

## Read All About It: PENILE HEALTH

ABOUT **2,320**

new cases of penile cancer are diagnosed each year in the U.S.

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.



### 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

