

Help! I came too fast

Don't shoot before it's time, most women would say to their spouses.

However, premature ejaculation (PE) affects approximately one in three Asian men, according to a recent study.

The new Asia Pacific Premature Ejaculation Prevalence and Attitude Study also showed that 66 per cent wrongly believed that PE was not a medical condition which warranted treatment.

PE is a male sexual dysfunction characterised by ejaculation which usually occurs prior to or within one minute of vaginal penetration and an inability to delay it. It is also accompanied by negative personal consequences, like stress, frustration and the avoidance of sex.

PE is a problem not for men alone, but for their partners too, says Professor George Lee, Consultant Urological Surgeon at the University of Malaya.

"This is not simply a problem with a man's self-esteem or prowess, but it also has a great impact on a woman's fulfillment and ultimately, the entire relationship," he says.

Good news for couples, PE is a treatable condition.

Says Professor Chris McMahon, Director of the Australian Centre for Sexual Health: "Appropriate treatment can help to put an end to PE sufferers' frustration - and by extension, that of their sexual partners."

"Unfortunately, the situation is made worse because doctors and patients don't talk about sexual matters as much as they should because of embarrassment.

"What's more, women seem reluctant to broach the subject with their men.

"The irony here is that many men would seek the advice of a physician if encouraged by their partner."

Treatment options for PE

#1: [Communication](#)

Communication

Having good talks with your partner is key to long-lasting sex.

However, good communication often does not happen because there is a tendency for a man with PE to withdraw emotionally, says Professor David Rowland, Dean of Graduate Studies at Valparaiso University. Often, a man recoils emotionally because he has performance anxiety and is afraid that he cannot please his partner in bed. He may also start avoiding sex.

When that happens, the woman may feel unattractive and rejected, says Dr Rowland.

If communication is abandoned for years, resentment may occur, thus affecting the couple's relationship, he says.

If your partner is behaving this way, it is important for you to take the first step in initiating conversation.

One way of doing so is to share your observations with your partner in a non-accusatory tone, says Dr Rowland.

For example, telling your partner gently: "I noticed that you've been avoiding me recently. Is there something wrong?" may help to get communication started.

While in bed, men should let their partners know when they're close to ejaculating and what stimuli they can or cannot handle, says askmen.com.

As non-verbal cues are easily misunderstood, men should use words like "Stop", "Hold it" and "More", continued the askmen.com report.

#2: [Counselling](#)

Counselling

This form of treatment involves talking to a trained counsellor about your relationships and experience, writes mayoclinic.com.

Your counsellor will be able to suggest ways to reduce performance anxiety or find effective ways to reduce stress.

For many couples, talking to a counsellor produces the best results, says mayoclinic.com.

#3: [Stop-start technique](#)

Stop-start technique

This is the most common technique used in psychosexual therapy, reported the BBC.

For this technique, a man should practise stimulating himself until almost the point of ejaculation and then stop. Wait until the sensations have subsided before starting again.

Repeat this cycle three times. According to the BBC report, men should notice that the length of time before each stop will increase gradually with each cycle.

#4: [Squeeze technique](#)

Squeeze technique

The method works by first beginning sexual activity until you feel that you are about to climax. At that point, have your partner squeeze the end of your penis, at the point where the head joins the shaft. Hold the squeeze for a few seconds, until the urge to ejaculate subsides, says mayoclinic.com.

After letting go, wait for about 30 seconds, then return to foreplay. Often, the penis becomes less erect after squeezing, but when sexual stimulation is resumed, full erection is attained in a short time.

Repeat this as many times as possible until you are able to achieve penetration without prematurely ejaculating.

#5: [Medication](#)

Medication

There is no medication formulated to specifically treat PE in Singapore.

However, my paper recently reported that American company Janssen-Cilag has recently submitted its medication, Dapoxetine, to the health authorities here for review.

The freesheet said the pill is the only known medication that can treat the condition and is currently available in seven European Union countries, including Sweden, Austria and Italy. Outside of Europe, the medicine is available only in New Zealand and South Korea.

Dapoxetine works by increasing the levels of serotonin in the body, but reducing the rate the chemical is broken down. Higher levels of serotonin help to delay ejaculation.

Alternative pharmaceutical therapies that treat PE include the use of anti-depressants, which also help to increase serotonin levels. However, it requires daily dosing

Another treatment is topical anesthetic sprays to reduce sensitivity to stimuli. However, when they are used during condomless sex, the anaesthesia may enter the vagina and cause it to grow numb, preventing the woman from being aroused adequately.

<http://health.asiaone.com/Health/Men%2527s%2BMatters/Story/A1Story20091218-186748.html>