

Bölüm 13

PREMATÜR EJEKÜLASYON ve TEDAVİ YAKLAŞIMLARI

Ahmet GÜZEL¹

GİRİŞ

Erkek cinsel fonksiyon bozuklukları üç başlık altında inceleyecek olursak bunlar; erektil disfonksiyon, libido ve ejakülasyon problemleridir^{1,2}. Prematür ejakülasyon (PE) erkeklerde en sık gözlenen cinsel işlev bozukluğudur. Erkeklerin yaklaşık %75'i yaşamlarının bir döneminde bu durumla karşı karşıya kalmaktadır³.

Prematür ejakülasyon (PE), erkekte seksüel özgüven kaybına, partner ve erkekte seksüel tatminde azalmaya ve hayat kalitesinde anlamlı bozulmaya yol açması nedeniyle önemli bir durumdur.

Çok eski bir tarihi olduğu düşünülen prematür ejakülasyonun, tıp uzmanları ile psikologların arasındaki fikir ayrılıkları nedeniyle gerek tanımlaması gerekse de tedavisi geçmişten günümüze hala kesinlik kazanabilmiş değildir. Tedavideki bu belirsizlik birbirinden farklı tedavi modalitelerinin oluşmasına yol açmıştır.

Ayrıca hastalar genellikle; ilişki esnasında bir başka konuya odaklanma, ilişki esnasında bir süre durup tekrar ilişkiye devam etme, ilişki öncesi mastürbasyon, daha sık ilişkide bulunma, ilişki öncesi alkol veya diğer keyif verici maddeler alma gibi birçok yönetime başvurduktan sonra hekim karşısına çıkmaktadır.

TANIM VE SINIFLAMA

PE, tarih boyunca farklı kişi ve kuruluşlar tarafından birçok kez çeşitli şekillerde tanımlanmıştır (Tablo 1). Tanımlamaların büyük bir kısmı kanita dayalı olmayıp otoritelerin kabulüne göre yapılmıştır⁴⁻⁹.

¹ Aydın Devlet Hastanesi, Üroloji Kliniği, drahmetguzel@yahoo.com

KAYNAKLAR

1. Montorsi F. Prevalence of premature ejaculation: A global and regional perspective. *J Sex Med* 2005;2 (Suppl 2):96- 102.
2. Screpioni E, Carosa E, Di Stasi SM, et al. Prevalence of chronic prostatitis in men with premature ejaculation. *Urology* 2001;58:198-202.
3. McMahon CG. Treatment of premature ejaculation with sertraline hydrochloride: A single-blind placebo controlled crossover study. *J Urol* 1998;159:1935-1938.
4. Masters WH, Johnson VE.; *Human Sexual Inadequacy*, Boston, MA, Little & Brown, 1970.
5. McMahon CG, Althof S, Waldinger MD, et al. An evidence-based definition of lifelong premature ejaculation: report of the International Society for Sexual Medicine Ad Hoc Committee for the Definition of Premature Ejaculation.; *BJU Int.* 2008;102:338–50.
6. Waldinger MD, Quinn P, Dilleen M, et al. A multinational population survey of intravaginal ejaculation latency time.; *J Sex Med.* 2005;2:492–7.
7. American Psychiatric Association; *Diagnostic and Statistical Manual of Mental Disorders*, Text Revision, 4th edition. Washington, DC, American Psychiatric Publishing, Inc.; 2000.
8. World Health Organization; *International Classification of Diseases and Related Health Problems*, 10th edition, Geneva, World Health Organization, 1994.
9. American Psychiatric Association; *Diagnostic and Statistical Manual of Mental Disorders*, Text Revision, Washington, DC; American Psychiatric Publishing, Inc. 1980.
10. Serefoglu EC, Saitz TR. New insights on premature ejaculation: a review of definition, classification, prevalence and treatment.; *Asian J Androl.* 2012 Nov;14(6):822-9.
11. Waldinger MD, Hengeveld MW, Zwinderman AH. Paroxetine treatment of premature ejaculation: a double-blind, randomized, placebo-controlled study. *Am J Psychiatry.* 1994;151(9):1377-9
12. Serefoglu EC, McMahon CG, Waldinger MD, et al. An evidence-based unified definition of lifelong and acquired premature ejaculation: report of the second international society for sexual medicine ad hoc committee for the definition of premature ejaculation. *Sex Med.* 2014;2(2):41–59
13. Waldinger MD. Recent advances in the classification, neurobiology and treatment of premature ejaculation. *Adv Psychosom Med.* 2008;29:50–69.
14. American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders*.(5th Edition). Washington, DC
15. Atan A, Aslan Y. Premature ejaculation: the new definition and place of dapoxetine in current treatment. *Turkish Journal of Urology* 2010;36(2):149-154.
16. Laumann EO, Paik A, Rosen RC. Sexual dysfunction in the United States: prevalence and predictors. *JAMA.* 1999;281(6):537-44.
17. Serefoglu EC, Yaman O, Cayan S, et al. Prevalence of the complaint of ejaculating prematurely and the four premature ejaculation syndromes: results from the Turkish Society of Andrology Sexual Health Survey. *J Sex Med.* 2011;8(2):540-8.
18. Waldinger MD, Schweitzer DH. The use of old and recent DSM definitions of premature ejaculation in observational studies: a contribution to the present debate for a new classification of PE in the DSM-V. *J Sex Med.* 2008;5(5):1079-87.
19. Janssen PK, Bakker SC, Réthelyi J, et al. Serotonin transporter promoter region (5-HTTLPR) polymorphism is associated with the intravaginal ejaculation latency time in Dutch men with lifelong premature ejaculation. *J Sex Med.* 2009 Jan;6(1):276-84.
20. Jannini EA., Lenzi A. Acquired prematurity ejaculation pathophysiology. In: Emmanuele A, Jannini Chris G. McMahon, Marcel D. Waldinger, editors. *Prematür Ejakülasyon*. Italy. SpringerVerlag; 2013.
21. Althof SE, McMahon CG, Waldinger MD, et al. An Update of the International Society of Sexual Medicine's Guidelines for the Diagnosis and Treatment of Premature Ejaculation (PE). *Sex Med.* 2014;2(2):60–90.

22. Jannini EA, Maggi M, Lenzi A. Evaluation of premature ejaculation. *The journal of sexual medicine.* 2011;8 Suppl 4:328–34.
23. Serefoglu EC, Cimen HI, Ozdemir AT, et al. Turkish validation of the premature ejaculation diagnostic tool and its association with intravaginal ejaculatory latency time. *Int J Impot Res.* 2009;21(2):139–44.
24. Althof SE. Evidence based assessment of rapid ejaculation. *International journal of impotence research.* 1998;10 Suppl 2:S74–6; discussion S7–9.
25. Rosen RC, McMahon CG, Niederberger C, et al. Correlates to the clinical diagnosis of premature ejaculation: results from a large observational study of men and their partners. *The Journal of urology.* 2007;177(3):1059–64; discussion 64.
26. Althof S, Rosen R, Symonds T, et al. Development and validation of a new questionnaire to assess sexual satisfaction, control, and distress associated with premature ejaculation. *The journal of sexual medicine.* 2006;3(3):465–75.
27. Symonds T, Perelman M, Althof S, et al. Further evidence of the reliability and validity of the premature ejaculation diagnostic tool. *International journal of impotence research.* 2007;19(5):521–5.
28. Serefoglu EC, Yaman O, Cayan S, et al. The comparison of premature ejaculation assessment questionnaires and their sensitivity for the four premature ejaculation syndromes: results from the Turkish society of andrology sexual health survey. *J Sex Med.* 2011;8(4):1177–85.
29. Graziottin A, Althof S. What does premature ejaculation mean to the man, the woman, and the couple? *J Sex Med.* 2011;8 Suppl 4:304–9.
30. Giuliano F, Patrick DL, Porst H, et al. Premature ejaculation: results from a five-country European observational study. *Eur Urol.* 2008;53(5):1048–57.
31. Escajadillo-Vargas N, Mezones-Holguin E, Castro-Castro J, et al. Sexual dysfunction risk and associated factors in young Peruvian university women. *The journal of sexual medicine.* 2011;8(6):1701–9.
32. Rosen RC, Althof S. Impact of premature ejaculation: the psychological, quality of life, and sexual relationship consequences. *The journal of sexual medicine.* 2008;5(6):1296–307.
33. Lujan S, Garcia-Fadrique G, Morales G, et al. Are urology residents ready to treat premature ejaculation after their training.; *J Sex Med.* 2012;9:404–10.
34. Semans JH. Premature ejaculation: a new approach. *South Med J.* 1956;49(4):353–8.
35. Cooper K, Martyn-St James M, Kaltenthaler E, et al. Behavioral Therapies for Management of Premature Ejaculation: A Systematic Review. *Sexual medicine.* 2015;3(3):174–88.
36. Morales A, Barada J, Wyllie MG. A review of the current status of topical treatments for premature ejaculation.; *BJU Int.* 2007;100:493–501.
37. Choi HK, Jung GW, Moon KH, et al. Clinical study of SS-cream in patients with lifelong premature ejaculation.; *Urology.* 2000;55:257–61.
38. Dinsmore WW, Hackett G, Goldmeier D, et al. Topical eutectic mixture for premature ejaculation(TEMPE): a novel aerosol-delivery form of lidocaine-prilocaine for treating premature ejaculation. *British Journal of Urology, International.* 2007;99:369–75.
39. Waldinger MD, Berendsen HH, Blok BF, et al. Premature ejaculation and serotonergic antidepressants-induced delayed ejaculation: the involvement of the serotonergic system. *Behav Brain Res.* 1998;92(2):111–8.
40. Buvat J, Tesfaye F, Rothman M, et al. Dapoxetine for the treatment of premature ejaculation: results from a randomized, double-blind, placebo-controlled phase 3 trial in 22 countries. *European urology.* 2009;55(4):957–67.
41. McMahon C, Kim SW, Park NC, et al. Treatment of premature ejaculation in the Asia-Pacific region: results from a phase III double-blind, parallel-group study of dapoxetine. *The journal of sexual medicine.* 2010;7(1 Pt 1):256–68.
42. Pryor JL, Althof SE, Steidle C, et al. Efficacy and tolerability of dapoxetine in treatment of premature ejaculation: an integrated analysis of two double-blind, randomised controlled trials. *Lancet.* 2006;368(9539):929–37.