



Treatment Plan- Ross Davey
22/08/2025

The following recommendations are a continuation of the treatment plan provided following your initial consultation to address Peyronie's disease and related symptoms.

Continued Treatment

Herbal tincture containing: Turmeric, Ginger, Withania, Cinnamon, Nettle (a powerful antioxidant & anti-inflammatory).

Dosage: 5 mls 2x per day with food

New Supplement

SynQ10 (by Biomedica)- containing highly absorbable CoQ10 which may assist in reducing plaque size and curvature along with inhibiting disease progression.

CoQ10 is a molecule that the body produces (it is also found in food). It is an antioxidant and is also needed by our cells for energy production (among other roles).

Dosage: 2 capsules daily (total 300mg)

Other Suggestions

Reduce coffee intake to at least half, ideally to 1 per day. This will assist in reducing anxiety or nervous tension, reducing dehydration, protecting the heart (including reducing heart rate and blood pressure).

As discussed, you may like to consider purchasing a Vacuum Erectile Device (VED). This may assist in reducing penis curvature and erectile function.

<https://menshealthdownunder.com.au/shop/vacurect-ved/>

Extracorporeal Shockwave Therapy (ESWT)- is a non-invasive treatment that uses sound waves to stimulate healing of injured tissues and may be helpful in reducing plaque size in Peyronie's. I'm unsure of cost or discomfort expected so I would recommend contacting a practitioner to discuss (I found this clinic that offers ESWT however, have not worked with them previously).

<https://www.daptophysiotherapy.com.au/shockwave-therapy>

Future Considerations

Review BP and need for Telmisartan. Explore herbal remedies that could assist in reducing blood pressure