

VACUUM ERECTION DEVICES (VED)

By Charles (Chuck) Maack – Prostate Cancer Activist/Mentor

DISCLAIMER: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make your journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

Men should be aware that the VED is NOT a penile rehabilitation device since the blood drawn into the penis is venous blood, whereas the blood flow necessary for penile rehabilitation is arterial blood. PDE5 inhibitors (Viagra, Levitra, Cialis) and PGE1 penile injections provide the necessary arterial blood flow and oxygenation required for penile rehabilitation. The VED, however, is helpful in exercising the penis and maintaining penile length.

As far as I know, these VEDs come with a video. These are just a few of the more well known.

When purchased from a medical equipment store with a prescription, I believe that Medicare will cover the cost. The medical equipment store should know.

The following are manual pumps and medical/professional grade instruments. You can also purchase VEDs from the internet and at sex shops that cost less (\$125-\$150) but are of lesser quality than the medical grade instruments and may not include tension rings. The below are just a few brands and to review more, go to the internet and in the search box type in "Vacuum Erection Devices." That search will likely lead to articles regarding the below VEDs as well as many others. If I am forwarding this information to you, I have likely also forwarded separately another attachment that describes instructions for appropriate use of Vacuum

Erection Devices. If you haven't received that attachment, please email me (maack1@cox.net) to request.

AllegroMedical's Erecaid ESTEEM. Good ergonomic design; large enough for the king sized among us; re-useable tension rings only; \$475. (Internet price \$403).
<http://tinyurl.com/37b6mm>

Augusta SOMAERECT. Has both one use- and multi-use rings; the one-use rings make removal after use less painful because the user breaks a temporary joint that would otherwise retain the clamping mechanism around the penis; the design is not as ergonomically appealing - the pump handle is more flimsy looking. Not rated as highly as the ESTEEM. \$475. (Internet price \$495 - \$548 for different models).
<http://www.augustams.com/touch.cfm>.

Bonro VACURECT. This is the most compact and the best of the three designs. Instead of a lever protruding from the side of the plastic housing that is used as a pump, with this VED one creates a vacuum by moving a sleeve up and down the cylinder in which one's penis is placed. This is a more elegant design. Occasionally, one would have to add a little lubricant to a couple of easily accessible holes to assure that this sleeve continues to move freely around the cylinder. Another key difference is the ring mechanism. With the other designs, the rings are snapped into place around the base of the penis adjacent to our fat pad. For some men, this snapping action is shocking. With the VACURECT, the flaccid penis is inserted into the ring which doubles as the seal at the base of the VED. Ten rings of different sizes are provided. All one does after sufficient erection is achieved is to pry off this seal/ring from the bottom of the VED. There is no 'snapping' action to withstand. For the several reasons indicated, this is the preferred VED. \$460. (Internet price \$160).
<http://www.fitzz.com/Vacurect-OTC-Penis-Pump-P952C90.aspx>

Osbon VED info (also recognize that in recovery, the VED is used to keep the penis oxygenated and the connective tissue elastic):

<http://www.timmmedical.com/patients/>

Another source is Encore Deluxe VED around \$121.00
<http://tinyurl.com/q7e7st>

You can also find other brands on the internet by entering Vacuum Erection Device in the search box.

Please be forewarned that use of a Vacuum Erection Device described in the following paper is graphic in detail and should only be opened by, or in the presence of, adults: <http://tinyurl.com/nkeeu9w> or

<http://www.theprostateadvocate.com/pdf/Vacuum-Erection-Device-Instructions.pdf>