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Bike Riding Induces Impotence!

The perineum is hurt

You may think that practicing a sport is beneficial for your health. And it is. Only that some sports can have surprising and contrary effects. A research has discovered that riding a bike for long periods of time can induce temporary erectile difficulties, including impotence. The data are exposed in a new report, "What to Do about Erectile Dysfunction", edited at Harvard Medical School by Dr. Michael Philip O'Leary, Associate Professor. The highest risk is experienced by males who cycle at least three hours every week. The harmful effects are due to the fact that sitting on a bicycle seat for long periods exerts high pressure on a very sensitive area - the perineum, between the genitals and the anus. This particular area is full of nerves and blood vessels and the pressure on them harms the nerves and temporarily impedes blood flow, causing tingling or numbness in the penis and, eventually, erectile dysfunction (impotence). Not surprisingly, one research discovered that while a conventional bicycle provokes this severe - even if temporary - cutoff in blood flow to the penis, a recumbent bicycle did not, because the rider does not support himself on the perineum. But if a recumbent bike is not pleasant or recommendable for you, some precautions are necessary to avoid cycling-related erectile problems: _Use padded biking shorts._ Raise the handlebars changing your riding position to a relatively upright one. In this position, pressure passes from the perineum to the buttocks. _Avoid narrow seats, install a wide, well-padded or gel-filled one, which decreases the pressure on the perineum. _Seat position also decreases pressure: if it is so high that your legs must be fully extended at the bottom of your pedal stroke, the pressure on perineum is maximum; thus the seat must not be tilted up. _During long rides, the position on the seat must be changed often and breaks are necessary. _If a sensation of tingling or numbness is felt in the penis, riding the bike must be stopped for a week or two.