

Peyronie's disease is a condition where a patch of scar tissue (a **plaque**) forms in the wall of the penis, causing it to **curve, narrow, indent, or shorten**, sometimes with pain during erections. It can make sex difficult. It is common, it is **not cancer**, and there are effective treatments — the right one depends on the stage.

## About This Condition

Peyronie's usually moves through two phases:

- **Active (acute) phase** — the curve is changing and there may be pain, often over 6–18 months.
- **Stable phase** — the curve and plaque have settled and pain has usually eased.

Treatment choices depend on which phase you're in, so your team will ask how things have changed over time.

## What Causes It

It is thought to follow minor bending or injury during sex that heals with abnormal scar instead of normal tissue. It is more common with age, with diabetes, after prostate surgery, and in men who also have **Dupuytren's contracture** (a similar hand-cord condition).

### LEARN THE TERMS

#### **Peyronie's disease**

Scar tissue in the penis causing curvature or deformity.

#### **Plaque**

The patch of scar tissue responsible for the bend.

#### **Active vs. stable**

Whether the curve is still changing or has settled.

#### **Traction therapy**

A device that gently stretches the penis to improve curve/length.

#### **Collagenase (Xiaflex)**

An injectable medicine that breaks down the plaque.

#### **Plication / grafting**

Surgical ways to straighten the penis.

**SHOULD I RUSH INTO SURGERY?** Usually not. In the **active phase**, the curve is still changing, so the focus is comfort and non-surgical options. Surgery to straighten is offered once things are **stable** (typically after the curve has held steady and pain has settled). Many men improve without an operation.

## How It's Diagnosed

- A history of the curve, pain, and how it has changed
- An exam to feel the plaque; sometimes photos of an erection or an in-office assessment
- Occasionally an ultrasound to map the plaque and blood flow

## How It's Treated (by Phase)

- 1 **Active phase** — reassurance, pain control, and often **traction therapy**; the goal is to limit worsening.
- 2 **Plaque injections** — medicines such as **collagenase (Xiaflex)** injected into the plaque to reduce the curve.
- 3 **Surgery (stable phase)** — **plication** (stitching the longer side; simplest, may shorten) or **plaque incision/grafting** (length-preserving, for severe curves).
- 4 **Penile implant** — if there is also erectile dysfunction. Each option has its own handout.

## Good to Know

- Don't try to forcefully "straighten" it — that can worsen injury.
- Curvature that doesn't prevent sex may simply be monitored.
- Peyronie's can affect mood and relationships — support helps.

### See your team if you have:

- Curvature that **prevents sex**, or a worsening bend
- Significant **pain** with erections
- New **erectile dysfunction** along with the curve

### THREE THINGS TO REMEMBER

1. Peyronie's is scar tissue that bends the penis — common, not cancer, and treatable.
2. Treatment depends on phase: comfort and non-surgical options while active; straightening procedures once stable.
3. Many men improve without surgery. See your team for a bend that prevents sex, ongoing pain, or new ED.