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Premature Ejaculation

Ejaculating before you are ready for it. Usually less than a minute after penetration. Should be a regular occurrence and not a once-off event

Causes

Sometimes premature ejaculation is a lifelong problem that starts the first time you have sex. This may be due to:

- Abnormal hormone levels
- Genetic causes that affect the signalling between nerves

Premature ejaculation can also develop after a period of normal ejaculation. It's usually due to another problem like:

- Performance anxiety
- Generalized anxiety
- Stress
- Erectile dysfunction
- Psychological or
- Relationship problems

Alcohol and drug abuse can make premature ejaculation worse.

Treatment

General

- Masturbating an hour or 2 before you have sex.
- Using a condom to help decrease sensation.
- Taking a deep breath in — this briefly shuts down the ejaculatory reflex.
- Trying different positions that you may find less arousing.
- Taking a break and thinking of something other than sex.

Using the "second try" trick — you may have delayed ejaculation when having sex a second time after the first ejaculation.

Medications

- Local anaesthetic sprays
- SSRI medications
- Erectile dysfunction medications: can help bring back the normal control over ejaculation

Other

- Sex therapist or psychologist
- Counselling
- Couples therapy
- Stop-Start technique