AgelessCoach™
AGE STRONG. LIVE LONG.

Peyronie's Disease: Six Signs, Two Phases

The six symptoms Mayo Clinic names, the two phases that decide what treatment is possible, and what is actually approved.

✓ **Verified against published guidance** from NIDDK, Mayo Clinic & Cleveland Clinic · sources below

See a urologist if you have a bend that interferes with sex, pain in the penis, scar tissue you can feel, or a change in shape or length. NIDDK says men with Peyronie's disease are usually referred to a urologist, and that a physical exam is usually enough to make the diagnosis.

✓ Do This

Check All Six Symptoms

- Scar tissue you can feel
- Erection problems, often first
- A bend up, down or to one side

COACH'S TIP Mayo Clinic names all six.

Date Your First Symptom

- Write the month it started
- Chronic starts at 12 to 18 months
- Acute phase can run 18 months

COACH'S TIP The date decides the options.

See a Urologist

- NIDDK: usually referred to one
- Exam is usually enough to diagnose
- Imaging is usually not necessary

COACH'S TIP A physical exam finds the plaque.

Ask About Collagenase

- The only FDA approved treatment
- Approved for curves over 30 degrees
- Injected into the plaque

COACH'S TIP Ask which phase you are in first.

Ask About Pain Relief

- NIDDK suggests NSAIDs for pain
- The curve may stay after it does
- Pain often fades over time

COACH'S TIP Treat the pain while you wait.

Mention Your Other Conditions

- Diabetes with ED raises the risk
- So does prostate cancer surgery
- So do connective tissue disorders

COACH'S TIP NIDDK lists all three as risks.

✗ Do Not

Do Not Rush to Surgery

- Wait until the curve stabilises
- A moving curve means two operations
- NIDDK says experts recommend it

COACH'S TIP Chronic phase first, then decide.

Do Not Buy a Supplement for It

- No oral medicine treats curvature
- NIDDK states both plainly
- Diet has no proven prevention role

COACH'S TIP There is nothing to buy here.

Do Not Assume It Will Pass

- Mayo: it rarely goes away on its own
- Early treatment may help
- Most stay the same or worsen early

COACH'S TIP Waiting is not a treatment plan.

Do Not Confuse It With Cancer

- NIDDK says the plaque is benign
- Not the plaque found in arteries
- Not a tumour, not cancerous

COACH'S TIP Different thing, same word.

Do Not Assume You Need Treatment

- Small plaque, no curve, no pain
- NIDDK says treatment may not be needed
- No trouble with sex or urination

COACH'S TIP Not every case needs a procedure.

Do Not Skip the Conversation

- Cleveland: many are too embarrassed
- 6% to 10% of men aged 40 to 70
- That is why the numbers look low

COACH'S TIP It is more common than it looks.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

6	symptoms, Mayo Clinic	
12 to 18 months	to the chronic phase, NIDDK	
6% to 10%	of men aged 40 to 70, Cleveland	

Sources: NIDDK, Mayo Clinic, Cleveland Clinic. **Educational content, not medical advice.** Talk with your doctor.