

Creighton Model FertilityCare™ System



A New Reproductive Science



What is the Creighton Model Fertility*Care* System?

- A scientifically developed, standardized system for understanding fertility cycles.
- Includes observations and charting of biological markers (cervical mucus, lubricative sensation)
- Women learn to recognize the time of ovulation, when conception could occur
- Women can monitor their own gynecological health
- Trained medical consultants are available to deal with abnormalities.



Applications of Creighton Model

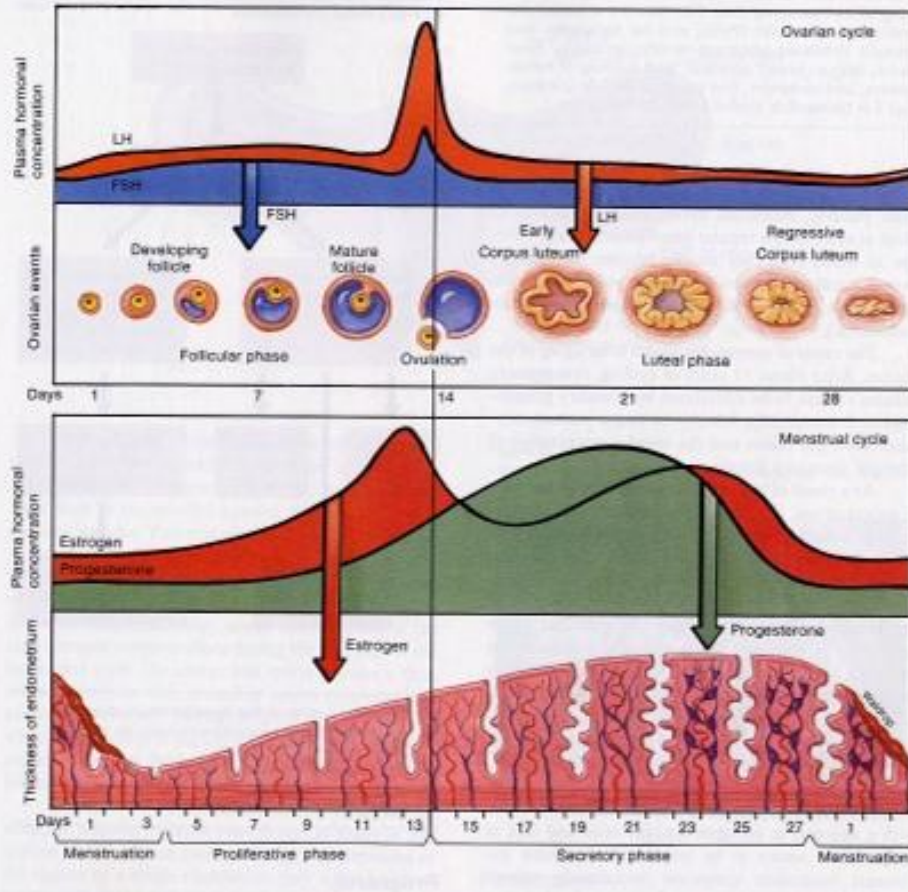
Fertility*Care*[™] System:

- Family Planning
- Infertility
- Miscarriages
- Premenstrual Syndrome
- Abnormal Bleeding
- Identifying Ovarian Cysts or other reproductive disorders
- Chronic Discharges
- Targeted hormone evaluation and replacement

Ovulation Events:

Figure 22.27

Major events in the female ovarian and menstrual cycles.



In pre-ovulatory phase, estrogen is dominant. Levels of estrogen peak sharply just prior to ovulation, causing characteristic changes in cervical mucus

In post-ovulatory phase, progesterone becomes dominant, which causes a significant change



Observations

- Only external observations are made, using folded toilet tissue (no internal exams)
- Women check for mucus before and after toileting by wiping front to back
- Check sensation: lubricative (slippery) or dry
- Check color and consistency by “finger testing” any mucus (“Stretchy” is 1 inch or more stretch)
- Final mucus check is at bedtime, after bearing down



Cooperative Method

- Charting is done at the end of the day
- The chart belongs to both the husband and wife, and it helps promote marital communication
- The couple decides whether to have intercourse or not, based on whether it is a fertile or infertile day
- This method cooperates with the natural procreative cycle, promoting both physical and spiritual health



Cervical Mucus

- Is charted with a white baby stamp as a reminder of possible fertility
- Is considered fertile in pre-ovulatory phase because sperm can survive for several days in cervical mucus
- Peak day is the last day of clear, stretchy or lubricative mucus
- An additional count of 3 days past the peak day is considered fertile
- Change occurs: dry or non-peak mucus (sticky, tacky, gummy, cloudy) usually follows peak

Method Instructions

- To avoid pregnancy, couples have intercourse only on dry days not within the count of 3
- To achieve pregnancy, couples use the days that are the greatest quality and quantity of mucus, and the first 2 days afterward

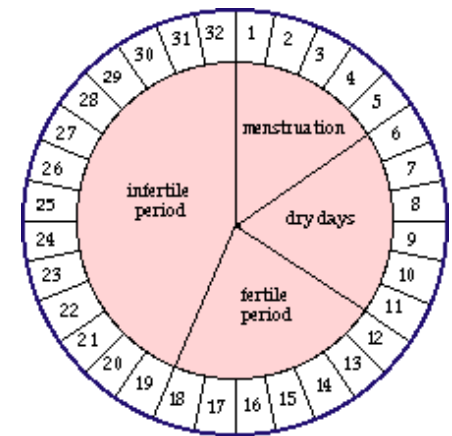


Diagram by Epigee.org (2004)



How the Method is Taught

- FertilityCare™ Professionals introduce the method at group Introductory Sessions
- Progressive instructions are scheduled for individual couples (eight follow-up sessions)
 - Used with regular or irregular cycles
 - Yellow stamps if “continuous mucus”
- Additional instructions are given for infertility, breastfeeding, post-pill, post abortion, premenopause, or postpartum-not breastfeeding

Charting Examples: Regular, Short, and Long Cycles

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35				
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Continuous Mucus: Using Yellow Stamps

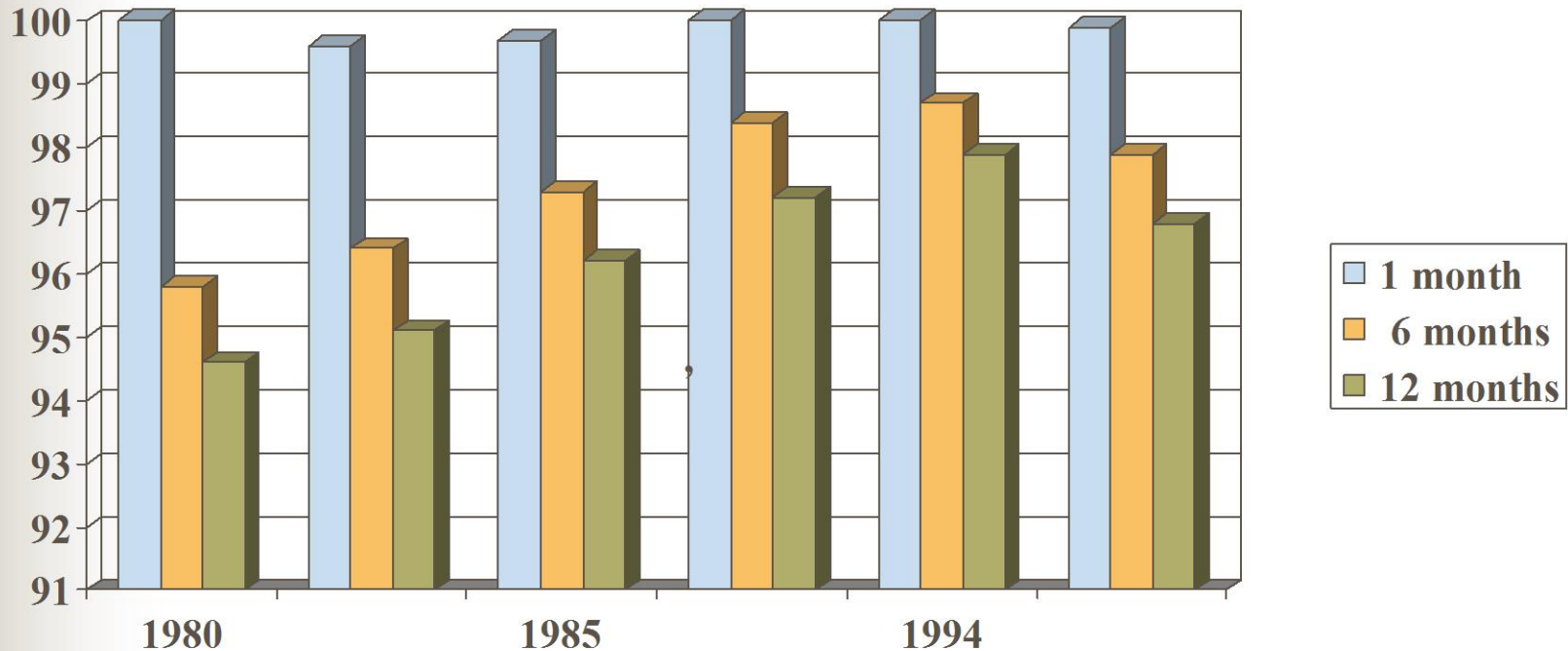
USE THESE SIGNS: P = PEAK • 1,2,3 = FERTILE DAYS FOLLOWING PEAK • I = INTERCOURSE



Effectiveness to Avoid Pregnancy

- Studies have shown Creighton Model Fertility*Care*TM System to be as effective as oral contraceptives
- More effective than barrier methods
- Method is typically used long-term throughout reproductive years
- Fertility Appreciation and decreased divorce rate
- Many couples change their intention from avoiding to achieving pregnancy

Study: Use Effectiveness for Avoiding Pregnancy



The five study composite in the last row includes Creighton University, St. John Mercy Hospital, St. Francis Hospital, St. Joseph Hospital and Marquette Nursing Center. Study included 1,876 couple with 17,130 couple-months of use. Reference: *Journal of Reproductive Medicine*, June 1988, Vol. 43, no. 6, pp. 495-502.

Effectiveness to Achieve Pregnancy



- Very effective for couples with normal fertility.
 - 98% achieve pregnancy within 3 cycles.
- Effective for infertile couples
 - 20-40% achieve pregnancy in one year.
 - Even better results with medical testing and intervention

Advantages and Benefits

- Completely natural
- No side effects
- Morally acceptable to all religions
- Cost-effective, and comparatively inexpensive
- Can be used by women of all reproductive categories
- Cooperative with natural procreative system
- Shared system which respects dignity of women and marriage





How to Find Out More:

- Call Catholic Diocese Office (i.e. Diocese of LaCrosse or Winona)
- Ask about Creighton Model Fertility*Care*TM Services
- Visit website at www.creightonmodel.com
- Call a Center to make an appointment with a Medical Consultant for infertility or gynecologic concerns



References

- Hilgers, T.W., (2001), Creighton Model FertilityCare™ System: An authentic language of a woman's health and fertility. (5th ed.) Omaha: Pope Paul VI Institute Press.
- Hole, J., (1987), Reproductive systems. In Human anatomy and physiology. (4th ed., p.833). Dubuque: Brown.
- Williams, M. (2004, March 13). Fertility Awareness. In epigee.org website. Retrieved from <http://www.epigee.org/guide/natural.html>



Related Websites

- <http://www.epigee.org/guide/natural.html>
- <http://www.epigee.org/guide/risks.html#safesex>
- <http://www.epigee.org/guide/infert.html>
- http://content.health.msn.com/content/article/78/95865.htm?z=1689_00001_2418_00_02

Family Planning Method Comparison Chart

Adapted from brochure by American Academy of Natural Family Planning Feb. 1999

Methods	Possible Side Effects	Effectiveness % Theoretical	Effectiveness % Actual	Continuation Rate at 1 year
Creighton Model FertilityCare System	None	99.5	96.8	89%
Barrier Methods (condom, diaphragm, sponge)	Allergic reactions and irritation, inc. risk of toxic shock syndrome	97 94 80-91	88 82 64-82	63% 58% 52%
Vaginal Spermicides	Allergic reaction or irritation	94	79	43%
Sterilization Surgeries Tubal ligation and vasectomy	Surgical bleeding and infection, inc. risk of hysterectomy, ectopic pregnancy, painful periods, prostate cancer	99.8 99.9	99.6 99.8	100% 100%
Intrauterine Device (IUD) - requires replacement every 5 years	Heavy, irregular or painful menses, painful intercourse, infection, ectopic pregnancy, perforation of uterus, infertility	98	97	80
Birth Control Pill (2 hormones)	Breast tenderness, wt. gain, headaches, nausea and vomiting, depression. May delay return of fertility and inc. risk of CV disease and some CA	99.6	94	72
Progestational Agents (Norplant, and Depo-Provera)	Local infection and bruising , anxiety, acne, wt. gain, headaches, breast pain and irregular menses	99.9 99.7	99.9 99.7	85 70

Is There an Ideal Method of Family Planning?

Give 1 point for poor, 2 points for satisfactory, and 3 points for good. Total up points at the bottom.

Rate these:	Condom	BCP	IUD	NFP	Sterilization
Completely Safe					
Effective					
No Side effects					
Obtainable					
Affordable					
Acceptable					
Future pregnancy					