

*Transdermal Verapamil 15% Gel*

# Helpful Tools

for Peyronie's Disease

## Table of Contents

The tools in this packet will help you save money and communicate better with your doctor about your condition and improvements as you go through treatment. Click on a link below to view a section of this packet.

[Symptom checklist](#) - This checklist of common symptoms of Peyronie's disease will help you provide specifics about your condition to your doctor.

[Questions for the doctor](#) - This tool includes questions that doctors are often asked by Peyronie's disease patients that you may want to ask your doctor as well as space for you to write down your own questions.

[Progress report card](#) - Use this tool to track and communicate with your doctor what changes and improvements you are seeing in your condition at each office visit.

## Peyronie's Disease Symptom Checklist

Peyronie's disease can have various symptoms and most patients do not have all of them at any given time. Use the checklist of common symptoms below to help your doctor understand what you are experiencing. This will help them to decide what the best possible treatment options are for your specific case.

**Curvature with hardest possible erection of approximately \_\_\_\_\_ degrees**  
*(assume perfectly straight shaft is 0 degrees and a curve straight up is 90 degrees)*

**Firm lumps**

How many? \_\_\_\_\_

Where is it located? \_\_\_\_\_

**Firm ridges or veins running down or around the shaft**

How many? \_\_\_\_\_

Where is it/they located? \_\_\_\_\_

**Pain with erections**

On a scale of 1 to 10 how severe is the pain? \_\_\_\_\_

**Loss of erection firmness**

The entire shaft is not firm

The shaft is firm to a point, but beyond that it is semi-firm

**Loss of length or girth**

When erect

When flaccid

**Indentations in the shaft or an hour glass shape to the shaft**

**Difficulty penetrating for intercourse**

**Psychological effects**

Depression

Anxiety

Other \_\_\_\_\_

Use this area to note any thing else you have noticed

## Questions for the Doctor

Most of us have visited our doctor and remembered the one question we really wanted to ask five minutes after we left. Using this tool will help make sure that you are prepared for your appointment and that you remember all of your questions.

Doctors are commonly asked the questions below about Peyronie's disease. Check off the questions you want to be sure to ask:

- My penis has started to curve when I have an erection, why?
- I have pain when I have an erection. Is this common?
- How did I get this condition?
- Are the lumps cancerous?
- Will I be able to have a penis straight enough to have sex again?
- What are the different treatment options?
- The psychological impact of this condition has been as bad or worse than the physical problems, is this typical and how can I get help?

Use this area to write down your specific questions.

## Progress Report Card

Before each visit with your doctor use this helpful tool to record the changes you have seen since your last visit. You might be surprised how quickly you can forget about symptoms as they improve. This list will help to identify improvements in areas that you may have forgotten about, or symptoms that are not improving that you need to talk to your doctor about.

Date: \_\_\_\_\_

Pain level with erection on a scale of 1-10 \_\_\_\_\_

Degrees of Curvature \_\_\_\_\_

### Plaque

How many? \_\_\_\_\_

Is it smaller?  Yes  No

Approximately how much \_\_\_\_\_

Is it softer?  Yes  No

Approximately how much \_\_\_\_\_

Improvement in erection firmness on a scale of 1-10

\_\_\_\_\_

Improvement in flacid penis length

Yes  No

How many millimeters? \_\_\_\_\_

*(Stretch penis and measure from base to tip)*

Improvement in deformity

Indentation  Yes  No

Hour glass  Yes  No

Has your sexual satisfaction improved?

Yes  No

Has your ability to penetrate for intercourse improved?

Yes  No

Improvement in psychological effects

Yes  No

In what way? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

Pain level with erection on a scale of 1-10 \_\_\_\_\_

Degrees of Curvature \_\_\_\_\_

### Plaque

How many? \_\_\_\_\_

Is it smaller?  Yes  No

Approximately how much \_\_\_\_\_

Is it softer?  Yes  No

Approximately how much \_\_\_\_\_

Improvement in erection firmness on a scale of 1-10

\_\_\_\_\_

Improvement in flacid penis length

Yes  No

How many millimeters? \_\_\_\_\_

*(Stretch penis and measure from base to tip)*

Improvement in deformity

Indentation  Yes  No

Hour glass  Yes  No

Has your sexual satisfaction improved?

Yes  No

Has your ability to penetrate for intercourse improved?

Yes  No

Improvement in psychological effects

Yes  No

In what way? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_