

BMJ **Penis enlargement**

Frank Martin and John F Bolton

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hours. The observation is not new, but the literature is not entirely consistent.^{9 10} To our knowledge, ours is the first prospective study to report such association. Of course, the reliability of information on exposure to environmental tobacco smoke in childhood can be questioned, although most people should be able to recall whether their parents smoked. The uptake of carcinogens in children exposed to environmental tobacco smoke is widespread and quantitatively important.¹¹

Conclusions

Our study contributes to the existing literature reinforcing the conclusions of the IARC Monograph Working Group^{7 8} that there is sufficient evidence on the carcinogenicity of environmental tobacco smoke in humans.

Mortality data for the Netherlands were obtained from Statistics Netherlands.

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Q&A

Penis enlargement

Question

Can a man increase the size of his penis?

Frank Martin, *student*

Answer

I presume you are asking about increasing the size of the erect phallus rather than asking about erectile dysfunction.

It is possible to surgically increase the size of an erect (and flaccid, for that matter) penis, but it should not be undertaken lightly, as it is by no means guaranteed to produce the result one might be hoping for.

Length can be added by division of the penile suspensory ligament that tethers the penis to the pubic arch. This sounds like a simple solution, but remember the ligament was there for a reason. Dividing it will allow the penis to fall away from the pubis, giving some length (a couple of centimetres), but at a loss of the normal "angle" at erection. Also, this does not lengthen the skin, and so the peripenile pubic skin is often pulled onto the shaft of the penis, resulting in pubic hair growing from the penile shaft.

Another surgical technique is "enhancement" of penile girth by the injection of harvested adipose tissue (fat) from elsewhere. This has significant risks of

resulting in uneven, lumpy appearance, and patient satisfaction is not assured.

What is important to remember is that there is wide natural variation in penis size, as in height, weight, and many other human physical characteristics. Thus, what may seem small is probably normal. Surgery is fraught with uncertainties about results, and, like other forms of medically "unnecessary" cosmetic surgery, people often have unrealistic expectations and are disappointed as a result.

And don't believe any advertisements found in the back of top shelf publications or try any "DIY" methods. They don't work. I have spent the odd night in accident and emergency trying to undo these "efforts"; it is embarrassing for the patient, and the penis is never larger, once the pain and swelling have subsided.

John F Bolton, *clinical fellow in urology, Bristol Royal Infirmary, Bristol*

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