

The thyroid hormone that stops premature ejaculation

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Last updated at 12:39 AM on 24th February 2009

Young couple

The thyroid treatment could help many men (and women) in the bedroom

Drugs used to treat thyroid disorders could also help men who suffer from premature ejaculation, according to new research.

Scientists found that men who have an overactive thyroid are much more likely to suffer problems in the bedroom.

The study, in Turkey, is the first to link premature ejaculation, a condition thought to affect one in four men in the UK, with an underlying clinical complaint.

Until now, most experts agreed it was probably linked with psychological issues.

In severe cases, the problem can have a devastating effect, wrecking sex lives and relationships.

Treatments usually involve relaxation techniques, although doctors sometimes prescribe anti-depressants to control men's anxiety.

British scientists are also in the process of testing a spray that may prolong performance.

But the latest research, published in the Journal of Urology, suggests thyroid drugs could also be an option.

The thyroid gland is in the neck and produces hormones, called thyroxine and triiodothyronine, to control the body's growth and metabolism.

If the thyroid becomes overactive, a condition known as hyperthyroidism, it pumps out excess amounts and speeds up metabolism.

This can lead to hyperactivity, breathing problems, mood swings, fatigue, increased appetite and muscle weakness.

Left untreated, it can cause irregular heart rhythms and brittle bones.

Drugs to curb hormone production usually correct the problem.

Although it mainly affects women, men can also develop it.

Scientists at the Dokuz Eylul University School of Medicine in Izmir, Turkey, studied 49 men diagnosed with overactive thyroid.

Before they began drug treatment, they and their partners were asked to time how long it took to climax during sex.

Nearly three out of four suffered premature ejaculation, lasting little over a minute.

The volunteers then underwent drug treatment to restore hormone levels to normal.

Eight weeks later, they repeated the bedroom experiment. The results showed that more than half saw a significant improvement in performance, lasting several minutes longer.

Although it's not clear why thyroid treatment works, researchers said it could help many men.

<http://www.dailymail.co.uk/health/article-1153580/The-thyroid-hormone-stops-premature-ejaculation.html>