

Gianna Featured Services

- Infertility
- Natural family planning education
- NaProTechnology medical consultations
- General gynecological care
- Women's well care

Jan Patterson, M.D.



Dr. Jan Patterson is a board certified family physician with an area of concentration in women's health and infertility. She completed her Family Medicine training in 1990 and is trained in NaProTechnology.

Dear Patient,

Thank you for considering Gianna of Albany.

As a Catholic healthcare center, we are committed to delivering high quality, scientifically based, ethically sound health care for all women regardless of their faith.

We are also committed to providing medical services in a way that is consistent with and supportive of the Ethical and Religious Directives for Catholic Healthcare Services ("Directives") which specifically articulate a commitment to human dignity and inspire an abiding concern for the sanctity of human life from its very beginning.

Our Center only utilizes those medical practices that are consistent with the Directives, which underline the dignity of marriage as the source of all human life. More specific details can be found at:
<http://www.usccb.org/>

We will be happy to answer any questions you may have about our care and services. We hope you will choose us for all of your healthcare needs.

Jan Patterson, M.D.
Gianna of Albany

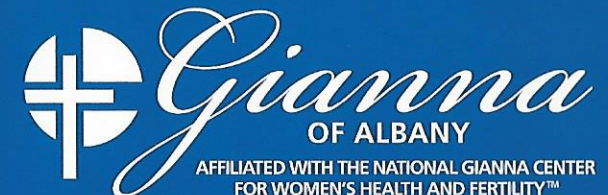
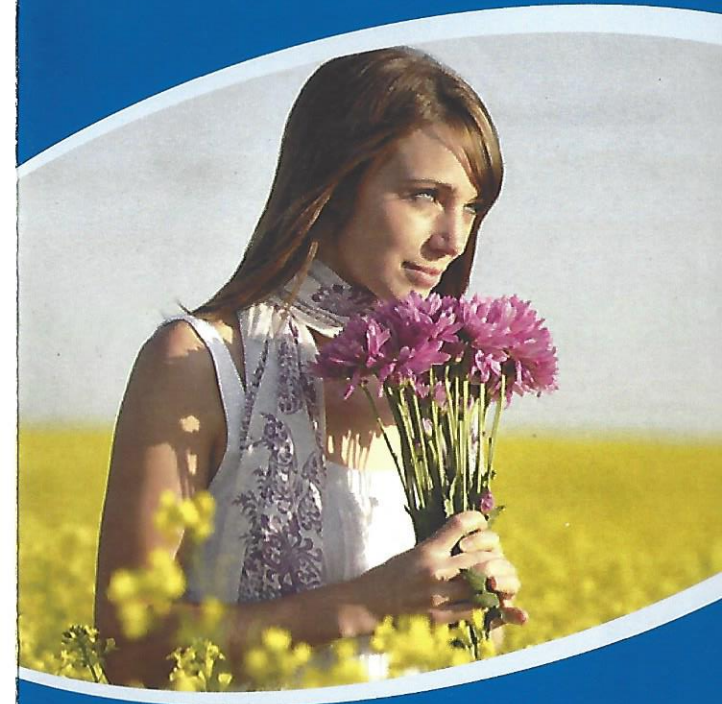


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Women's Health and Fertility

Featuring NaProTechnology





Learn more about us at
www.giannaofalbany.com

Comprehensive. Cooperative. A unique new approach to women's health and wellness.

At Gianna of Albany, we are delighted to offer an exciting approach to women's health care.

We provide women's well care and specialized gynecologic care and serve women with a deep commitment to honoring their dignity and the sanctity of human life. With this as our promise, we are uniquely qualified to care for women of all ages and at all stages of life.

We are pleased to feature two unique women's health services – the Creighton Model FertilityCare™ System and NaProTechnology, both of which allow us to provide you with a natural, restorative, scientifically based approach to monitoring your health and managing your fertility.

Our mission is simple – to acknowledge your dignity as a woman and to provide you, our patient, with exceptional medical care. Our goal is to be of genuine service to you – and we look forward to serving your healthcare needs.

Creighton Model FertilityCare™ System

The Creighton Model FertilityCare™ System (CrMS) is a modern approach to natural family planning.

- By simply learning to identify the signs of a woman's fertility, a couple can successfully space their children according to their unique needs.

- As a true method of family planning, it can be used to both achieve and avoid a pregnancy.
 - Fertility-focused intercourse allows 98.5% of couples of normal fertility to achieve a pregnancy within six months.*
 - When used to avoid pregnancy, the method is 99.5% effective.*
- The Creighton Model Chart also serves as a diagnostic tool, allowing physicians to diagnose and treat underlying reproductive and gynecologic disorders using NaProTechnology.
- Education in the CrMS is available at Gianna of Albany. Please contact our FertilityCare center for an introductory session.

NaProTechnology

NaProTechnology is an approach to managing women's reproductive and gynecologic disorders. It works cooperatively with a woman's reproductive system to correct a variety of underlying disorders.

All medical interventions seek to identify the underlying cause of a woman's reproductive health difficulties and to correct underlying abnormalities, restoring her health and reproductive function.

This approach differs from other approaches to managing women's reproductive and gynecologic health disorders, which often attempt to bypass the problem using an artificial technology or "cover up" the disorder using hormonal contraceptives.

The NaProTechnology approach is unique in that it does not suppress or destroy fertility; instead, it respects the dignity of women and marriage, restores the natural ecology of a woman's body and is morally acceptable to people of all faiths.

Conditions treated by NaProTechnology:

- Infertility
- Recurrent miscarriage
- Menstrual cramps
- Premenstrual syndrome (PMS)
- Ovarian cysts
- Irregular or abnormal bleeding
- Polycystic ovarian disease
- Postpartum depression
- Hormonal abnormalities
- Chronic discharges
- Other health problems

NaProTechnology and Infertility

One of the most exciting applications of NaProTechnology is in the area of infertility. More than 30 years of research into correcting the underlying causes of infertility have made it possible for NaProTechnology physicians to help as many as 70% of infertile couples conceive a pregnancy, depending on the underlying cause.*

- NaProTechnology does not create or destroy embryos; thus, is acceptable to people of all faiths.
- Our unique approach allows married couples to conceive through a natural act of intercourse.

*Hilgers, TW. *The Medical and Surgical Practice of NaProTechnology*.
Pope Paul VI Institute Press. Omaha, NE. 2004.