

## **The Role of Penile Traction Therapy for Patients with Peyronie's Disease**

**Introduction and Objectives:** No consensus exists yet on the ideal management for Peyronie's disease because of incomplete understanding of the disorder's pathophysiology. The study aim is to assess the efficacy of penile traction device in mechanically straightening the penile curvature due to Peyronie's disease (PD).

**Materials and Methods:** There were twenty-nine patients with PD mean duration 8.4 months (5 to 14), mean age 47.6 (28 to 66) completed the study. During the six-month period the patients used the device 6 hours/day and no longer per session than two hours. The assessment at the beginning and after a six-month period included Index of erectile function questionnaire (IIEF), perceived pain intensity score, stretched penile length measurement and angle of penile deformity.

**Results:** None of the patients permanently discontinued use of the device because of discomfort or skin lesions. There was a clinically and statistically significant improvement in penile length, pain during erection and angle of the curvature after six months. IIEF score also increased in 17 patients (58%), remained unchanged in 11 (38%) and worsened in one (4 %). There were 27 patients (93%) who had a reduction in angle of the curvature by 5 to 20 degrees. Also, there was none in two patients (7%).

**Conclusion:** Our results suggest that penile traction device can improve or stabilize the curvature of PD. It is safe to use in all stages of the disease, increases the stretched length of the penis and might reduce the number of patients going on to surgery.