



Medical Research References

Peer-Reviewed Studies on Cycling, Saddle Design & Genital Health

The VSEAT® — Supporting Research

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Erectile Dysfunction & Sexual Health

Foundational research linking cycling to sexual and neurological health risks

1

Andersen KV, Bovim G. Impotence and nerve entrapment in long distance amateur cyclists.

ACTA Neurol Scand. 1997 Apr;95(4):233-40.

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2

Marceau L, Kleinman K, Goldstein I, McKinlay J. Does bicycling contribute to the risk of erectile dysfunction? Results from the MMAS.

Int J Impot Res. 2001;13:298-302.

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Sommer F. The Cologne Survey.

J Urol Suppl 2000.

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Sommer F, König D, Graft C, et al. Impotence and Genital Numbness in Cyclists.

Int J Sports Med. 2001 Aug;22(6):410-3.

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Erectile Dysfunction & Sexual Health (cont.)

Additional studies on saddle type, blood flow, and ED risk

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Schwarzer U, Sommer F, Klotz T, et al. Cycling and penile oxygen pressure: the type of saddle matters.

Eur Urol. 2002 Feb;41(2):139-143.

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Dettori JR, Koepsell TD, Cummings P, Corman J. Erectile dysfunction after a long-distance cycling event: Associated with bicycle characteristics.

J Urol. 2004 Aug;172(2):637-41.

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Bressel E, Reeve T, Parker D, Cronin J. Influence of bicycle seat pressure on compression of the perineum: A MRI analysis.

J Biomech. (Penile shrinkage / perineal compression study)

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Women's Cycling Health

Research on female-specific saddle pressure, sensation, and genital health

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Guess MK, Partin SN, Schrader SM, et al. Women's bike seats: A pressing matter for competitive female cyclists.

J Sex Med. 2011 Nov;8(11):3144-53.

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NIOSH & Noseless Saddle Research

Studies on bike patrol officers and the federal recommendation for noseless saddles

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Schrader SM, Breitenstein MJ, Clark JC, et al. Nocturnal penile tumescence and rigidity testing in bicycling patrol officers.

J Androl. 2002 Nov-Dec;23(6):927-34.

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Schrader SM, Breitenstein MJ, Lowe BD. Cutting off the nose to save the penis.

J Sex Med. 2008 Aug;5(8):1932-40.

[View Study →](#)

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NIOSH Workplace Solutions: No-nose saddles for preventing genital numbness and sexual dysfunction from occupational bicycling (2009).

National Institute for Occupational Safety and Health, Publication No. 2009-131.

[View Study →](#)

Additional Resources

Supplementary publications, media, and NIOSH documentation

12

NIOSH Science Blog: No-nose bicycle saddles reduce groin pressure in bicycle patrol officers (2009).

Centers for Disease Control and Prevention.

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13

NIOSH Publication 2009-131 (Full PDF).

Workplace Solutions: Preventing genital numbness and sexual dysfunction.

[View Study →](#)

14

Bicycling Magazine, August 1997 Cover.

Early mainstream media coverage of cycling and sexual health concerns.



14 Peer-Reviewed Studies & Federal Recommendations

The evidence is clear. The solution exists.

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