

A Contemporary Approach to Women's Health Care

Apart from being an excellent system of Natural Family Planning, the Creighton Model FertilityCare™ System is an outstanding system of monitoring gynecologic and reproductive health. Recent scientific advances have shown it to be of assistance in identifying and treating disorders such as subfertility states, ovarian cysts, hormone disorders, endometriosis, miscarriage and PMS. This new science is called Natural Procreative (NaPro) Technology and can be applied by trained NFP Medical Consultants.

Your Fertility Care Provider

Creighton Model FertilityCare™ service providers educate couples about their fertility through a network of service programs developed and operated by specialists in Natural Family Planning/ FertilityCare™ education. These specialists, FertilityCare™ Practitioners and NFP Medical Consultants, have received their training in a program whose professional curriculum was developed at the Creighton University School of Medicine, Omaha Nebraska. Providers are certified through the American Academy of FertilityCare™ Professionals.

The Learning Schedule

Adequate instruction is essential for gaining confidence in the FertilityCare™ System and obtaining the maximum effectiveness possible. The couple enters the program with an *introductory* session and continues in the program with a series of individualized *follow-up* teaching appointments.

The Introductory Session

The introductory session is a slide presentation which introduces the use of the Creighton Model System. It is a general presentation usually given to a small group of couples. An individual introductory session can be scheduled as the need arises.

Individual Follow-up Sessions

Follow-up sessions are designed to teach couples to be actual users of the FertilityCare™ System. Personal instruction in the use of the system, as well as complete chart review, are services provided at the individual follow-up sessions. After the introductory session, the follow-up sessions occur on the following basic schedule:

First follow-up.....	2 weeks
Second follow-up.....	4 weeks
Third follow-up.....	6 weeks
Fourth follow-up.....	8 weeks
Fifth follow-up.....	3 months
Sixth follow-up.....	6 months
Seventh follow-up.....	9 months
Eighth follow-up.....	12 months

Introductory sessions are provided regularly by a practitioner in your area. For additional information, please call a practitioner near you.

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CREIGHTON MODEL
FertilityCare™ System
and
NAPROTECHNOLOGY®

Did you know...?

FertilityCare™ Practitioners
of Northeast & Southeast
Pennsylvania

*Your partners in reproductive
and gynecologic healthcare*

Did you know...

...that a woman is infertile most of the time?

...that a woman is fertile only around the time of ovulation?

....that the time of ovulation can be reliably identified by a woman within 2 days?

....that this information can be used to achieve pregnancy?

The past century has witnessed tremendous progress in many areas, including the field of Natural Family Planning. The old Calendar Rhythm Method of the 1930's is obsolete in the face of modern medical research. Unfortunately, the medical community and the general population have had limited opportunity to learn of these advances. Promotion of methods of hormonal contraception by the pharmaceutical industry has overshadowed the field of family planning. Doctors in training receive practically no education in the field of modern Natural Family Planning. To gain this knowledge physicians must attend specialized medical education programs which are not yet widely available.

What is Contemporary Natural Family Planning?

Natural Family Planning (NFP) is a means through which a couple may either achieve or avoid pregnancy. It is based upon the couple's own knowledge of the woman's naturally occurring cyclic phases of fertility and infertility. Natural Family Planning is not contraception; it is true family planning. It will assist those couples who are of normal fertility to achieve pregnancy while being fully reliable as a means of avoiding pregnancy. It will also be of great assistance to those couple who are experiencing *infertility*.

The Creighton Model System

The Creighton Model FertilityCare™ System is unique. Developed from the Ovulation Method of NFP after years of scientific research and standardization, this system has proven itself to be an excellent method of NFP, as well as having medical applications to women's health care. As a method of NFP, the system relies upon the observation of a natural sign – the discharge of the cervical mucus – which is essential to human fertility. The method is based upon the fact that a whenever a woman is fertile, she will experience a characteristic discharge of cervical mucus which is obvious to her at the opening of the vagina. As ovulation approaches, this mucus discharge undergoes a progressive change which can be easily observed and interpreted.

ADVANTAGES

- **medically safe**
- **proven effective***
- **morally acceptable**
- **inexpensive/easy to learn**
- **applicable to any stage of a woman's reproductive life:**
 - *regular cycles* ▪ *postpartum*
 - *irregular cycles* ▪ *premenopause*
 - *breastfeeding* ▪ *post-pill*
- **precisely identifies the true days of fertility and infertility**
- **a valuable aid for infertility**

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The Ideal Method of Family Planning

In addition to the above advantages, the following make this an ideal method of family planning.

Shared Responsibility

Unlike contraceptives, the use of this method is shared by both husband and wife. Couples learn to understand their combined fertility.

Improves Communication

A deeper communication is developed in the area of fertility and family planning. Couples experience that this deeper level of communication extends to other areas of their relationship as well.

A True Method of Family Planning

The same method can be used to both achieve and avoid pregnancy making it a true method of family planning.

Loving Cooperation

The method helps build a more loving cooperation in the important matters of sexuality and family planning. Couples who practice NFP testify to the importance of periodically avoiding genital contact in the growth of their overall marriage relationship. Mutual respect deepens.

Effectiveness

The Creighton Model FertilityCare™ System is over 99% effective in avoiding pregnancy when properly taught by a qualified teacher and correctly applied. It is also highly effective to achieve pregnancy when couples identify and use the days of fertility. In addition, it has an impressive success rate in those with infertility.