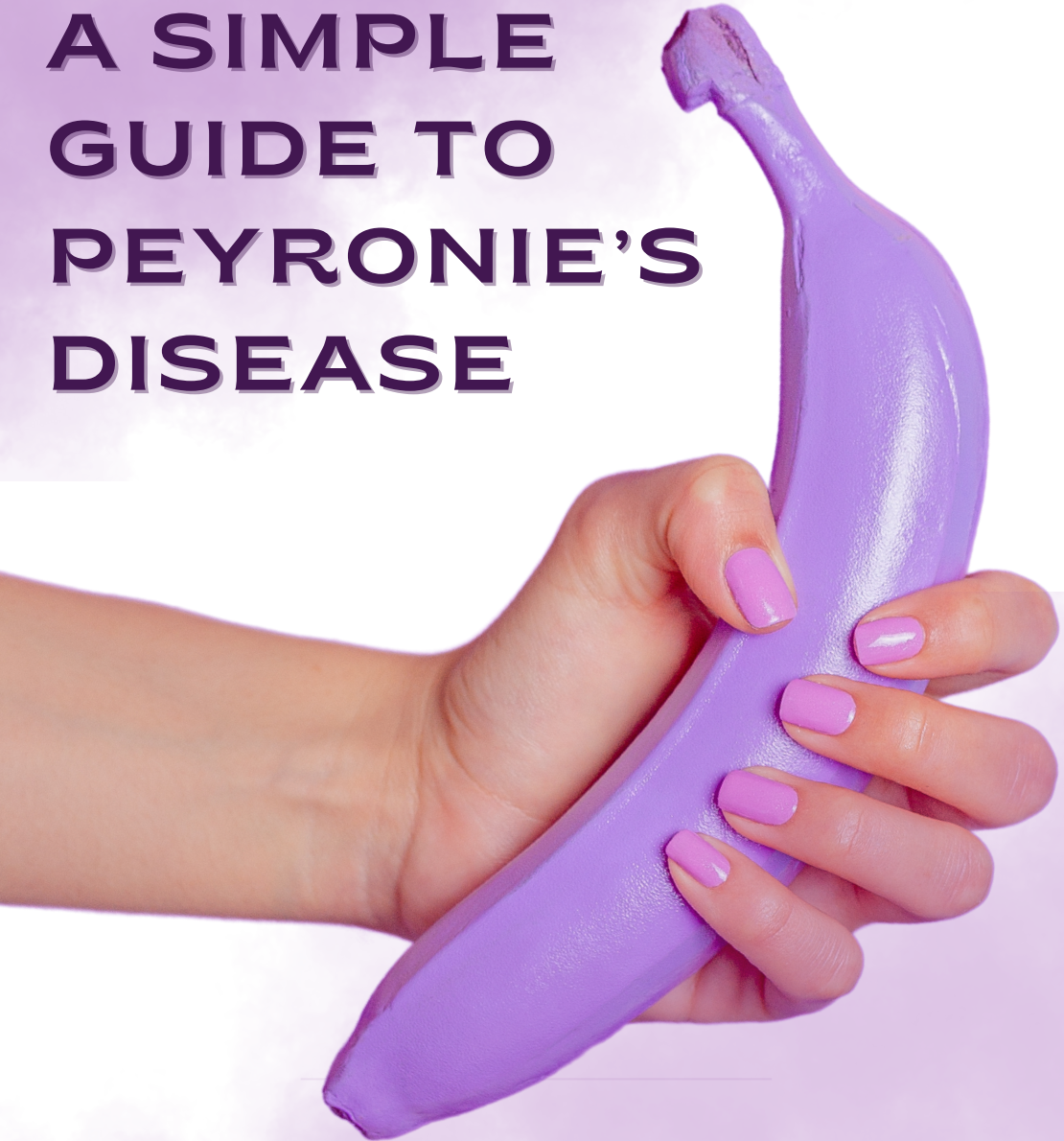


A SIMPLE GUIDE TO PEYRONIE'S DISEASE



MANS MATTERS

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A NOTE

FROM THE AUTHOR

CHARLES TURNER



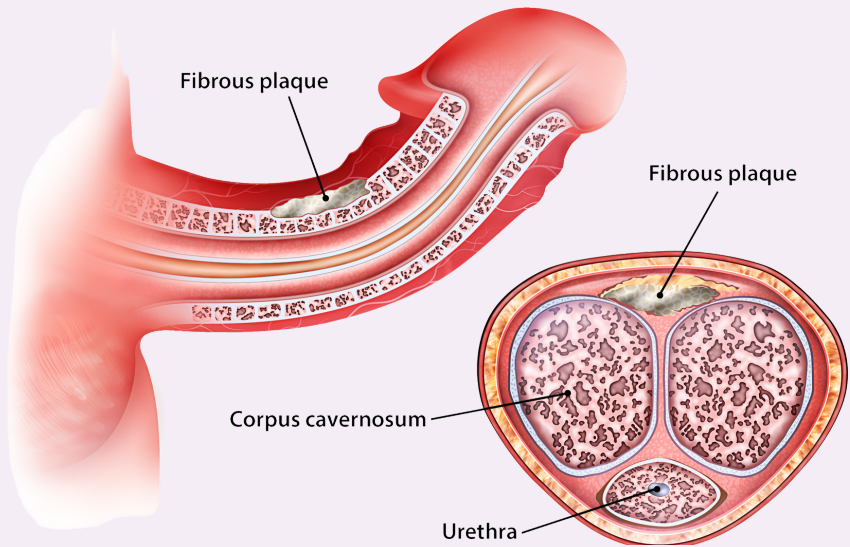
Seventeen years ago, I woke up one morning in pain. I had a morning erection and to my horror my penis was in pain, deformed and bent upwards. I felt frightened and deeply ashamed. I also felt very alone. How could I speak to any of my close friends about what was happening to me?

It took me months before I plucked up the courage to speak with my local doctor and my symptoms got worse, leading to weaker erections and loss of sensitivity. When I eventually plucked up the courage to arrange an appointment, I was referred to a hospital consultant and the only option given to me was invasive surgery.

To cut a long story short, I had a fantastic surgeon who fitted penile implants and restored part of my manhood. All those years ago, surgery was the only option available for men suffering from Peyronie's Disease. But today there are a wide range of alternative treatments which I cover in this book.

Today Peyronie's Disease is very much part of my everyday life. Not only am I a sufferer, but I am also the co-owner of Shockwave Clinics Ltd (Mansmatters), Europe's leading clinic for non-invasive treatments for Erectile Dysfunction and Peyronie's Disease and speak to new Peyronie's Disease sufferers on a daily basis.

WHAT IS PEYRONIE'S DISEASE?



Peyronie's Disease happens when an internal scarring within the penis causes it to bend, shorten or deform. This can further trigger pain, erectile weakness and loss of sensitivity, meaning that sexual intercourse can be difficult or impossible for some men to achieve. It affects men of all ages and can be brought on by injury to the penis or medical conditions including Diabetes, High blood pressure and Dupuytren's Contracture.

The blood vessels in the penis become clogged up with fibrous plaque which restricts the penis from expanding on the afflicted side causing it to bend, indent or create an hourglass shape when erect.

Peyronie's Disease can develop overnight or worsen during an 18-month period. It goes through different stages, the acute stage which is normally painful, where the fibrous plaque starts to build up and the chronic stage, where the pain goes, and the deformity becomes mature.

SYMPTOMS

OF PEYRONIE'S DISEASE



Deformity.

By far the most common symptom is deformity of the penis, although it is possible to have Peyronie's Disease without any visual deformity. By far the most common form of deformity is the upward curve (banana shape). Although the penis can bend downwards and sideways as well. Other forms of deformity include indentation in the penile shaft, an hourglass shape and several bends.

Pain

Pain is normally suffered at the acute stage of Peyronie's Disease when the fibrous plaque is forming. At the chronic stage it is not normal to have pain.

Erectile Weakness.

For a full erection a penis needs 20 times as much blood to flow into it. The fibrous plaque that builds up in the blood vessels, restricts the blood flow causing erection weakness. This is most common after the point of deformity.

Shrinkage and loss of length

Men can experience a shrinkage and loss of length in addition to the losses suffered because of the bend.

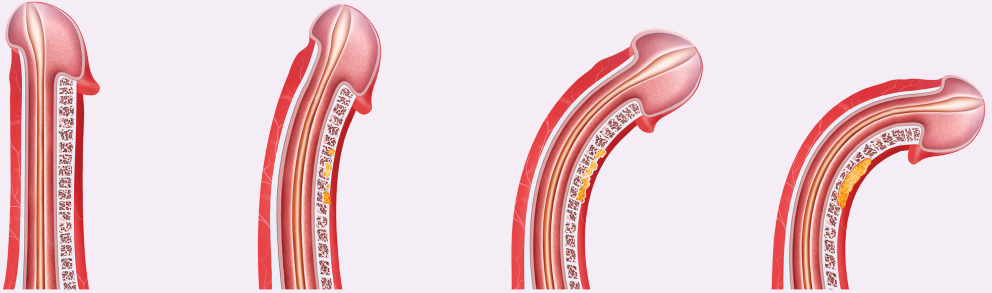
Loss of sensitivity.

A combination of the factors above can lead to a loss of sensitivity.

STAGES

OF PEYRONIE'S DISEASE

PLAQUE FORMATION STAGES



PEYRONIE'S DISEASE OCCURS IN TWO STAGES. THE FIRST STAGE IS KNOWN AS THE ACUTE STAGE AND THE SECOND STAGE IS KNOWN AS THE CHRONIC STAGE

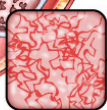
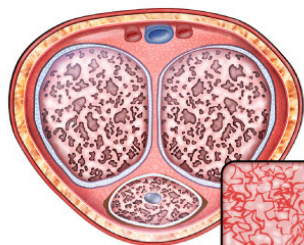
The **acute stage** is where the injury to the penis results in the formation of the fibrous plaque in the penis. In the acute stage men experience pain and start to see their penis become misshapen. At this stage, the plaque within the penis is more flexible.

It is generally accepted that most men have reached the **Chronic Stage** after 18 months. At the Chronic stage the pain will go away, the fibrous plaque will have hardened, and the deformity will be at its maximum

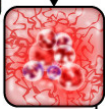
At both stages of development sex can be difficult and impossible. It depends on several factors; one of them is the degree of deformity. With a mild curvature normal sex is possible. As the angle of the curvature increases, sex becomes more difficult and reaches a point where it is impossible. Some men have some flexibility to bend the penis, whereas others do not.

WHY HAVE I DEVELOPED PEYRONIE'S DISEASE?

Injury to tunica albuginea



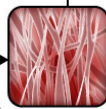
Increased fibrinogen



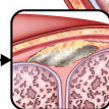
Local inflammation



Myofibroblast

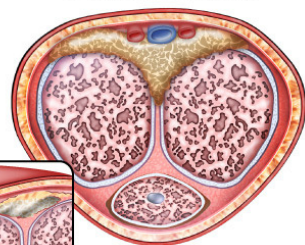


Deposition of excessive collagen



Build up of calcium deposits

Plaque formation



IT IS OFTEN IMPOSSIBLE TO DETERMINE WHY A MAN DEVELOPS PEYRONIE'S DISEASE. SOMETIMES AN INJURY TO THE PENIS IS OBVIOUS AND MEN CAN RECALL A SPECIFIC EVENT AND IN OTHER CASES THERE IS NO KNOWN CAUSE. FROM EXPERIENCE OF DEALING WITH 1000'S OF PATIENTS, HERE ARE SOME OF THE MOST COMMON CAUSES.

Sexual injury.

This is most often reported when a man has engaged in sex with their partner sitting on top of them and the penis has come out during intercourse and the weight of the partner has impacted on their penis.

Sporting injury.

This is common in physical sports such as rugby

Surgery.

Peyronie's Disease is often reported in men who have undertaken Prostate Cancer or other forms of surgery.

Hereditary.

Peyronie's Disease can also be hereditary and a slight injury that would not affect a normal man will trigger this condition.

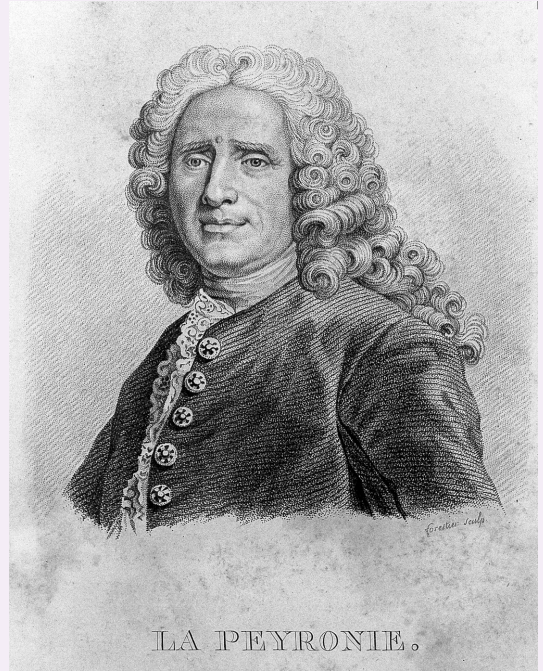
Conditions of cardiovascular system.

The cardiovascular system relates to blood being circulated around your body. Men with conditions such as Diabetes and High Blood pressure have a greater propensity to developing Peyronie's Disease.

IS THERE A CURE FOR PEYRONIE'S DISEASE?

Peyronie's Disease gained widespread acceptance when it was acknowledged by the physician Francois Gigot de la Peyronie in 1743 and has been a challenging condition for the medical fraternity ever since.

Despite centuries of looking for cures, until the last decade, it was generally accepted that surgery was the only viable option to correct the deformity. All forms of surgery come with risk, including shortening, loss of sensitivity, infection and erectile dysfunction.



However in recent years a range of groundbreaking technology and injection solutions have become available and are now being offered at specialist men's health clinics. However, whilst these treatments can provide a good outcome for many men, there is no silver bullet and no guarantee that they will work for everyone.

Today most men choose to start with non-invasive or minimally invasive treatments first and only progress to surgery if all other treatment options have been exhausted.

NON-SURGICAL TREATMENTS

FOR PEYRONIE'S DISEASE



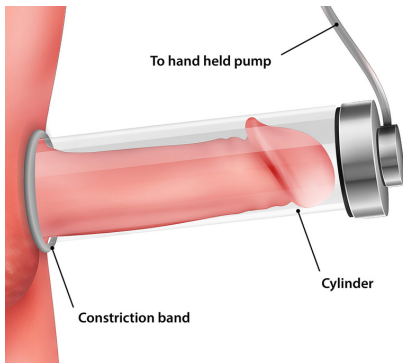
Vitamin E

A high dosage of Vitamin E oil is applied on the area of the penis where the deformity occurs, this can reduce the pain but does not improve the deformity.



Tadalafil

Tadalafil widens blood vessels and increases the blood flow to the penis. It helps both in the treatment and long-term care of Peyronie's Disease.



Penile Pump

Penile Pumps are used for both Peyronie's Disease and Erectile Dysfunction. They work by creating a vacuum in the pump and drawing up blood into the penis and reducing the chance that the deformity will get worse..

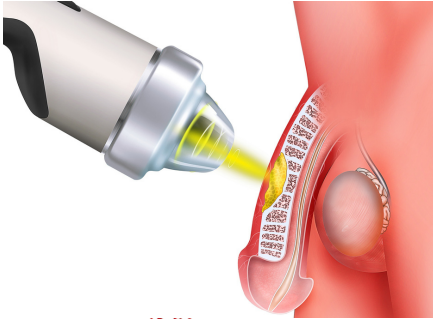


Penile Traction Device

A penile traction device will both stretch the penis and try to reverse the deformity. Traction devices are used when the penis is flaccid (not erect).

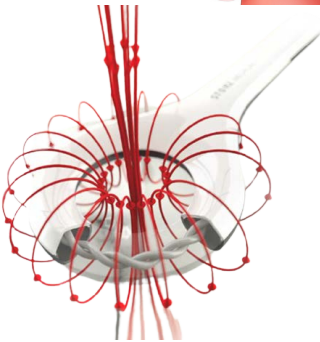
NON-SURGICAL TREATMENTS

FOR PEYRONIE'S DISEASE



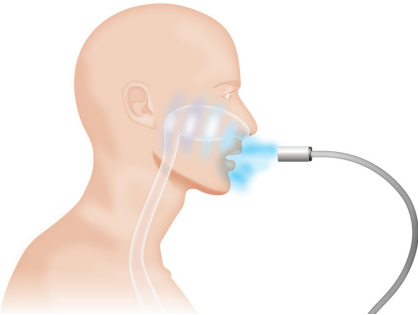
Focused shockwave Therapy

Typically, focused shockwave therapy is effective in breaking down kidney stones; however, it is now being used to treat Peyronie's plaque, softening and reducing its size.



EMTT therapy

EMTT therapy used in conjunction with shockwave therapy works at a microscopic level speeding up the transfer of nutrients in the blood vessels within the penis affected by the Peyronie's plaque



Nano Vi Exo Therapy

Oxidative stress is one of the medical factors that brings on the onset of Peyronie's Disease. Nanovi Exo Therapy reduces oxidative stress and aids in the recovery.



The Tesla Former Chair

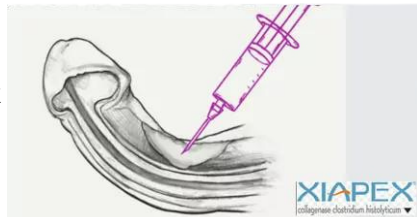
undertakes the equivalent of 28,500 pelvic floor exercises in 30 minutes and is used in conjunction with focused shockwave therapy for men experiencing erectile dysfunction as a result of their Peyronie's Disease

INJECTION THERAPIES

FOR PEYRONIE'S DISEASE

Collagenase

Collagenase injections are designed to break down the collagen within the Peyronie's Plaque.



Verapamil

When the Peyronie's Disease reaches the Chronic Stage, the Peyronie's Plaque becomes calcified. Verapamil is designed to break down the calcium



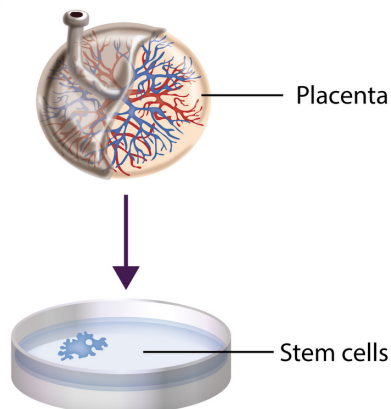
E-Shot

The E-Shot uses your own blood to activate the healing process for Peyronie's Disease. Platelet Rich Plasma is extracted using a centrifuge and injected into the target area.



Allogeneic stem cells.

Stem cells are taken from the placenta, which is disposed of after childbirth. These stem cells are harvested and then injected into the target area.

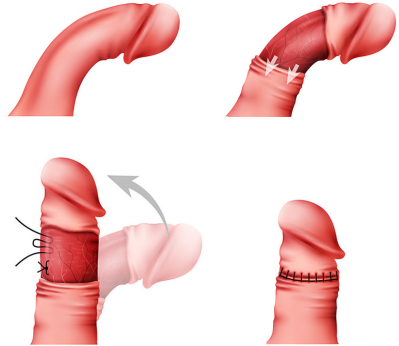


SURGICAL TREATMENTS FOR PEYRONIE'S DISEASE

THERE ARE THREE MAIN SURGERIES THAT ARE AVAILABLE FOR PEYRONIE'S DISEASE IN THE UK

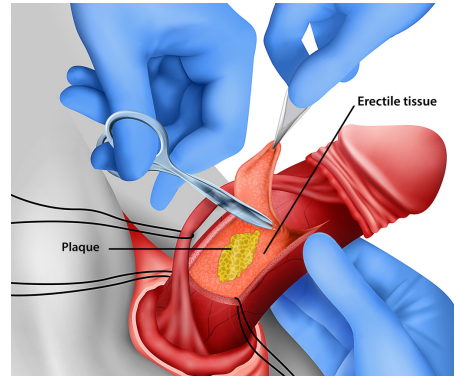
Nesbitt Technique

With this surgery, the degree of deformity and angle of curvature is measured in the erect form prior to surgery. Surgery is then undertaken to reduce the longer side of the penis, so it matches the shorter side and will be equal and straight when erect.



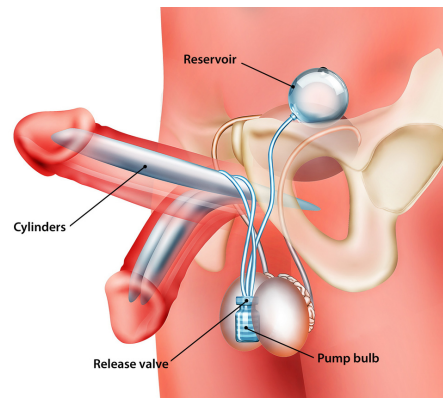
Surgical Grafting

The Surgeon removes the fibrous plaque from the penis and replaces it with a graft. This surgery is only normally used when the penis is too short for the Nesbitt surgery. It has much higher risks of triggering erectile dysfunction



Penile implants

When a man suffers both Peyronie's Disease and Erectile Dysfunction, then penile implants are surgically implanted. These consist of two tubes that are fitted within the shaft of the penis, a pump that is contained within the scrotum and a reservoir of salt water. The pump is manually used to fill the two tubes and create an erection. It is then deflated after use.



SOURCES OF INFORMATION

PEYRONIE'S FORUMS.

WWW.PEYRONIESFORUM.CO.UK

WWW.PEYRONIESFORUM.NET

USEFUL WEBSITES

WWW.PEYRONIESDISEASE.CO.UK

WWW.NHS.UK

BRITISH ASSOCIATION OF UROLOGICAL SURGEONS

WWW.BAUS.ORG.UK