



THE SERIOUS PROBLEMS WITH CONVENTIONAL BIKE SADDLES

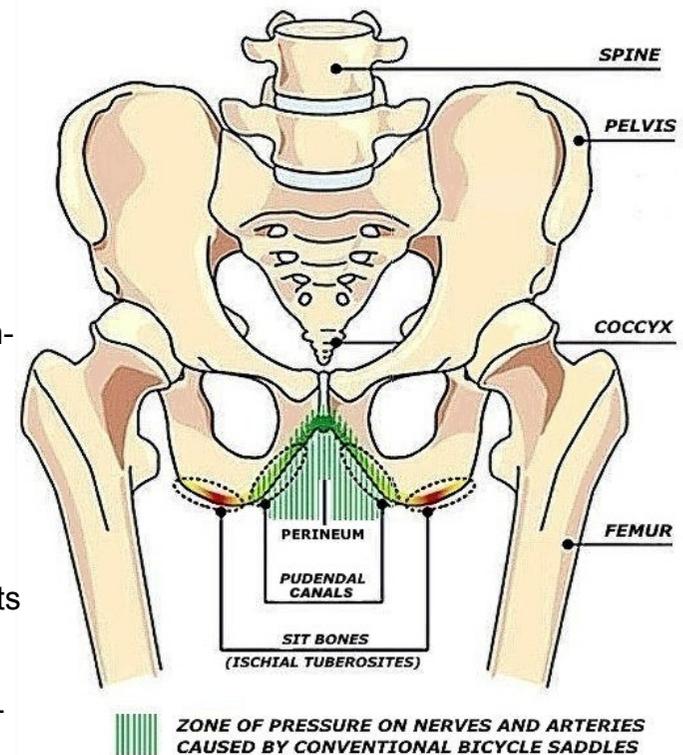
Healthy Cycling Without Saddle Pain - The answer to common bicycle saddle problems

THOUSANDS OF CYCLISTS have problems with normal bike saddles because when a rider uses a conventional bike seat, he or she is not resting on the “sit” bones that safely support our body weight. Instead much of the weight is taken on the central Perineum region containing the Penile Nerves and Arteries (located in the Pudendal Canals - shown opposite) which can cause reduced blood flow, numbness, chronic saddle pain, and even permanent loss of function.

Hobson Seats offer a specific solution to these health problems.

Hobson Seats are comfortable, compact, patented double seatpad saddles with adjustable width. The rider’s weight is supported naturally on the sit bones in the same way as sitting on a chair, and pressure on the sensitive Perineum is avoided. Hobson Bike Seats work equally well for men and women.

Hobson Associates Inc., the designers, have more than 25 years of development experience and over 700,000 seats have been sold since 1983.



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COMFORTABLE BICYCLE SADDLES

and the serious problems with conventional bike saddles

Publications and Medical Tests

The following information, in chronological order, was taken from 2 articles and 1 scientific study published in the United States on the effects of conventional bicycle saddles.

① Extract from:

National Geographic Adventure Magazine, April 2003

Riding Rough: New Evidence Continues to Link Biking to Impotence

By Jim Thornton

FACT: In a recent study published in the Journal of Radiology, 94% of males who engaged in “extensive off-road biking” showed scrotal abnormalities - compared to 16% of non-bikers.

Two recent papers bolster such allegations. In the first, researchers analysed data from the Massachusetts Male Aging Study, which has been following 1,709 men aged 40 to 70. Men who rode a mere 3 hours per week had a 72% higher risk of impotence than non-bikers. The second study - in response to California bike cops’ complaints of genital numbness - found a direct inverse correlation between the duration of nocturnal erections and the number of hours spent on duty.

② Information from:

THE EFFECT OF BICYCLE RACING SADDLE DESIGN ON THE TRANSCUTANEOUS PENILE OXYGEN PRESSURE *

by J D Cohen and M T Gross, published in The Journal of Sports Medicine and Physical Fitness, September 2005 Vol 45 No 3.

Procedure: Scientific laboratory tests were carried out with seated cycling on 3 conventional bicycle saddles, two of which are specifically designed to relieve pressure on the perineum of male cyclists. Measurements were also made for standing cycling. There were 30 male subjects.

Results: Seated cycling on all saddle designs **reduced penile transcutaneous oxygen pressure by up to 78% in just 5 minutes**, compared to prior standing cycling. There was no significant difference between the 3 conventional style saddles in the reduction of penile oxygen. Results are on page 415 of the paper.

***Note:** Penile transcutaneous oxygen pressure is a measure of the oxygen level in the penis tissue.

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3 Extracts from an article in TIME Magazine (June 19, 2006)

Saddle Safety

Ergonomic bicycle seats take the pressure and pain out of long rides on the road

NO NOSE Hobson's Pro-Hub X2 (\$90) has gel-filled seat pads for distance training. By COELI CARR

MATTHEW SCHMIDT BOUGHT his first mountain bike 10 years ago, and from the onset his recreational rides in the idyllic Mount Tamalpais area of California's Marin County left him numb in his personal undercarriage, where the crotch meets the bicycle saddle. Schmidt, 42, of San Rafael, Calif., dismissed the discomfort as the price to pay for vigorous riding on rough terrain. But by the end of 2002, the perineal pain and sexual problems he had experienced for years became intense. He stopped riding and, desperate for answers, saw several urologists before the last finally diagnosed pudendal nerve damage, caused by his leaning into the protruding nose of his bicycle seat. "Every day I'll see two or three people, men and women, with bicycle-related sexual problems" says Boston urologist Irwin Goldstein. "It's not a rare occurrence."



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In a study conducted in 2000, the National Institute for Occupational Safety and Health found that male police officers in Long Beach, California, who spent many hours riding while working in a bicycle unit, showed a decrease in the quality of their nocturnal erections. And in September 2005, Goldstein, who is also editor in chief of *The Journal of Sexual Medicine*, published similar results from a study he had conducted. The subjects, men in their 30s and 40s, experienced no blood flow to the penis as soon as they straddled the protruding portion of a bike saddle. "What you're worried about is that the pressure will cause what we call endothelial injury, which is a harbinger of the beginning of localized atherosclerosis", says Goldstein. "Over time, that can develop into permanent impotence"

But bike lovers don't have to abandon cycling. Instead, Goldstein suggests they choose a noseless seat that allows riders to bear their weight on their sit bones, just as they do when sitting straight on a chair.

Genitalia-friendly seats have been commercially available for years. Since 1983, Hobson Associates, based in Reseda, Los Angeles, has sold more than half a million of its noseless Easyseats, which feature a split seat that reduces pressure on the crotch.



Matthew Schmidt says that had he - or his urologists - known about this type of seat early on, "it would have been a no-brainer. I'd have bought one immediately." Now he advises friends to consider non-traditional seats. And, he says, because erectile dysfunction is becoming better recognised as a liability of bicycle riding, "the vast majority of men listen raptly to what I'm saying"

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