

## Bölüm 27

# PREMATÜR EJEKÜLASYON

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### GİRİŞ

Erkekler ergenliğe ulaşıp cinsel olarak aktif hale gelmeye başladıkça, ejakülasyon zamanları ve ejakülasyon durumları üzerinde algıladıkları kontrolleri zamanla değişir (1). Sonuç olarak erkeklerde görülen en sık cinsel fonksiyon bozukluğu olan prematür ejakülasyon(PE) ortaya çıkabilir (2,3). PE'nin cinsel birliktelik kalitesini bozabileceği, sıkıntı ve endişe ile sonuçlanabileceği ve hatta partnerler arasındaki ilişkileri etkileyebileceği kanıtlanmıştır (4). PE ile ilgili ilk bilimsel yayın Schapiro'nun 1943 yılında 1130 erkeğin verilerini incelendiği makaledir. O zamandan günümüze kadar PE tıp dünyasında birçok yönden incelenmiş fakat net bir görüş birliği sağlanamamıştır. Son yıllarda PE tüm yönleriyle ciddi bir şekilde yeniden gözden geçirilmiş ve Uluslararası Cinsel Sağlık Derneği(ISSM) konsensus panelinde alınan kararlar yeni tanımlama yapılmıştır (5). ISSM tanımlamasına göre PE, aşağıdaki belirtilere sahip bir erkek cinsel işlev bozukluğu olarak kabul edilmiştir:

- İlk ilişki deneyiminden itibaren her zaman veya hemen hemen her zaman olan; vajinal penetrasyondan önce veya vajinal penetrasyonun başlamasından itibaren 1 dakikadan daha kısa süre içerisinde gerçekleşen yaşam boyu prematür ejakülasyon(LPE), veya ejakülasyon latens zamanında sıklıkla 3 dakika veya daha kısa sürüren belirgin azalmanın olduğu edinilmiş prematür ejakülasyon(APE);
- Hemen tüm vajinal penetrasyon durumlarında ejakülasyonu geciktirememe ve kontrol edememe;
- Stres, endişe, üzüntü gibi olumsuz kişisel sorunlara neden olma, ve /veya cinsel ilişkiden kaçınma.

Amerikan Psikiyatri Birliğinin yönettiği Mental Hastalıkların Tanısal ve İstatistiksel El Kitabı (DSM-V)'nda ise PE tanısı için kriterler aşağıdaki gibidir (6).

- A. Sürekli veya tekrarlayan şekilde; cinsel aktivite sırasında vajinal penetrasyonun başlamasından itibaren 1 dakika içinde veya kişinin isteği dışında ejakülasyon paterni;
- B. Kriter A' da ki durum en az 6 aydır var olmalı;
- C. Hastaya klinik olarak önemli bir sıkıntıya sebep olmalı;
- D. Bu cinsel fonksiyon bozukluğu, cinsellik dışı herhangi bir başka mental bozukluk veya ilişkide yaşanan ciddi sıkıntı veya bir madde/ilaç kullanımı veya medikal rahatsızlığa bağlı olmamalı.

Ayrıca yakın zamanda Waldinger tarafından PE dört alt gruba kategorize edilerek yeni bir öneri ortaya konulmuştur. Buna göre PE; yaşam boyu, edinilmiş, doğal değişken ve prematür benzeri ejakülatuar disfonksiyon olarak 4 gruba ayrılmıştır (7). Bu yeni gruplandırma hastaların sınıflandırılmasına,

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**Anahtar Kelimeler:** Prematür ejakülasyon, erkek seksüel disfonksiyonları, tedavi.

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