

# PREMATURE EJACULATION

Symptoms, Causes, Diagnosis, and Treatments



— TENNESSEE —  
**MEN'S CLINIC**

# PREMATURE EJACULATION

Sexual health is a vital portion of overall well-being. And, for most of us, a satisfying sex life is an important element to living fulfilled. Unfortunately, far too many men suffer with sexual health issues, and are too embarrassed or frustrated to seek treatment that could truly work.

Premature Ejaculation is one such issue that can be easily treated – but far too many men simply live with it. At Tennessee Men’s Clinic, we have helped thousands of men with sexual health issues, and we successfully treat them daily.

## Symptoms

Premature Ejaculation (PE) happens when a man reaches orgasm sooner than he wishes, before or during sexual contact. There shouldn't be much concern if this happens only once in a while. But, you could be diagnosed with Premature Ejaculation if:

- You regularly/always ejaculate within 60 seconds of penetration
- You can't delay ejaculation during intercourse all or most of the time
- You avoid sexual intimacy for fear of the two concerns above

PE can be very distressing, and as such, it can also lead to secondary psychological issues for the man and his partner:

- Discontentment in the relationship
- Arguing as a way to avoid intimacy
- Anxiety
- Embarrassment
- Depression
- And others

This sexual health issue can be terribly frustrating for a man and his partner. Both physical and psychological factors can be to blame, and identifying those factors can be key in starting a treatment that works. Oftentimes, Premature Ejaculation can be treated easily, even if you've lived with this condition for a long time.

## Causes

The exact causes of Premature Ejaculation are not perfectly clear. PE causes can be quite complex, and sometimes may be caused by a combination of factors – not just one. But, we have been able to hone in on a number of potential causes of Premature Ejaculation:

### Psychological

- Depression
- Stress/anxiety
- A new partner
- Sexual abuse
- Early sexual encounters
- Relationship issues
- Specific sexual situations
- And others

### Biological

- Hormonal imbalances
- Brain chemical imbalances
- Prostate issues
- Erectile Dysfunction
- An injury
- Medication side effects
- And others

When your sexual health is not where you'd like it to be – more than just your love life can suffer. It's important to check with a health care provider if PE is negatively affecting your overall well-being.



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## Diagnosis

Most men will experience the symptoms of Premature Ejaculation during their lives. However, not all of them will meet the requirements to be diagnosed. To be diagnosed with Premature Ejaculation, your medical provider will need to conduct an exam, and the two of you will discuss your sexual history in detail. It is vital that patients are completely honest with their medical provider to ensure accurate diagnoses. Lab tests may be conducted to rule out other possible health issues.

The most important factor in diagnosing Premature Ejaculation is frequency. How often do you experience the symptoms of Premature Ejaculation? If you feel like the symptoms of PE are getting in the way of your relationship, sex life, and overall well-being... it may be time to visit a health care provider to see what can be done about your symptoms.

## Treatments

There are a number of different treatments that a man can implement to help with Premature Ejaculation:

- Tramadol
- Vardenafil
- Sildenafil
- Tadalafil
- Selective Serotonin Reuptake Inhibitors (SSRI)
- Phosphodiesterase Type 5 Inhibitors (PDE5I)
- Relaxation exercises
- Distraction methods
- Control techniques
- Condom use to reduce sensation
- Sprays, gels, or creams to reduce sensation
- Counseling or behavioral therapy
- Reducing/stopping alcohol or drug use

At Tennessee Men's Clinic, we implement highly effective treatments that are tailored to each man and his unique concerns. We have customized solutions that have proven effective in many cases. And, at Tennessee Men's Clinic, we'd like to help you take control of your sex life.

We help thousands of men with their sexual health issues, and we hope you'll let us try to help you, too. You don't have to suffer with Premature Ejaculation. Our treatments could be the key to a great sex life for you and your partner. Give us a call, or stop on in.

**CONTACT US TODAY!**

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