“A glass half empty or a glass half Full”
Does the ejaculate volume really matter?

Da Silva, E.; Osta, M.; Real, A.; Barboza, R.
“A glass half empty or a glass half Full”

Does the ejaculate volume really matter?

Ejaculatory disorders:

- premature ejaculation
- delayed ejaculation
- anejaculation

Reduced ejaculatory volume

Perception
Objective x subjective?
Diminished pulsation?
Real volume reduction?

Perceive ejaculated volume reduction (PEV reduction)
Low semen volume.
A common complain?
“A glass half empty or a glass half Full”
Does the ejaculate volume really matter?

“Bukkake” - Feudal Japan, 12th to 19th century

1980 – Bukkake - pornographic films (Japan)

Increase in the understand about the ejaculate and his correlates to man self-esteem and sexuality

Literature focusing this issue is rare
“A glass half empty or a glass half Full”
Does the ejaculate volume really matter?

“Perceived ejaculate volume reduction in patients with erectile dysfunction: psychobiologic correlates”

“Men With ED also report changes in orgasmic sensations”
Editorial Commentary – Michael A. Perelman

“Subjective Perception of Ejaculate Volume Reflects Objective Changes in Ejaculate Volume”
SAPEV and quality of life

SAPEV questionaire (Satisfaction about Perceived ejaculated volume)

WHOQol Bref questionaire

<table>
<thead>
<tr>
<th>INCLUSION</th>
<th>EXCLUSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man over 18 yo</td>
<td>Congenital genital anomaly</td>
</tr>
<tr>
<td>witch presents ejaculation (pulsatile external elimination of sêmen)</td>
<td>Central or periferical hipogonadism, (hormonal therapy)</td>
</tr>
<tr>
<td>Health man</td>
<td>Prostatic, urethral, or seminal vesicle surgery, or retroperitoneal linfadenectomy</td>
</tr>
<tr>
<td></td>
<td>Uro selective alpha-blocker therapy</td>
</tr>
<tr>
<td></td>
<td>diabetes mellitus, hypoglicemiant</td>
</tr>
<tr>
<td></td>
<td>antidepressant</td>
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</tbody>
</table>
1. Currently, do you think that your ejaculate volume is:
   - □ Greater than normal
   - □ Little greater than normal
   - □ Normal
   - □ Little less than normal
   - □ Less than normal or absent

2. Do you perceived some alteration regarding ejaculate volume during your life?
   - □ It is much more than before
   - □ It is more than before
   - □ It is similar
   - □ It is less than before
   - • □ It is much less than before

SAPEV QUESTIONNAIRE
3. Currently, are you satisfied with your ejaculate volume during sexual activities?

- Certainly not satisfied
- A little bit not satisfied
- More or less satisfied
- Satisfied
- Satisfied a lot

4. Currently, what is your mean estimated ejaculate volume during sexual activities?

__________________ml.
“A glass half empty or a glass half Full”
Does the ejaculate volume really matter?

- Q3
- Q4 - OVP (>100ml)
- Age (over 60yo)
- SS (Sapev Score) (Q1 Q2 Q3)

<table>
<thead>
<tr>
<th>Domains</th>
<th>Questions</th>
</tr>
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<tbody>
<tr>
<td>physical health</td>
<td>3,4,10,15,16,17,18</td>
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<tr>
<td>psychological health</td>
<td>5,6,7,11,19,26</td>
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<tr>
<td>Social relationships</td>
<td>20,21,22</td>
</tr>
<tr>
<td>Environment</td>
<td>8,9,12,13,14,23,24,25</td>
</tr>
</tbody>
</table>
Results

Q3. Currently, are you satisfied with your ejaculate volume during sexual activities?

☐ Certainly not satisfied ☐ A little bit not satisfied ☐ More or less satisfied ☐ Satisfied ☐ Satisfied a lot

<table>
<thead>
<tr>
<th>n</th>
<th>n%</th>
<th>AGE (average)</th>
<th>dp</th>
<th>OVP (ml)</th>
<th>Dp</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>14.3</td>
<td>55</td>
<td>12</td>
<td>17.7</td>
<td>29.5</td>
</tr>
<tr>
<td>14</td>
<td>20.0</td>
<td>44</td>
<td>13</td>
<td>31.2</td>
<td>32.3</td>
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<tr>
<td>46</td>
<td>65.7</td>
<td>46</td>
<td>13</td>
<td>25.1</td>
<td>35.0</td>
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<tr>
<td>70</td>
<td></td>
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<td></td>
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</tbody>
</table>

p=0.094  p=0.629
Results

Q4. Currently, what is your mean estimated ejaculate volume during sexual activities? ______________ml.

<table>
<thead>
<tr>
<th>vep</th>
<th>n</th>
<th>n%</th>
<th>idade media</th>
<th>dp</th>
<th>score vep</th>
<th>DP</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 ml</td>
<td>14</td>
<td>20.0</td>
<td>52</td>
<td>14</td>
<td>9.50</td>
<td>2.56</td>
</tr>
<tr>
<td>≥ 100ml</td>
<td>5</td>
<td>7.1</td>
<td>43</td>
<td>11</td>
<td>9.20</td>
<td>1.10</td>
</tr>
</tbody>
</table>

p = 0.213  p=0.805

OVP ≥100 mL Group - risk to be unsatisfied about PEV was 1.56 (RR, CI 95%) comparing to the 5 mL OVP population group.

Over estimted OVP (Q4) X WHOQol

- 5ml
- >100
Results

Sapev Score – Q1, Q2 and Q3

<table>
<thead>
<tr>
<th>Score</th>
<th>N</th>
<th>n%</th>
<th>Age</th>
<th>sdev</th>
<th>OVP</th>
<th>sdev</th>
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</thead>
<tbody>
<tr>
<td>3 a 8</td>
<td>36</td>
<td>51.43</td>
<td>44.17</td>
<td>12.19</td>
<td>26.72</td>
<td>38.54</td>
</tr>
<tr>
<td>9 a 11</td>
<td>21</td>
<td>30.00</td>
<td>48.26</td>
<td>12.59</td>
<td>28.00</td>
<td>29.76</td>
</tr>
<tr>
<td>12 a 15</td>
<td>13</td>
<td>18.57</td>
<td>57.71</td>
<td>13.46</td>
<td>7.14</td>
<td>5.49</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>sdev</th>
<th>OVP</th>
<th>sdev</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 60yo</td>
<td>28.98</td>
<td>36.92</td>
<td>8.81</td>
</tr>
<tr>
<td>&gt; 60yo</td>
<td>12.69</td>
<td>12.20</td>
<td>10.00</td>
</tr>
</tbody>
</table>

p = 0.088, p = 0.018

Sapev Score

WHOQol

- positive perception
- nor positive nor negative
- negative perception
“A glass half empty or a glass half full”

Does the ejaculate volume really matter?

- Men have a propensity to overestimate the ejaculated volume.
- Perception about ejaculated volume plays an important role on sexual satisfaction and overall quality of life.
- Men over 60 years old are at risk to be dissatisfied regarding their ejaculated volume.
- PEV reduction is associated to poor quality of life.
Thanks
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