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PREMATURE EJACULATION

What is Premature Ejaculation?:

- A persistent or recurrent pattern of ejaculating before or shortly after penetration without a sense of control, typically within 1-2 minutes of penetrative sexual activity and before the individual wishes it.

What causes Premature Ejaculation?:

- In most instances no clear etiology is delineated however it has been associated with high testosterone levels, hyperthyroidism, and elevated glucose or HgbA1C
- It can be associated with erectile dysfunction and if erectile dysfunction is present it should be treated first before pursuing treatment for premature ejaculation.
- It is NOT affected by circumcision status
- It is NOT clearly caused by another physical, mental, or psychological health condition

Treatment options:

Prescription treatments

- Some antidepressants can be helpful as these medications block the re-uptake of serotonin resulting in delayed ejaculation (fluoxetine, paroxetine, sertraline)
- Topical anesthetics such as lidocaine to diminish sensitivity can be applied to the penis 20-30 minutes prior to intercourse and must be washed prior to intercourse

Behavioral modifications

- Use of condoms during intercourse to diminish sensitivity
- Exercise and maintaining a healthy body mass index as well as decreasing alcohol consumption can improve symptoms
- The Squeeze Method
 - You or your partner stimulates your penis until you are close to ejaculation. When you are close, you or your partner firmly squeezes your penis so your erection partly goes away. The goal is for you to become aware of the sensations leading to climax. The squeeze method may help you better control and delay climax on your own.

-Continue to opposite side for additional important information-

- The Stop- Start Method

- In this method, you or your partner stimulates your penis until just before ejaculation. When you are about to climax, you or your partner stops until the urge to climax lets up. As you regain control, you and your partner start stimulating your penis again. This process is repeated 3 times. You ejaculate on the fourth time. You repeat this method 3 times a week until you have gained more control.

Psychological Therapy:

- Consider referral to mental health professional with expertise in sexual health, integration of patient and/or couple psychosexual therapy may enhance results of treatment. The goal of therapy is to work through feelings and emotions that may lead to problems with sexual relationships.
- Combining behavioral modifications with medication treatment is more effective than either treatment alone.