

# PREMATURE EJACULATION (PE)

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## WHAT IS PREMATURE EJACULATION (PE)?

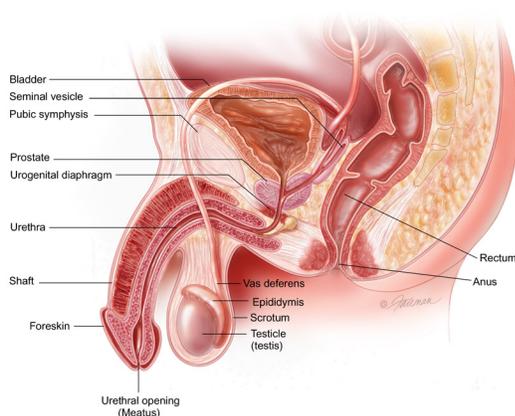
Premature ejaculation is when semen is released sooner than a man or his partner would like. PE might not be a cause for worry. But, PE can be frustrating if it makes sex less enjoyable and impacts your relationship. Talk with your health care provider if you are having trouble with PE, they can help.

## HOW DO ERECTIONS WORK?

When you are not sexually aroused, your penis is soft and limp. During sexual arousal, nerve messages release chemicals that increase blood flow into the penis. The blood flows into two erection chambers made of spongy tissue (the corpus cavernosum) in the penis. The “smooth muscle” in the erection chambers relaxes, which lets blood enter and stay in the chambers. The pressure of the blood in the chambers makes the penis firm, giving you an erection.

When a man reaches a certain level of sexual excitement, he will ejaculate and release semen.

## MALE REPRODUCTIVE SYSTEM



## WHAT CAUSES PREMATURE EJACULATION (PE)?

There are many reasons why men have PE. There can be biological, chemical and/or emotional reasons. There may be issues with the brain signals that rule sexual excitement. It can be very hard to talk about PE with your partner and even harder with a stranger, but NOT talking about it only makes it worse. Treatment is available.

**PREMATURE EJACULATION IS THE MOST COMMON SEXUAL DYSFUNCTION IN MEN.**

## HOW IS PE TREATED?

If you have questions about treating PE, talk to your health care provider. They'll want to know about your health history and experiences to learn what can help. Lab tests are only used if your provider has concerns about an underlying health problem.

Common treatments are psychological therapy, behavioral therapy (sexual exercises), antidepressants and creams. Many people try more than one option at the same time.

- **Psychological Therapy:** The goal is learn the cause(s) of your distress. Afterwards, you will work with your doctor to resolve the issues. It helps to find someone experienced in sexual health. There are many tools used by therapists. You can grow more confident and more sexually satisfied.
- **Behavioral Therapy:** Makes men aware of the feelings that lead to climax, so they can delay ejaculation. The goal is to train your body, and increase control. Examples

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include exercises like the squeeze method. The squeeze method is when you're close to ejaculation but you stop and firmly squeeze the tip of your penis to gain control. There is also the stop-start method. This is when you stop stimulation, regain control, then start again. You will need your partner's help with these exercises. Single men can practice, but they work best when used (every time) with a partner.

- **Medical Therapy:** No drugs are approved to treat PE in the U.S. Still, some drugs like antidepressants can have the side effect of delayed orgasms. They lower serotonin levels. Your doctor may have you try a few types of antidepressants over time. This will help you find the drug and dose that gives you the reaction you want.
- **Numbing Creams or Sprays, and Condoms:** There are creams and sprays that you can put on the head and shaft of the penis before sex to lower sensation. They also cause vaginal numbness, so should be washed off before sex. Promescent is a spray that does not typically cause dryness. Wearing a condom can also help improve ejaculation control.

Talk to your health care provider about treatments you may like to try.

## QUESTIONS YOU MAY WANT TO ASK YOUR HEALTH CARE PROVIDER

- Is there an underlying problem that could be causing my PE?
- What can I do to stop myself from ejaculating so quickly?
- Can you recommend someone (a sex therapist) I can talk with about this?
- Premature ejaculation is causing problems in my relationship; should we both go to counseling?
- Is a drug like Viagra helpful or not?
- Are there any drugs I should avoid?
- Is there an antidepressant that can help?
- What are the side effects from antidepressant medicine?
- Should I try a cream or wear a condom when I have sex?

## RESOURCES

### ***American Association of Sexuality Educators, Counselors, and Therapists***

Find a certified sex therapist/counselor near you [www.aasect.org](http://www.aasect.org), click on "Locate a Professional"

### ***American Urological Association***

**Premature Ejaculation Clinical Guideline** – [www.auanet.org/education/guidelines/premature-ejaculation.cfm](http://www.auanet.org/education/guidelines/premature-ejaculation.cfm)

**Erectile Dysfunction Clinical Guideline** - [www.auanet.org/education/guidelines/erectile-dysfunction.cfm](http://www.auanet.org/education/guidelines/erectile-dysfunction.cfm)

### ***Sexual Medicine Society of North America***

[www.sexhealthmatters.org](http://www.sexhealthmatters.org)

### ***SexHealthMatters***

[www.sexhealthmatters.org/home](http://www.sexhealthmatters.org/home)

### ***National Library of Medicine***

In English - [www.medlineplus.gov/sexualproblems/inmen.html](http://www.medlineplus.gov/sexualproblems/inmen.html)

En Español - [www.medlineplus.gov/spanish/sexualproblems/inmen.html](http://www.medlineplus.gov/spanish/sexualproblems/inmen.html)

### ***Urology Care Foundation***

### **UrologyHealth.org**

You may download this fact sheet and print it yourself at **UrologyHealth.org/PEFS**.

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For copies of printed materials about PE and other urologic conditions, visit **UrologyHealth.org/Order** or call 800-828-7866.