Read All About It: PENILE HEALTH

Most penile cancers occur on the foreskin (in men who have not been circumcised) or on the tip. These tumors tend to grow slowly. If they are found early, they can often be cured.

About 2,320 new cases of penile cancer are diagnosed each year in the U.S.

How the Penis Changes With Age

- **Color:** Blood flow to the penis decreases, making it appear lighter
- **Size:** Decreased blood flow may result in penile shortening
- **Skin:** As with the rest of the body, skin on the penis can appear patchy and irregular
- **Sensitivity:** Lower testosterone levels can make the penis less sensitive and erections less hard
- **Urinary problems** may increase with age

WAYS TO KEEP YOUR PENIS HEALTHY

- Maintain a healthy weight
- Drink alcohol in moderation
- Eat a healthy diet
- Get a good night’s sleep
- Reduce stress
- Exercise often
- Quit smoking
- Stay sexually active

TALK TO YOUR DOCTOR IF YOU NOTICE:

- Changes in the way you ejaculate
- Bleeding during urination or ejaculation
- Warts, bumps, lesions or a rash on your penis
- A severely bent or curved penis that causes pain or interferes with sexual activity
- A burning sensation when you urinate
- Discharge from your penis
- Significant decline in sexual desire