

# Premature Ejaculation

## What is it?

- **Premature Ejaculation** – occurs when a man ejaculates too quickly and without control; it occurs before and shortly after penetration; when it happens frequently, it interferes with the sexual pleasure of both partners,
  - **Feelings of Guilt**- it can become a medical problem due to embarrassment, depression, frustration, stress in any healthy relationship
  - **Causes**- extreme levels of arousal caused by the overproduction of sex hormones; hormones control all that happens during a sexual performance from erection to ejaculation
  - **Hormones**- are chemicals that are secreted by glands inside the body that tell the brain what to do; hormones control everything during a sexual performance
  - **Normal Ejaculation**-when the body produces too much hormone too fast, over stimulated; the head of the penis becomes so sensitive that you ejaculates immediately; too much hormone too fast causing spasms that cause the overpowering urge to ejaculate; absolutely no control



## Signs and Symptoms:

- **Symptoms**- the man ejaculates prematurely, may be before penetration to a point just after penetration; leaving both partners unsatisfied



## Recommendations:

- **Treatment**- practice and relaxation, thinking about something else to avoid getting excited too fast
  - **Stop and Start Method**- Sexually stimulating the man until he almost has an orgasm and stop for about 30-45 seconds and then start again, repeat until the man wants to ejaculate
  - **The Squeeze Method**- Sexually stimulating the man until he almost has an orgasm and gently squeeze the end of the penis for about 30 to 45 seconds and repeat until the man wants to ejaculate



## What can I do?

- **See your Health Care Provider**- for more information