INFO PACK

MHC MEN'S HEALTH CLINIC

www.menshealthclinic.com/nz

PREMATURE EJACULATION

The silent struggle is over with bespoke treatment plans available

TABLE OF CONTENTS

_02 ABOUT US

_03 UNDERSTANDING PREMATURE EJACULATION

_04 WHAT CAUSES PREMATURE EJACULATION

_05 WHAT PARTNERS THINK

_06 TREATMENT BENEFITS & OVERCOMING PREMATURE EJACULATION

_07 PREMATURE EJACULATION EXERCISES

_08 MHC TESTIMONIALS

_09 PREMATURE EJACULATION FAQ

2

ABOUT US

Men's Health Clinic (MHC) was established in 2012 with a very specific goal in mind; to provide men access to professional medical consultations and treatment for specialised men's health issues, including erectile dysfunction, premature ejaculation and testosterone deficiency. We are very proud to have assembled a team of industry leading doctors, pharmacists, researchers and men's health professionals able to provide unique, expert care and bring relief to our patients.

Just as important, we provide these expert men's health services in an environment of complete privacy and confidentiality. If you have found Men's Health Clinic following years of suffering in silence, you are not alone. You may have gone to a general practitioner or specialist in another field and been misdiagnosed. Or, you may have been reluctant to fully discuss your dissatisfaction, either from emotional discomfort or the mistaken belief that sexual frustrations are simply an unavoidable consequence of ageing.

Our greatest satisfaction is when a patient shares with us the personal joy and satisfaction that result from successful treatment and the reversal of years of suffering. Every story is unique and no two patients are the same: we take great care to listen to you, ask questions about your needs and goals, and devise a solution uniquely suited to restore your ultimate happiness, sexual satisfaction and quality of life.

If you are not satisfied with your sex life or suspect you are having a problem, don't wait to seek help. We are here to talk with you in complete privacy, to discuss your concerns and the medical and therapeutic options available to reverse your symptoms and restore your happiness.

Our current regions include Australia, United Kingdom, Canada, and New Zealand.

3 UNDERSTANDING PE

A recent study estimated that Premature Ejaculation (PE) accounts for nearly half of all sexual problems in men: clearly this is a relatively common problem, despite the frustration and embarrassment that usually accompany the onset of symptoms. Proper diagnosis is the key to effectively treating PE and treatment is crucial, since premature ejaculation can deteriorate if it is not dealt with effectively.

Premature ejaculation is defined as a male orgasm that occurs before the time desired. "Too early" usually means before a completely satisfying sexual encounter has been resolved: the typical outcome is embarrassment or anxiety for the sufferer and lack of satisfaction for the partner. "Too early" varies from couple to couple.

The question, "What is PE?" can also be answered by discussing the four types as defined by sexual health professionals:

Type 1 PE Common in young adults who were delayed in having their first sexual experience. This is a very mild and manageable form of premature ejaculation, typically rooted in common anxieties and insufficient sexual education.

Type 2 PE This form of premature ejaculation is more common in adults approaching middle age and symptoms may appear with no warning. Lifestyle stresses are overwhelmingly the cause, particularly as a result of new job or family demands or the appearance of other significant stressors. Once the triggering cause is discovered, treatment is usually very effective.

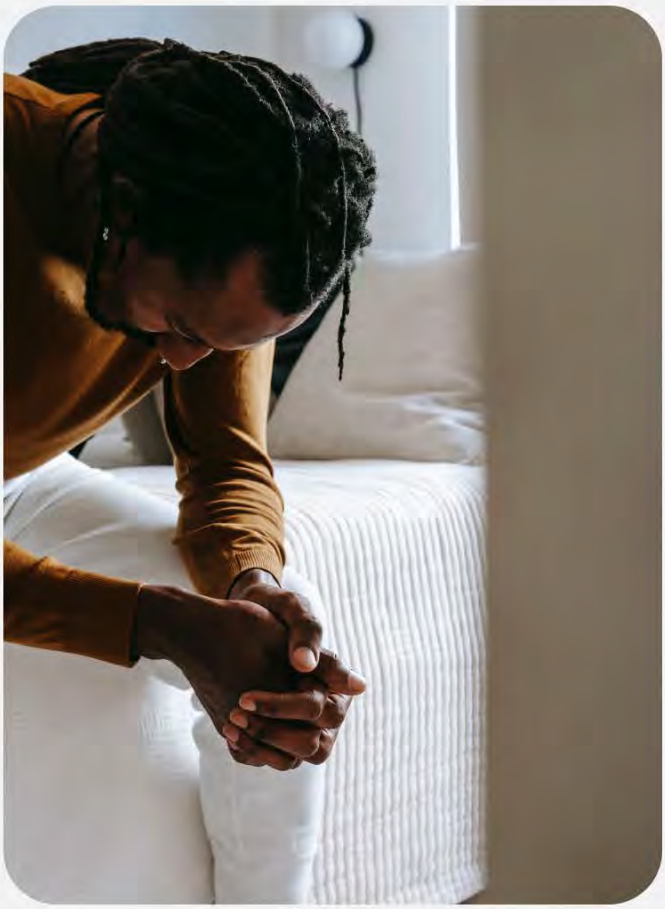
Type 3 PE Less common and more serious, Type 3 PE typically results when Less common and more serious, Type 3 PE typically results when Type 2 PE is left untreated. Triggering causes may be more significant disturbances, including severe depression. Successful treatment is still achievable, but the road is longer and may require more effort from both doctor and patient.

Type 4 PE This type of PE is the most serious because it can lead to significant health problems, including debilitating sexual dysfunction and depression. Type 4 PE often includes an erectile dysfunction component that also requires treatment. PE this severe is typically dealt with an extremely in depth treatment.

4 WHAT CAUSES PE

PE is typically defined as one of two types, each with distinct causes.

Primary Premature Ejaculation is defined as being present in an individual since the onset of sexual activity: these men have always suffered from difficulty with their orgasms. Opinion is divided on the exact cause. Some experts believe conditioning is at fault and sufferers became accustomed to the need to climax quickly based upon the circumstances of their sexual development. Others believe that emotional issues including anxiety, guilt and fear or simply lack of proper sexual education are to blame.



Secondary Premature Ejaculation defines a similar set of sufferers who previously enjoyed satisfying control but began to experience problems with PE at a later time. The treatment focus is to define what has changed to provoke the problem: common causes include stress, emotional trauma, dissatisfying personal relations, and other emotional issues. Working to alleviate the core issue can help resolve the resulting problem with premature ejaculation.

Other causes are less frequent but still require solutions. Extended periods of sexual inactivity or abstinence can cause problems with PE, usually related to performance anxiety. Our doctors are trained to diagnose the root causes of PE and work to provide effective treatment tailored to the diagnosis.

Call today for a free consultation on
0800 807 744.

5 WHAT PARTNERS THINK

The overwhelming majority of women understand that losing control of your orgasm occasionally happens. PE is a serious problem, one that can threaten the stability of even the most committed relationship, is when it becomes a frequent, unacknowledged or unavoidable occurence during sexual activity.

You don't have to take it from us. We've talked with thousands of women in relationships impacted by Premature Ejaculation, and here's what they have to say.

The endless frustration of unsatisfying sex.

Women in relationships in which PE is an issue talk often about their frustration with sex. The frustration is less about Premature Ejaculation itself and more about their partner's response to the PE: if it is not acknowledged as a problem, or hidden, or blamed inappropriately on something else, frustration can build to a breaking point.

The frustration typically causes women to begin asking questions to themselves, to try to figure out what's going wrong:

- Is he inexperienced having sex?
- Why is he so selfish? Does he care about my pleasure?
- What's wrong with me? Is there a reason he doesn't want to be intimate with me?

These questions all demonstrate how the cycle of PE frustration can spiral into a relationship-threatening crisis, by creating doubt, embarrassment, and closing off communication between partners.

5 WHAT PARTNERS THINK

The overwhelming majority of women understand that losing control of your orgasm occasionally happens. PE is a serious problem, one that can threaten the stability of even the most committed relationship, is when it becomes a frequent, unacknowledged or unavoidable occurence during sexual activity.

The steady decline of desire.

When sex becomes the focus of frustration and dissatisfaction, obviously it becomes a less frequent occurrence. This is not unique to women, but the woman in a relationship may be the first to slowly draw back from desire for sex. Aside from the frustration noted above, there is the issue of pleasure: women in PE relationships often talk about being dissatisfied with sex that does not last long enough, & decide to prevent disappointment by avoiding sex.

A sexless relationship can evolve with shocking speed.

The threat to marriage and healthy marriage. The women we have talked to are quite honest: Premature ejaculation and the resulting challenges to intimacy, communication, self-esteem and more, are likely to destroy a marriage or a serious romantic relationship if left unresolved. A happy, satisfying sex life is integral to a happy, satisfying relationship, and PE has the capacity to shatter even the most secure bonds of love and faithfulness.

Getting Help for Premature Ejaculation

In the end, it's very simple to understand: if you don't take control of Premature Ejaculation, Premature Ejaculation will take control of you, along with your most important personal relationships. PE does not just affect the man who grapple with it, PE also affects female partners. PE has the potential to destroy relationships.

Fortunately, help is available. Men's Health Clinic is the most trusted provider of treatments for PE for men. Premature Ejaculation is easy for an experienced men's health specialist to diagnose, and advanced treatments are available that can quickly reverse symptoms of PE an provide lasting relief.

6

Our goal at Men's Health Clinic is to provide our patients with a program that delivers an effective and lasting solution to the problem of premature ejaculation. Our programs provide access to the most advanced and effective medications available for the treatment of PE, as well as techniques designed to change unwelcome behavioural responses during sexual activity.

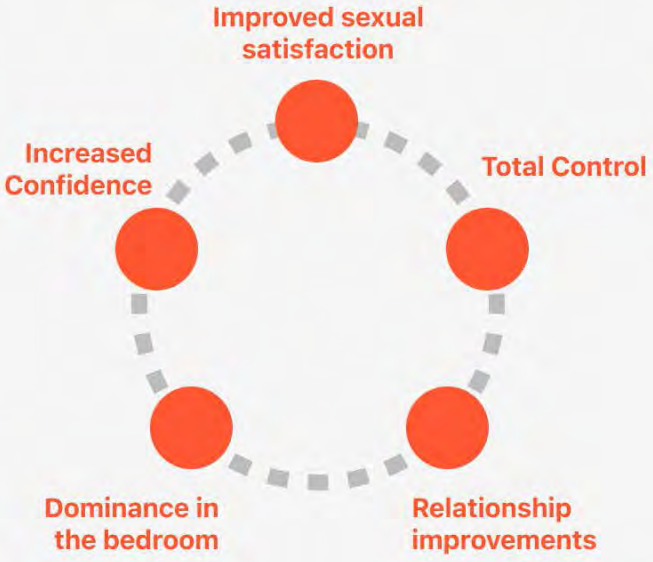
TREATMENT BENEFITS & OVERCOMING PREMATURE EJACULATION

The medications we prescribe for relief of PE are extremely effective, however part of our treatment goal is to create an outcome in which our patients no longer need medication in order to enjoy a happy, healthy and satisfying sex life. By practicing the techniques we teach, most of our patients are able to advance past the need for medication within a year of treatment.

Premature ejaculation is a very treatable problem. Our doctors and health experts are among the finest in the field and they look forward to helping patients maximise their sexual happiness so they can enjoy the full satisfaction that they deserve.

Call us today on 0800 807 744 or contact us online to learn more about how you can overcome Premature Ejaculation, last longer in bed, and restore happiness and satisfaction to your relationships. Our expert doctors, specialists, therapists and nurses are ready to assist you and your partner.

Benefits of successful treatment



7 PREMATURE EJACULATION EXERCISES

Medication is an important strategy in managing premature ejaculation but it is not the only one. Practising premature ejaculation exercises can be just as important, particularly in developing a long-term personal solution. Practising involves learning patience, developing a better knowledge of your body and your orgasm, and using techniques designed to enhance endurance without sacrificing any of the pleasure of sexual activity.

Practise typically begins with solo exercises, and as mastery is developed moves onto practice and exercises with a partner.

Stop-Start Method Exercises

As the name implies, the Stop-Start Method teaches you to identify the activities and sensations that indicate your orgasm is approaching and to moderate or slow down activity to reduce those sensations and extend endurance:

1. Non-lubricated masturbation.
Dry masturbation reduces sensation and allows you to more gradually experience the cues that signal oncoming orgasm. Pay close attention to the build-up of sensation and the particular feelings that precede orgasm. Stop in time to avoid orgasm, let the sensations dissipate, and then resume again until the brink of climax.

Goal: 3 consecutive sessions lasting at least 15 minutes each.

2. Lubricated masturbation.
Repeat exercises as above; lubrication adds a challenge of greater stimulation, practise allows you to develop greater control.

Goal: 3 consecutive sessions lasting at least 15 minutes each.

3. Enhanced masturbation.
Repeat exercises as above, except instead of stopping prior to orgasm simply slow the pace gradually or vary technique to delay orgasm.

Goal: 3 consecutive sessions lasting at least 15 minutes each.

4. Non-lubricated masturbation with a partner. Repeat exercises as above, except now a partner provides the stimulation. Paying close attention to the sensations that precede your orgasm, tell your partner when to stop so that the sensations can dissipate. Resume when able and repeat.

Goal: 3 consecutive sessions lasting at least 15 minutes each.

5. Lubricated masturbation with a partner.
Repeat exercises as above, with the added challenge of lubrication. You may wish to experiment with non-verbal cues to your partner, to develop your ability to communicate your feelings during sexual activity.

Goal: 3 consecutive sessions lasting at least 15 minutes each.

7 PREMATURE EJACULATION EXERCISES

6. Sexual intercourse.
Apply lessons of experience, control and patience to your lovemaking. You may wish to use the woman on top position, as this typically is best to reduce your stimulation and enhance endurance. Movements should begin slow, gentle and deliberate. Work on communicating & recognising the sensations that signal oncoming orgasm.

Goal: 3 consecutive sessions lasting at least 15 minutes each.

7. Sexual intercourse with varying positions.
Experiment with different positions, some of which will deliver increased stimulation and prove more challenging. Work on developing greater endurance.

Goal: 3 consecutive sessions lasting at least 15 minutes each.

Perineal Muscle Contraction (PMC) Method Exercises

PMC Method develops muscles beneath the scrotum that control erection, ejaculation and even urination. Building strength in these muscles develops control and endurance and also enhances pleasure. Eventually with enough practice you can exert enough control and focus to delay orgasm and extend lovemaking:

1. Learn to feel your muscles. During orgasm, concentrate on noting the sensation of perineal muscle contraction. You can do this during masturbation or sexual intercourse.

1. Learn to feel your muscles. During orgasm, concentrate on noting the sensation of perineal muscle contraction. You can do this during masturbation or sexual intercourse.

2. Flex your muscles. During urination, flex and hold your perineal muscles to stop the flow of urine. Relax to resume urination, then contract again to stop. Again, concentrate on noting the sensation of perineal muscle contraction.

3. Build strength and control. Lie down in a comfortable position. Flex and hold your perineal muscles to the count of 15, then release and relax. Repeat sets of 3 minutes duration, at least 3 times a day. Continue for 10-14 days.

4. Masturbation exercises. Stimulate yourself until you feel an orgasm building, then flex your perineal muscles for 10+ seconds to stop the orgasm and dissipate the sensations. Try to relax the rest of your body as you focus on holding the contraction. Release and try to repeat 3 times.

5. Masturbation with a partner. Repeat exercise as above, except now a partner provides the stimulation. As you flex your perineal muscles, ask your partner to stop so you can concentrate on delaying your orgasm. Release and try to repeat 3 times.

7 PREMATURE EJACULATION EXERCISES

6. Sexual intercourse.
Apply lessons of experience, control and patience to your lovemaking. You may wish to use the woman on top position, as this typically is best to reduce your stimulation and enhance endurance. As you flex your perineal muscles, ask your partner to stop so you can concentrate on delaying your orgasm. Release and try to repeat 3 times.

Using a Condom to Manage Premature Ejaculation

A condom can be a very helpful tool for men hoping to reduce instances of premature ejaculation. Beyond usefulness in practising safe sex and as a means of birth control, a condom acts to reduce sensation and thereby promote endurance during sexual activity. Certain styles of condom are even more effective and specifically designed to assist with premature ejaculation: these condoms are typically thicker than normal and may include a mild anaesthetising agent.

Helpful Positions to Manage Premature Ejaculation

The various sexual positions each produce a different level of sensation for the male partner; experimenting with positions and choosing ones that reduce sensation offers another way to increase endurance:

- One of the best positions to reduce sensation for the man is to have the woman on top: movement for the man is minimal and the woman can direct the level of activity.
- Side-by-side is a position that works well for many men, as both partners can control the level of activity.
- Rear-entry and missionary are the positions that the man is least able to control sensation, as these positions rely on the man to thrust.

Experimentation is the key: what works for some men may not be the best practice for others. Practise and get to know your body and your response to stimulation.

If you are experiencing difficulty with premature ejaculation, Men's Health Clinic can help you. We offer precise diagnosis and effective treatment in an environment supportive of privacy and confidentiality.

Contact us today for your **FREE consultation** by telephone **0800 807 744**, or by email **info@menshealthclinic.co.nz**

8 MHC TESTIMONIALS

Here are just some of the genuine testimonials we receive from patients on a daily basis.

Premature ejaculation became such a problem for me that it ruined my relationship with my girlfriend at the time. We broke up and she was very vague as to why, but I'm certain my difficulty lasting longer than a minute or two was the reason she was unhappy. After the break-up, I called Men's Health Clinic and found help almost immediately.

They immediately put me through for a consultation with one of their doctors, who was extremely helpful. They then set me up with an easy-to-follow treatment plan.

I couldn't save the relationship with my girlfriend, but I did save my sex life. MHC has been an incredible help.

Brad C.

I have dealt with premature ejaculation since my first time having sex as a teen. In the nine years since, I have been on different anti-depressants and self-medicated with alcohol in an effort to experience lasting sexual activity. About 9 months ago I stumbled across a survey on PE. I answered truthfully, and the next day I received a call from Men's Health Clinic to discuss my answers.

Since joining the program, we have tried different medications to find the one best tailored to help me, and I can now say I'm more confident than ever that sex will last longer than 20 seconds to a minute. 5-10 minutes now is normal and I hope this is just the beginning. Men's Health Clinic have kept in touch on a regular basis to monitor progress and provide advice. I highly recommended that if you suffer from PE you give them a call!

David L.

9 PREMATURE EJACULATION FAQ

What are the symptoms of Premature Ejaculation?

If you are unable to engage in intercourse that is satisfying for yourself and your partner that lasts more than 1-2 minutes prior to orgasm, you have a problem with Premature Ejaculation. The happiness of you and your partner is the best measure of the severity of the problem.

How common is Premature Ejaculation?

Premature Ejaculation is much more common than most people realise because it is a men's health problem that affects both young and older men. Statistics demonstrate that as many as 1-in-3 men experience difficulty with PE at some point. Because PE is under-reported, the actual number is likely much higher.

If I've never had a problem with PE, can it become a problem later in life?

Yes. The natural aging process can cause changes in your sexual performance. Changes in erection firmness, duration, or response can result in earlier ejaculation and may cause Premature Ejaculation. These changes can be moderated and PE can potentially be eliminated.

Can medications cause Premature Ejaculation?

Some medications can impact your ability to delay ejaculation and fully enjoy sexual activity, as can overuse of alcohol and recreational drugs. At Men's Health Clinic, we closely study the role of medications in exacerbating certain men's health conditions.

How are Premature Ejaculation and Erectile Dysfunction related?

Premature Ejaculation and Erectile Dysfunction (ED) are often associated together in the same patient. When both are present, most doctors recommend ED be treated prior to PE, because successful treatment of the first may resolve occurrence of the second.

Can unresolved Premature Ejaculation lead to more serious problems?

Untreated PE can destroy your happiness, quality of life, emotional health and your relationships. That can lead to more serious health problems, including depression & stress-related illnesses and conditions. PE should be treated to ensure optimal physical and emotional wellness.

Should I talk with my partner about Premature Ejaculation?

Yes, because PE also affects your partner and strikes directly at the bonds of your relationship. Frustration, anxiety, depression, and stress resulting from PE can be destructive to even the strongest and most lasting relationships: your partner may wonder at why the "magic" has gone out of your relationship, and may even wonder if desire or faithfulness are at the heart of the problem. Communicate your concerns with your partner, open the lines of communication, and also talk with the specialists at Men's Health Clinic to learn more.

CONTACT US

The doctors at the Men's Health Clinic are true leaders in the industry. You deserve immediate, effective, and lasting sexual health care solutions to restore your quality of life to the very best it can be. We are ready to help you – come see why thousands of men trust their ultimate satisfaction to our expertise. **All communications and patient details are kept in strict confidence.**

Please contact us directly via telephone at 0800 807 744, or enquire online – one of our healthcare professionals will be happy to consult with you immediately.

Do not suffer in silence any longer. There is no shame in having temporary difficulty with sex or intimacy... the only shame comes from not letting the doctors at the Men's Health Clinic help you find a lasting solution.

Website
www.meanshealthclinic.com/nz

Phone Number
0800 807 744