

Can an External Penis Stretcher Reduce Peyronie's Penile Curvature?

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1. Background:

Peyronie's fibrotic lesions frequently affect the dorsal tunica albuginea and the septum of the penis leading to penile deformity and pain during erection. The aim of this study is to investigate the efficacy of mechanical penile stretching (PS) to reduce penile deformity during erection.

2. Materials and methods:

Ten patients (age 57 ± 6.7 yrs.) affected by Peyronie's disease, apparently unmodified at least for the latest 3 months and causing penile curvature during erection (PEC), were trained to use a mechanical penis stretcher.

None of them complained about erectile dysfunction according to IIEF test, and penile pain. After intracavernous injection of Pg E1 5-15 mg to obtain full erection (assessed by both Digital Inflection Rigidometry and palpation), cross scanning of tunica albuginea by duplex sonography, photographs of the erect penis according to Kelami's projections.

The penile diameters and length measurements were performed before and after daily home PS application (at least four hours/day) for 3 to 6 months.

3. Results:

Penile length, dorsally measured from penopubic angle to meatus, was 104.0 ± 34.5 before PS; 108.5 ± 25.2 mm after 3 months ($p = n.s.$) and 103.6 ± 33.2 mm after 6 months ($p = n.s.$). Photographs showed that PEC decreased from $31.2 \pm 2.5^\circ$ before PS to $20.0 \pm 11.5^\circ$ after 3 months ($p < 0.01$) and to $15.0 \pm 12.9^\circ$ after 6 months ($p < 0.01$). The treatment was well tolerated (no severe complication and no drop out occurred).

4. Conclusion:

These results suggest a promising use of PS in selected Peyronie's patients affected by penile curvature without erectile dysfunction or calcific plaques.

