

# Choice Men's Health Explains the Possible Treatment for Premature Ejaculation

*November 23, 2021*

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Choice Men's Health, a clinic focused on men's health issues in Atlanta, GA, has recently published a blog post that examines whether premature ejaculation is curable. Fortunately, there are ways to manage premature ejaculation. This happens during sexual intercourse in which ejaculation cannot be controlled, and it usually occurs before or shortly after starting intercourse. While most cases don't seem to be caused by something, there can be both emotional and physical causes of premature ejaculation. There are indeed possible treatments for this condition. More about this can be discovered at <https://www.choicemenshealth.com/is-premature-ejaculation-curable/>.

Choice Men's Health explains, "The exact cause of PE is unknown, but it is widely believed to be due to a complex interaction of psychological and biological factors. You may experience PE during your first sexual experience, which is called lifelong premature ejaculation, but this is rare. Acquired premature ejaculation is more common and is developed over time. The cause of your condition depends on the type of premature ejaculation you have. Lifelong premature ejaculation is typically caused by a chemical imbalance in your brain that lowers the threshold for ejaculation, but psychological issues can also cause it. Acquired premature ejaculation is more often than not caused by performance anxiety."

The performance anxiety that a man feels that may result in acquired premature ejaculation is usually linked to shame around sexual acts, worries about sexual performance, or worries surrounding a particular sexual situation. Low self-esteem and depression may also be contributing factors to premature ejaculation. And some religious beliefs can cause or contribute to premature ejaculation. Premature ejaculation may also be due to erectile dysfunction.

There are various risk factors of premature ejaculation. One possible risk factor is erectile dysfunction. Men who have trouble getting or keeping an erection will be anxious about the possibility of losing their erection, and they will unconsciously or consciously try to speed up sexual intercourse that may result in premature

ejaculation. Mental and emotional stress in any aspect of life can also lead to premature ejaculation. This is because the stress felt by the man reduces his ability to relax and focus on the sexual act.

A psychologist or sex therapist can help in providing the therapy for premature ejaculation. This kind of treatment will determine the underlying relationship and sexual problems that may be causing the problem. Either individual therapy or couples therapy can be provided. In couples therapy, the sexual partner can help in discovering any issues in the relationship that may be contributing to the problem. A couple's counselor or psychologist will listen to both parties objectively and then recommend solutions and exercises that can help in improving communication and building trust.

Behavioral therapy may also help. There are certain things that men can do before and during sex to control ejaculation. A thick condom may also be used during sex to reduce the sensation and help prolong intercourse. The couple can also try a number of positions to find out those that make the man feel the most aroused.

Physically, there is a connection between premature ejaculation and weak pelvic floor muscles. Kegel exercises or pelvic floor exercises can be used to strengthen the pelvic floor muscles. There are other exercises that can be done alone or with the sexual partner to develop tolerance and delay ejaculation.

Taking certain minerals such as zinc and magnesium may also help. There are also some topical products, such as wipes and anesthetic creams, to reduce the sensation. But best of all, it is advisable to consult with a medical professional.

Choice Men's Health is a top-rated men's health clinic in Atlanta that offers customized treatment that is based on the specific health needs of each patient. This means that the certified medical professionals in the men's health clinic will always ensure that they truly comprehend the unique condition of each patient and use that knowledge to find the best possible treatment process. They also fully understand that the issue is personal and will always ensure that patients are comfortable and have peace of mind with the knowledge that everything will be kept confidential and private.

Those who would like to learn more about the possible treatment for premature ejaculation at Choice Men's Health can check out their website or contact them on the telephone or through email. They are open from 9:00 am to 6:00 pm, from Monday to Friday.

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For more information about Choice Men's Health, contact the company here: Choice Men's Health Dr. Katz (404) 400-3717 [info@choicemenshealth.com](mailto:info@choicemenshealth.com) 1945 The Exchange SE, Suite 435 Atlanta, GA 30339

## Choice Men's Health

*At Choice Men's Health in Atlanta, Georgia, we provide customized treatment plans to help men achieve a healthy and active sex life. With our licensed medical professionals, we provide personalized ED Treatments and PE Treatment.*

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