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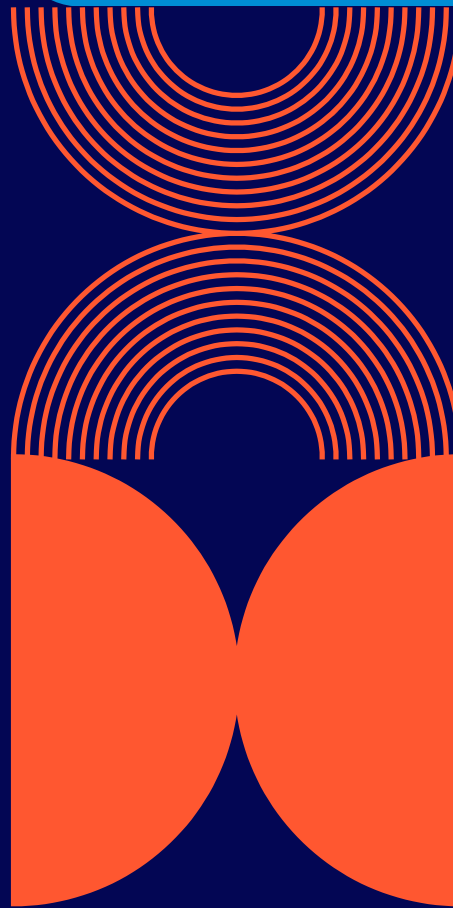


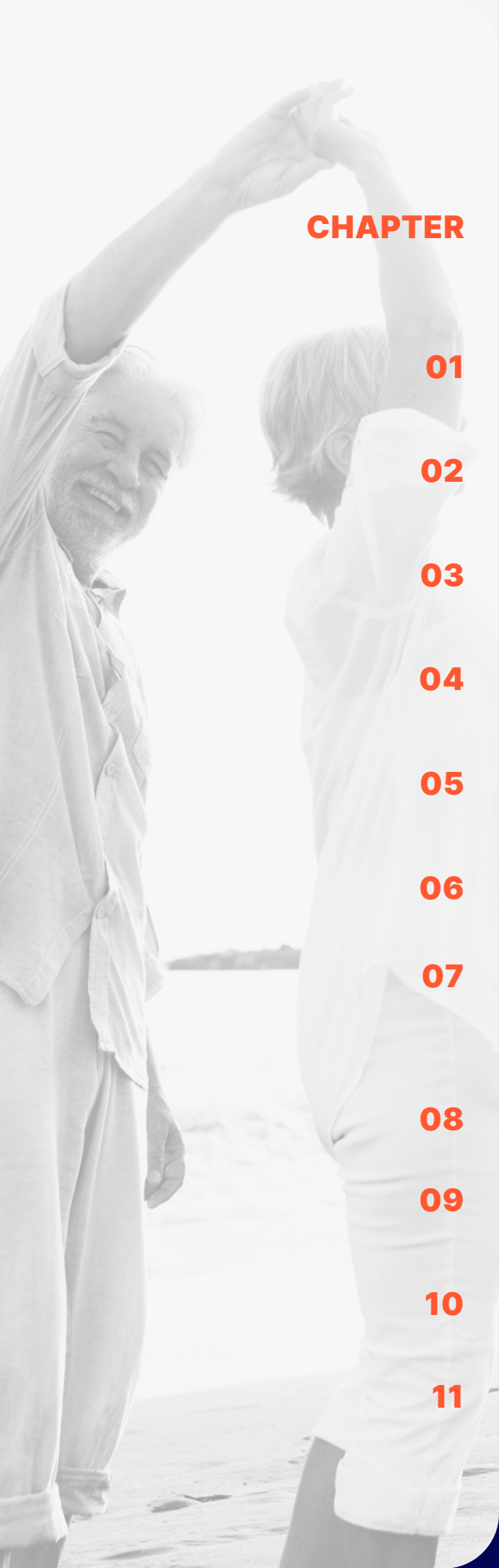
MHC MEN'S
HEALTH
CLINIC

PREMATURE EJACULATION

www.menshealthclinic.com

**The silent struggle is over with
bespoke treatment plans available**





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ABOUT US

The original Men's Health Clinic (MHC) was established in 2012 with the specific goal in mind to provide men of all ages with the advanced tele health medical services to treat erectile dysfunction, premature ejaculation, and testosterone deficiency.

The medical team with over 150 years of combined experience, is composed of specialist doctors, innovative pharmacists, and industry-leading researchers who work relentlessly to ensure the very latest, cutting-edge treatments. These are provided to our patients via convenient tele health consultations within the safe and secure environment of your own home, office or private space.

You may have been suffering in silence for years, but you are not alone. In fact, most of our patients have exhausted and failed with the one-size-fits-all alternative treatments by the time they reach Men's Health Clinic. Unfortunately, this approach provides only a band aid in most cases. Many patients tell us that they wish they had found Men's Health Clinic years earlier!

You may have only noticed the problem recently. Regardless, whether this is the case or you have been suffering for years, experiencing bedroom health challenges massively impact men's confidence and their positive mindset. Many men have commented over the years that their lives were transformed due to MHC's bespoke treatment services.



A recent study confirmed that 74.2% of relationships with intimacy problems end in separation. We understand the pressure men place themselves under when experiencing these debilitating sexual health issues. These include the failure to perform normally with their significant other and spoil all attempts to confidently enjoy the local dating scene.

We understand that every man is different to the next, meaning his problem is unique to him. This is the reason intelligent men choose MHC. They understand why custom-tailored medications specifically formulated to their own unique body, supported with an array of multidisciplinary services provide the best treatment outcome. Services include: a dedicated Performance Manager whose sole responsibility is to track results, intimacy coaching and sex therapy with highly regarded coaches and therapists, nutritional advice directly related to your problem, and specifically tailored mindset counselling sessions when required.

CHAPTER 02

UNDERSTANDING PE

A recent study estimated that Premature Ejaculation (PE) accounts for nearly half of all sexual problems in men (30% to 40% of men, aged 18-59). Clearly, this is a relatively common issue, despite the frustration and embarrassment that usually accompany the onset of symptoms. Proper diagnosis is the key to effectively treating PE, and treatment is crucial since premature ejaculation can worsen if it is not addressed promptly.

Premature ejaculation is defined as a male orgasm that occurs before the desired time. "Too early" (less than a minute) usually means before a completely satisfying sexual encounter has concluded; the typical outcome is embarrassment or anxiety for the sufferer and lack of satisfaction for the partner. "Too early" varies from couple to couple.

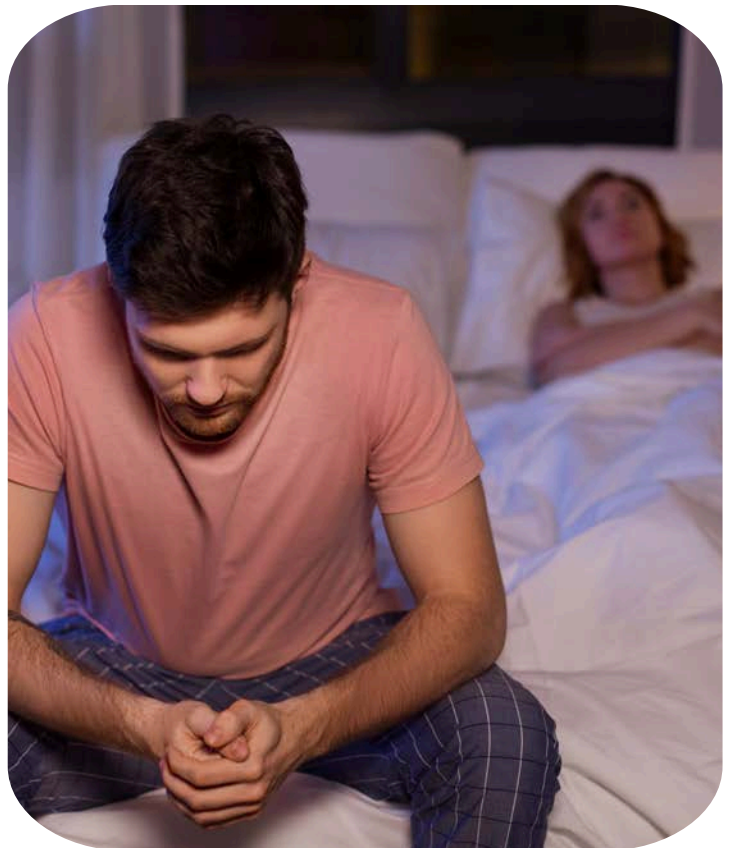
The question, "What is PE?" can also be answered by discussing the four types as defined by sexual health professionals:

Type 1 PE

Common in young adults who were delayed in having their first sexual experience, this is a very mild and manageable form of premature ejaculation, typically rooted in common anxieties and insufficient sexual education.

Type 2 PE

This form of premature ejaculation is more common in adults approaching middle age, and symptoms may appear without warning. Lifestyle stressors are overwhelmingly the cause, particularly due to new job or family demands or the emergence of other significant stressors. Once the triggering cause is discovered, treatment is usually very effective.



CHAPTER 02

UNDERSTANDING PE

Type 3 PE

Less common and more serious, Type 3 PE typically results when Type 2 PE is left untreated. Triggering causes may include more significant disturbances, such as severe depression. Successful treatment is still achievable, but the process is longer and may require more effort from both the doctor and the patient.

Type 4 PE

This type of PE is the most serious because it can lead to significant health problems, including debilitating sexual dysfunction and depression. Type 4 PE often includes an erectile dysfunction component that also requires treatment. PE this severe is typically managed with an extremely in-depth treatment plan.



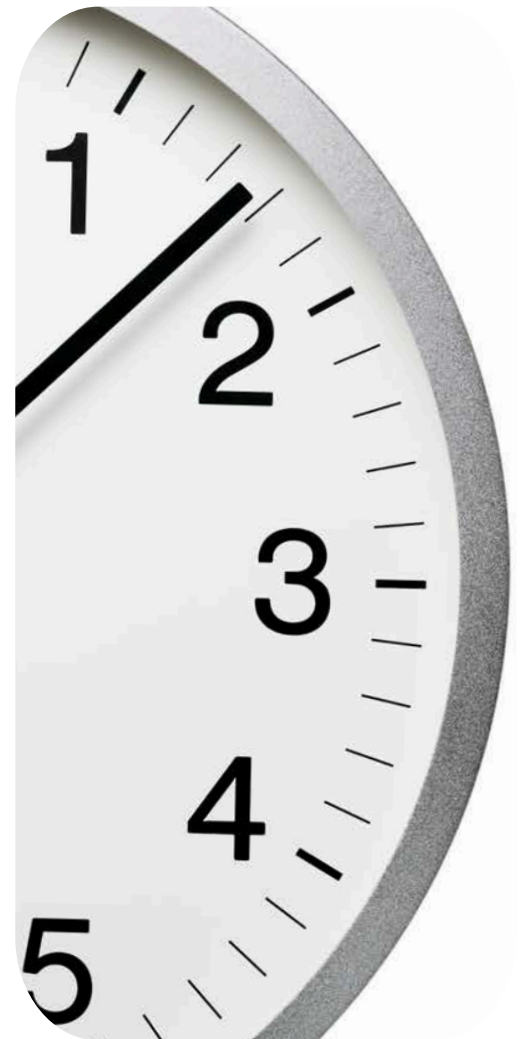
WHAT CAUSES PE?

Primary Premature Ejaculation is defined as being present in an individual since the onset of sexual activity; these men have always experienced difficulty with their orgasms. Opinion is divided on the exact cause. Some experts believe that conditioning is at fault and that sufferers become accustomed to the need to climax quickly based on the circumstances of their sexual development. Others believe that emotional issues, including anxiety, guilt, fear, or simply a lack of proper sexual education, are to blame.

Secondary Premature Ejaculation describes a similar group of individuals who previously enjoyed satisfactory control but began to experience problems with PE at a later time. The treatment focus is to determine what has changed to provoke the problem; common causes include stress, emotional trauma, unsatisfying personal relationships, and other emotional issues. Working to alleviate the core issue can help resolve the resulting problem with premature ejaculation.

Other causes are less frequent but still require solutions. Extended periods of sexual inactivity or abstinence can lead to problems with PE, usually related to performance anxiety. Our doctors are trained to diagnose the root causes of PE and work to provide effective treatment tailored to the diagnosis.

Call today for a free consultation at +61 1300 959 733.



CHAPTER 04

The overwhelming majority of partners understand that losing control of orgasm occasionally happens. Premature Ejaculation (PE) is a serious problem that can threaten the stability of even the most committed relationships when it becomes a frequent, unacknowledged, or unavoidable occurrence during sexual activity.

WHAT DOES MY PARTNER THINK ABOUT PREMATURE EJACULATION (PE)?

You don't have to take it from us. We've spoken with thousands of people in relationships affected by Premature Ejaculation, and here's what they have to say: the endless frustration of unsatisfying sex.



Individuals in relationships where PE is an issue often express their frustration with sex. This frustration is less about Premature Ejaculation itself and more about their partner's response to it: if it is not acknowledged as a problem, hidden, or inappropriately blamed on something else, frustration can build to a breaking point.

This frustration typically leads partners to begin questioning themselves in an attempt to understand what is going wrong:

- Is he inexperienced at having sex?
- Why is he so selfish? Does he care about my pleasure?
- What's wrong with me? Is there a reason he doesn't want to be intimate with me?

These questions demonstrate how the cycle of PE frustration can spiral into a relationship-threatening crisis by creating doubt, embarrassment, and closing off communication between partners.

CHAPTER 04

The overwhelming majority partners understand that losing control of orgasm occasionally happens. Premature Ejaculation (PE) is a serious problem that can threaten the stability of even the most committed relationships when it becomes a frequent, unacknowledged, or unavoidable occurrence during sexual activity.

WHAT PARTNERS THINK



"I don't desire him that much anymore."

When sex becomes the focus of frustration and dissatisfaction, it obviously becomes less frequent. This is not unique to some people, but the other partner in a relationship may be the first to gradually withdraw from the desire for sex. Aside from the frustration noted above, there is the issue of pleasure: partners in relationships affected by PE often express dissatisfaction with sex that does not last long enough and choose to prevent disappointment by avoiding intimacy or changing a partner.

"Our relationship is going downhill quickly."

The threat to marriage and a healthy relationship is significant. Some individuals we have spoken to are quite honest: Premature Ejaculation and the resulting challenges to intimacy, communication, self-esteem, and more can destroy a marriage or a serious romantic relationship if left unresolved. A happy, satisfying sex life is integral to a happy, satisfying relationship, and PE has the capacity to shatter even the most secure bonds of love and faithfulness.



CHAPTER 04

The overwhelming majority partners understand that losing control of orgasm occasionally happens. Premature Ejaculation (PE) is a serious problem that can threaten the stability of even the most committed relationships when it becomes a frequent, unacknowledged, or unavoidable occurrence during sexual activity.

WHAT PARTNERS THINK

Getting Help for Premature Ejaculation

In the end, it's very simple to understand: if you don't take control of Premature Ejaculation, it will take control of you and your most important personal relationships. PE does not just affect the man who grapples with it; it also affects your partners. Your partner might question their attractiveness or sexual skills, leading to lowered self-esteem. Their persistent dissatisfaction may also lead some of them to seek sexual fulfilment outside the relationship, which risks infidelity. PE has indeed the potential to destroy relationships.

Fortunately, help is available. The Men's Health Clinic is the most trusted provider of treatments for PE for Australian men. Premature Ejaculation is easy for an experienced men's health specialist to diagnose, and advanced treatments are available that can quickly reverse symptoms of PE and provide lasting relief.

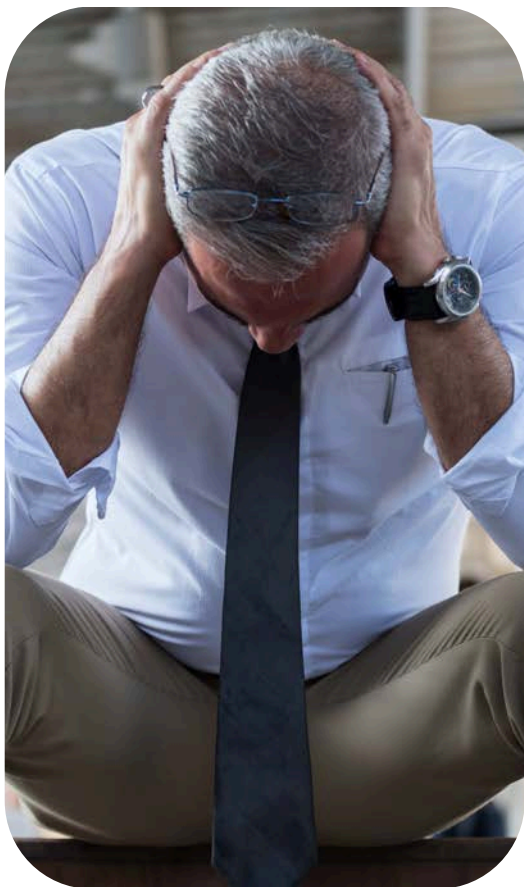


CHAPTER 05

Our goal at the Men's Health Clinic is to provide our patients with a program that delivers an effective and lasting solution to the problem of premature ejaculation. Our programs provide access to the most advanced and effective medications available for the treatment of PE, as well as techniques designed to change unwelcome behavioural responses during sexual activity.

TREATMENT BENEFITS & OVERCOMING PREMATURE EJACULATION

The medications we prescribe for the relief of PE are extremely effective; however, part of our treatment goal is to create an outcome in which our patients no longer require medication to enjoy a happy, healthy, and satisfying sex life. By practising the techniques we teach, most of our patients can advance past the need for medication within a year of treatment. Premature ejaculation is a very treatable problem. Our doctors and health experts are among the finest in the field, and they look forward to helping patients maximise their sexual happiness so they can enjoy the satisfaction they deserve.



Call us today at +61 1300 959 733 or contact us online to learn more about how you can overcome premature ejaculation, last longer in bed, and restore happiness and satisfaction to your relationships. Our expert doctors, specialists, therapists, and nurses are ready to assist you and your partner.

CHAPTER 06

PREMATURE EJACULATION EXERCISES

Medication is an important strategy in managing premature ejaculation, but it is not the only one. Practising premature ejaculation exercises can be just as important, particularly in developing a long-term personal solution. Practising involves learning patience, developing a better understanding of your body and orgasm, and using techniques designed to enhance endurance without sacrificing any of the pleasure of sexual activity.

Practise typically begins with solo exercises, and as mastery develops, it moves on to practice and exercises with a partner.

Stop-Start Method Exercises

As the name implies, the Stop-Start Method teaches you to identify the activities and sensations that indicate your orgasm is approaching and to moderate or slow down activity to reduce those sensations and extend endurance:

1. Non-lubricated masturbation.

Dry masturbation reduces sensation and allows you to experience the cues that signal an impending orgasm more gradually. Pay close attention to the build-up of sensation and the particular feelings that precede orgasm. Stop in time to avoid orgasm, let the sensations dissipate, and then resume until you are on the brink of climax.

Goal: 3 consecutive sessions lasting at least 15 minutes each.



2. Lubricated masturbation.

Repeat the exercises above; lubrication adds a challenge of greater stimulation, and practising allows you to develop greater control.

Goal: 3 consecutive sessions lasting at least 15 minutes each.



CHAPTER 06

PREMATURE EJACULATION EXERCISES

3. Enhanced masturbation.

Repeat the exercises above, but instead of stopping prior to orgasm, simply slow the pace gradually or vary the technique to delay orgasm.

Goal: 3 consecutive sessions lasting at least 15 minutes each.



4. Non-lubricated masturbation with a partner.

Repeat the exercises above, but now a partner provides the stimulation. Pay close attention to the sensations that precede your orgasm, and tell your partner when to stop so that the sensations can dissipate. Resume when able and repeat.

Goal: 3 consecutive sessions lasting at least 15 minutes each.



5. Lubricated masturbation with a partner.

Repeat the exercises above, with the added challenge of lubrication. You may wish to experiment with non-verbal cues to your partner to develop your ability to communicate your feelings during sexual activity.

Goal: 3 consecutive sessions lasting at least 15 minutes each.



CHAPTER 06

PREMATURE EJACULATION EXERCISES

6. Sexual Intercourse

Apply lessons of experience, control, and patience to your lovemaking. You may wish to use the woman-on-top position, as this typically reduces your stimulation and enhances endurance. Movements should begin slowly, gently, and deliberately. Work on communicating and recognising the sensations that signal an oncoming orgasm.

Goal: 3 consecutive sessions lasting at least 15 minutes each.



7. Sexual Intercourse with Varying Positions

Experiment with different positions, some of which will deliver increased stimulation and prove more challenging. Work on developing greater endurance.

Goal: 3 consecutive sessions lasting at least 15 minutes each.



CHAPTER 06

PREMATURE EJACULATION EXERCISES

Perineal Muscle Contraction (PMC) Method Exercises

The PMC Method develops the muscles beneath the scrotum that control erection, ejaculation, and even urination. Building strength in these muscles enhances control, endurance, and pleasure. Ultimately, with enough practice, you can exert sufficient control and focus to delay orgasm and extend lovemaking:

1. Learn to Feel Your Muscles

During orgasm, concentrate on noting the sensation of perineal muscle contraction. You can do this during masturbation or sexual intercourse.



2. Flex Your Muscles

During urination, flex and hold your perineal muscles to stop the flow of urine. Relax to resume urination, then contract again to stop. Again, concentrate on noting the sensation of perineal muscle contraction.



3. Build Strength and Control

Lie down in a comfortable position. Flex and hold your perineal muscles for a count of 15, then release and relax. Repeat sets of 3 minutes' duration at least 3 times a day. Continue for 10-14 days.



4. Masturbation Exercises

Stimulate yourself until you feel an orgasm building, then flex your perineal muscles for 10 or more seconds to stop the orgasm and dissipate the sensations. Try to relax the rest of your body as you focus on holding the contraction. Release and try to repeat 3 times.



CHAPTER 06

PREMATURE EJACULATION EXERCISES

5. Masturbation with a Partner

Repeat the exercise as above, except now a partner provides the stimulation. As you flex your perineal muscles, ask your partner to stop so you can concentrate on delaying your orgasm. Release and try to repeat 3 times.



6. Sexual Intercourse

Apply lessons of experience, control, and patience to your lovemaking. You may wish to use the woman-on-top position, as this is typically best for reducing stimulation and enhancing endurance. As you flex your perineal muscles, ask your partner to stop so you can concentrate on delaying your orgasm. Release and try to repeat this three times.



CHAPTER 06

PREMATURE EJACULATION EXERCISES

Using a Condom to Manage Premature Ejaculation

A condom can be a very helpful tool for men hoping to reduce instances of premature ejaculation. Beyond its usefulness in practising safe sex and as a means of birth control, a condom acts to reduce sensation and thereby promote endurance during sexual activity. Certain styles of condom are even more effective and specifically designed to assist with premature ejaculation: these condoms are typically thicker than normal and may include a mild anaesthetising agent.

Helpful Positions to Manage Premature Ejaculation

The various sexual positions each produce a different level of sensation for the male partner; experimenting with positions and choosing those that reduce sensation offers another way to increase endurance:

- One of the best positions to reduce sensation for the man is to have the woman on top: movement for the man is minimal, and the woman can direct the level of activity.
- Side-by-side is a position that works well for many men, as both partners can control the level of activity.
- Rear-entry and missionary are positions where the man is least able to control sensation, as these positions rely on him to thrust.

Experimentation is key: what works for some men may not be the best practice for others. Practise and get to know your body and your response to stimulation.

If you are experiencing difficulty with premature ejaculation, the Men's Health Clinic can help you. We offer precise diagnosis and effective treatment in an environment supportive of privacy and confidentiality.

Contact us today for your **FREE consultation by telephone at +61 1300 959 733, or by email at info@mhcaustralia.com.au.**

CHAPTER 07

HOW MEN'S HEALTH CLINIC (MHC) HAS IMPROVED THE LIVES OF THOUSANDS OF MEN

Men's Health Clinic (MHC) is a telehealth clinic that specialises in conditions like Erectile Dysfunction (ED), Premature Ejaculation (PE), Testosterone Deficiency (TD), and Chronic Pain. MHC was established in 2012 in Sydney, Australia, and among the first clinics to openly advocate for men's sexual wellness. MHC has since expanded in different parts of the globe, including Canada, New Zealand, and the United Kingdom.

How we help our patients:

Assessment

MHC starts by thoroughly evaluating your health profile to identify if you meet the criteria for our treatment options. This assessment process allows our medical team to offer the most effective treatment.



Doctor's Consultation

Once you are deemed suitable, our doctors will formulate your unique treatment plan which aligns best with your lifestyle. This may include counselling sessions, sex therapy, or nutritional advice.



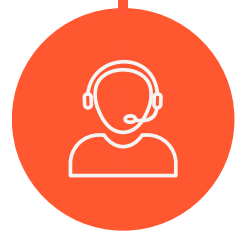
Discreet Delivery

We understand this is a sensitive issue. Your treatment will be delivered discreetly to your door.



Ongoing Support

Your personal Performance Manager will remain fully accountable throughout your treatment term, maintaining regular check-ins on a monthly basis to ensure you are achieving optimal results.



CUSTOM TREATMENTS

Custom treatments are at the heart of Men's Health Clinic's service.

At MHC, we believe that each individual is unique, that's why our service revolves around custom treatments. We tailor our treatment plans to meet the specific health profiles and needs of our patients.



Understanding Men's Health Profile Blueprint

Every man's health profile is a complex interplay of various factors like age, medical history, lifestyle, physical health, and psychological health. When a patient books an appointment at the Men's Health Clinic, we conduct a comprehensive assessment that includes a thorough medical history review and lifestyle evaluation. This information allows us to identify the root causes of PE, which may differ significantly from one patient to another.

IS MEN'S HEALTH CLINIC (MHC) THE RIGHT CHOICE FOR ME?

Expertise Since 2012 - The Original Men's Health Clinic

For more than a decade, Men's Health Clinic has become the trusted leader in men's sexual health. Our commitment to quality service and results is demonstrated by thousands of satisfied men globally.

Comprehensive Care

We credit our success to the holistic approach we take. We understand that sexual dysfunction is complex — often involving physical, psychological, and emotional factors.



Proven Results

Men's Health Clinic (MHC) is proud to have gathered thousands of five-star reviews on Google and Trustpilot over the years, which is testament to what we provide. Each review reflects our dedication to delivering exceptional patient care and effective treatments.

Google ★ ★ ★ ★ ★

★ Trustpilot

Thousands of five star reviews on Google and TrustPilot



Ongoing Support

Support should not end after your initial consultation. We assign a dedicated Performance Manager to each patient. This highly personal approach ensures that you receive ongoing support and guidance throughout your treatment journey. Your Performance Manager will monitor your progress on a monthly basis and coordinate the needed adjustments to your care plan to achieve optimal results.

CHAPTER 10

MHC REVIEWS

At MHC, we receive heartfelt testimonials every day.

”

I had taken up the 12 month option. I am so happy with the program. It would be the best mental health pill you would ever take. Changes the whole outlook on life, when you can perform. I feel mentally stronger to handle life with its up and downs. Standing taller amongst my peers and that ability of feeling fantastic. It has changed my life for the better. I feel about 20years younger, being a man of 65. That is all anyone could ask.

Craig Walls ★★★★★

”

To call someone and say you have problems in the bedroom is extremely difficult to do but the people at mens health clinic are supportive and make you feel at ease. I have been taking since October 2023 and the difference is amazing.

Dan Clarke ★★★★★

”

I have been very impressed from the beginning with the quality of the customer service I received from Men's Health Clinic Canada, beginning with initial assessment, consult with a physician, and follow-up with my performance manager. All aspects of the program were clearly explained to me. Within a short period of time, I received my prescription. I experienced noticeable improvements as a result of taking my prescription. To be honest, I am quite impressed. I applaud Men's Health Clinic Canada for their proactive and professional approach in support of me.

Paul Rutherford ★★★★★

CHAPTER 11

PREMATURE EJACULATION FAQs

What are the symptoms of Premature Ejaculation?

If you are unable to engage in intercourse that is satisfying for yourself and your partner and lasts more than 1-2 minutes prior to orgasm, you may have a problem with Premature Ejaculation. The happiness of you and your partner is the best measure of the severity of the problem.

How common is Premature Ejaculation?

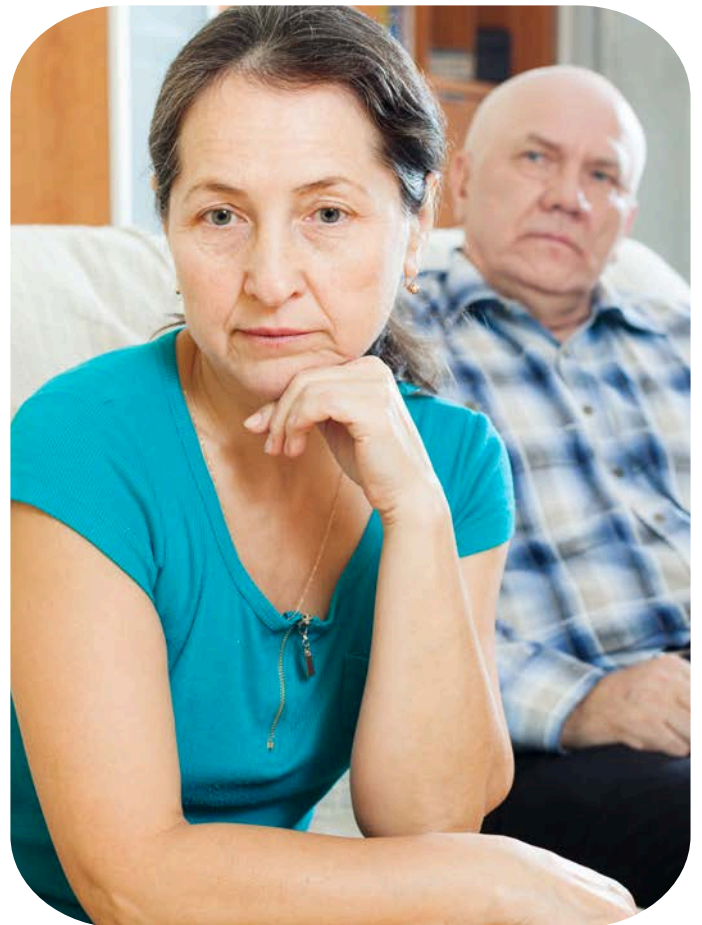
Premature Ejaculation is much more common than most people realise, as it is a men's health problem that affects both young and older men. Statistics demonstrate that as many as 1 in 3 men experience difficulty with PE at some point. Because PE is under-reported, the actual number is likely much higher.

If I've never had a problem with PE, can it become a problem later in life?

Yes. The natural ageing process can cause changes in your sexual performance. Changes in erection firmness, duration, or response can result in earlier ejaculation and may lead to Premature Ejaculation. These changes can be moderated, and PE can potentially be eliminated.

Can medications cause Premature Ejaculation?

Some medications can impact your ability to delay ejaculation and fully enjoy sexual activity, as can the overuse of alcohol and recreational drugs. At Men's Health Clinic, we closely study the role of medications in exacerbating certain men's health conditions.



CHAPTER 11

PREMATURE EJACULATION FAQs

Does PE worsen over time?

Premature ejaculation can vary from person to person. In some cases, it may remain stable over time, while in others, it can worsen, particularly if there are underlying psychological or relational issues. Factors such as increased anxiety, relationship stress, or health changes can exacerbate the condition. However, many individuals can manage or improve their PE through various treatments and techniques.

What age is premature ejaculation most common?

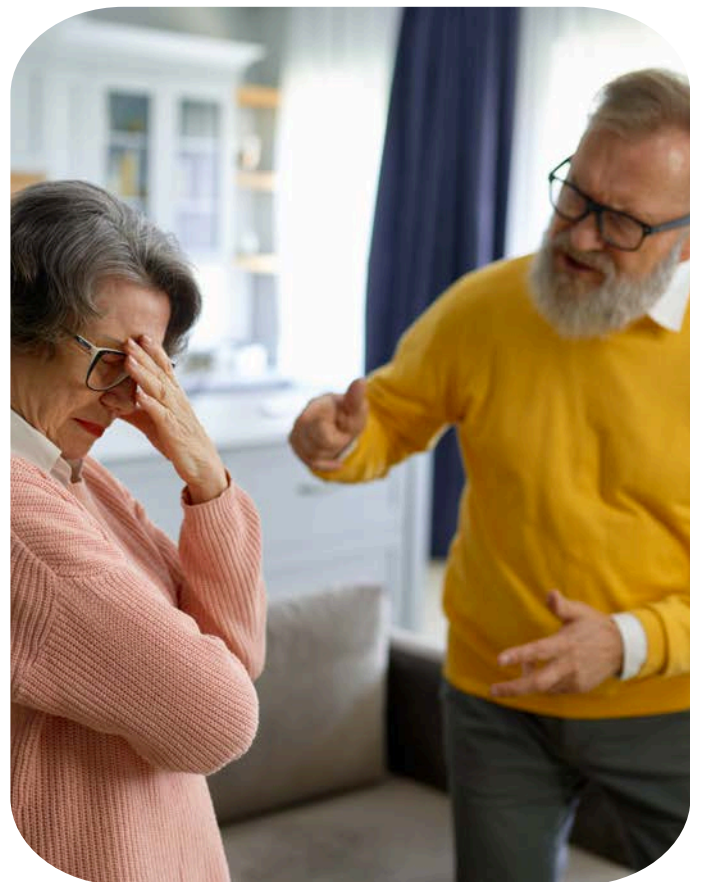
PE is most commonly reported in younger men, particularly those in their late teens to early 30s. However, it can occur at any age. Studies show that men aged 18 to 59 and even beyond reported experiencing PE.

How are Premature Ejaculation and Erectile Dysfunction related?

Premature Ejaculation and Erectile Dysfunction (ED) are often associated together in the same patient. When both are present, most doctors recommend treating ED prior to PE, because successful treatment of the former may resolve the occurrence of the latter.

Can unresolved Premature Ejaculation lead to more serious problems?

Untreated PE can destroy your happiness, quality of life, emotional health, and relationships. This can lead to more serious health problems, including depression and stress-related illnesses and conditions. PE should be treated to ensure optimal physical and emotional wellness.



CONTACT US

You deserve immediate, effective, and lasting sexual health care solutions to restore your quality of life to the very best it can be.

Our Medical Team are standing by and are ready to help you!

Contact us directly via telephone at +61 1300 959 733, or enquire online and one of our healthcare professionals will be standing by to help.

Do not suffer in silence any longer. There is no shame in having temporary difficulty with sex or intimacy. However, it is your condition and it is up to you to seek treatment.

**WEBSITE**

www.menshealthclinic.com

**PHONE NUMBER**

+61 1300 959 733