

## Peyronie's Disease Cures and Treatments

Many researchers now think that the plaque or lump in Peyronie's disease develops following trauma such as hitting or bending that causes localised bleeding inside the penis. This leads to injury of the elastic lining of chambers inside the penis.

Ageing increases the risk as a general reduction in elasticity of the body's tissues increases the chances of injury. If the damaged area heals slowly, the plaque undergoes fibrosis, or formation of tough fibrous tissue, and even calcification (formation of calcium deposits) resulting in a long-term problem.

But this theory doesn't explain those cases which develop slowly, or why similar conditions such as Dupuytren's contracture don't seem to result from severe trauma.

The plaque itself is benign, or non-cancerous. A plaque on the top of the shaft (the most common occurrence) causes the penis to bend upward; a plaque on the underside causes it to bend downward. In some cases, the plaque develops on both top and bottom, leading to indentation and shortening of the penis. At times, pain, bending, and emotional distress prohibit sexual intercourse.

Men with Peyronie's disease usually seek medical attention because of painful erections and difficulty in achieving intercourse. Since the cause of the disease and its development are not well understood, doctors have to try to go about Peyronie's disease treatments empirically; that is, they prescribe methods that might help. The goal of therapy is to keep the Peyronie's patient sexually active. Often, providing education about the disease and its course is all that is required. Experts usually recommend surgery only in long-term cases in which the disease is stabilized and the deformity prevents intercourse.

So if surgery is not an option for you, what can you do to improve your sexual life? Are there any natural cures for Peyronie's disease? The good news is there are ways to slowly break down the fibrin deposits and reduce the curvature of the penis. By bending the penis little by little to the opposite side, you can break the plaque, correct the curvature and restore the penis to its original shape. The answer to your problems can really be that simple.

Performing exercises or using a traction device week after week, you can force the plaque to break and the tissues around it to straighten without damage. Of course, this means that should never force the penis to assume its original shape in a single session. This is supposed to be a natural correction for Peyronie's disease, not a miracle cure. The best thing you can do actually is to be patient and follow the directions to the letter.

<http://www.msokorea.com/men-s-issues/0,6600,335950,00.html>