

Published based on [What Causes Premature Ejaculation?](#)

What Causes Premature Ejaculation?

There are a lot of people around the world suffering from premature ejaculation. Unfortunately, this is a sensitive subject and many of them do not admit this problem. It is of high importance to know the causes of this condition in order to be able to understand this condition and treat it.

These causes are presented below in this article:

Unfortunately, both sexual partners suffer when the men ejaculates prematurely. This is normal because the sexual act is not completed. In order to have high performances in bed, you will need to treat this condition and for treating it you will need to know the causes. Men can have problems holding even if he tries hard to hold the ejaculation for his partner.

Usually, a man needs 5 or 10 minutes to reach orgasm. However, if you feel that you can't reach 5 minutes over and over again, you should certainly see a doctor about this problem. The best necessary medical solutions can be offered only by your doctor.

The main causes for premature ejaculation are stress and anxiety. If a man is anxious or he is scared, this thing can trigger such effects. A man who thinks he can't satisfy a woman or a man who wants to avoid impregnation can be in this situation. However, you should not worry if you are in one of these cases.

You can treat the problem provided the fact that you know its factors. If you know what is going on, you can easily find the necessary remedies. You should know that this problem is treatable and the remedies are available if you know what the causes are.

Familiarity and age are two important factors that can trigger this sexual problem too. If a man is not familiar with his sexual partner, he might begin to ejaculate prematurely. Also, if a man is too young and tries to experiment in bed he can trigger premature ejaculation without knowing it.

There are a lot of people suffering from this problem in the world and you do not have to feel embarrassed by this situation. If there is a medical condition, you can get the right treatment by consulting a doctor.

Also, if it is another type of condition, you can reduce the factors triggering the condition in order to avoid it. As you can see, premature ejaculation is an often encountered condition and the treatments are variable depending on the causes. Knowing these causes can help you get rid of the problem.

In summary, anxiety, stress, age and familiarity are among the most common causes for premature ejaculation. If you want to get rid of this problem, you should know exactly what causes it. Once you learn its causes, you should try to minimize the factors or seek for medical help when it is the case. Consulting a doctor is a very

important option especially if you notice this problem happening for a lot of times in the same time period.

Please visit [OvercomePrematureEjaculation.org](https://www.OvercomePrematureEjaculation.org) for unbiased reviews of premature ejaculation control products, including [Matt Gordons Ejaculation Trainer review](#).

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