



Men's Sexuality: Premature Ejaculation

What is premature ejaculation?

Premature ejaculation (PE) is defined as the occurrence of ejaculation prior to the wishes of both sexual partners. This broad definition thus avoids specifying a precise duration for sexual relations and reaching a climax, which is variable and depends on many factors specific to the individuals engaging in intimate relations. An occasional instance of premature ejaculation might not be cause for concern, but, if the problem occurs with more than 50% of attempted sexual relations, a dysfunctional pattern usually exists for which treatment may be appropriate.

There are two main types of PE. Men with primary PE have had the condition as long as they have been sexually active, whereas men with secondary PE developed the condition after having previous satisfying sexual relationships without PE.

Who does premature ejaculation affect?

Research varies, but some health care providers think PE could affect one in three men (33%). This is one of the most common sexual dysfunctions for men under 40 years of age.

What causes premature ejaculation?

There are many causes for PE, including:

- Being in situations where a man may have hurried to climax (this is especially true of some young men who masturbate and do not want to get "caught")
- Anxiety
- Stress
- Guilt about climaxing early (it creates a cycle of PE)
- Abnormal hormone levels
- Certain thyroid problems
- Inflammation or infection of the penis or urethra
- Certain medications (although this is somewhat rare)

Sometimes, PE can cause relationship problems or even concerns with fertility. Because of this, it is important for a man to visit his health care provider, or even a sex therapist, for a complete medical check-up.

How can a man overcome premature ejaculation?

A doctor can also offer treatment options for PE. Sex therapy is a great option for many men, especially those experiencing guilt or anxiety about sexual activity. A sex therapist can recommend certain activities and treatments that are right for the individual and his situation. A doctor or therapist may also suggest two techniques traditionally used to treat PE: the Squeeze Technique and the Stop-Start Technique.





Squeeze Technique

To perform the Squeeze Technique, follow these steps:

- Step 1.** A man and his partners should begin sexual activity as usual, including stimulation of the penis, until the man feels almost ready to ejaculate.
- Step 2.** Have the partner squeeze the end of the penis, at the point where the head (glans) joins the shaft, and maintain the squeeze for several seconds, until the urge to ejaculate passes.
- Step 3.** After the squeeze is released, wait for about 30 seconds, then go back to foreplay. The man may notice that squeezing the penis causes it to become less erect, but when sexual stimulation is resumed, it soon regains full erection.
- Step 4.** If the man again feels that he is about to ejaculate, have the partner repeat the squeeze process.

By repeating this as many times as necessary, a man can reach the point of penetration without ejaculating too quickly. After a few practice sessions, the feeling of knowing how to delay ejaculation may become a habit that no longer requires the squeeze technique.

Stop-Start Technique

To do the Stop-Start Technique, a man should start with masturbation with a dry hand. By varying how he caresses his penis, he can learn to stay highly aroused for quite a while without ejaculating. When he feels himself approaching ejaculation, he should back off a bit, stroke more gently or not at all, and attempt to stay aroused without ejaculating. Then, as he feels himself getting a little distance from ejaculation, return to more vigorous self-stimulation. Repeat this several times over several sessions. For most men, it does not take long to develop good ejaculatory control while alone.

Next, move on to masturbation with a lubricated hand, which can increase the sensual pleasure (or even try a male stimulator with Whipped). Follow the same program: masturbate until he approaches ejaculation, and then back off. Repeat this several times over several sessions.

Once he has good control during masturbation then he is ready to try this with a partner. First, encourage "stop" and "start" signals with a partner, for example, a light pinch or tap, or a tug on an ear. Then, the partner strokes the penis by hand as he lies still. When he approaches ejaculation, the man should give the "stop" signal. The partner immediately stops stroking and simply holds the penis gently. When the man no longer feels close to ejaculation, give the "start" signal, and the partner should begin stroking again.

How many stops and starts should a man do? Do what feels comfortable for him – there is no exact method that is perfect for everyone. Once he's gained good ejaculatory control with his partner's hand, try the same stop-start procedure with oral caresses. Once the man has gained good control orally, try intercourse.





Good communication between partners may help to decrease the likelihood of PE. Many women require a great deal of stimulation in order to become aroused, which may cause a man to experience PE. Partners should discuss what type and how much stimulation is right for them. Couples should also be willing to try new things to help both partners reach sexual satisfaction.

It may also be necessary to redefine what is right for a man and his partner; it may be helpful to try new things and change their sexual routine. Partners should find activities that provide pleasure to both individuals, but that also work for their particular situation. For example, if a man experiences PE, but his partner requires more stimulation in order to reach orgasm, they can spend more time during foreplay focusing on her needs to help increase her arousal. Couples should experiment with activities and techniques that will be best for them.

Does Pure Romance offer any products to help with premature ejaculation?

Pure Romance offers several products that may help men overcome issues with PE. Time in a Bottle is a prolonging cream that contains benzocaine. This cream slightly numbs the penis to decrease sensitivity, helping to delay ejaculation. Time in a Bottle will not completely numb the penis; if used correctly, the male should still experience some pleasure. For men experiencing premature ejaculation, male stimulators can be used to train their minds and bodies to last longer during sexual activity. Men can use male stimulators during the Stop-Start Technique (which we discussed last week) to help them overcome any issues with PE. Men experiencing PE can also use a c-ring to help delay ejaculation. A c-ring restricts blood flow in the penis, helping to desensitize the penis, potentially prolonging sexual activity. One of the best c-rings for men is Jelly Tool Belt because it is very restrictive. Men with PE may also find it beneficial to use a sleeve, such as Love Chub or Lightsaber, during intercourse; the sleeve helps to desensitize the pleasurable feelings that men experience during sexual activity. When using any product that is worn on the man's penis, it is best to pair it with a thick, creamy lubricant, such as Whipped, for added comfort, satisfaction, and safety.

