



GAINSWave Director
of Clinical Excellence

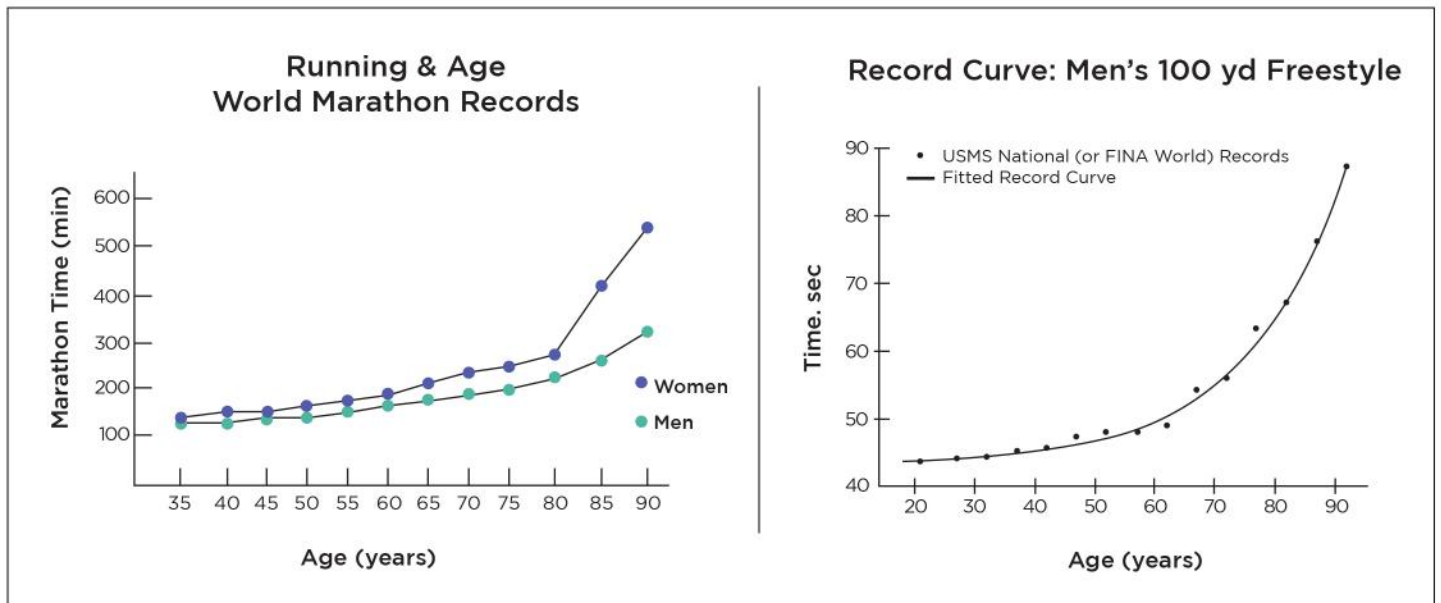
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>> HOW TO KEEP
YOUR "package"
in shape

www.GAINSWave.com

As we age, health and physical performance deteriorate. As an example, see the two graphs below, which shed light on how drastically human performance decreases per decade.



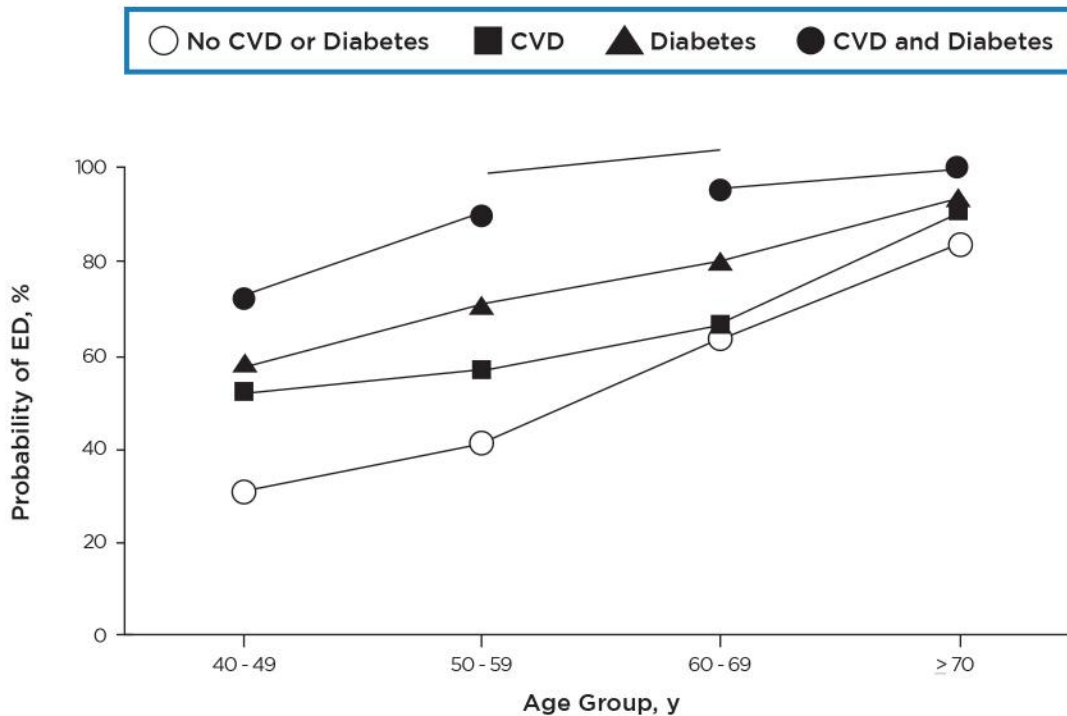
World Marathon Records:
As runners get older, the marathon age in each group record gets slower.



World 100 YD Freestyle Records:
As age increases from 20 years old, every decade the time across the pool gets slower and slower.

Much like the decreased performance the athletes in the graphs above experience due to age, bedroom performance is also affected in a very similar manner among men, which results in erectile dysfunction.

On the graph below, you can see the probability of erectile dysfunction in healthy men and how it increases every decade. For those patients with cardiovascular disease or diabetes, the rates are higher.



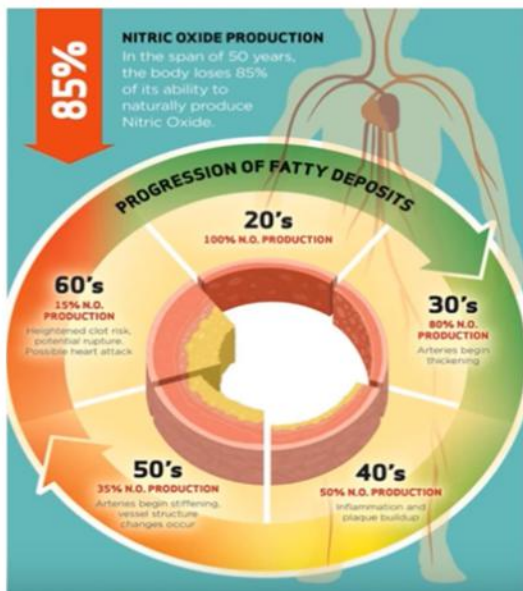
Erectile function is an important part of quality of life and most men would like to maintain optimal function and a healthy sex life. Fortunately, there are ways to help combat the decreased erectile performance that is generated as we age.

As a board-certified Urologist with over 20 years of experience in the realm of male health, I will share my most precious tips on how I help my patients keep their “packages” in shape.

>> what happens during an erection?

The blood flow to the Corpora Cavernosa of the penis creates an erection. The heart pumps blood into the aorta which leads to the common iliac and then the internal iliac arteries. The blood finally finds its way to the internal pudenda and then penile arteries. When the penile arteries fill the Corpora Cavernosa with blood the penile veins are compressed, which reduces venous return and create a rigid erection.

>> what can you do to support your ability to keep your erections in shape + enjoy physical intimacy as you age?



An essential factor is replacing the critical signaling molecule, Nitric Oxide, which declines with age. Nitric oxide repairs damage to the lining of arteries which maintain the elasticity of blood vessels and prevent blood clots.

When a man is in his 40s, his nitric oxide levels are only 50% and by the time a man is 70, his nitric oxide levels can be less than 20%.

Nitric oxide is critical to an erection. It's released by the cavernous nerves and the endothelial cell that initiates the cycle. This results in smooth muscle relaxation causing an increase of blood flow into the penis. Now there are two main options to dilate arteries and fill the penis with blood.

One is to increase the amount of nitric oxide that's produced in the arteries. A nitric oxide booster like the supplement, AFFIRM, works this way. The other is to block the enzymes that converts cyclic GMP back to GTP with a PDE-5 inhibitor.

AFFIRM is an all-natural daily supplement scientifically proven to help men improve their sexual performance and health. It is packed with natural nitric oxide boosting ingredients including L-Coralline from watermelon, red beet extract, Asian Ginseng and Muira Puama extract. The synergy of these ingredients makes for a potent supplement great at improving blood flow, firmer erections and increased stamina. Many men notice the benefits within just a few days. AFFIRM is:

- Scientifically proven to enhance male performance
- A 100% natural nitric oxide booster
- Safe and effective daily supplement
- Made of all-natural ingredients
- Pharmaceutical grade
- Without additives or preservatives
- Safe without side effects

Speak to a Doctor about AFFIRM

GAINSWave®

Another way to take your penis to the “gym” and restore essential blood flow is GAINSWave®, a non-invasive treatment that improves penile blood flow. 75% of men with mild to moderate ED respond to this innovative therapy that has no significant side effects and minimal discomfort. GAINSWave is ideal for treating mild to moderate ED and also in preventing the development of **erectile dysfunction**.

The technology behind GAINSWave is called Low-Intensity Extracorporeal Shockwave Therapy (LI-ESWT). While it’s a relatively recent way to address erectile dysfunction, other forms of LI-ESWT have been used for decades to treat various health issues, including kidney stones, heart disease, and cancer.

GAINSWave works by using soundwaves on the genitalia to stimulate the activation of stem cells, production of vascular endothelial growth factor, release of nitric oxide and growth of Schwan growth cells. The soundwaves also break up plaque that builds up within the male member’s blood vessels due to time and lifestyle factors such as inactivity and poor diet – enabling more blood to naturally make its way to the penis.

At the cellular level, the shockwaves produce micro trauma which leads to the release of vascular endothelial growth factor. An increase in nitric oxide synthesis and the growth of new blood vessels is demonstrated on the image, which shows evidence of stimulation of stem cell expansion.



I was recently invited to speak about GAINSWave and male sexual health on Dr. Emily Morse’s podcast, famously known as Sex With Emily. You can stream the podcast on any smart phone, tablet or computer by clicking the link below.

 [Click Here](#)

Benefits include

- Results reported to last 2 years
- Over 75% success rate
- Improves sensitivity
- Boosts performance
- Non-invasive
- Treats Peyronie’s disease
- Improves sensitivity
- No adverse effects
- Prevents and treats erectile dysfunction

[Find a GAINSWave Provider Near You](#)

Vacuum Devices

Vacuum erection devices are often overlooked, but can also improve penile health. This is a safe, easy and painless procedure. A man places a cylinder over his penis and activates it by creating a seal. Arterial blood is pulled from the pelvis into the penis which then promotes length, girth and lift.

Vacuum devices are effective because the arterial inflow increases oxygen levels which reduce tissue hypoxia. By stretching the penis, the vacuum device inhibits abnormal collagen or scar formation and prevents cavernosal tissue fibrosis.

The benefits of healthy men using a vacuum erection device are:

- Better oxygenation of the penis which can delay and possibly reverse the destructive processes of aging on the penis.
- Prevention of fibrosis and poor circulation

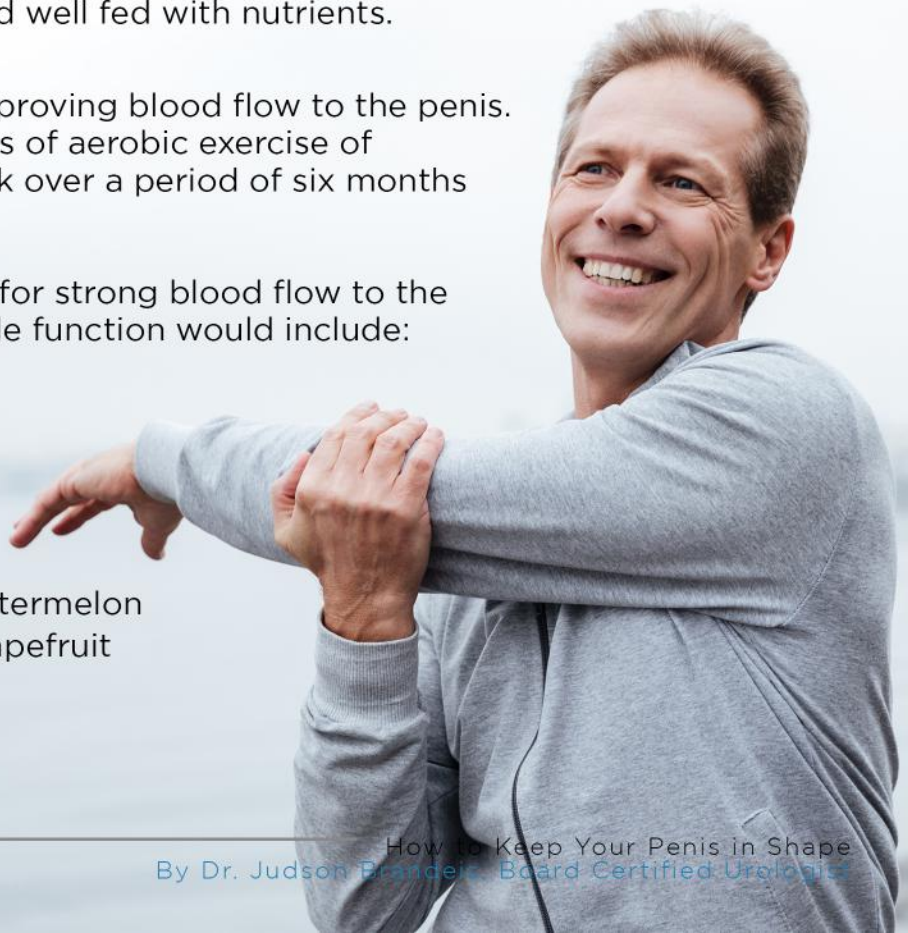
diet + exercise

Keeping properly hydrated is also important for penile health. Proper hydration results in more efficient blood flow through your arteries and veins which keeps the penile tissue well oxygenated and well fed with nutrients.

Physical exercise is also critical in improving blood flow to the penis. This study concludes that 40 minutes of aerobic exercise of moderate intensity, four times a week over a period of six months decreases erectile problems in men.

A heart healthy diet is also essential for strong blood flow to the penis. A diet more specific for erectile function would include:

- Nitrates, leafy greens and beets
- Flavonoids in dark chocolate
- L-arginine in pistachios
- Zinc in oysters and other shell fish
- L-Citrulline and anti-oxidants in watermelon
- Lycopene in tomatoes and pink grapefruit



Weight loss and cholesterol also impact erectile malfunction. In one randomized controlled trial, lifestyle changes were associated with improvement in sexual function in about one-third of obese men. In another study on the effective cholesterol lowering drug and erectile dysfunction, there were benefits of lipid lowering drugs on erectile malfunction.



Now in the same way that we keep in good physical shape to protect our heart, there are things that you can do to help keep your penis in shape. A Nitric Oxide booster like AFFIRM is essential for blood vessel health and a PDE-5 inhibitor also improves Nitric Oxide levels. GAINSWave therapy activates stem cells and grows new blood vessels in the penis. A vacuum erection device will increase oxygen levels in the penis and stretch tissues preventing scar tissue and stenosis. It's also important to remember to exercise, lose weight, eat a heart healthy diet with low cholesterol and adequate hydration. By following this advice, you'll be looking up at years to come.

[Find a Doctor Near You](#)