

Premature Ejaculation Myths & Facts as compiled by Boston Medical Group

MYTH: Ejaculation is not something that can be controlled.

FACT: Actually, men can learn to control ejaculation, similar to the way bladder control (toilet training) is learned at a young age. Like bladder control, once men learn to control ejaculation they are unlikely to forget.

MYTH: Premature Ejaculation is purely a psychological problem.

FACT: While there can be psychological elements to PE, many cases are the result of an oversensitive glans penis, or head of the penis. Because ejaculation is caused by stimulation to the end of the penis, men who are oversensitive in that area will require very little stimulation to ejaculate. They have what is called a low ejaculatory threshold.

MYTH: Alcohol, cocaine, marijuana and antidepressants are good ways to control premature ejaculation.

FACT: While inhibition of ejaculation may be one side-effect of these drugs, other serious side-effects associated with such drugs must be taken into account. In actuality, more often substance abuse causes erectile dysfunction, premature ejaculation, inability to orgasm, and other side effects. Antidepressants should not be taken lightly and should be taken only under strict medical care.

MYTH: Anesthetic sprays or creams available at sex shops are good ways to control PE.

FACT: These products rarely if ever work. The caution here is that most numb the head of the penis as well as the partner's vagina, reducing pleasure for both involved. The numbing effect prevents men from becoming acclimated to the sensation of prolonged periods of sexual intercourse, so the problem will return as soon as the patient stops using them.

MYTH: Premature ejaculation will not eventually cause erection problems.

FACT: More men who have suffered from PE for long periods eventually develop erection problems than those who are to control their ejaculation. In many cases, PE is the first sign of erectile dysfunction.

MYTH: Premature Ejaculation will not affect your sex life.

FACT: It is often difficult for men to relax and enjoy the experience of sexual intercourse if they are worried that ejaculation may occur too soon. Also, the partner may not be getting ample satisfaction from the experience, and may avoid intercourse specifically, and intimacy in general, as a result.

MYTH: Premature ejaculation will not affect your confidence and ability to socialize in everyday life.

FACT: Any problem that effects your self-image can have a negative impact on your confidence and ability to socialize. Men who learn to control their ejaculation often become more confident and more outgoing.