

Penis Health Information

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Premature Ejaculation: Its Causes and Treatment

The single most common sexual dysfunction in men is premature ejaculation. It is commonly called as “ejaculatio praecox” by health care experts. It has been the problem of most men in their sexual encounters. Premature ejaculation is a lack of ejaculatory control that interferes with sexual or emotional well being in one or both partners. It really affects men emotionally by lessening their self-confidence.

Almost all men experience premature ejaculation at least once in their lives. After all, ejaculatory control is not something men are born with. They have to learn it through practice and repetition but a consistent incidence of premature ejaculation is not to be taken for granted because of its effect on the confidence and emotional well being of men. No man would like to feel humiliated because of the result premature ejaculation brings.

Premature ejaculation has both physical and psychological roots. Recent studies have shown that more than 90 percent of men suffering from premature ejaculation had inherited their dysfunction from parents or grandparents with long-term premature ejaculation records. Doctors associate this dysfunction with a faster than normal neurological response in the pelvic muscles and recommend various exercises designed to improve ejaculatory control. On the psychological side, premature ejaculation can be caused by depression, stress, unrealistic expectations, or the reinforced lack of confidence.

It's perfectly clear that inexperience is one of the biggest causes of premature ejaculation, followed by a weak PC muscle and a faster than normal neurological response in the pelvic muscles. Well, inexperience can only be cured with more sex, which is something we heartily recommend to everybody, while the muscles located in the pelvic area can be trained as any other muscle in the body to stop acting on their own. The PC muscle stands for the pubococcygeus muscle. This muscle acts as floor to the entire pelvic area of the body, supporting from underneath the weight of organs. It also controls orgasm and prolonged exercising helps men achieve orgasm without ejaculating.

The treatment or prevention of premature ejaculation is possible if you work out and learn to control your PC muscle and it will be no longer your problem. PenisHealth offers penis exercises like Kegels that will help you enhance ejaculation control. Get rid of this condition, gain your confidence and enjoy your sex life!

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