



FertilityCare NEWS Philadelphia

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Dr. Hilgers to visit Philadelphia in 2008

The Friends of FertilityCare is assisting the St. Augustine Foundation and the Archdiocese of Philadelphia to promote the health care symposium on NaProTechnology scheduled for September 13, 2008. The main speaker for this event will be Dr. Thomas W. Hilgers, founder and director of

the Pope Paul VI Institute and one of the major researchers in NaProTechnology today.

We are looking for names of health care professionals who would be interested in attending this event. If you or someone you know is a health care professional interested in learning more about NaProTechnology,

please direct them to the coordinator of this event, Barbara Rose, at savro@verizon.net or call 215-884-2922.

We have a wonderful evening event planned for Sept. 13 so that everyone has the opportunity to meet Dr. Hilgers. Look for more details in upcoming newsletters and please join us!



Dr. Hilgers presents
Pope John Paul II with his book,
The Medical and Surgical Practice
of NaProTechnology

Share the good news

Are you passionate about NaProTechnology? Do you wish more people knew about the Creighton Model FertilityCare System and the benefits it offers to women and families?

Now there's a way you can help. Brochures, pamphlets and books are available for distribution. Please contact Theresa Strenge at 215-428-2216.

Be a Friend of FertilityCare

Yes, I want you to consider me a friend of FertilityCare and be informed of the exciting developments of Creighton Model FertilityCare services and NaProTechnology in the Philadelphia region. I understand that all donations are tax-deductible. Enclosed is my check payable to Friends of FertilityCare.

Supporting member _____ \$25 _____ \$50 _____ other

I am unable to support financially at this time, but please keep me on the mailing list.

I would like to volunteer for future events.

Name _____

Address: _____

Phone number/e-mail _____

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Welcome to our Two Newest FertilityCare Practitioner Interns

Elissa Marie Larkin and Dr. Pauline O. Awobodu-Alabi

Born at Dyess Air Force Base in Texas, Elissa grew up in Sumter, South Carolina, the second of five children. In high school, Elissa was very active as a teen presenter for Family Honor, an organization that promotes the Catholic Church's truth on sexuality and chastity through the integration of the family. After graduating from St. Francis HS in 1998, Elissa accepted a Navy ROTC scholarship to Villanova University.

At Villanova, Elissa studied nursing and became involved with Generation Life as a chastity educator. She spoke to school groups, the radio and CN8's television program entitled "It's Your Call with Lynn Doyle." She also volunteered her time for A Baby's Breath crisis pregnancy center.

Elissa graduated with a B.S. in Nursing in 2002 and received her commission as an officer in the U.S. Navy. She began her first assignment at the Bethesda Naval Hospital in Maryland as a nurse in postpartum and labor & delivery. In addition to being assigned to the Fleet Hospital in Camp Lejeune, North Carolina, Elissa also



Elissa Marie
Larkin



Dr. Pauline O.
Awobodu-Alabi

spent time caring for wounded soldiers from the wars in Iraq and Afghanistan. In January 2007, Elissa left active duty and moved back to the Philadelphia area where she is completing her master's degree in nursing and earning a certificate in nurse-midwifery through the Frontier School of Midwifery and Family Nursing. She is currently working with a nurse midwifery practice in Pennington, New Jersey, and will complete her degree in January 2008. Elissa began training in November for the FertilityCare Practitioner/Medical Consultant Program and as a certified nurse-midwife, she will be able to practice many of the medical applications of NaProTechnology. "I am on fire about this cutting-edge technology. Couples can enjoy a

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"We're sitting on a mountaintop. We just need to do a better job of educating people."

Dr. Thomas Hilgers quoted in the January 2007 issue of Columbia magazine

NFP gets Government Insurance Recognition

by Jennifer Brinker

The medical coding system used by the government, insurance companies, medical clinics and health care providers now includes two codes specifically for natural family planning.

The American Academy of FertilityCare Professionals, a national organization that promotes the use of the Creighton Model FertilityCare System, pushed for the new medical codes to be added.

Diane Daly, director of the Office of Natural Family Planning for the St. Louis Archdiocese and member of the academy, headed the committee that worked several years for the new codes.

On Oct. 1, the International Classification of Diseases, Ninth Revision, Clinical Modification (ICD-9-CM) published the following codes for natural family planning:

V25.04: Counseling and instruction in natural family planning to avoid pregnancy;
V26.41: Procreative counseling and advice using natural family planning.

"We're excited because this is the first time in history that codes have recognized (natural family planning) as a legitimate service that can be reimbursed on its own," Daly said in an interview with the St. Louis Review.

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Calling all Women's Health Professionals

The following is a partial list of the Allied Health Education Programs being offered close to the Philadelphia region. For more detailed information, please see www.popepaulvi.com and click on "Education."

Certificate Program for FertilityCare Practitioners, Camp Hill, PA, beginning April 26, 2008. For more information or for an application, please contact Dorice Millar, RN, FCE, Education Program Coordinator, Holy

Spirit Health System, Camp Hill, PA, 717-909-9414 or via e-mail: dmillar@hsh.org.

Certificate Program for FertilityCare Practitioners, Stamford, CT, at Villa Maria Guadalupe Retreat House of the Sisters of Life

beginning September 6, 2008. For more information or for an application, please contact Kathy Rivet, Education Program Coordinator, St. Joseph Hospital, Nashua, NH, 603-595-3947 or via e-mail: krivet@sjh-nh.org.

Newest FertilityCare Practitioner Interns (cont.)

method of family planning without compromising their faith or their fertility." Elissa and her husband Matt have a two year old son, Isaac Jude, and are joyfully awaiting the birth of their new baby in late June.

Pauline was born in Lagos, Nigeria, as the second of four children. Her father was a science teacher who later became a medical doctor in Sheffield, England. Her mother was also a teacher who later became a nurse and a mid-wife in Sheffield. Both of Pauline's parents returned to Ibadan, Nigeria, and established their own private hospital called Omowunmi Hospital. Omowunmi means "I love children." After a primary education at St. Paul's school and secondary education at St. Anne's Anglican girl's school, she went to England for her advanced level education in science. In 1972, she graduated as a doctor with a MB.BS degree from the Royal Free Hospital Medical School affiliated with the University of London. In 1975 she obtained a diploma in Ophthalmology from the Royal Colleges of Physicians and Surgeons of England. She returned home and worked at the University College Hospital, Ibadan. She was at the Scheie Eye Institute from 1977 to 1979 doing a clinical attachment in Ophthalmology. She

returned to Nigeria and in 1980, established her own eye practice next door to her parent's hospital and worked as Medical Director and Administrator of the hospital and eye practice. Upon returning to the United States for domestic reasons, she did not become a licensed medical doctor and took a job as an ophthalmic technician while pondering and praying over what other profession to pursue. She credits divine guidance in learning that Dr. Brigida de Guzman-Cam was giving a lecture on NaProTechnology. Pauline knew of Dr. de Guzman because she was her obstetrician-gynecologist at the time she gave birth to her daughter in 1978. After the lecture, Dr. de Guzman met with Pauline and suggested that she consider becoming a FertilityCare practitioner. Says Pauline: "Becoming a FertilityCare Practitioner will be for me a predestined journey following a family tradition of teaching and providing medical care."

Pauline is married to Patrick Alabi, an economist, and she has a married daughter and grandson living in Pennsylvania. Pauline tells us: "Patrick is a Catholic and it was through him and through the grace of God that I became a Catholic convert from the Anglican denomination."

Know your FertilityCare Practitioners

FertilityCare practitioners provide instruction in the Creighton Model FertilityCare system. In addition to teaching couples a natural method of birth regulation, they can assess the need for NaProTechnology and make referrals to Creighton Medical Consultants. Presently, the following people have FertilityCare practices in the Philadelphia region.

Bucks County

Elizabeth Parrish, RN, CFCP 215-249-9829
fertilitycareservices@comcast.net

Chester County

Helen LaFrance, PA, FCP 610-436-8323
elenalafrance@hotmail.com

Delaware County

Marcia Niznan, MS, FCPI 610-789-4547
mniznan@hotmail.com

Montgomery County

Barbara Rose, RN, MSN, FCP 215-884-2922
savro@verizon.net

Philadelphia County

Dr. Pauline Awobodu-Alabi, FCPI 215-843-1553
poaalabi@yahoo.com

Mercer County, NJ

Elissa Larkin, CNM, FCPI 623-703-9267
larkin4life@juno.com

Additional practices for the United States and Canada are listed at www.fertilitycare.org.

NFP gets Government Insurance Recognition (cont.)

Guidelines for reporting and coding with the ICD-9-CM are made by two federal government agencies — the National Center for Health Statistics and the Centers for Medicare and Medicaid Services. Guidelines also are approved by four participating agencies — the Centers for Medicare and Medicaid Services, the National Center for Health Statistics, the American Hospital Association and the

American Health Information Management Association.

Daly said her committee began its work in 2004 to propose specific codes for natural family planning in the ICD-9-CM coding system. After several years of research and preparation, Drs. Leslie Chorun and Joseph Stanford of the academy presented a proposal in March 2006 in Baltimore, Md., to the Coordination and Maintenance Committee.

The committee is made up of representatives from two government agencies — the National Center for Health Statistics and the Centers for Medicare and Medicaid Services.

Chorun noted that the committee opened itself to public comments on the proposal for the new codes. More than 200 people from across the United States and several other countries wrote in support of the proposal, she said.

Daly explained that the codes also have opened a door for Catholic dioceses around the country that already do not cover Natural Family Planning in their insurance plans for diocesan employees.

In St. Louis, for example, the Archdiocesan Benefits Council voted unanimously last month to offer 100 percent coverage for Natural Family Planning instruction for all archdiocesan employees under the United Healthcare insurance plan. Previously, employees under that plan were assessed a \$20 co-pay.

Archdiocesan employees under the Mercy Health Plan already receive 100 percent coverage for Natural Family

Planning when the plan was first implemented in the archdiocese in 2003.

"The thing that had been a problem for us is that there had not been a code for a natural system of planning before," said Daly. "It would be coded with the insurance companies under contraception, so it was hard for the companies to know how to cover that for someone with a Catholic Church policy because the only choice was for contraception. It also didn't cover people trying to achieve a pregnancy because there was not a code."

Daly said the new codes also will provide more accurate statistics on who is using Natural Family Planning.

The National Center for Health Statistics, she said, "will look at these codes when they are making determinations about how many people use Natural Family Planning. It helps us statistically to make reports more accurate."

This is an excerpt of the original article published November 9, 2007 in the St. Louis Review. It is reprinted with permission from the author.

Mission Statement for Friends of FertilityCare

Recognizing the value of women's health and the unique aspects of intimacy in human relationships, Friends of FertilityCare is committed to the promotion and use of medically sound fertility care services by women and interested couples, using NaProTechnology (NaPro).

Through collaboration and education:

- We will promote NaPro principles as highly effective ways of empowering women and couples to appreciate the gift of fertility and to manage reproductive health
- We will assist women & couples in identifying and treating common causes of gynecologic problems such pre-menstrual dysfunction (PMS), miscarriage, infertility, endometriosis, irregular bleeding, and others
- To improve access to women's health services, we will support the training of additional health professionals and community educators to expand our vibrant network of FertilityCare Practitioners
- To support our network of practitioners and to provide additional expertise with fertility care problems, we will assist physicians and other medical professionals in their training as FertilityCare Consultants
- Our educational efforts will reach out to all receptive audiences, including women, couples, health professionals, clergy and the community
- We will advocate applying fundamental principles of fertility awareness that nurture authentic intimacy and encourage wholesome relationships between men and women

When's the next NaProTechnology informational seminar?

Glad you asked! The next NaProTechnology informational seminar has yet to be scheduled, but please remember that group introductory sessions to the Creighton Model FertilityCare system in the Philadelphia area are held monthly and are FREE. Just contact the FertilityCare practitioner nearest to you and find out when and where the next session is scheduled. Participants at group sessions are invited to follow up with a FertilityCare practitioner if they wish to obtain instruction in NaPro Tracking the woman's cycle.