

Bölüm 10

ERKEN BOŞALMA İÇİN GÜNCEL YAKLAŞIM ÖNERİLERİ

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TANIM

Erken Boşalma (Prematür Ejakülasyon)(PE) 2014 yılında International Society of Sexual Medicine (ISSM) tarafından primer (yaşam boyu) ve sekonder (kazanılmış) PE olarak sınıflandırılmıştır. Primer formda ilk ilişkiden bu tarafa var olan ve vajinal girişten önce ejakülasyon olması ya da vajina içi ejakülasyon gecikme süresi (IELT) 1 dk ve altında olması olarak tarif edilmektedir (McMahon & ark. 2008, Şerefoğlu & ark. 2014). Sekonder (kazanılmış) form ise sonradan oluşan ve IELT süresinin 3 dk altında olması ya da bu sürenin kişinin önceki ilişkilerine göre zamanla belirgin azalması olarak tarif edilmektedir. Tanımlamalar sadece dakika ile sınırlı değildir, kişinin geciktirmeyi arzulamasına rağmen bunu hemen tüm ilişkilerde sağlayamaması ya da cinsel ilişki esnasında hemen boşalma olacak korkusu yaşaması, bu nedenle cinsel ilişkiden uzak durması da PE olarak tarif edilmektedir (McMahon & ark. 2008, Şerefoğlu & ark. 2014).

Amerikan Psikiyatri Derneği (APA) 2010'da yaptığı tanımda ise IELT süresinin 1 dk'nın altında olması ya da daha vajinaya girmeden ejakülasyon olması, bu durumun 6 aydan fazla sürmesi ve klinik anlamlı düzeyde kişide stres oluşturması olarak tanımlamıştır (Segraves 2010). Son zamanlarda kullanılan iki terim ise 'Değişken PE' ve 'Subjektif PE' terimleridir. Değişken form, tutarsız ve düzensiz şekilde boşalma olarak tarif edilmekte ve normalin varyasyonu olarak görülmektedir. Subjektif form ise, IELT süresinin normal ya da uzun olmasına rağmen kişinin bu süreyi kısa olarak algılayıp stres yaşamasıdır. Fakat bu durumun gerçek bir PE olarak yorumlanmaması önerilmektedir (Şerefoğlu 2014).

Epidemiyoloji

PE çok sık görülen ve prevalansı %20-30 olarak bildirilen bir durumdur (Porst & ark. 2007). Fakat bu prevalans değeri sadece polikliniğe başvuran hastalar üzerinden elde edilmiştir. Belki de bu sadece buzdağının görünen kısmıdır ve prevalansın çok daha yüksek olduğu düşünülebilir (Şerefoğlu & ark. 2014, Walding-

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