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It is SO a Big Deal: Delaying Premature Ejaculation

By Michael Woo-Ming, MD

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"It is So a Big Deal!": Delaying Premature Ejaculation

Perhaps one of the most common health questions a doctor receives is help in preventing premature ejaculation. Although the spouse or girlfriend may say "it's not a big deal", at some time in a man's life he will be faced with ejaculating before the partner is ready and will consider it a "big deal". When exactly this is, is subject to debate, but it is based on how satisfied the man is ready to ejaculate.

What causes premature ejaculation?

No one exactly knows, but in a majority of cases it can be attributed to anxiety or nervousness. Younger men often have this problem, as older men tend to have a better idea on how to control their release. Some researchers states a man can reach orgasm within 3 minutes after penetration. Most women need orgasm after 8 to 10 minutes. This is often where the problem lies, with the man feeling guilty or ashamed of not controlling his ejaculation, preventing a woman from reaching orgasm.

What are the different methods in preventing premature ejaculation?

There are several techniques to try:

Masters and Johnson Method

This is the technique developed by the famous sexologists. It involves masturbation, either by yourself or with help from a partner:

Masturbate (lubrication with Astroglide may be helpful). Allow yourself to stop just before ejaculating, relaxing, even letting your erection to decrease. Repeat this until you have a better idea when you have reached the "point of no return". With a partner allow her to stimulate you either via masturbation or oral sex, and then signal when you are close to ejaculating. Signalling can often come in the form of

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a gentle squeeze or, more bluntly saying "Stop" or "Slow down". It may take several attempts to be successful using the Masters and Johnson Method. Using this "start and stop" method during intercourse may take practice.

Squeeze Technique

This is a variation of the Masters and Johnson Method. This is where the partner "pinches" the tip or base of the man's penis before ejaculation. This decreases the amount of blood flow to the penis, causing the man to lose his erection.

The Pressure Point

If you are close to ejaculating you may want to know about nature's own Panic Button. Between the scrom and the anus there is a duct that can prevent ejaculation. Have yourself or your partner press with their fingers and you can often stop the ejaculation in its tracks.

The Muscle

Controlling the pubococcygeus muscle is another way of preventing ejaculation. This is the muscle we use to stop ourselves from urinating midstream. Learn to contract that muscle ten times a day and you can use this as another alternative of the start–stop method.

Second Time Around

Men often take a longer time to ejaculate during the second time of coitus. If the first time was too quick, you may want to engage in extended foreplay or oral stimulation while preparing for a repeat performance.

Condoms

Condoms can help decrease the amount of stimulation during intercourse. Ribbed condoms are often the least sensitive. Of course, their greatest importance is in preventing sexually transmitted diseases and pregnancy.

Desensitization Creams

Out on the market are creams that contain anesthetic gels similar to use in offices to decrease stimulation. Most common are the creams that contain the active ingredient benzocaine. Your mileage may vary on these, as some men feel that they make intercourse less pleasurable.

Positions

It is suggested that laying down with the woman on top is the best way of prolonging an erection during intercourse. This causes the man to be relaxed and can better guide their thrusting to delaying the inevitable. The missionary position is often considered the most difficult one to preventing early

ejaculations.

Sometimes men go to their doctor for this problem. Recently, primary care physicians and urologists have been prescribing medications to reduce anxiety in helping with premature ejaculation. Zoloft and Klonopin are medications that have been tried. Although considered an off-label use for treatment, Viagra has also helped with premature ejaculation particular those who suffer from intermittent impotence as well. Other times a referral to a sex therapist or psychologist may be needed. Premature ejaculation is a common problem that can seriously affect a relationship or marriage. It is important that couples are upfront with the problem so they can work on doing something in fixing it.

Michael Woo-Ming, MD is the founder of MyPhysicians.com, a site where you can ask doctors and specialists your medical questions online.

Are You A "Minute Man" With Rapid Ejaculation?

By Nathan Young

In general the term "premature ejaculation" implies that the male orgasm happened before it was time. And it is known as the most common sexual problem affecting a great number of men around the world. Recently, there was a survey made of several thousand British males, and the results indicated that approximately 10 per cent of them stated that "often" or "sometimes" they had this trouble.

Many medical studies suggest that this condition is more common in younger males than in older, experienced males. However, not every mature male is able to acquire the ejaculatory control he would like to have only with the years and the experience of different sexual partners. According to a 2004 survey made in Europe, it showed that a considerable number of middle-aged men still have this problem and are looking for an effective treatment for premature ejaculation.

Premature Ejaculation is believed to be a psychological problem and does not represent any known organic disease involving the male reproductive tract or any known lesions in the brain or nervous system. In short, PE is not a physiological problem or disease, though it manifests physiologically by considering the organ systems directly affected, this is the male reproductive tract.

No one can deny that premature ejaculation matters in the life of the man suffering from this condition, it matters mainly because it makes the couple and the man unhappy and frustrated. And in cases of severe PE it can even threaten or even ruin a marriage because it spoils the sex lives of both partners. Sometimes, the condition is so advanced and frustrating that the man cannot even manage to have intercourse with the partner because he invariably ejaculates before he can get into the vagina. This can be devastating for a man's self-confidence. And, of course, it can be hugely frustrating and annoying for his partner, too

Apart from the dissatisfaction in the sexual life of the partners and the stress this situation brings to the relation as it was mentioned before; if ejaculation continually occurs so early that it happens before commencement of sexual intercourse, as it does in the grave cases of premature ejaculation, and the couple is attempting pregnancy, then pregnancy is impossible to achieve unless artificial insemination

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is used.

The good news is that premature ejaculation is curable and every man suffering from this condition can regain his sexual life in just a few weeks.

Nathan Young is an expert author in a number of health themes affecting both men and women. If you or someone near you suffers from Premature Ejaculation problems you should know that this is a curable condition



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