

## "Micropenis" and "Small penis": diagnosis and treatment



Abstract of oral communication at Congress of the European Society for Sexual and Impotence Research (ESSIR). Hamburg, Germany. 1 – 4 December 2002. Published in the International Journal For Impotence Research.

Colpi G.M., Martini P., Scropo F.I., Mancini M., Castiglioni F.  
Andrology Service, San Paolo Hospital – University of Milan, Milan, Italy.

"Micropenis" is used to define a penis less than 2.5 SD long compared to the mean length for age and sexual development stage, provided that this organ does not show any other anatomic anomalies. By "small penis" we mean a penis having a size objectively within the standard limits but which is not considered satisfactory by the subject ("Locker-room syndrome"). This disorder is included in dysmorphophobia and is the main reason why some men undergo penile elongation techniques. Measuring performed with stretched penis shows a close correlation with the real length during erection. The mean length of the flaccid penis in Caucasian post-puberal male is 8.8 cms; when stretched it is 12.4 cms (+ 2.7 cms); during erection 12.9 cms. Therefore, we talk about a micropenis when its size is  $\leq 6$  cms. Medical treatment is limited to hypogonadic males by increasing serum androgenic values. Several techniques of penis elongation exist, which are based on external stretching of the penis or classic surgery. Surgical techniques include the subtotal dissection of the penile suspensory ligament and prepubic liposuction. Liposculpture is the insertion of autologous adipose tissue into the penile subcutaneous in order to increase the organ circumference.

Among physiotherapeutic techniques, our group is making use of the Andro-Penis, to treat both small penis and penis curvature due to Peyronie's disease. For "small penis" our data show a mean increase of the stretched penis length of 1.8 cms after 4 months with a daily average use of 6 hours; a higher increase ranging between 2.4 and 3.1 cms was achieved after longer periods of time (between 7 and 9 hours). We applied the same device in case of Peyronie's disease and we obtained a mean decrease in the penis curvature of about 40% (from  $34.1^\circ \pm 4.9^\circ$  to  $20.0^\circ \pm 12.2^\circ$ ) after three months of treatment. Patient counselling is at all events essential to have a full picture of the problem, since a morbid attention to the size of his own penis might be the symptom of a more complex psychiatric disorder where surgery is powerless or may sometimes even give rise to additional problems.