

Topical anesthetics effective for premature ejaculation

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(HealthDay)—Topical anesthetic agents seem to be effective and are generally well tolerated for patients with premature ejaculation (PE), according to a review published in the April issue of *Urology*.

Chunxiao Pu, from Sichuan University in China, and colleagues conducted a systematic literature review and meta-analysis including data from eight eligible randomized controlled trials to assess the efficacy of topical [anesthetic agents](#) on intravaginal ejaculatory latency time (IELT).

In the pooled analysis, the researchers found that IELT was significantly improved in the topical anesthetic agent group versus the [placebo group](#). In subgroup analyses, significant improvements were observed in the

domains of ejaculatory control, sexual satisfaction, and distress in the Index of [Premature Ejaculation](#) questionnaire. Compared with the placebo group, the topical anesthesia group experienced a significantly higher overall incidence of adverse events (random-effect model; relative risk, 4.28), although almost all adverse events were mild and transient.

"Considering these results, on-demand topical anesthetic agents could be considered a treatment option for patients with lifelong PE," write the authors. "Large, multicenter, prospective [randomized controlled trials](#) should be anticipated in the future to confirm the safety and efficacy of topical anesthetic agents."

More information: [Abstract](#)
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