bathmate®

Hercules/Hydromax/Goliath Hydropump

The Permanent Solution for Erectile Dysfunction(ED)

The Various Uses and Benefits of BATHMATE® Hydro Penis Pump for Male Sexual Health

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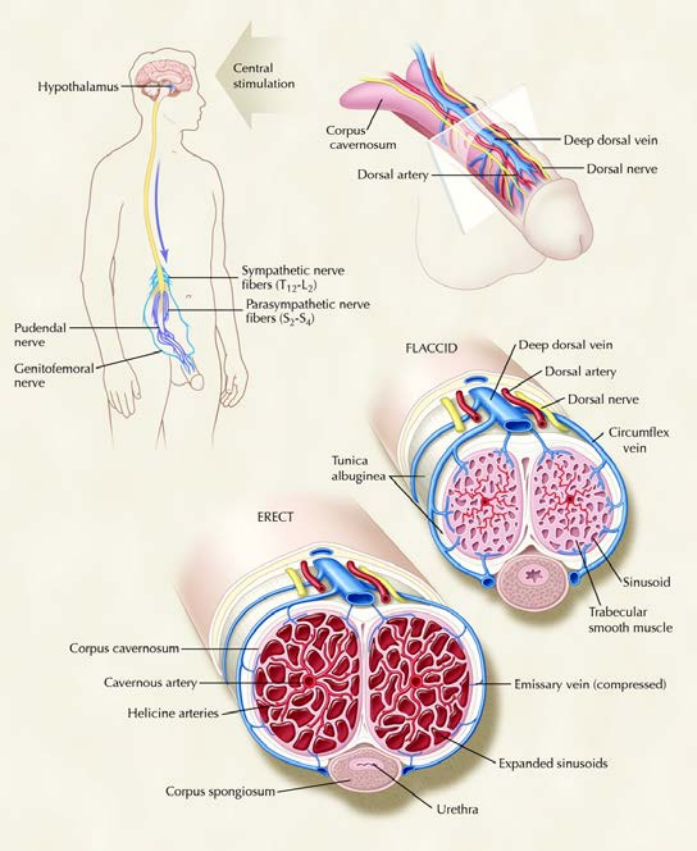
Introduction

Bathmate® Hydropumps are effective vacuum pumps that are unique in the fact that they do not use air, like conventional vacuum pumps, but water to create a vacuum force. Using water to create a vacuum is not only more effective for the user, but also gives the user opportunity to relax in the comfort of the bath or shower whilst they are using the product.

The product is not only effective, but also beneficial for a variety of reasons. The effectiveness and benefits of the product are highlighted over the following pages.

How Bathmate® Works Upon the Body

The penis is divided into three chambers. There are two large ones at the top which is the erectile tissue (Corpora Cavernosa) and one smaller chamber at the base from which ejaculation and urination occurs (Corpus Spongisum).When an erection happens the brain releases a hormone that sends blood to the penis, filling the ***Corpora Cavernosa***.



The blood spaces within the Corpora Cavernosa fill to the maximum causing the erection. The **Bathmate®** develops the Corpora Cavernosa, making it larger and stronger, therefore increasing the potential size of erection.

The pump gaiter design forces are calculated to allow a minimal compression force whilst achieving maximum expansion force, allowing maximum growth with minimum discomfort.

The more that water is forced from the product the more the penis is forced to expand and the higher the hydro force vacuum becomes within.

Conventional air vacuum developers allow the air within to act like a sponge and compress and expand without enlarging the penis in proportion. This results in enlargement

of foreskin and not length or girth. Standard air vacuums create a vacuum that prevents the reversal of blood from the penis. This vacuum is created by using an extremely tight gaiter that often seals two to three inches up the penis. This means that not only is the blood not allowed to reverse, but blood is only drawn into the front of the penis.

Bathmate® is different due to the fact that the vacuum is only present for one to two seconds at a time. There is a release of vacuum twenty to thirty times in a single session. This is because once water is forced out there is a state of zero vacuum. This allows the blood to circulate once more.

The penis is not in an erective state before or after using the product; however the product does simulate the blood flow that would be found in a natural erection. Bathmate® seals on the base of the penis, not two to three inches up, and therefore ensures that blood flow affects the whole penis and not just the end.

The Benefits of Bathmate®

Bathmate® has numerous benefits for the user and can be purchased by a wide variety of men due the fact that it is a multipurpose device.

The benefits of **Bathmate®** are as follows:

- It can treat certain types of erectile dysfunction
- It can treat exercise related penile shrinkage
- It exercises the heart and increases HDL (good) cholesterol levels
- It increases the size and girth of the penis

Each of these Benefits is explained over the following pages.

How Bathmate® Can Treat Erectile Dysfunction

Erectile dysfunction affects 80% of men at some time in their lives, however, for some men it is more than a temporary problem. **Bathmate®** can help certain men for whom erectile dysfunction is more than a temporary inconvenience.
Bathmate® mimics the effect that is achieved during a natural erection in the way that it draws blood into the Corpora cavernosa.

For those whom blood flow into the penis is a problem, due to vascular problems for example, **Bathmate®** can be beneficial. Bathmate® exercises the penis and places blood into the vascular areas of the penis that may not have been able to carry as much blood before.

Forcing blood through these veins can make it easier for these veins to carry more blood in future, which can be beneficial to those men who have experienced erectile dysfunction due to vascular problems.

After abdominal surgery, often the penis suffers from erectile dysfunction as there is damage from the operation. The body will eventually heal itself, but Bathmate® may speed up the recovery time. Forcing oxygenated blood into the Corpora cavernosa of the penis and through the vascular tissues will speed up the healing process by exercising these tissues.

Bathmate® is intended to be used on its own, however, at the user's own risk they may wish to place a medically approved constriction ring at the base of the penis after Bathmate® has drawn blood into the penis. This will hold the blood inside the penis and mimic the effects of an erection. Any constriction device must not be placed upon the body for a length of time greater than 30minutes.

How Bathmate® Can Treat Temporary Penile Shrinkage Caused by Exercise

Often, after strenuous exercise, a man may find that his penis has diminished in size. The size of a man's penis is dependent upon how much blood is flowing into it.

During strenuous exercise the blood, containing oxygen, is pumped quickly around the body. This oxygenated blood supplies the vital organs with the necessary oxygen that is required during this period of activity.

During a game of football, for example, the penis is not a vital organ and therefore blood is not pumped into this part of the body in any large quantities. This means that the penis may experience some loss of size. **Bathmate®** forces blood back into the Corpora cavernosa. The vacuum force created by **Bathmate®** sucks the blood from the main blood stream into the penis therefore returning the penis to its previously larger size.

Bathmate® and the Heart

Whilst using **Bathmate®** it has been noted that there is an increase in heart rate. This raised heart rate is maintained throughout the usage time.

The function of the heart is to pump blood to all parts of the body, bringing nutrients and oxygen to the body and removing waste products. When the body is at rest, it needs an amount of blood to do this, but during exercise or other bodily demands, more blood is required. In order to deliver this extra blood the heart rate increases and blood vessels dilate.

The biggest contributors to Coronary Heart Disease (CHD) are lack of physical activity and high blood cholesterol levels. Experts are keen to encourage people to increase their heart rate through aerobic exercise because it has a positive impact upon the heart. Physical exercise can halve the risk of having a heart attack.

An increased heart rate is desirable during exercise as the heart beats faster to pump more blood to the working muscles. The blood contains important oxygen, fluids and nutrients.

The increase in heart rate strengthens the heart muscle, similar to exercising any other muscle in the body. Aerobic exercise trains your heart to pump more blood with every stroke which can increase your cardiac output to eight times its resting capacity.

Eventually the heart becomes more efficient at delivering oxygen and draining metabolic waste products away. This improved efficiency is sustained after exercise, resulting in a lower resting heart rate.

Regular physical activity for 30 minutes a day at least five times a week can help improve your cholesterol level. Physical activity increases the level of HDL (good) cholesterol but does not affect the LDL cholesterol. This increased HDL could increase the potential for the body to remove damaging cholesterol from the blood.

In summary, using **Bathmate®** regularly exercises the heart muscle and the physical exercise involved in using the product could be a contributory factor in increasing HDL cholesterol.
For more detailed information about how the heart works and the different types of cholesterol read the more detailed section at the end of the report.

How Bathmate® Increases Penis Size and Girth

Many men feel that they would be happier and more confident if their penis was larger. Having a small penis can lead to feelings of inadequacy and low self esteem in some men. Penis growth can be attributed to blood flow.

There are two chambers within the penis that determine the size of the penis and whether or not a man is having an erection. These chambers are called the Corpora cavernosa.

The vacuum force that **Bathmate**® creates fills the penis with blood. Under normal erection circumstances the Corpora cavernosa would fill with blood in a similar way to the effect that **Bathmate**® creates.

This blood is held in place by the pelvic floor muscles and one way valves. **Bathmate**®, with its hydro force, forces even more blood into the Corpora cavernosa than the average male would experience in a normal erective state.

The more blood that is in the penis, the longer and wider it becomes. With repeated use the penis is repeatedly made longer and wider as the chambers are forced full of blood. This can lead to an increase in penis length and width due to tissue memory.

The Effectiveness of Bathmate®

The following quotes have been provided by genuine Bathmate® users and are the testament to the effectiveness of **Bathmate**®:

Testing of the product has shown that if used daily, the product will last for 91.4 years. Based upon a male having a sexual lifetime from ages 18-70, the product will last for 1 ¾ sexual lifetimes.
Tests show that **Bathmate®** will only begin to malfunction under unnatural forces of above 43kg. The damage that will be done to the product at this force is not permanent damage. At this unnatural pressure there is no damage to the body, valve or any of the adhesions. If the product is

ever put under forces of 43kg and above, there should be no risk of the product shattering or breaking and leading to a safety issue for the user.

A clinical trial showed that 88% of patients with arteriogenic erective dysfunction had satisfactory results with a vacuum device and had an improvement in their capacity for natural erections.

Many studies have been performed on the efficacy of vacuum pumps for the treatment of erectile dysfunction. This is explained in more detail in the further information section in this report. To date we have had no reports of any serious safety issues relating to the use of Bathmate® and the product has never been recalled for any reason.

10 Reasons To Buy and Own Bathmate® Hydro Pump

1. It is cheaper than other prescribed medical vacuum devices.
2. It has been rigorously tested and been found to be safe and durable.
3. It is easy to use and requires no assembly.
4. It can increase the length and girth of the penis.
5. Using **Bathmate®** is good for the heart muscle.
6. It can increase your HDL (good) cholesterol.
7. It can return your penis to its usual size if it shrinks during exercise.
8. It can treat erectile dysfunction.
9. It can raise your self-esteem.
10. It is easy to clean, with no small tubes or difficult to reach areas, and therefore is more hygienic than some other devices on the market.

CLICK HERE To READ The FULL and DETAILED REVIEW ABOUT BATHMATE HYDRO PUMPS (INCLUDING THE NEWEST HYDROMAX SERIES X40, X30 AND XTREME MODELS)

Further Information about Bathmate®

The Heart and Cholesterol

Heart failure has many causes, some of which are congenital. There are major risk factors that can contribute towards increasing the chances of having a heart attack. The more risk factors that you have, the greater your risk of having a heart attack. The main causes of heart attack are:

- Lack of Physical Activity - 37% of people under 75 years of age who died from Coronary Heart Disease (CHD)
- Obesity (6% of people under 75 who die from CHD)
- High Blood Pressure (13% of under 75s who die from CHD)
- Smoking (19% of under 75s who die from CHD)
- High Blood Cholesterol Levels (46% of under 75s who die from CHD)
- As can be seen from the percentage figures, many of those under 75 who die from CHD have more than one of the risk factors.
- Lifestyle factors that increase the risk of heart attack are:
- Not getting enough omega-3 fats
- Not eating enough fruit and vegetables
- Drinking too much alcohol
- Eating too much salt

Cholesterol is a fatty substance that is mainly made in the body. The liver makes it from the saturated fats in food. Very little is found in foods except for eggs, liver, kidneys and seafood such as prawns. Cholesterol is vital. It plays a role in how cell walls work and is the material that the body uses to make other vital chemicals. Too much blood cholesterol increases your chances of CHD.

Cholesterol is carried around the circulatory system on proteins. The combinations of cholesterol and proteins are called lipoproteins. There are two types of lipoproteins. These are Low Density Lipoproteins (LDL) which carries cholesterol from the liver to the cells and High Density Lipoproteins (HDL) which returns the extra cholesterol that isn’t needed to the liver.

There are other fatty substances in the blood called triglycerides. The risk of heart disease is greater if you have a low level of HDL and a high level of LDL cholesterol in combination with high triglyceride levels.

If there is a high level of cholesterol in the blood, the artery walls take up too much LDL, thus narrowing the artery. The risk of this happening is greater if you smoke or have high blood pressure. The amount of cholesterol removed from the blood is regulated by the cells that need cholesterol. HDL removes cholesterol from the body, so the aim is to have high HDL levels and low LDL levels.

Clinical Trials Performed on Vacuum Pumps and Related Safety Issues

According to Price (1997) ‘an array of vacuum pumps, both battery and manual are available for men to buy without prescription. They vary in cost from £119 to £300. Essentially the device consists of a plastic cylinder that is placed over the penis against the body.

A vacuum is created around the penis as the air is removed from within the cylinder, this causes blood to enter the penis and produce rigidity.’ Price goes on to say that ‘The vacuum pump is considered to be a painless and simple device, and many users report satisfactory results.

The dropout rate at 25 per cent for its usage is much lower than if compared with intracavernosal injections at 60 per cent.’

The physiological process associated with conventional vacuum pumps is the same as with Bathmate®, however, it is water that is inside the cylinder and not air.

The main difference between **Bathmate®** and other vacuum pumps used for erectile dysfunction is that a constriction band is not placed upon the penis to maintain an erection, although if the user chooses to place their own medically approved constriction band on the penis it could be used in the same way as other conventional vacuum devices.

According to Lopes (2003), at the time of undertaking his study, chronic penile strangulation was rare with only five cases previously reported. There was a case of progressive penile lymphadema reported due to chronic intermittent strangulation caused by a rubber band applied to the penile base for 6 years.

The user had been using a rubber enlarging band for erotic purposes on the base of the penis. With chronic use he noticed that the penis had swelled. Physical examination showed that the user had lymphedema of the penis, phimosis and a stricture in the penile base. The treatment for this was circumcision and the lymphadema remained stable for 10 months.

Theiss et al (1995) reported a case of Fourniers gangrene. It was presented following the use of a constriction ring in a patient with erective dysfunction. The necrotizing inflammation started at the skin of the penile shaft and spread over the entire scrotal area.

Surgery was required to remove the gangrenous areas. It was highlighted that constriction devices applied to create or maintain a penile erection are not as free from adverse effects as was once believed.

Although these cases are rare, the makers of the Bathmate® decided to not provide a constriction ring to minimize this risk. **Bathmate**® (as has already been highlighted) could be used with a constriction ring if the user wished to do so.

The main aim of **Bathmate**® is not to provide an immediate erection, but to exercise the penis so that natural erections can be created in the future.

Baltaci et al (1995) performed a clinical trial to evaluate the quality of erections and the ability to perform sexual intercourse using an external vacuum erection device in the treatment of erective failure. 61 men with erective dysfunction participated in the trial and 49 who used the device were surveyed.

The mean follow up period was 12.8 months. They were asked to give a subjective rating scale from 1 to 10 to assess satisfaction. The overall effectiveness was 67%, but for those with arteriogenic erective dysfunction 88% had satisfactory results and had an improvement in their capacity for spontaneous erections.
It is this improvement in the capacity to achieve spontaneous erections that **Bathmate**® hopes to achieve. For this a constriction device is not required, as regular use will help the user to achieve spontaneous erections that will facilitate more natural sexual intercourse and eradicates the small risk of complications arising from penile constriction.

Many studies have been performed on the efficacy of vacuum pumps. These are highlighted in the following paragraphs:

Sidi and Lewis (1992) performed a clinical trial on 31 men using a simplified vacuum erection device in which the pump and cylinder had been combined to facilitate the pumping required. 28 men completed the three month trial and 93% reported overall satisfaction with the device and an intention to continue its use.

Vrijhof et al (1994) performed a clinical trial on 67 patients using a vacuum device. Of these 67 patients, 47 continued to use the device at home for the duration of the practice period. All 67 patients underwent a vacuum test and half of these achieved an erection satisfactory enough for intercourse. 72% of the patients who used it at home achieved an erection satisfactory enough for intercourse.

El-Bahrawy et al (1995) Found that in a trial of 21 patients 81% achieved an erection, or an erection like state that was suitable for intercourse.

There are cases where vacuum devices have been seen to be ineffective. A study was performed by Meinhart et al. (1993) where 74 men with erective dysfunction used a vacuum device at home. Of that 74, only 20 were happy with the erection that they achieved. The results of the study, however, are thought to as a result of negative patient selection.

The 74 men were chosen because other methods such as injections, penile implants and venous surgery had all failed. As the patients were so resistant to other treatments, the study concludes that this could be the reason why the vacuum pumps appeared to be ineffective. Vacuum pumps could still be effective in a less resistant group. It is encouraging to note, however, that 20 patients received a positive result where other methods had failed.

The safety implication of using vacuum devices has been extensively researched and they have found to be a safe and effective method of treating erective dysfunction. There have been documented cases of penile strangulation and necrosis caused by the constriction device that is placed upon the penis to maintain the erection, however Bathmate® does not use this method and therefore it is not applicable in this case.

Baltaci et al. (1995) also discovered that the constriction rings can cause blocked ejaculation. Other risks associated with the vacuum devices themselves have been noted, however, they are seen to be minor complications.

Baltaci et al. (1995) discovered that the most frequent adverse effects were bruising or the development of ecchymosis and discomfort during pumping. These are all minor side effects that do not require treatment and can be prevented with careful use of vacuum devices.

Derouet et al. (1993) discovered that subcutaneous haematomas were the only noteworthy complications observed with long term therapy of up to three years, which once again did not require treatment.

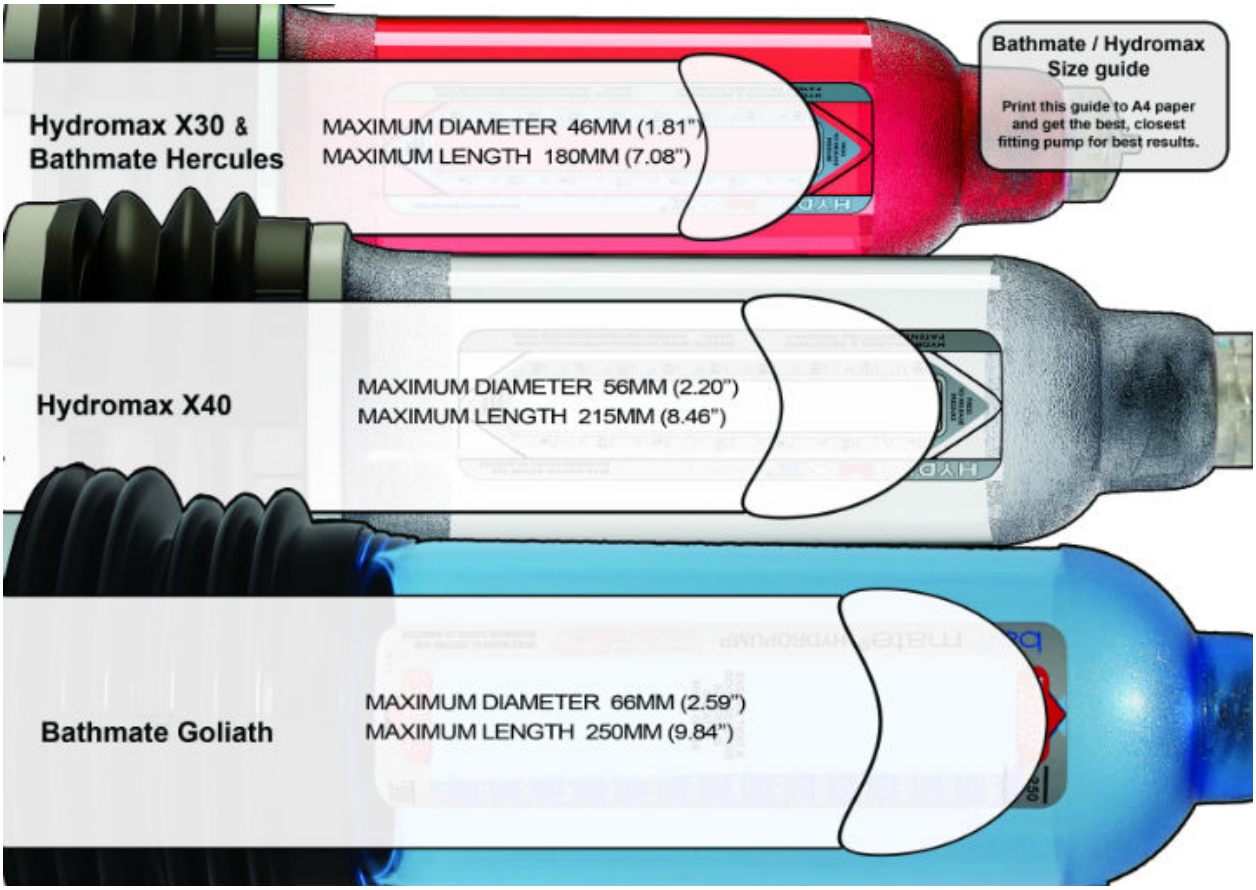
Sidi and Lewis (1992) Discovered mild bruising or development of petechiae in nine out of 26 men, however, none of the complications required treatment or prevented safe use of the device.

To conclude, **Bathmate**® is a product that performs the same physical function as other vacuum devices on the market, however it provides the comfort and relaxation of doing so in the bath as opposed to using air as conventional vacuum devices do.

It is also more cost effective than the current vacuum devices that are available on NHS prescription. Numerous clinical trials have been performed upon vacuum devices and they have been proven to be both effective and safe.

Bathmate® does not use a constriction band; however, it could be used in conjunction with one if the user wished to do so. **Bathmate**® intends for the user to achieve natural erections over the long term by exercising the penis.

Measurement Specifications For The Bathmate Hydro Pumps



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