

Controlling Premature Ejaculation

A very common sexual dysfunction, premature ejaculation describes the inability to delay ejaculation to a point when it is mutually desirable for both partners. Defining when ejaculation is premature is subjective.

Some men have trouble controlling their orgasm upon entry, while others consider 5-10 minutes of copulation too little time.

While there are many different basic causes of PE, the most common are:

Early Sexual Experiences - some men have been conditioned early on to ejaculate rapidly. This conditioning can carry over into developing premature ejaculation in adulthood.

Performance Anxiety - P.E. often occurs during the first experiences with sex, and in this case is most commonly attributed to anxiety. The majority of men gradually learn to control their orgasm and the previous anxiety has no effect. Some men will develop a longer-term anxiety toward sex, which can cause a prolonged experience with premature ejaculation and possibly erectile dysfunction. In short, it's mostly triggered by sexual experiences with a new partner.

Frequency of Sex - the longer the period since the last ejaculation, the faster the man will reach orgasm. The longer the period since last ejaculating, the quicker young men typically reach orgasm. Younger men tend to ejaculate more quickly than older men, as experience seems to be associated with ejaculatory control.

Most men have experienced premature ejaculation at some time in their life. Premature releasing was once thought to be caused by low testosterone levels, drugs or infections such as urethritis.

Wisdom suggests it is more psychological in nature but the exact cause of the condition however, still remains a mystery.

Premature ejaculation treatment

The medically accepted treatment for premature ejaculation, selective serotonin re-uptake inhibitors (Prozac), have serious side effects. Anti-depressive drugs heavily interfere with libido and sexual function and hence actually work against the problem

How we help premature ejaculation

Do you wish you could last longer in bed?

Do you get embarrassed because you ejaculate too soon?

You are not alone and we can help.

"Stopping premature ejaculation"

Men, you can last longer and control premature ejaculation if you practise.

Most men suffer from a condition known as over masturbation. Masturbate with a woman's orgasm in mind, not your own. In other words, take your time: Work up to 15 minutes. Bring yourself close to the point of no return, but don't let yourself ejaculate until time is up.

The old "Squeeze Play"

If you're overheating during masturbation or sex, stop and squeeze right below the head of your penis. Apply firm pressure with your thumb and forefinger and focus the pressure on the urethra--the tube running along the underside of the penis. The squeeze technique, developed by those icons of sex therapy, Masters and Johnson, pushes blood out of the penis and momentarily decreases sexual tension and represses the ejaculatory response.

Finding the Edge

Masters and Johnson broke the process of sexual response into four phases: excitement, plateau, orgasm, and resolution. It's the plateau and orgasm phases we're most concerned with, as most men crash through the

former, straight into the latter. The trick is to slow down and recognize that there's a spectrum of feelings throughout the process of sexual response and to recognize your own point of ejaculatory inevitability.

Rate your sexual excitement on a scale of 1 to 10. Try keeping yourself at 7. If that means counting to three and picturing Margaret Thatcher naked on a cold day ... so be it.

Sexercise

Do your Kegel exercises. A Kegel is an exercise that helps tighten the pubococcygeal (PC) muscles of the pelvic floor. Both men and women have them, and you can become familiar with the muscle group by cutting off the flow of urine and then starting and stopping it repeatedly.

Once you have the exercise down, practice your Kegels anywhere: at your desk, behind the wheel. Tighten your PC muscles and hold for a count of 10, then release. Practice in sets of 10. Stronger PC muscles will help you exercise ejaculatory control when you approach the point of inevitability.

Press don't Thrust

Tease her, taunt her: Press the head of your penis into her clitoral head. Linger in her vaginal entrance, where the most sensitive nerve endings are.

When you do have intercourse, focus on small, shallow movements that penetrate into the first 2 to 3 inches of her vaginal canal. Press your penis against her G-spot. You'll have longer sex if you're not thrusting vigorously. Remember show Some Manners - Ladies first, gentlemen. That way you will keep your woman happy.

Women have an innate capacity to experience multiple orgasms.

When you help her to her first one, it relieves you of some of the sexual performance pressure to please and the psychological anxiety that feeds into PE.

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