

Study reveals most men in denial over PE

By Zakaria Abdul Wahab

SINGAPORE (Dec 14, 2009): A regional study has revealed that most Asia Pacific men's understanding about premature ejaculation (PE) is shockingly low, despite its prevalence among them..

A study has also revealed that many of them could not differentiate between PE and erectile dysfunction (ED).

The study's findings were revealed by a panel of four sexual health experts who conducted the study at a media briefing here today, on the sidelines of the ongoing 12th Biennial Meeting of the Asia Pacific Society for Sexual Medicine.

The experts were Prof George Eng Geap Lee, a consultant urological surgeon at University of Malaya Medical Centre in Kuala Lumpur, Prof Ganesh Adaikan of Singapore National University, Prof David Rowland of Valparaiso University in the US, and Prof Chris McMahon, the director of the Australian Centre for Sexual Health.

About 5,000 men aged 18 to 65 from 10 countries in the region -- Australia, New Zealand, China, Taiwan, Hong Kong, Indonesia, South Korea, Malaysia, Thailand and the Philippines -- were surveyed in the Asia Pacific Premature Ejaculation Prevalence and Attitude Study.

The year-long study which was only completed in September, showed that PE might be a significant contributing factor to the pressure and strain of thousands of marriages and interpersonal relationships involving couples across the Asia Pacific region.

The largest and most comprehensive study of its kind in the Asia Pacific revealed that two-thirds of respondents who were assessed to have PE did not consider themselves as having the problem, while only 13% admitted to it.

The International Society of Sexual Medicine, among others, defines PE as "a male sexual dysfunction characterised by ejaculation which always or nearly always occurs, prior to or within about one minute of vaginal penetration."

The survey also showed that only 34% of respondents strongly agreed that PE was a physical and medical condition.

Ganesh said PE was a sexual dysfunction that was prevalent across countries and all age groups, and it was more prevalent than ED, and unlike ED, its prevalence did not increase with age.

Eng said the impact PE had on men and their partners could be devastating for a relationship as "this is not simply a problem with a man's self-esteem or prowess,

but it also has great impact on a woman's fulfillment and, ultimately, the entire relationship."

The study also showed that overall, one in 10 respondents was dissatisfied with the sense of control over ejaculation or length of control before ejaculation.

Rowland said, to restore a satisfactory sexual experience, men having PE should try to improve their control over ejaculation through proven techniques such as stop-start technique, squeeze technique and stop-pause technique.

McMahon said, among the commonly used treatments for PE were topical anaesthetics such as creams and sprays which were found to be effective in the majority of patients and off-label anti-depressants which had risk of side-effects. --

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