

Worksheet to build or modify your Peyronie's disease treatment plan with your doctor*

- Determine size, shape, density and surface features of internal PD plaque; monitor every 7-10 days; write & keep detailed notes
- Start with most diversified plan of therapies possible from all columns, or a S-M-L plan from PDI, used faithfully each day, based on suggestions and ideas for using each therapy provided with PDI therapy items; start dosage at recommendation found on each bottle
- Also follow dietary suggestions found in chapter 5 of "Peyronie's Disease Handbook"
- If starting plan does not result in some improvement of plaque material in 7-10 days, slowly and gradually increase one therapy in plan ; refrain from internal therapies every 30-45 days for 2-4 days; stop treatment if no tissue changes occur in 3-4 months.
- Continue monitoring plaque, while slowly changing and increasing plan every 7-10 days until plaque begins to improve and reduce
- When improvement and reduction of plaque material begins, stop increasing plan and continue same plan until plaque absorbed
- Do not use penile distortion to judge effectiveness of treatment; try to ignore the curve; it is only secondary to effects of plaque
- Good PD treatment is not static; it gradually and carefully changes as you work to determine what therapy and at what dosage your body needs to remove foreign plaque and heal the tunica layer; it is different for everyone, experiment to learn what works for you

Internal therapy

Column A	Column B	Column C	Column D	Column E
External therapy	Support therapy	Vitamin C	Systemic enzyme	Vitamin E
<ul style="list-style-type: none"> • DMSO + Unique- E oil + Super CP serum • PDI stretching DVD • Genesen Acutouch • Ultrasound 3MHz 	<ul style="list-style-type: none"> • Scar Freee • L-Arginine • Co-enzyme Q • PABA • Acetyl-L-carnitine • Quercetin/Bromelain • Honso herbs 	<ul style="list-style-type: none"> • Natural C 1000 • Ascorbplex 1000 	<ul style="list-style-type: none"> • Nattokinase • Fibrozym • Neprinol • Bromelain 5000 	<ul style="list-style-type: none"> • Unique- E
Moderate plan changes possible using Column A	Many plan changes possible using Column B	Few plan changes possible using Column C	Many plan changes possible using Column D	Little plan changes possible using Column E
Choose 1-2-3 from this list	Choose 2-3-4 from this list	Choose 1 from this list	Choose 1-2 from this list, maybe 3	Choose 1 from this list,
<p>DMSO is minimum item used on this list; should be combined with either vitamin E oil or Super CP serum, or both</p> <p>Penis stretching method is safe, easy and economical therapy</p> <p>Genesen pens are popular professional grade & safe equipment for easy at-home use</p> <p>Ultrasound compact & portable 3MHz model HS3040 – direct fibrous tissue penetration</p>	<p>Abundant medical research supports use for these valuable therapies</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>*Discuss all ideas and information found on this form and PDI website with your treating doctor before making any change in your PD treatment strategy, for doctor's approval.</p> </div>	<p>Vitamin C protects vitamin E so use at least 2000-4000 mg of vitamin C daily, maybe more</p>	<p>Basic therapy in all good PD treatment plans</p> <p>Very important to weaken fibrous scar tissue with enzymes</p> <p>Every 30-60 days stop digestive enzymes for 1-3 days to allow liver to rest and detoxify</p>	<p>Basic therapy in all good PD treatment plans</p> <p>Total dose 800-1200 IU daily</p> <p>Most medically researched therapy & reason 95% of all MDs recommend to use vitamin E</p>