

sextalk.

answers to your questions about sex and relationships

factoid

Seventy-two percent of UA students do not use tobacco.

(2005 Health & Wellness Survey, n=2036)

Q. I'm male and had a relationship in which I was able to last 40 minutes in bed with my partner. Now I am having problems with premature ejaculation. I can only go about a minute or two without climaxing. It then takes me around 20 minutes before I can go again, but I only last about 4-5 minutes. What can I do to prevent this? I know that creams and bands do not work. I am currently in an understanding relationship but I fear if I keep this up I will lose her like I have lost the last few partners I have been with. PLEASE HELP.

A. The most common causes of premature ejaculation are often fear and anxiety about sexual performance. When you say 1-2 minutes, are you counting foreplay? The average amount of time from arousal to climax varies a lot from man to man, and day to day. Has anything else changed in your life such as new responsibilities, roommates, stressors or health status? How about masturbation frequency? Is there uncertainty about your current relationship? If it is bothering you AND your partner, you can try a few things that may help prolong arousal and delay orgasm:

Masturbate beforehand to help you prolong ejaculation later on when you are with your partner.

Use a condom during intercourse to decrease genital sensation. This will enable you to "last longer" by reducing the intensity of sensations. Try to focus more on pleasuring your partner and less yourself or watching the clock.

Slow down the pace by experimenting with different positions and taking deep, relaxed breaths. Focus on extending foreplay through kissing and massage, which can excite your partner without intercourse.

Try the squeeze technique by applying pressure to the ridge between the head and shaft of your penis to delay orgasm.

While premature ejaculation affects up to a third of men under the age of 25, it usually goes away with time, experience, and achieving a level of comfort with sex and your partner. Hard as it may seem (pun intended), try to relax and have fun. Sexual intimacy is as much a journey as a destination. Enjoy the trip!

Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, M.A., CHES, Melissa McGee, Ph.D., MPH & David Salafsky, MPH, health educators at The University of Arizona Campus Health Service.

