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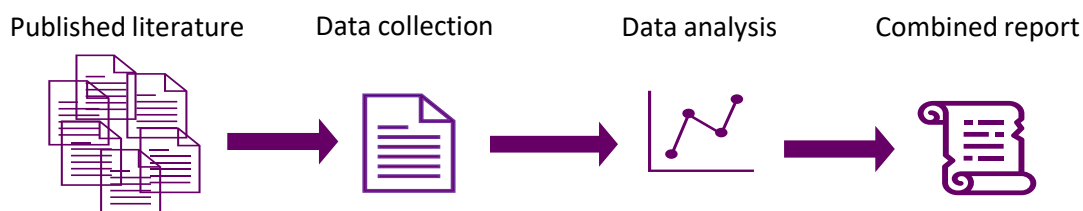
Belladelli et al (2023)¹ explored the evolution of penile length in different age groups over time and per geographic region through a systematic literature review and meta-analysis.

Objective

To report trends of penile length over time and in different geographic regions

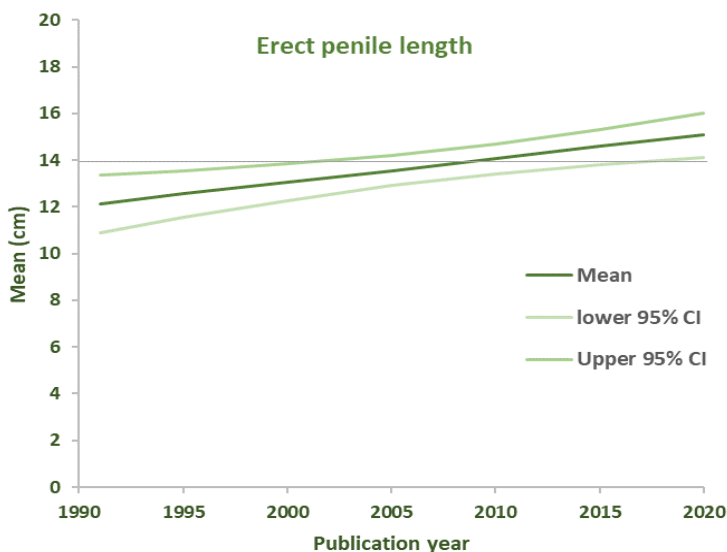


SLR and meta-analysis



KEY RESULTS

- 75 studies spanning from 1940 to 2020 were included
- Pooled mean length estimates were:
 - flaccid length = 8.70 cm
 - stretched length = 12.93 cm
 - erect length = 13.93 cm
- After adjusting for covariates, erect penis length significantly increased by 24% over the past 29 years
- Geographical variations were observed in various penile length estimates



- Reported erect penile length has significantly increased worldwide over the past three decades. This is in contrast with the observed declining trends in testosterone levels.
- Possible causes could include variations in measurement techniques over time and across various regions, better nutrition status globally (as reflected by an increase in global adult average height² and better access to food³) or environmental factors.
- Future work: standardisation of measurement methods, evaluating clinical and psychological implications (on sexual strength, virility and self-esteem).

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1. Belladelli F, Giudice FD, Glover F, et al. Worldwide Temporal Trends in Penile Length: A Systematic Review and Meta-Analysis [published online ahead of print, 2023 Feb 15]. *World J Mens Health*. 2023;10.5534/wjmh.220203. doi:10.5534/wjmh.220203

2. NCD Risk factor Collaboration. Evolution of height over time. Available at <https://www.ncdrisc.org/height-mean-line.html> (accessed on 26/04/2023)

3. FAO. The State of Food Security and Nutrition in the World 2021. Available at <https://www.fao.org/state-of-food-security-nutrition/2021/en/> (accessed on 26/04/2023)