

Premature Ejaculation

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Saturday, 07 August 2010

Sir, I am experiencing something in my body and the thing is that I ejaculate quickly anytime I'm having sex with ladies and it's giving me concern. Please, help me out.

Sunday (by E-Mail)

As previously discussed in this column, premature ejaculation could be due to psychological reasons, chief of which is anxiety in addition to stress. It could also be due to some underlying illnesses such as diabetes and high blood pressure, among others.

Once you have ruled out the secondary causes through a medical examination, the psychological cause can then be tackled. It is important for you to be well rested before a sexual act.

Your number of partners should also be reduced to, if possible, a single partner. This way, both of you can understand each better.

You can also learn to delay ejaculation through practice, that is through the stop/start technique. Whenever you feel you are close to climax, you should stop being stimulated and relax for about 30 minutes.

Stimulation can then recommence until you are close to climax again, when the relaxation is repeated.

<http://www.tribune.com.ng/sat/index.php/ask-the-doctor/1748-premature-ejaculation.html>