



# PENIS PAIN OR SWELLING

Painful or sore penis

## CAUSES

### PARAPHIMOSIS

Paraphimosis occurs when the foreskin in an uncircumcised or improperly circumcised penis is pulled back and stuck behind the head of the penis. The penis will appear swollen and feel extremely painful.

This condition should be treated as a urologic emergency since it requires certain procedures for it to be corrected. Though paraphimosis can appear at any age, infants and adolescents are often at risk. However, vigorous sexual activity in adults has also been reported as a possible cause for paraphimosis.

#### Symptoms:

- Pain and accumulation of fluid in the penile area
- When erect, penis is painful.

#### DO:

- Since the penis is one of the most sensitive parts of the male body, home medication is not recommended for conditions related to the penis. It is best to consult a urologist at once.

#### DON'T:

- Don't try to push back the foreskin to its proper position. A urologist can do that better.

### BALANITIS

Balanitis is the condition in which the tip of the penis is inflamed or irritated. It may be caused by a bacterial infection, a fungal infection called *thrush*, allergens, dermatitis or eczema. This condition is more common in children. Poor hygiene in the penile area often aggravates the problem.

#### Symptoms:

- A painful swelling and irritation at the end of the penis

#### DO:

- Consult a urologist to diagnose what caused the balanitis.
- If the balanitis was due to a bacterial infection, antibiotics will be prescribed by the medical professional.
- Thrush will heal by applying anti-fungal cream.
- If due to allergens, apply steroid creams.
- Practice good hygiene.
- If balanitis recurs, circumcision for uncircumcised males or removal of the foreskin may be necessary.
- Children over three years old should be taught how to clean their penis properly. Clean it while in a tub and use warm but not overly soapy water. Gently retract foreskin and run through flowing water. Pat, not rub, dry.

#### DON'T:

- Do not clean under the foreskin excessively with soap as this may result to balanitis.



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### PRIAPISM

Priapism involves a constant and often painful penile erection. It is a rare condition caused by several other disorders such as leukemia, sickle cell disease or spinal cord injury. The blood contained in the penis fails to drain properly and causes the perpetual erection.

Sometimes over-dosage of injectibles to counteract impotence can lead to priapism. If not treated immediately, penis may be damaged by permanent scarring. Normal erection can also be difficult, and permanent impotence can occur.

Treatment includes injecting medicines directly onto the penis. These medicines should allow the blood to drain. Cold packs can be used for as long as eight hours. If these first two treatments fail, a doctor may use a syringe to drain the blood from the penis. If all of these fail, surgery may be necessary.

#### Symptoms:

- A persistent painful penile erection not connected with sexual arousal.

#### DO:

- Urology specialists can usually cure this condition when it is brought to their attention at the soonest possible time.

#### DON'T:

- Don't be afraid to discuss this condition with a doctor.

### PENILE CANCER

Cancer of the penis is rare, and if diagnosed early, is curable. It involves the growth of malignant cells on the external skin of the penis. It occurs most often in males who were not circumcised as babies.

Even though the principal cause of penile cancer is still undetermined, occurrence of this type of cancer is linked to poor personal hygiene.

In some cases, amputation of all or part of the penis may be necessary.

#### Symptoms:

- Small, pimple or wart-like growths at the tip of the penis. The growths spread slowly across the length of the penis while invading deeper layers of tissue.
- Oozing or bleeding lumps that may spread to the groin and other parts of the body.

#### DO:

- Consult a urologist immediately.

#### DON'T:

- Don't be afraid to discuss this condition with a doctor.

### OTHER CAUSES

Other causes include injury, certain medicines, or sexually transmitted diseases.