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Home remedies. The baseball technique: Think of something that isn ' t sexy. This technique can work to some degree, but it ' s not a good way of making love. Your ... Condoms: Condoms cut down on the sensations that a man has. If one condom doesn ' t work, then put on two or more. Although using two ...

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Ejaculation—dummies~~

Here ' s how: 1. Remember, it ' s not just about you. Lovemaking is

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pleasure, connection, and eroticism between two people. Sure, men... 2. Orgasm quickly. Go again. My favorite intervention for premature ejaculation is to take the brakes off. I get... 3. Stimulate the whole body. While traditionally ...

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Doctors often recommend counseling

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to treat premature ejaculation. That may include psychotherapy, as well as learning ways to communicate with your partner about sexual dysfunction. Another...

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There are also certain medical conditions which can trigger premature ejaculation, including erectile dysfunction, an overactive thyroid, certain prostate-related conditions and diabetes. Physical causes. [www.doctorfox.co.uk](http://www.doctorfox.co.uk). The psychological causes of premature ejaculation vary from person to person.

~~A man 's guide to overcoming  
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If your premature ejaculation is



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caused by a physical condition, treating the underlying condition should help. A GP can suggest possible treatment options. Treating premature ejaculation caused by psychological factors can be more challenging. But most men who persevere with treatment find the problem resolves. Self-help. There are a number of self-help techniques you can try before getting medical help. These include:

~~Can premature ejaculation be controlled? - NHS~~

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ejaculation and use assessment exercises to find out which you suffer from. Then, follow one of the structured, symptom-specific treatment strategies based on psychological, relational, and physiological techniques.

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