



# FertilityCare NEWS Philadelphia

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## Dr. Hilgers to visit Philadelphia in September, 2008

The Friends of FertilityCare together with the Catholic Medical Association and the Archdiocese of Philadelphia is promoting a health care symposium on NaPro Technology.

This symposium, scheduled for September 13, 2008, is ideal for physicians, nurses, nurse practitioners, nurse mid-wives, physician assistants and medical technicians. The main speaker will be

Dr. Thomas W. Hilgers, founder and director of the Pope Paul VI Institute and one of the major researchers in NaPro Technology today. He will be accompanied by Dr. Jean Golden-Tevald, a Creighton Medical Consultant from Hunterdon County, N.J., who is participating in the International NaPro Technology Surveillance and Treatment study (iNEST).

If you or someone you know

is a health care professional interested in learning more about NaPro Technology, please direct them to the coordinator, Barbara Rose, at [savro@verizon.net](mailto:savro@verizon.net) or call 215-884-2922.

We have a wonderful event planned for the evening of Sept. 13 to enable everyone to have the opportunity to meet Dr. Hilgers. Look for more details online at [www.fertilitycarefriends.org](http://www.fertilitycarefriends.org).

I am looking forward to joining you all in September.

Sincerely yours,

Thomas W. Hilgers, MD

## 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 Streng at 215-428-2216.

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## 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 \_\_\_\_\_

The Friends of FertilityCare is tax-exempt under section 501(c) (3) of the Internal Revenue Code. Contributions can be made to Friends of FertilityCare, P.O. Box 354, Jenkintown, PA 19046

## FertilityCare now available in Spanish, thanks to Helen!

Five years ago, Helen LaFrance, a physician assistant working in Kennett Square, first saw the need for NFP instruction in Spanish. Inspired by her friend and colleague, Dorice Millar, she enrolled in the FertilityCare Practitioner

course in Pamona, NY. Helen began her ministry to the Hispanic community in Chester County immediately upon completing the 13-month program. Known as Elena to many of her Spanish-speaking clients, she offers intro-

ductory sessions at the Mision Santa Maria, Madre De Dios in Avondale. La Mision (the Mission) is supported by the the Institute Servants of the Lord and the Virgin of Matará, a 20-year-old community of Diocesan Right, which began in San Rafael, Argentina. Helen discovered that many of the good sisters speak little English, but they fully understand the need for the work that she does and welcome her with open arms. Helen reports that the priests assigned to the Mission often allow her to use their offices to provide instruction to the couples.

The Mission Santa Maria, Madre De Dios is a large one. In 2006 it serviced over 3,000 families. There are four PreCana classes a year, and the sisters have asked Helen to give presentations to all the engaged couples. Helen explains, "The population is too big for me. This is easily a full-time job for one person."

Most of the couples who are employed have jobs with limited flexibility, so they are often only available on weekends. Helen does as much as she can to provide instruction in the Creighton Model FertilityCare system to people on Saturdays.

Since many of the people serviced by the Mission are struggling financially, Helen tells her couples to pay her what they can afford. This offer is very generous considering the fact that books and materials are not discounted through the publisher.

At the present time, some of the materials are still not translated from the English making Helen's job even more challenging.

Helen finds that the Hispanic couples are extremely grateful and as they praise the work that she does, she typically tells them, "It's not me, it's the system."

Great job, Helen. Haytesoro en el cielo para usted!

## Welcome to our newest FertilityCare Practitioner Intern, Theresa Streng, RN, FCPI

Theresa Streng received her Baccalaureate degree in nursing from Penn State in 1988. She practiced nursing in both medical and surgical care programs, geriatrics and cardiac catheterization. Her most recent experience was in Labor and Delivery at St. Mary's Hospital in Langhorne, PA. Theresa and her husband Michael are the proud parents of seven beautiful children, the youngest of whom was the recipient of NaPro Technology during his gestation.

Theresa was so inspired by the care she received utilizing the Creighton Model FertilityCare system that she decided to become a FertilityCare Practitioner in order to share her enthusiasm and gratitude for this gift to mankind. As Theresa is fond of saying: "NaPro Technology is women's health care par excellence, bar none!"

We couldn't agree more, Theresa. Thanks for your tremendous yes to this ministry.

Check us out on the Web:  
[www.fertilitycarefriends.org](http://www.fertilitycarefriends.org)

# Calling all Women's Health Professionals

As the demand for Creighton Model FertilityCare services and NaPro-Technology increases, there will be a need for more FertilityCare Practitioners. For more detailed information regarding Allied Health

Education Programs, please see [www.popepaulvi.com](http://www.popepaulvi.com) and click on "Education."

Creighton Model FertilityCare™ System Practitioner Education Programs

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](mailto:krivet@sjh-nh.org).

## An interview with Creighton medical consultant, Dr. Brigida de Guzman



Dr. Brigida de Guzman-Cam enjoyed a successful clinical practice that spanned 30 years before she announced her retirement from Crozer Keystone Health System last November. Dr. de Guzman completed her training in NaPro Technology from the Pope Paul VI Institute in April 2006 and had a thriving FertilityCare practice in Springfield, Delaware County. The Friends of FertilityCare caught up with Dr. de Guzman at the Delancey Street Coffee house in Wynnewood, PA, on November 26.

**Friends:** You've recently retired from clinical practice. Can you tell us what your plans are for the immediate future?

**Dr. de Guzman:** I'm going to continue with NaPro Technology. I'll never stop the Creighton Model FertilityCare System. I plan to do medical consulting at Dr. Eleanor Tiongson's office in Drexel Hill.

**Friends:** When did you decide that you wanted training in NaPro Technology and who inspired you?

**Dr. de Guzman:** When I began to practice totally 100% pro life, my patients began to bring their NaPro Track charts to me. That was back in 2002. So it was my patients who inspired me.

**Friends:** Had you met with Dr. Thomas Hilgers, the founder and director of the Pope Paul VI Institute, before you decided to receive the training as a Creighton Medical Consultant?

**Dr. de Guzman:** Yes, it was at the Catholic Medical Association meeting in Philadelphia, back in 2003. That's when I first discovered it was only eight days to complete Education Phase I. I had thought that it was a year to get the training and that I would have to leave my patients for that time. Once I learned it was only eight days, I said to myself: "I can swing that."

**Friends:** What inspires you the most about Dr. Hilgers?

**Dr. de Guzman:** That he is so open to discuss the beauty of the system and how it really helps the women. And how he was so approachable and willing to talk to and so willing to share his knowledge.

## 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.

### Berks County

Elisabeth Laskowski, BS, FCP 610-779-7458  
[creightonmodel@gmail.com](mailto:creightonmodel@gmail.com)

### Bucks County

Elizabeth Parrish, RN, CFCP 215-249-9829  
[fertilitycareservices@comcast.net](mailto:fertilitycareservices@comcast.net)

Theresa Strenge, RN, FCPI 215-428-2216  
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### Chester County

Helen LaFrance, PA, FCP 610-436-8323  
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### Delaware County

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### Montgomery County

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### Philadelphia County

Pauline Awobodu-Alabi, MB, BS, FCPI 215-843-1553  
[poaalabi@yahoo.com](mailto:poaalabi@yahoo.com)

### Lehigh Valley (Allentown/Easton)

Phyllis Amrick, CRNP, FCP 917-359-1499  
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Mary Ann Morales, BS, FCPI 610-838-2003  
[maryannmooney@aol.com](mailto:maryannmooney@aol.com)

### Mercer County, NJ

Elissa Larkin, CNM, FCPI 623-703-9267  
[larkin4life@juno.com](mailto:larkin4life@juno.com)

Additional practices for the United States and Canada are listed at [www.fertilitycare.org](http://www.fertilitycare.org).

# FertilityCare Ireland

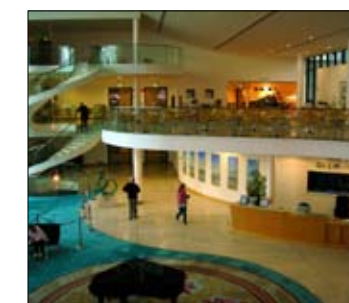
By Anne Mielnik

Anne is a Family Medicine Resident at Lancaster General Hospital in Lancaster, PA, as well as a Creighton Model Medical Consultant. She recently spent time working at the Galway Clinic with physicians who have treated hundreds of couples with infertility or recurrent miscarriage using NaProTechnology.

For the past month, I have been working with three family physicians--Phil Boyle, who founded the practice here 10 years ago, Caroline Guindon from France, and Jude McSharry, a young doctor, just a year or two ahead of me, who has recently started doing NaPro.

They offer a compelling alternative to the current medical approach to infertility, which checks a few blood tests and then pushes a couple toward in vitro fertilization (IVF) and the other artificial reproductive technologies (ART).

In the current medical approach, little or no attempt is made to identify the CAUSE of the couple's infertility or to assist the couple with conceiving naturally. The process itself can be miserable for the woman, as she takes powerful drugs to first completely suppress her fertility and then mas-



The Galway Clinic in Ireland

sive doses of other drugs to send her reproductive system into overdrive, producing as many eggs as possible! According to the testimonies I have read, the side effects can be horrific.

Furthermore, in the process of ART, multiple embryos from each couple are destroyed, some are indefinitely frozen...and worst of all, an astounding number of couples find themselves in a situation where they are pressured to undergo "selective reduction," namely picking out which of the babies the couple

wants to "terminate"

NaPro, the alternative offered here, focuses on identifying the cause of the couple's infertility, cor-

recting any underlying reproductive or general health problems and optimizing the chances that the husband and wife will conceive NATURALLY (hence the name... Natural Procreative Technology), all while providing care in a supportive environment which helps a couple work through the emotional turmoil of dealing with infertility and its treatment.

With NaPro, no embryos are destroyed or frozen. Multiple gestation pregnancies are virtually unheard of (except for the occasional set of twins). The couples ultimately conceive through a loving act of natural intercourse. And the success rate with NaPro is actually very impressive--only about 30% of couples conceive through IVF but 50-60% conceive with NaPro (and actually as many as 80% couples with some kinds of infertility)

Yesterday, a couple came in

for an early pregnancy ultrasound to confirm their pregnancy. They had been trying to achieve a pregnancy, without success, for eight years! They had tried and failed IVF multiple times before they came to NaPro.

During my month here, it has been quite indescribable to sit each day with the doctors and meet these couples who are devastated by their inability to conceive...to see so clearly the intensity of their longing to have a child. The depths of their anguish evident in their faces as they gaze longingly at the doctor, hoping he will say there is still hope. You catch sight of it in the way they clutch each other's hands and glance furtively at each other as the doctor explains the treatment that will hopefully set things right.

Months go by... Sometimes years... And then... Success.

The couple who had been trying for eight years, who had invested thousands of dollars in failed IVF before coming to NaPro, who had charted the daily changes in the woman's fertility cycle, cut out foods that were considered detrimental, quit smoking, taken their medications and waited so patiently, despite the agony of waiting, finally reaches that day.

There on the ultrasound, before the couple's anxious and disbelieving eyes, a tiny, flickering heart beat, nestled inside her mother's womb. It is fast, strong and healthy, and the little baby of nine weeks arches her back, wiggling as if to say, "Mommy! Daddy! We did it! I'm here!..." They both wipe away tears, and a quick kiss follows the long exhale of relief at the end of all their waiting.

They are not completely out of the woods; actually they will



Photos on the "Wall of Success"

be supported with additional progesterone until they are out of the first trimester and beyond if needed. They have a 95% chance of making it to term and wonderfully, couples who conceive with NaPro often go on to have additional children. As one of the doctors says, "Once we crack the code, we just keep using the same formula."

There are also, of course, those who don't conceive, those who despite correcting every abnormality and making every lifestyle change simply do not "get pregnant." But after what may be one or two years these couples accept their infertility and leave the process with a profound peacefulness, ready to move on. "We gave it our all..." Perhaps God is calling us to adoption..."It wasn't meant to be..." There seems to be something in the process of NaPro that helps a couple to find closure and peace, which I assure you is no small thing in the world of infertility.

I am hoping to start offering this care to patients, even while still in residency. And as I prepare to head back to the States in a few days, I am grateful to the doctors here, who welcomed me so generously into their practice, to the doctor who developed this incredible system, and to all the practitioners who make it available to couples.