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# Do Not Confuse Erectile Dysfunction and Premature Ejaculation

It's a reality that premature ejaculation is often undiagnosed. One of the cause is because men confuse it with erectile dysfunction. They don't know the difference. If they sometime have *premature ejaculation*, consider themselves as impotent, or sexually dysfunctional. As a consequence, when visit their health care and try to explain their problem, they use terms like impotence, or other related, that don't really apply to their condition.

Need a few premature ejaculation tips to help you extend your time in the bedroom by a few minutes? Then check out the tips in this article that you can start to use with your partner tonight.

To help in keeping you from making some of the early mistakes that I did, here are the answers to some very frequently asked questions about increasing staying power and controlling premature ejaculation.

Valerian D is a freelance writer specialized in health issues affecting men like premature ejaculation treatment

Feel like your sex life is destroyed? I have road tested many different premature ejaculation tips so you can get more info on the tips above and find out even more at my site, <http://www.PE-Tips.com>

One way to distract yourself is to prepare ahead with a mental arithmetic puzzle. For instance, count up the numbers on a clock face - what do they all add up to?

Patients confusion and the conjuncture that doctors don't always take time to fully investigate what's happening, could rise in a incorrect erectile dysfunction diagnose.

**Tip #4 - Consider Checking Out Natural Treatments** - While there are many treatments out there, it will probably be better for you if you check out the natural treatments that are available for treating *premature ejaculation* problems. If you are not sure what natural treatments to try, one great treatment to check out is Climinax. This is an excellent natural treatment that is available for a great price. It is all natural, so bothersome side effects are not going to be a concern. When you choose a natural treatment, such as Climinax, you can enjoy instant results and you will be able to get rid of the frustration and disappointment that can come along with premature ejaculation problems.

**Different Positions** A great way to stave off ejaculation is to try out different positions. If you only use 4 or 5 positions in the bedroom then you really need to experiment more!

<http://www.TotalEjaculationControl.info>

This step-by-step program is backed by a 100% guarantee that you will gain the stamina you need to satisfy her EVERY time!

If your premature ejaculation is destroying your relationship and leaving your lover frustrated and unfulfilled, you need to eradicate this problem quickly. Here is a link to the method that turned this former "minute man" into a world-class lover:

**Tip #2 - Take the Time to See Your Doctor** - It is also important that you take the time to see your doctor if you think you may be having a problem ejaculation early. Many men never speak with their doctors about the problem because they find it too embarrassing. However, once you talk to your doctor, he may be able to give you some helpful information and your doctor may also be able to help you come up with the best treatment options for you as well. So, don't keep putting it off. If you think there is a problem, then go see your doctor as soon as possible so you can get help.

Are condoms that contain desensitizing cream actually effective? Some people have reported mild success with these, but I am not a big believer in them. Also, you don't want to have to rely on an external object to control *premature ejaculation*. At some point you will be in a committed relationship or married and will want to experience sex with no condom at all, so it is best to get this problem under control from the inside out.

What is the best sexual position for someone struggling with *premature ejaculation*? Your best bet is anything where the woman is on top, whether she is facing you or in a "reverse cowgirl" position. These positions do not stimulate the penis as directly as when you are on top, so your orgasm is not triggered as easily.

If you are wondering how to increase sexual stamina and pleasure your lover like never before, you are in the right place. I have tried every method known to man for ending *premature ejaculation*, and I found that anything that comes in the form of a pill or potion is completely worthless. However, once I took the time to educate myself on the roots of my problem and how it is possible to use natural methods to control it, I was finally able to conquer my early ejaculation once and for all and become the lover my girlfriend always wished I could be.

**Tip #3 - Find Out if Medications Could Be Causing the Problem** - There are actually some medications out there that could be contributing to your problem. Ask your doctor if a medication could be the problem or take the time to do a little research on the drug and the side effects that can occur.

**Tip #1 - Learn Everything You Can About It** - First of all, one of the best tips that you need to keep in mind is to learn everything that you can learn about premature ejaculation. The more you know about the problem, the better equipped you are going to be to deal with the issue. One great place to look for helpful information is on the internet. You can do this from home, so you won't be embarrassed. After you learn all that you can about your problem, then you will be able to learn how you can prevent it and how you can effectively treat the problem.

It's a fact that the two conditions can interact with each other in a number of different ways. Very often men present to a doctor saying, "I lose my erection and I ejaculate very rapidly". The problem is which one was first? Because if they can't have the erection, they can't perform sexually. In this situation the ejaculation problem is kind of more hypothetical. If patients say "I ejaculate very rapidly and I lose my erection", then probably it's about a premature ejaculation situation.

Just search the internet and you'll find loads of new positions that you and your partner will love. Each position arouses you in a different way so you should be able to find one that gives you a few extra minutes of lovemaking.

If they were free, my answer would still be no. Despite what the majority of Americans these days seem to believe, pills are just not the answer to every problem you are facing in life. If you really want to know how to increase sexual stamina, start studying natural methods for increasing staying power and stopping *premature ejaculation*. They work better than anything else, and you will not develop a dependence on a pill, cream, or any other external contributor.

Premature ejaculation is a sensitive and embarrassing topic for many men; however, about 1/3 of men actually deal with this problem regularly. Premature ejaculation is basically ejaculating before you intend to or not being able to control when you are going to ejaculate. While this can happen from time to time, it becomes a real problem if you are not able to control when you ejaculate more than half of the time. If this problem is causing frustration for you and your partner, it is important to understand that there are some things that you can do to deal with the problem. The following are a few great tips that can help you to gain more controll.

These sorts of exercises will take your mind off the sex and off your ejaculation occurring too early. Mix It Up Sex isn't all about penetration. It's about so much more. This means caressing, kissing and giving each other oral sex.

I have seen pills advertised on television that are supposed to be good for ending premature ejaculation; however, they are expensive. Do you think they are worth the money?

Distraction Maybe you've already been using this tip to a small degree. If you are getting too excited during sex and ejaculation follows quickly after then maybe you just need to take a bit of that edge off your arousal.

Another situation that can generate confusion, is the fact that over time premature ejaculation sufferers, over many years, will often develop erectile dysfunction as a secondary problem. Their permanent fear of ejaculating rapidly, will sometimes cause them to lose the penis erection. In other words, they may develop symptoms of erectile dysfunction along with their premature ejaculation.

One great way to mix it up and take your mind of your own arousal is to give each other mutual oral sex or mutual masturbation. Thick Condoms Condoms are a great way to take the edge off your arousal if you don't mind using them. In fact, for casual partners I would highly recommend using them to avoid disease and pregnancy! The thicker and stronger the condoms, the more the edge that will be taken off your pleasure.

Always remember, if there is something about yourself you are unsatisfied with and that you want to improve, the power to do so comes from within!

Find more information on Premature Ejaculation and reviews of Premature Ejaculation Pills, such as Climinax at [PrematureClimax.com](http://PrematureClimax.com)

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