

# Treating Peyronie Disease



Peyronie disease occurs when the penis curves during an erection. This is most often due to a scar (plaque) that forms inside the penis. In some people, the plaque shrinks and goes away on its own, without treatment. If treatment is needed, the main goal is to ease pain and make the penis straight enough for sex. Pain is caused by an erection and subsequent bending of the penis. Peyronie disease is not contagious or caused by any transmittable disease. There are different kinds of treatment. The success of these different treatments varies from person to person.



## Medicine

Medicine is often tried for 1 to 2 years before other treatments are done. For some people, the disease will go away during this time. Medicine may help reduce pain. It may also help soften and shrink the plaque in the penis. Some medicines may be taken by mouth. And some may be rubbed right on the penis. Others may be injected into the plaque. Medicines that treat erectile dysfunction may help with some of the problems of Peyronie disease. But they won't treat the curvature or pain. Your healthcare provider will discuss all your options and possible side effects with you.

Other treatment options may include:

- Ultrasound therapy
- Radiation therapy
- Shockwave therapy
- The delivery of a cream through the skin by using low-level electrical current (iontophoresis)

## Surgery

Surgery is used in cases that can't be treated by other means. It may also be done for a severe curve in the penis. It may also be done for severe pain that does not stop. Options for surgery include:

- Making a cut (incision) in the plaque to release tension. Part of the plaque is removed and replaced with a graft.
- Placing sutures on the opposite side of the plaque. These will straighten the penis and cancel out the curve.

- Implanting a device (prosthesis). This can straighten the penis and make it hard enough for sex.

Your healthcare provider can discuss the risks and benefits of these treatments with you. Be sure to ask questions. Think about all your options before you choose surgery.

## Living with Peyronie disease

Peyronie disease is hard to cure. Counseling may help you cope with the effects of the disease. It may help you and your partner find ways to deal with it.

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