

# GUIDELINES

A child is a gift, "the supreme gift" and the most gratuitous gift of marriage, and is a living testimony of the mutual giving of his parents.  
— Donum Vitae



## OUR STRUGGLE AND ROAD TO *healing*

My story begins much the same way as others' who suffer from endometriosis. As a teenager I had very painful and heavy periods. After seeking help from my gynecologist, she recommended that I begin taking birth control pills to help alleviate my symptoms and regulate my cycles. Trusting my doctor, I followed her directions and went on "the Pill."

However, after seven years on "the Pill," I thought that perhaps there could be something else wrong with me. I switched gynecologists and was finally given some insight as to the culprit of my pain: endometriosis. The endometriosis could only be diagnosed through laparoscopic surgery, so on December 21, 2009, I had my first laparoscopic surgery to diagnose and hopefully remove my endometriosis. Thanks to the doctor and a laser, which he used to burn away the visible endometriosis, I was free from my endometriosis ... or so I thought.

Within two months the pain was back. It was the same story of writhing in pain with every period and not being able to stand up straight because it felt like my insides were ripping apart. For the next two years I would try even more birth control options in the hopes that my misery would end. Though part of my routine, the pills and shots never provided relief and certainly did not cure my condition.

Finally, I accepted the advice of a friend who recommended me to Liz Parrish, a nurse that had worked with women with endometriosis. I contacted Liz on February 1, 2012 and met her for an Introductory Session of the Creighton Model FertilityCare System on February 6, 2012. The very next day I began charting my cycles.

When you chart with the Creighton Model it becomes evident what is going on with your body. Too little progesterone, too little estrogen, not enough B6. Your body has its own biomarkers to reflect exactly what is happening during your cycle. I had just never known to look for these biomarkers. I had previously understood bleeding for weeks on end to mean misery and pain. Days of heavy mucus were simply days of extra trips to the bathroom. Periods of time without any bleeding or mucus were considered days of freedom.

Now I was learning not only to look for these signs, but to write them down in my chart and interpret them. Once I started my charting I began to recognize just how unusual my cycles were.

When I first started charting with the Creighton Model I was given a booklet. It was all of the basics I needed to understand the method of charting, what I was to look for, how to record it, and even provided sample charts. As I compared my chart to the samples given in the book I was able to notice similarities with one chart in particular: infertility. My chart looked exactly like the sample infertility chart. This was confirmed with my doctors.

It was the worst news that I could hear, yet, also the news I had prepared myself to receive. However, that didn't make it easier to accept. I was being told that I was currently infertile. The hope was that surgery would take care of the endometriosis and return my fertility to me.

Just like that, I had a plan. After charting for two months I met my amazing doctor, Jean Golden-Tevald. She gave me something I had lost: hope. Dr. Jean made me feel like anything was possible. She put me in touch with a surgeon and explained how surgery using NaProTechnology would be different from my first.

NaPro Technology ensured that the endometriosis wouldn't return and that my fertility would be preserved. After our first meeting, I agreed that this was my option. I had my surgery with Dr. Kyle Beiter on May 29, 2012 where he removed all of my endometriosis.

Shortly after my surgery, my husband and I were cleared to begin trying to conceive. I visited Dr. Jean daily for a week so that she could perform ultrasounds on my ovaries to see if I was ovulating. On August 8, 2012 I ovulated. On August 18, 2012 I got my positive pregnancy test. On April 29, 2013 my precious baby Kendall Paige was born ... exactly 11 months after my surgery with Dr. Beiter.

Although the surgery was difficult, I would do it a thousand times if it means that I can have my baby. It was not always easy, but my goodness has it been so worth it.

— Marielle Bietz, wife, mom, teacher. Read her full story at [perfectlyhonestmom.blogspot.com](http://perfectlyhonestmom.blogspot.com) to learn more about her struggle with endometriosis and the lessons she has learned as a new mom.

Learn more about this technology, visit [www.fertilitycarefriends.org](http://www.fertilitycarefriends.org)

### *"How Do You Know When a Reproductive Technology is Morally Right?"*

- Any procedure which assists marital intercourse in reaching its procreative potential is moral.
- Any procedure which substitutes or suppresses a need for marital intercourse is immoral.

### *Catholic Moral Objections to Assistive Reproductive Technology:*

1. Obtaining a semen sample by means of masturbation
2. Artificial insemination, even if the sperm is obtained in one of the morally acceptable ways and is from the husband.
3. In-vitro fertilization (IVF), zygote intra-fallopian transfer (ZIFT), and intracytoplasmic sperm injection (ICSI), ovum donation, "surrogate" uterus

I cannot tell you how many people we see here at the Pope Paul VI Institute who are deeply grateful for the opportunity to be treated as a whole person, to find the underlying problem and to provide treatments that aim at correcting it.

— Thomas Hilgers, MD, CFCE,  
Founder of Pope Paul VI Institute, Omaha NE