



FertilityCare NEWS Philadelphia

Volume 5 • Issue 1
Spring 2011

Cooperation with fertility: an idea whose time has come....

by Robert Motley, MD

Cooperation with Fertility? For anyone who looks at how infertility rates have climbed in recent years - you would hope to believe that this idea has come of age. According to the CDC, 7.3 million women between the ages of 15-44 have used fertility services—that's roughly the population of New York City! You might say for these women and the men in their lives that fertility really is a gift, not a given. This realization, coupled with an increase in health consciousness, has helped "taking care of your fertility" to grow in popularity. While control remains important to many, cooperation with our bodies—and with each other—has led to a renewed dialogue within relationships.

By looking at sex in the

broader context of the human person, the emotional, social and creative aspects of the sexual relationship are being better integrated by couples who say they are "in love." Taking the needs of "the other" into consideration has men and women becoming more open to cooperation, rather than the more prevalent attitude of control and competition as a "battle of the sexes."

Natural methods of fertility appreciation like the Creighton Model FertilityCare™ System invite more men back into the shared decision-making about lovemaking and the gift of life. For women, it's a great way to reduce the hormonal burden on their bodies—the increased risks and side effects associated with oral contraceptives and synthetic progestins.

Couples who track



menstrual cycle patterns with the Creighton Model FertilityCare system create a "blueprint" of the woman's hormonal pattern. For those experiencing infertility, this helps their Creighton Model Medical Consultant hone in on possible causes—many of which are treatable without expensive (and embryo destructive) IVF procedures.

More people need to become aware of this information...if you agree, ***please consider a generous donation to the Friends of Fertility Care.*** Your support

allows us to reach a broader audience with the good news of fertility appreciation and to train additional doctors in this model of care. We also invite you to check out our website: www.fertilitycarefriends.org. Add it to your favorites and share it with a friend. In the months to come, we'll be exploring more about fertility, healthy relationships and ways that NaPro Technology can help diagnose and treat problems like pelvic pain, irregular bleeding, PMS and polycystic ovarian syndrome. Sign up for our email newsletter...and tell a friend.

FertilityCare is Green:

In keeping with our environmentally friendly focus, we ask that you receive our newsletter electronically. Please send your e-mail address to our Web site at the comments page.

A Friend shares her story about NaPro Technology

Caroline* describes a journey with the Creighton Model FertilityCare™ System (CrMS) and how she and her husband became parents with the help of NaPro Technology.

“I wandered around for awhile before stumbling into CrMS. I’ve said it many times that without CrMS, we wouldn’t have the wonderful miracle of Kylie Grace. After coming off of birth control pill, that I went on as a teenager because the doctor told me it will help my heavy periods be lighter and less cramps, I thought it would be easy to get pregnant. My cycles were consistent every month prior to going on the pill and my OB, along with the rest of society, told me that I’d be able to get pregnant once stopping the pill. Wrong. When I didn’t get a period for 3 months my OB tried to start one by giving me drugs to cause bleeding. After 10 days of the medicine, nothing....nothing for another 3 months when we tried it again. I had one day of light bleeding. After 6 months from stopping the pill without a period, my doctor was ready to send me to a fertility specialist. I was not ready to go to a specialist—my feeling was “drugs got me into this mess, why would I turn to them to get me out? Yes, I do want to get pregnant, but I think we should get to the root of the problem—why am I not having my periods?”

* Caroline is not this person’s real name.

We saw an announcement in our church bulletin for an information session regarding CrMS at Holy Redeemer Hospital. We did learn a little about Natural Family Planning (NFP) during Pre Cana (pre marital prep program) but really didn’t know much about CrMS. After attending the information session, my husband and I felt it was for us and started right away. After working with my FertilityCare practitioner, Theresa Strenge, RN, and my NaPro Medical Consultant, Dr. Jean Golden-Tevald, I learned through my charting that in addition to my polycystic ovarian syndrome [PCOS], I ovulate later than the traditional cycle and have low luteal phase progesterone levels—which would definitely affect my ability to sustain a pregnancy. My current OB would NEVER had gone through all that these women did for me to figure out [time, patience, blood test, and much, much more.] I will also add that during my last month of pregnancy, my current OB asked me why I was even on progesterone shots (prescribed by Dr. Jean and I was on them from 4 weeks to 34 weeks) in the first place when I “didn’t have a history of miscarriages.” I was beyond shocked when she said this. Does that mean my doctor would have let me endure the pain of a miscarriage, maybe even twice, before investigating why? I truly believe that without CrMS I would not be a mother today. So, to sum it up, I’m most frustrated



how conventional medicine is quick to jump at achieving the end result (pregnancy) with many expensive drugs and in many instances, does a half hearted attempt at finding out the root of the problem.

I appreciate that it’s the most natural and organic method out there for women.

I’ve already recommended it to my friends and relatives because I believed in it from the beginning, as soon as I started. It’s easy, free, is more logical than other natural methods, and is backed up by tons of research.

YES! As soon as she is old enough, I do plan on sharing CrMS with Kylie Grace along with my personal journey pre and post CrMS.”

Congratulations to our FertilityCare Professionals!

Diana King-Gates for completing Education Phase II to become a *FertilityCare* Practitioner

Kathleen Green for completing Education Phase I to become a *FertilityCare* Practitioner Intern

Barbara Rose for becoming certified by the Academy of *FertilityCare* Professionals

Robert Motley, MD for completing Education Phase II to become a Creighton Medical Consultant

Luis Garcia, medical student for completing Education Phase II to become a Creighton Medical Consultant. He will receive his MD from Temple University Medical School in late May and plans to complete a Family Medicine residency at York Hospital in York, PA.

Dr. Thomas W. Hilgers has written a fabulous new book for lay people. The NaPro Technology Revolution, Unleashing the Power in a Woman's Cycle

It's a must read and a must have for your library. Why not buy two and give one to a friend?

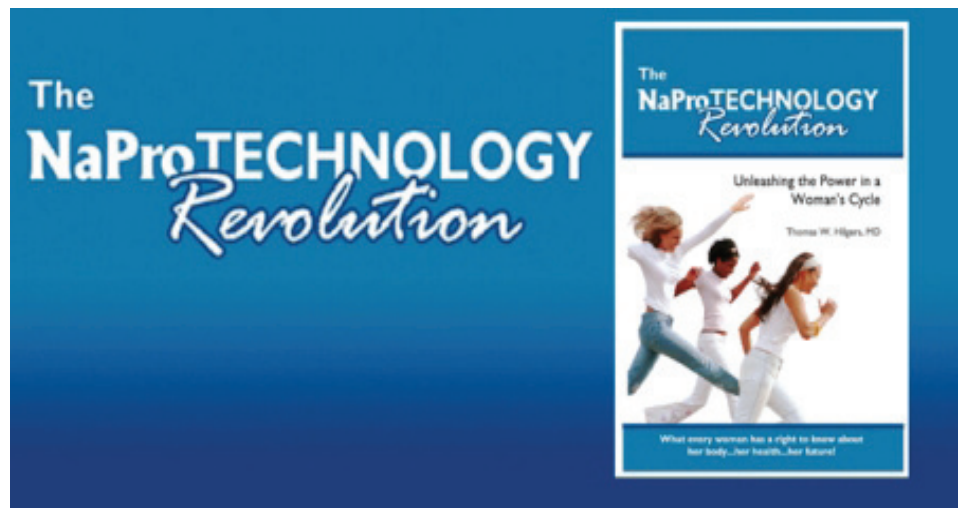
Book review

The NaPro Technology Revolution, Unleashing the Power in a Woman's Cycle

Book review by Barbara Rose

Dr. Hilgers has often stated publicly that there are a number of physicians who have an opinion of NaProTECHNOLOGY, but none of them actually have the faintest idea what it is. With the release of *The NaPro Technology revolution; Unleashing the Power in a Woman's Cycle*, lack of understanding can no longer be an excuse! Within its 460 pages, this long anticipated book creates a clear, concise and comprehensive overview of the Creighton Model FertilityCare system and NaProTechnology (NPT). Written specifically for the lay person, it includes guides for the physician and other health care providers with explanations of treatment protocols and further references online.

In the introductory chapter, Hilgers promises the female reader that, if she has ever been dissatisfied, frustrated or even abandoned by her health care provider, she is not alone. He then begins to outline the current approach to reproductive health care, health care he explains is neither reproductive nor healthy. From here, he launches into an explanation of this new approach to women's health care, with chapters entitled "Dissent and Discovery", "Women Healed" and



"Two Approaches to Reproductive Medicine".

As most women have a lack of understanding of basic reproductive functioning, Dr. Hilgers devotes the first few chapters on female anatomy, physiology and hormone cycles. He addresses the "myths, ignorance and insults" that have been placed before this work over the many years of its development and lambastes the state of modern reproductive medicine. While explaining the NaProTracking, the charting of the fertility cycle using the Creighton Model FertilityCare™ System, Hilgers is careful to give a full explanation without taking away the need for instruction with a FertilityCare Practitioner. The teaching system he says, provides a comprehensive, standardized approach to the management of difficult cases and adds that "it is completely holistic."

While the first 14 chapters of the book cover the state of modern reproductive medicine and explain the workings of the reproductive system, the remaining chapters fall under the categories of "A New Understanding", "Conditions, Diseases and NaProTechnology" and of course "The Future". The readers are invited

to approach the rest of the book in any order as it is anticipated they will want to start with what interests them or happens to be their own personal medical problem.

Most of the chapters in the book are not complex but some of the words can be technical. A glossary of terms is provided and full color illustrations enhance the book. Many powerful testimonials are included, some of which may sound familiar to those who have read the previously published *Women Healed*. These testimonials are indexed along with sections entitled "For the Doctor" which are sprinkled throughout the book.

Additional reference material can be found at www.unleashingthepower.info, which will most likely be appreciated by the health care professional.

As a Friend of FertilityCare in Philadelphia you may be thinking, do I really need this book?--- to which I would reply an emphatic YES. It is an excellent, portable educational tool as well as a quick and handy reference guide. I expect this book to help move NaProTechnology farther into popular culture. Perhaps, some day, CrMS and NaProTechnology will become household names!

Check us out on the Web:
www.fertilitycarefriends.org

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, CFCP 484-332-9084 creightonmodel@gmail.com

Bucks County

Elizabeth Parrish, RN, CFCP 215-249-9829 fertilitycareservices@comcast.net
Theresa Streng, RN, FCP 215-428-2216 tcstreng@yahoo.com

Chester County

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

Delaware County

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

Montgomery County

Barbara Rose, RN, MSN, FCP 215-884-2922 savro@verizon.net
Diana King-Gates, FCPI 215-855-5494 diana.kinggates@gmail.com
Kathleen Greene, LGPN, FCPI 215- 885- 4082 kkellygreene1010@hotmail.com

Lehigh Valley (Allentown/Easton)

Mary Ann Morales, BS, FCP 610-703-9728 maryannmooney@aol.com

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

FertilityCare News
Philadelphia is published by
the Friends of FertilityCare

P.O. Box 354
Jenkintown, PA 19046

Email: savro@verizon.net

Copy Editor:
Barbara Rose

Computer graphics:
Michael Fontecchio

Board of Directors:

Michele Meiers
Bob Motley
Barbara Rose
Theresa Streng
Loretta Yin