



Premature Ejaculation in Men: A One-Page Information Sheet

Epidemiological Statistics

- **Prevalence:** Premature Ejaculation (PE) affects approximately 20-30% of men worldwide, making it one of the most common sexual dysfunctions.
 - **Onset:** Can be lifelong (primary) or acquired (secondary) due to psychological or physiological factors.
 - **Gender Differences:** PE is a male-specific condition, often underreported due to embarrassment and stigma.
 - **Comorbidity:** Frequently co-occurs with erectile dysfunction, anxiety disorders, and relationship distress.
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Signs and Symptoms

Premature Ejaculation is characterized by a lack of control over ejaculation, occurring sooner than desired, often causing distress.

Core Symptoms

- Ejaculation occurring within one minute of penetration (lifelong PE) or significantly earlier than desired (acquired PE)
 - Inability to delay ejaculation during sexual activity
 - Distress, frustration, or avoidance of sexual intimacy due to concerns about performance
 - Reduced sexual satisfaction for both partners
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Empirically Validated Treatments

Effective treatments focus on behavioral, psychological, and pharmacological interventions.

Psychosocial and Behavioral Interventions

1. **Cognitive Behavioral Therapy (CBT)**
 - Addresses performance anxiety and negative thought patterns about sexual performance.
2. **Behavioral Techniques**



- Includes the "stop-start" and "squeeze" techniques to enhance ejaculatory control.
- 3. **Mindfulness and Sensate Focus Therapy**
 - Helps reduce anxiety and enhances sexual pleasure.
- 4. **Couples Therapy**
 - Addresses relationship dynamics that may contribute to performance anxiety.

Pharmacological Treatments

1. **Selective Serotonin Reuptake Inhibitors (SSRIs)**
 - Examples: Paroxetine, Sertraline
 - Commonly used off-label to delay ejaculation.
2. **Topical Anesthetics**
 - Examples: Lidocaine-Prilocaine creams
 - Reduces penile sensitivity to prolong ejaculation.
3. **Phosphodiesterase-5 (PDE5) Inhibitors**
 - Examples: Sildenafil (Viagra), Tadalafil (Cialis)
 - Used in cases where PE coexists with erectile dysfunction.
4. **Dapoxetine**
 - A short-acting SSRI specifically approved for PE in some countries.

Lifestyle and Supportive Strategies

- Engaging in regular physical activity to improve overall sexual health
- Practicing stress management techniques such as deep breathing and mindfulness
- Reducing alcohol and stimulant use, which can exacerbate PE symptoms
- Maintaining open communication with a partner to reduce anxiety and performance pressure
- Seeking medical advice if experiencing persistent or distressing symptoms

Key Takeaway

Premature Ejaculation is a treatable condition that can significantly impact confidence and relationships. A combination of behavioral techniques, therapy, and medication can help improve ejaculatory control and sexual satisfaction. Seeking professional support early can lead to better outcomes and overall well-being.

References

American Urological Association. (2018). *Premature Ejaculation: Diagnosis and Treatment Guidelines*. <https://www.auanet.org>

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