

Effectiveness of NaProTECHNOLOGY*

- Nearly 3 times more successful than IVF for assisting infertile couples and does not result in early abortions or frozen embryos
- Multiple pregnancy rates are 10 times lower than the national average
- 95% success rate for treating premenstrual syndrome (PMS)
- 95% success rate for treating postpartum depression (PPD)
- Prematurity rate has increased every year over last 25-30 years nationally. NaProTECHNOLOGY Prematurity Prevention Program has cut the rate from 12.1% to 7%! Preterm birth is associated with numerous medical side effects for the baby.
- Helps with many other conditions



Learning More About NaProTECHNOLOGY*

For Women and Couples:

To learn more about NaProTECHNOLOGY, contact a **FertilityCare™** Practitioner in your area (www.fertilitycare.org).

For Medical Consultants

To learn more about integrating NaProTECHNOLOGY into your practice, attend one of the **CREIGHTON MODEL FertilityCare™** Education Programs (www.creightonmodel.com or email education@popepaulvi.com). Also, refer to the textbook *The Medical & Surgical Practice of NaProTECHNOLOGY* (Hilgers, TW, Pope Paul VI Institute Press, 2004), available at www.popepaulvi.com/shop or (402) 505-8942.



For the Study of Human
Reproduction

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Unleashing the Power in a Woman's Cycle



NaProTECHNOLOGY

NaProTECHNOLOGY*: *Unleashing the Power in a Woman's Cycle*

Women can “unleash the power of their cycle” with the exciting research of the new health science, **NaProTECHNOLOGY**, which is the first system to network family planning with reproductive and gynecologic health monitoring and maintenance.

NaProTECHNOLOGY uses the **CREIGHTON MODEL FertilityCare™ System (CrMS)** to allow a woman to monitor easily and objectively several different biological markers (bio-markers), which are essential to understanding a woman's health and fertility. The **CrMS** biomarkers are generally familiar to women (including such things as the menstrual flow and its variations, the mucus flow, and dry days). These are recorded by the woman in a standardized and objective process called **NaProTRACKING™**. Since the **CrMS** biomarkers reflect various hormone events of the menstrual and fertility cycles, monitoring the biomarkers indicates times of fertility and infertility and telegraphs abnormalities in a woman's health. The **CrMS** allows the woman to “*unravel the mysteries of the menstrual cycle.*”



NaProTRACKING™ provides valid information that can be interpreted by the woman and by physicians who are specifically trained in this system. Because of its accuracy in monitoring reproductive health, **NaProTECHNOLOGY** can find real solutions to real problems.

Unlike common suppressive or destructive approaches, **NaProTECHNOLOGY** works *cooperatively* with the procreative and gynecologic systems. When these systems function abnormally, **NaProTECHNOLOGY** identifies the problems and cooperates with the menstrual and fertility cycles by producing treatments that correct the condition, maintain the human ecology, and sustain the procreative potential. *Women now have an opportunity to know and understand the causes of the symptoms from which they suffer.* **NaProTECHNOLOGY** can also be used to perform targeted hormone evaluation and treatment, to identify potential risk for infertility and miscarriage, and to date the beginning of pregnancy.

NaProTECHNOLOGY is morally acceptable to people of all faiths. It maintains the integrity of the human person, and it respects the dignity of women and the integrity of marriage.

Real Solutions to Real Problems

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

NaProTECHNOLOGY* vs. Artificial Reproductive Technologies

- **Prospective vs. Retrospective Data Collection**
NaProTECHNOLOGY relies on the *prospective* accumulation of objective and standardized data on the menstrual and fertility cycles. This is the first time that this has occurred in reproductive medicine.
- **Finding Underlying Causes vs. “Band-Aid” Approaches**
Current reproductive medicine uses a “Band-Aid” approach to problem solving. Those doctors have not been interested in looking for the underlying causes. In **NaProTECHNOLOGY**, ongoing research promises the discovery of more causes and better treatments of gynecologic and reproductive problems. This system will only improve over time.
- **Cooperative Approach vs. Suppression and Destruction**
Modern reproductive technology works to overcome the menstrual and fertility cycles by either suppressing or destroying them. A fundamental principle in **NaProTECHNOLOGY** is to work *cooperatively* with the menstrual and fertility cycles. These two approaches are at polar opposites.
- **Approaches Women as Whole Persons**
A woman's fertility is often considered a disease or a burden to be suppressed or destroyed. In **NaProTECHNOLOGY**, the menstrual and fertility cycle are regarded as normal biological and physiological processes. Educating women about their menstrual and fertility cycles and helping women to discover the power that exists within their cycle allows the physician to approach women as total human persons.
- **Supportive of Achieving and Avoiding Pregnancy**
Achieving a pregnancy is too often regarded as a “sexually transmitted disease” or a violation of the demographic ecology. **NaProTECHNOLOGY** accepts a couple's decision to achieve or avoid a pregnancy. Pregnancy is viewed as an event that calls all of us to support and care. The developing child within the mother's womb is neither viewed as a parasite nor as a potential human being. Rather, the child is viewed as a *human being with potential*.