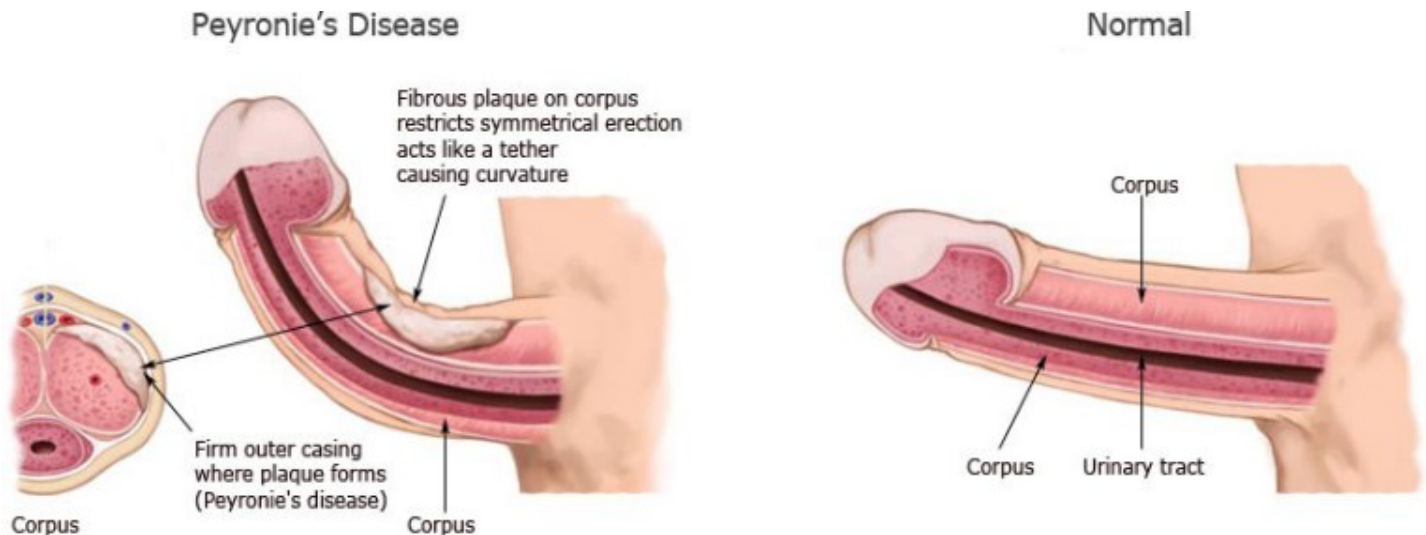


This handout explains the treatment options for men with Peyronie's Disease that is in the stable phase.

What Is Peyronie's Disease?

Named after the 18th century French physician Francois Gigot de la Peyronie, Peyronie's disease (also known as PD) is a scarring disorder of the penis that typically presents as a new-onset bump or curve with erections. This scarring can cause other changes to the penis as well, including both penile shortening and erectile dysfunction. Peyronie's disease often ranges in severity, with some men only noticing a slight 'knot' under the penile skin and others experiencing curvature and distortion so severe that sex becomes impossible.

Although Peyronie's disease is estimated to affect up to 1 out of 10 adult men, it's often not talked about. Fortunately, effective treatment is possible provided men seek out the counsel of an experienced urologist specializing in male sexual medicine.



What Causes Peyronie's Disease?

Peyronie's disease is caused by the formation of irregular scar tissue in the erectile bodies of the penis. Nobody really knows why certain men form this scar tissue. Although 20% of men can remember a specific injury sustained during sex, most cannot. For these men, many experts believe that the normal 'wear and tear' that the penis typically experiences during healthy sexual activity may be what prompts this scar tissue to form.

Regardless of the cause, it's important for men to know is that Peyronie's disease is not their fault. Many men often blame themselves for their Peyronie's disease and believe that it's the result of a mistake they made. While certain medical conditions may predispose men to developing Peyronie's (like erectile dysfunction, Dupuytren's contracture, or diabetes), Peyronie's can affect any adult man at any point in their life. It is nothing to be ashamed of and safe, effective treatment is available.

What treatments are available for stable phase Peyronie's?

Peyronie's disease is considered to have transitioned from the active phase to the stable phase once the curvature associated with the Peyronie's scar tissue is no longer changing. This change typically occurs about 6-12 months after most men first notice their curve. During this time, many men will report that the discomfort associated with their Peyronie's scar tissue has diminished (although some discomfort may persist in others).

Men who have reached this stable phase of Peyronie's disease are eligible for definitive anatomic treatment. The anatomic treatments for Peyronie's disease fall into 3 main categories: 1) Traction Therapy 2) Injection Therapy and 3) Penile Implant.

What is traction therapy?

As we've mentioned in some of our other handouts, traction therapy is essentially physical therapy for the penis. The scar tissue that causes penile shortening and angulation in Peyronie's can be softened and partially released in most men with daily stretching exercises. Ideally, these are accomplished with the assistance of a traction device like RestoreX (www.RestoreX.com), but they can also be performed by hand. Traction therapy is unique in that it can be used in almost all types of Peyronie's disease, including men in both the active and stable phases of Peyronie's.

Men with stable phase Peyronie's disease who used the RestoreX device daily for 3 months reported an average improvement in penile curvature of 28% and an improvement in penile length of 11%. Traction therapy is also an important component of injection therapy and rehabilitation following some of the straightening procedures mentioned later in this handout.

What is injection therapy?

Injection therapy is when medication is delivered directly into scar tissue to help soften it and increase the efficacy of traction therapy. This medicine is delivered using a small needle that ensures it is distributed where it is most needed. This is done in the clinic in the outpatient setting. The '**gold-standard**' for injection therapy is a medication known as **Xiaflex**. Xiaflex is the only medication approved by the FDA for the treatment of Peyronie's disease. When combined with manual modeling (traction therapy without the use of a device), men observed a 30% improvement in curvature on average. When combined with the use of the RestoreX device, men saw an improvement in curvature of almost 50%.

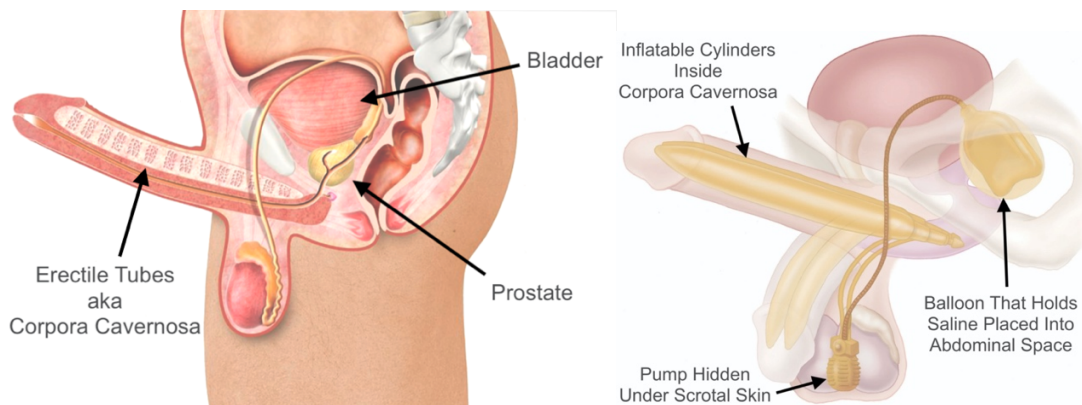
Xiaflex is administered through a series of outpatient injections that are performed in cycles. Xiaflex (also known as collagenase clostridium histolyticum) is an injectable medication designed to help break down scar tissue. In men with Peyronie's disease, the penis becomes curved or deformed as the result of scar tissue that's formed in the casing that makes up the erectile tubes of the penis. When combined with traction therapy, Xiaflex can help break up that scar tissue and straighten erections without the need for surgery.

What is the penile implant?

The penile implant is a safe, invisible, and reliable cure for erectile dysfunction and Peyronie's disease that is placed during a minimally invasive outpatient procedure. To best understand the penile implant, it's good to review how erections are supposed to work.

The male erection is the result of two inflatable tubes that start in the pelvis and extend down the length of the penis. These tubes are known as the corpora cavernosa. When a man is aroused, an electrical signal travels from the brain, through the deep nerves of the pelvis, to the arteries that supply these inflatable tubes. These arteries then expand and allow the rush of blood that provides an erection. At its core, it's a simple hydraulic system.

Both erectile dysfunction and Peyronie's disease are represent failures of this system. Erectile dysfunction is a failure of blood flow while Peyronie's disease is a failure of these inflatable tubes' structure due to scarring. It's important to remember that many men with Peyronie's disease will also have erectile dysfunction and need both issues treated to regain full sexual function.



With the penile implant, a man's natural inflatable tubes (the corpora cavernosa) are reinforced by sliding new inflatable tubes inside of them. Then, instead of relying on a pill or a shot, he can squeeze a small pump that's hidden inside the scrotal skin. This action then fills these new inflatable tubes with saline just like as a man's natural inflatable tubes would normally fill with blood. This creates a firm, rigid and reliable erection that a man can achieve whenever he wants and maintain as long as he wants. When sex is complete, a small button press restores the penis to its resting, natural state. Placement of the device is performed through a small opening in the skin above the penis. Men go home the same day, and most are ready to start having sex again in just 3 weeks. This is about half the recovery time needed for both plication and partial plaque excision and grafting.

Patient satisfaction with the penile implant is 98%. It prevents the ongoing loss of penile size that many men experience with ED and Peyronie's while providing a firm, natural feeling erection on demand. It is completely invisible and does not change sensation, orgasm, or ejaculation. For this reason, it's considered to be the gold standard of treatment for men with Peyronie's and erectile dysfunction.