

# Bicycle riding and ED are researched

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A reproductive expert says scientists must now shift attention from cause to intervention in the relationship between bicycle riding and sexual health.

Steven Schrader, a supervisory research biologist at the National Institute for Occupational Safety and Health, made the suggestion as a guest editorialist in the September issue of *The Journal of Sexual Medicine*.

He said it is time to shift current scientific focus from the question of whether there's a causal relationship between bicycle riding on a saddle and erectile dysfunction and concentrate on intervention.

Schrader was asked to review three new articles published in the current issue of *The Journal of Sexual Medicine*. All three studies reported high pressures in the perineum while straddling a saddle compress and temporarily occlude penile blood flow. They also hypothesized lining vessels of the compressed arteries become damaged, thus leading to potential permanent artery blockage.

Said Schrader: "The next steps are quite clear. Effective strategies based on sound ergonometics and urogenital physiologic principles and testing are needed to reduce the risk of erectile dysfunction from bicycle riding."

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