgery Involve?

- **Anaesthesia:** Administered to ensure comfort during the procedure.
- **Procedure duration:** Typically takes 1 to 3 hours, depending on the complexity.
- **Hospital stay:** Most patients stay overnight, though some may be discharged on the same day.

## What Can I Expect After Discharge?

- **Pain management:** Prescription pain relievers to manage post-surgical pain.
- **Rest and recovery:** Limited physical activity for a few weeks to aid healing.
- **Follow-up visits:** Regular check-ups to monitor recovery and address any complications.

- **Activity restrictions:** Avoid sexual activity for a specified period as advised by your surgeon.

## What Are The Possible Complications Of Surgery?

- **Infection:** Risk of infection at the surgical site.
- **Bleeding:** Post-surgical bleeding or haematoma formation.
- **Loss of sensation:** Temporary or permanent changes in penile sensation.
- **Recurrence of curvature:** The possibility of the curvature returning.
- **Erectile dysfunction:** Potential for new or worsened erectile dysfunction.
- **Graft rejection:** In case of plaque incision and grafting, there is a risk of graft rejection or failure.

## Why Choose Birmingham Urology Centre

At Birmingham Urology Centre, our experienced urologists provide comprehensive evaluation and treatment for Peyronie's disease. We use the latest diagnostic tools and techniques to ensure accurate diagnosis and effective treatment plans tailored to your needs.

**Contact us** today to book an appointment or for more information on Peyronie's disease and treatment options