

CREIGHTON MODEL FertilityCare™ System

Introductory Session

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THE CREIGHTON MODEL SYSTEM



INTRODUCTORY SESSION

Fertility Appreciation



**CREIGHTON MODEL
NaProEDUCATION Technology**

A SERVICE PROGRAM

For Making

NATURAL PROCREATIVE CHOICES

and Monitoring, Maintaining and Evaluating

**A WOMAN'S PROCREATIVE
AND GYNECOLOGIC HEALTH**

FertiliCARE®:

Taking care of your fertility . . . Fertility Appreciation.

NaProTECHNOLOGY®:

A new reproductive science that works
cooperatively with the natural procreative cycle.

FertiliCARE®

Responsible Parenthood Instruction for:

- ◆ Achieving Pregnancy
- ◆ Avoiding Pregnancy
- ◆ Timing Conception
- ◆ Marital Bonding
- ◆ Pregnancy Evaluation
- ◆ NaProTRACKING®
the Procreative Cycle
- ◆ SPICE Instruction

NaProTECHNOLOGY®

Women's Health Monitoring, Maintenance and Evaluation

- ◆ Infertility
 - ◆ Miscarriage
 - ◆ Maintaining Pregnancy
 - ◆ Irregular Cycles
 - ◆ Hormone Problems
 - ◆ PMS
 - ◆ Ovarian Cysts
 - ◆ Unusual Bleeding
 - ◆ Effects of Stress
-

And . . .

It's "Tailor Made" for YOU!

Can be Used with:

- ◆ Regular Cycles
 - ◆ Irregular Cycles
 - ◆ Anovulatory States
 - ◆ Breastfeeding
 - ◆ Premenopause
 - ◆ Post-Pill
 - ◆ Or Any Other Situation
 - ◆ For Your Entire Procreative Life
-

ADVANTAGES

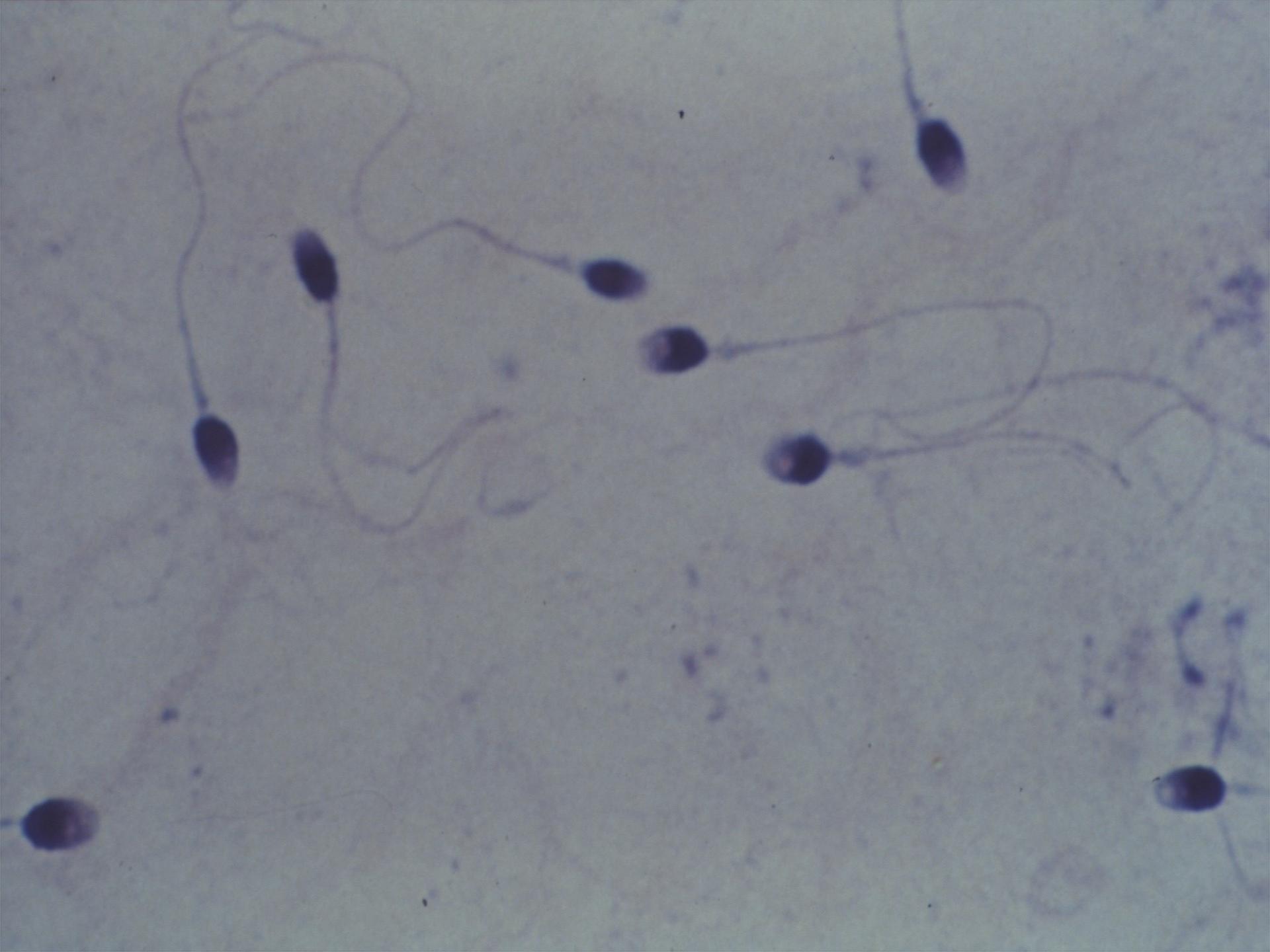
- ◆ Medically Safe
 - ◆ Proven Reliable
 - ◆ Comparatively Inexpensive
 - ◆ Natural and Cooperative
 - ◆ A Shared System
 - ◆ Respects the Dignity of Women and Marriage
 - ◆ Standardized
-

THE SYSTEM IS BASED ON:

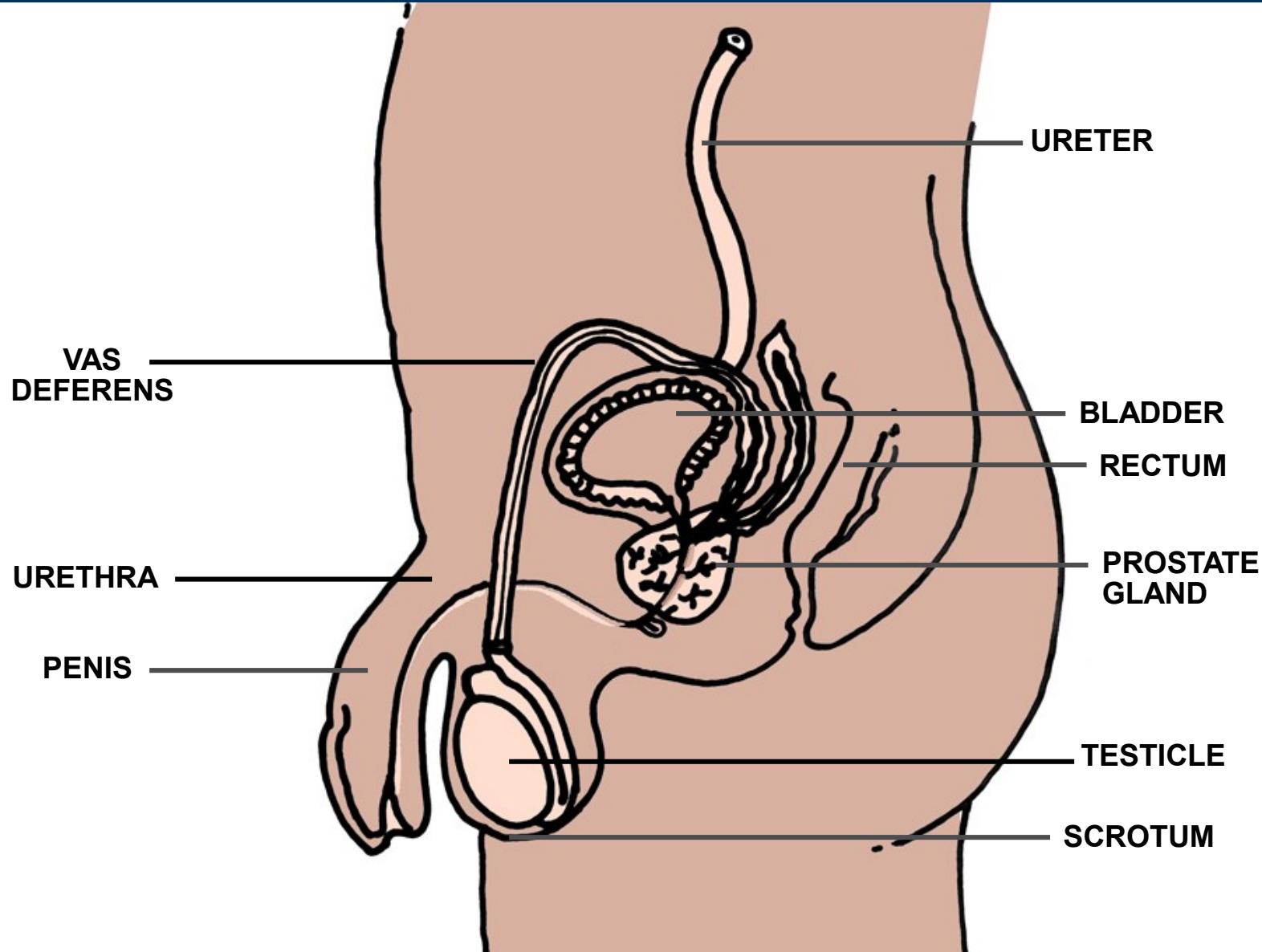
- ◆ Solid Scientific and Educational Research
 - ◆ The Observation and Tracking of Various Biological Markers
 - ◆ Easy to Learn and Easy to Interpret
-

**A BASIC REVIEW
OF
ANATOMY AND PHYSIOLOGY**

**MEN ARE ALWAYS
FERTILE**

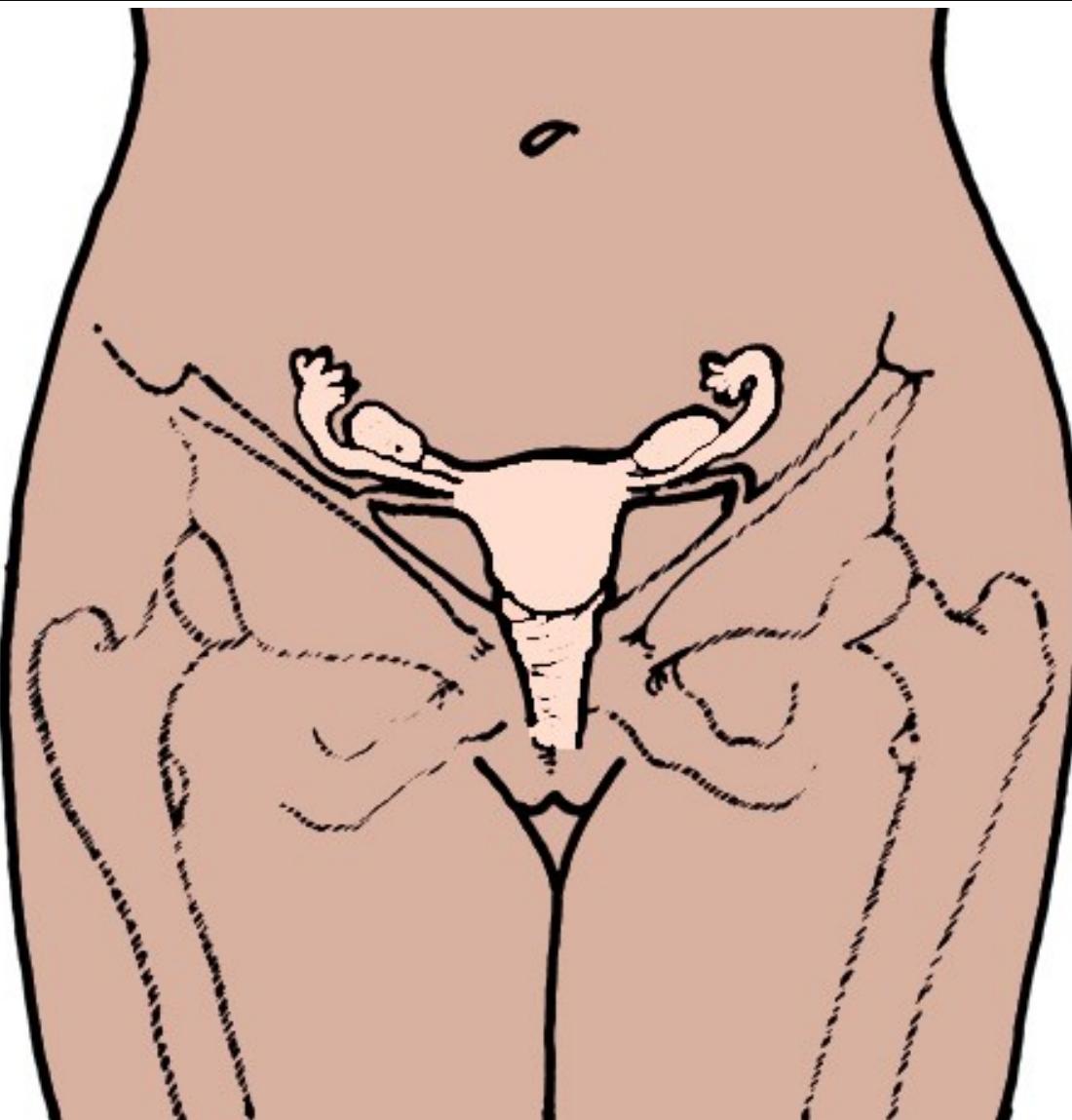


Male Anatomy

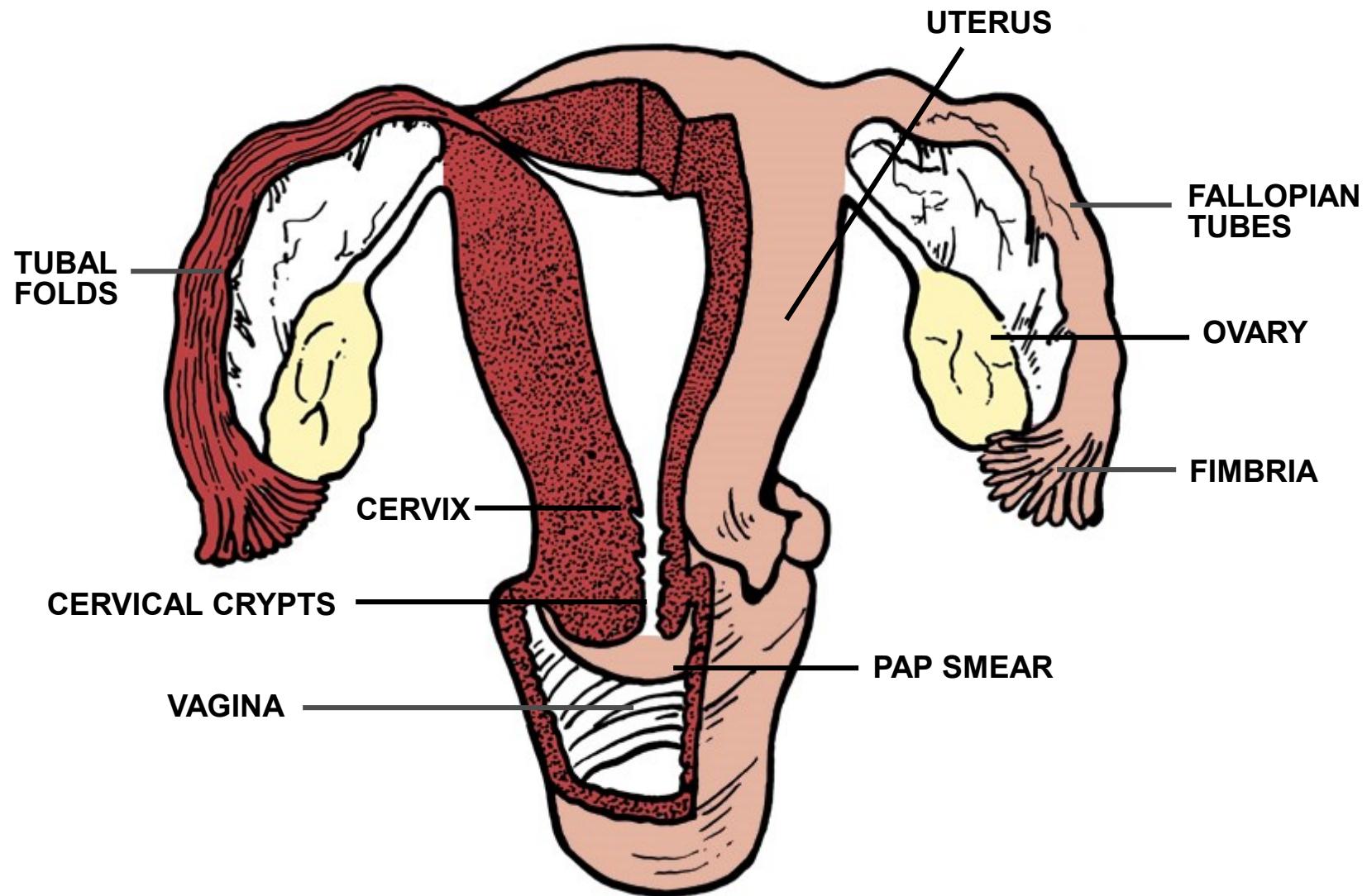


**WOMEN ARE AT
MOST TIMES INFERTILE**

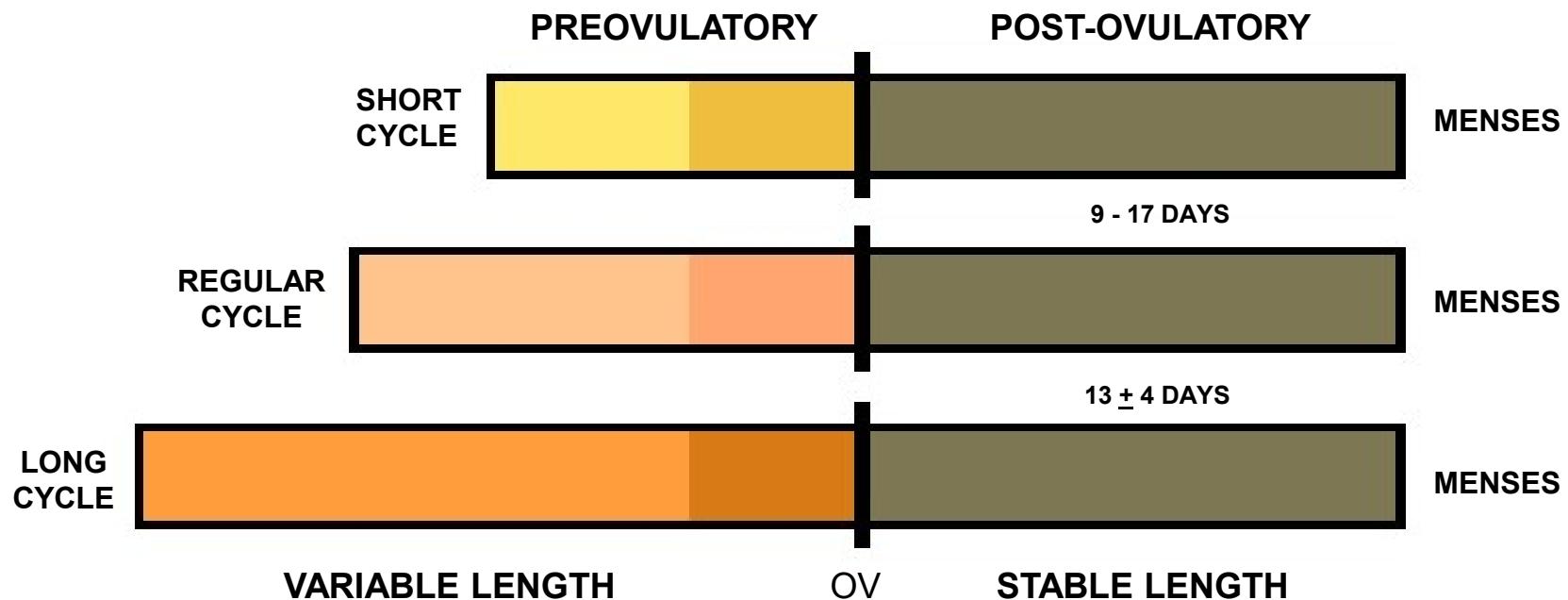
Female Pelvic Organs



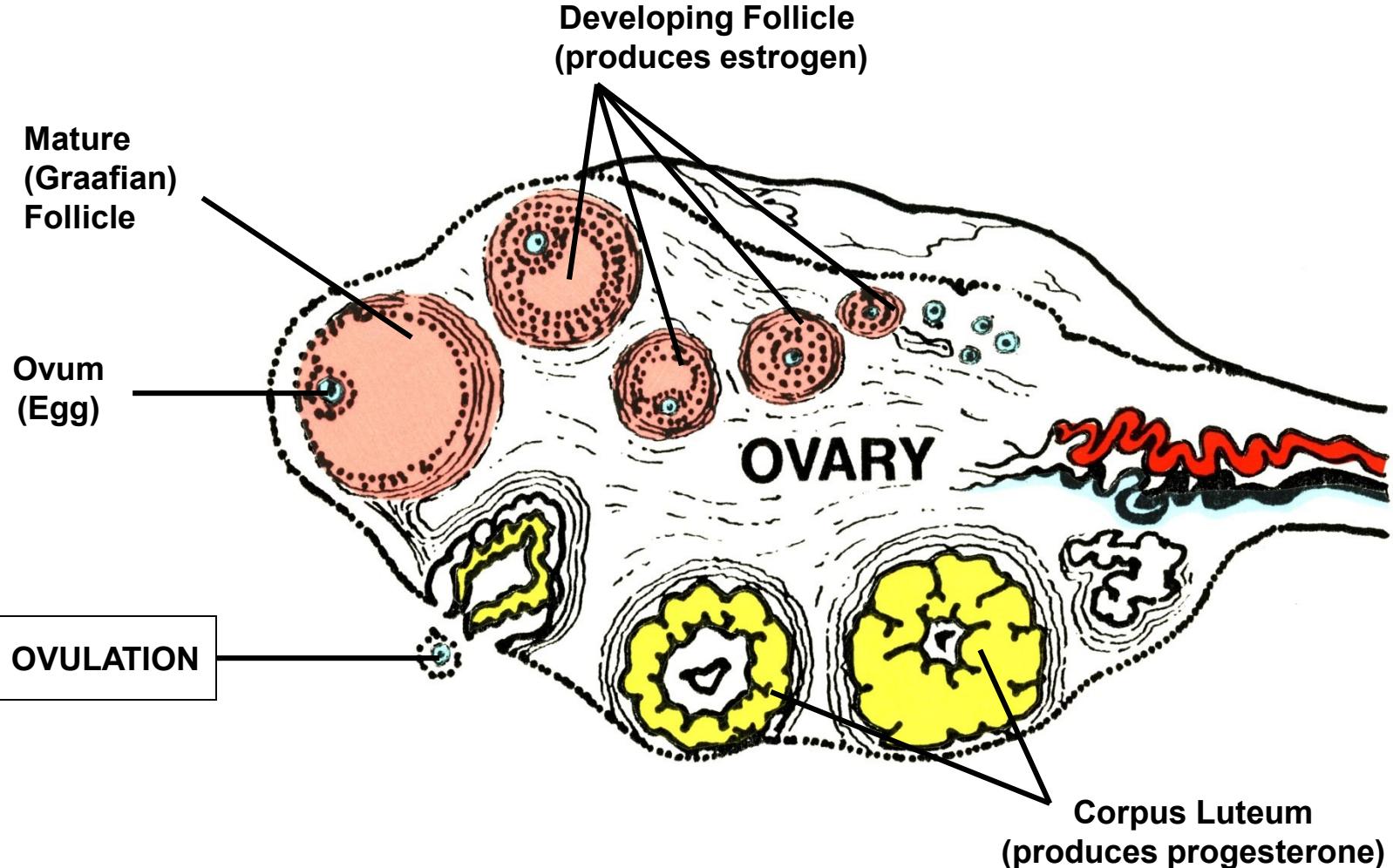
Uterus, Tubes and Ovaries



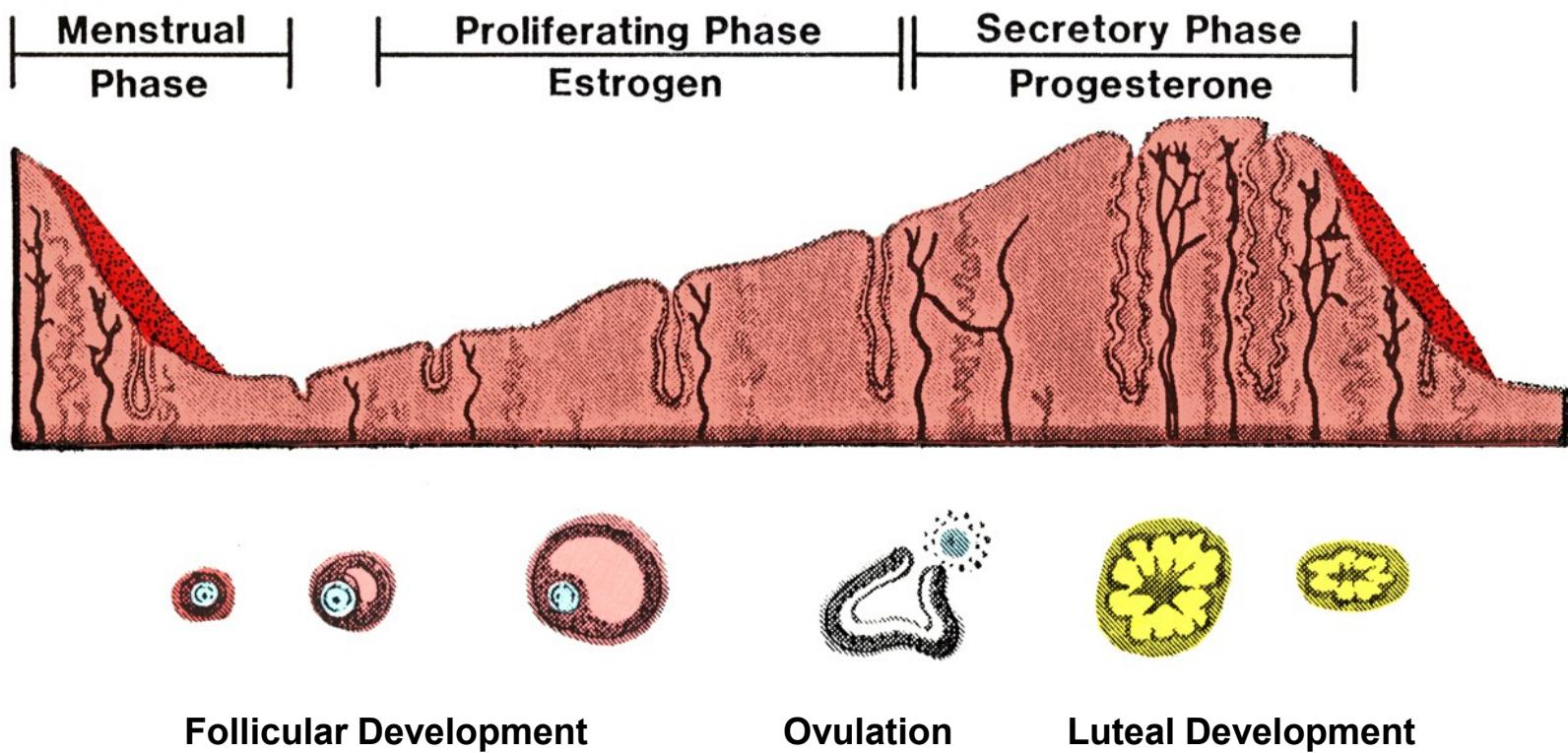
Phases of the Menstrual Cycle



Ovulation Cycle



Changes in the Lining of the Uterus



**OVULATION
OCCURS ON ONLY
ONE DAY
IN EACH CYCLE**

**THE EGG
LIVES ONLY
12 - 24 HOURS
IF NOT FERTILIZED**

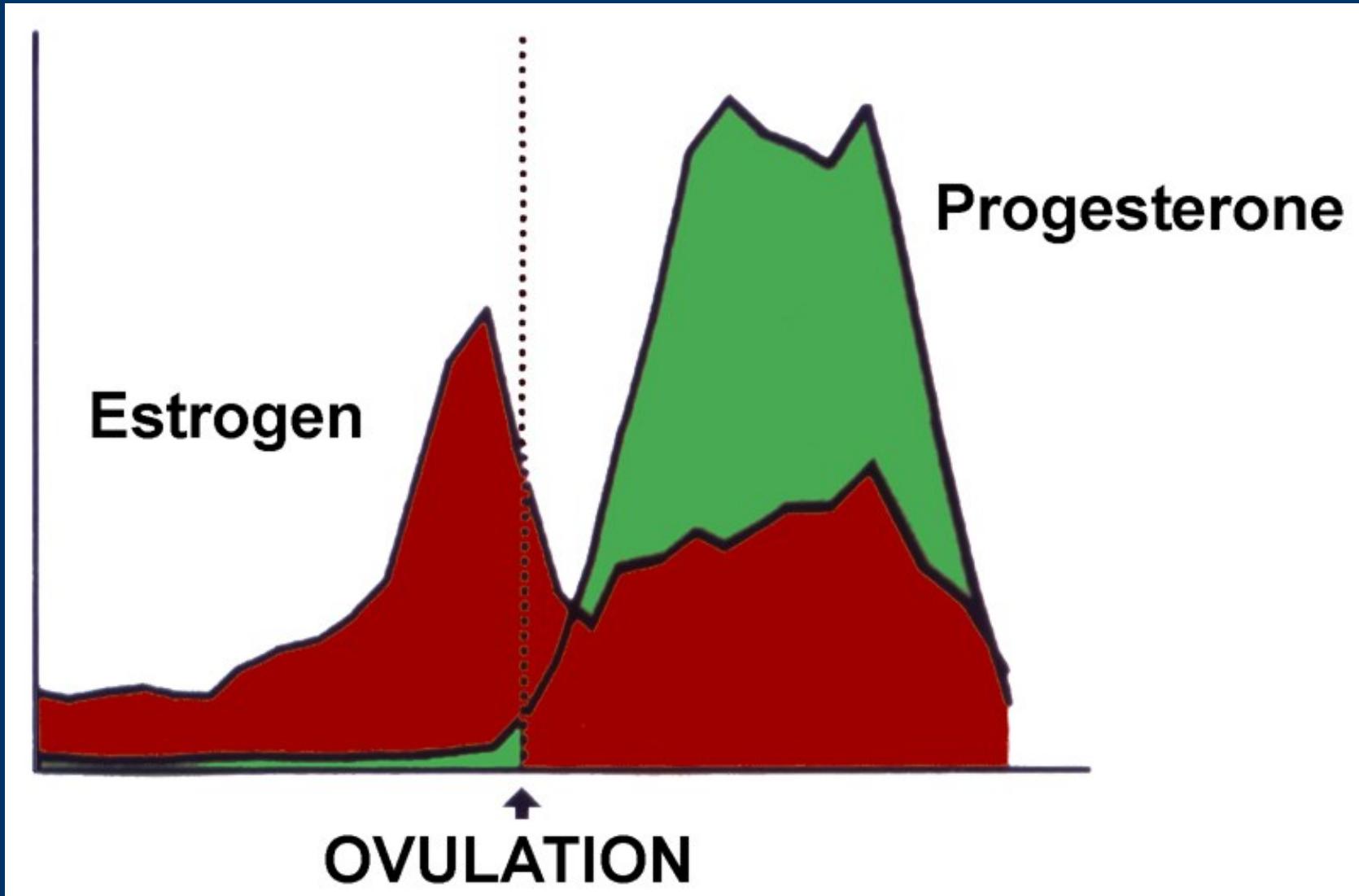
**SPERM
NEED
MUCUS
TO SURVIVE**

**SPERM WITHOUT MUCUS
DIE WITHIN HOURS**

**SPERM WITH GOOD MUCUS
MAY LIVE 3 – 5 DAYS**

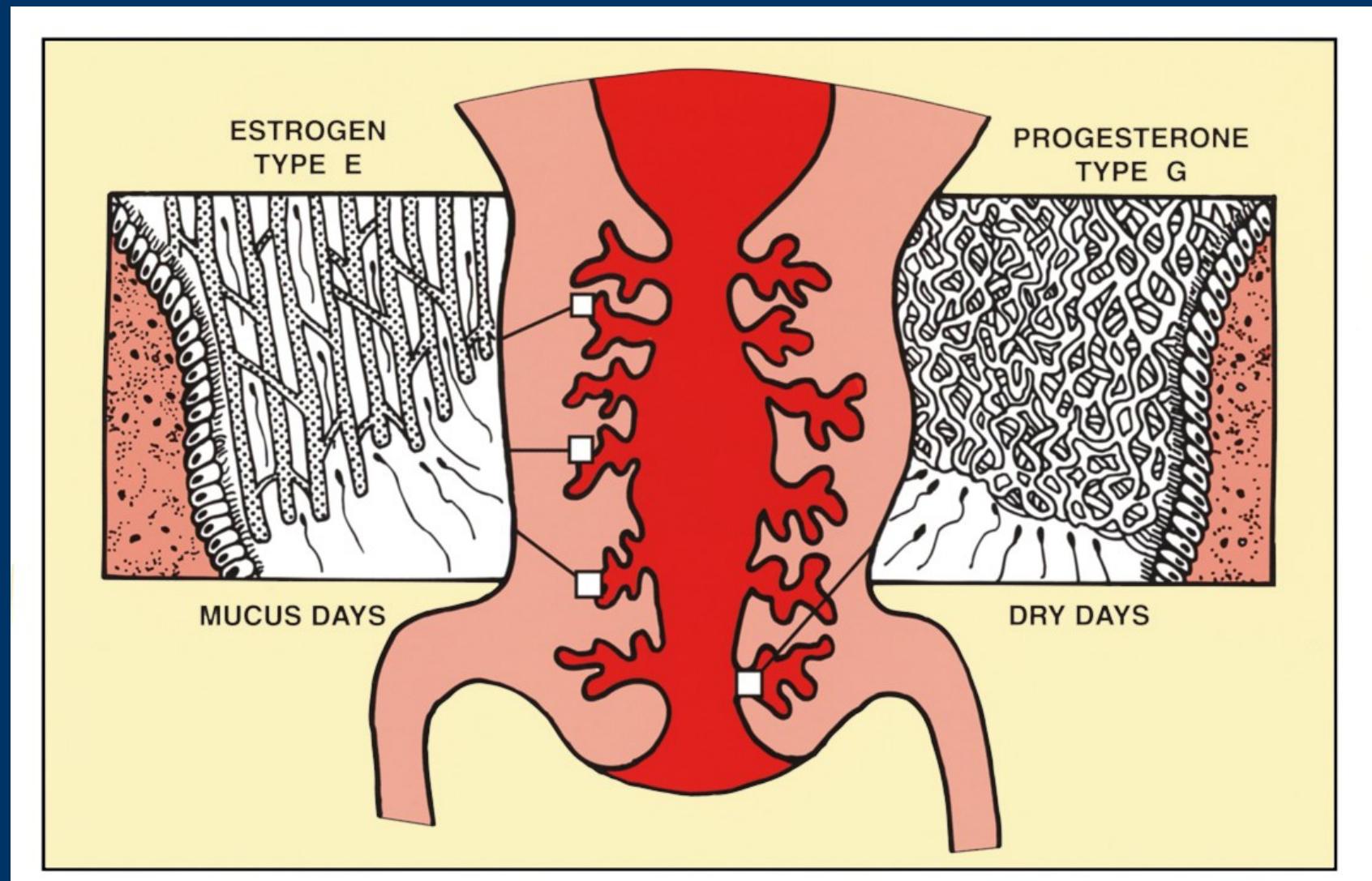
**THE HORMONE ESTROGEN
REACHES A PEAK
THE DAY BEFORE OVULATION**

Ovarian Hormones

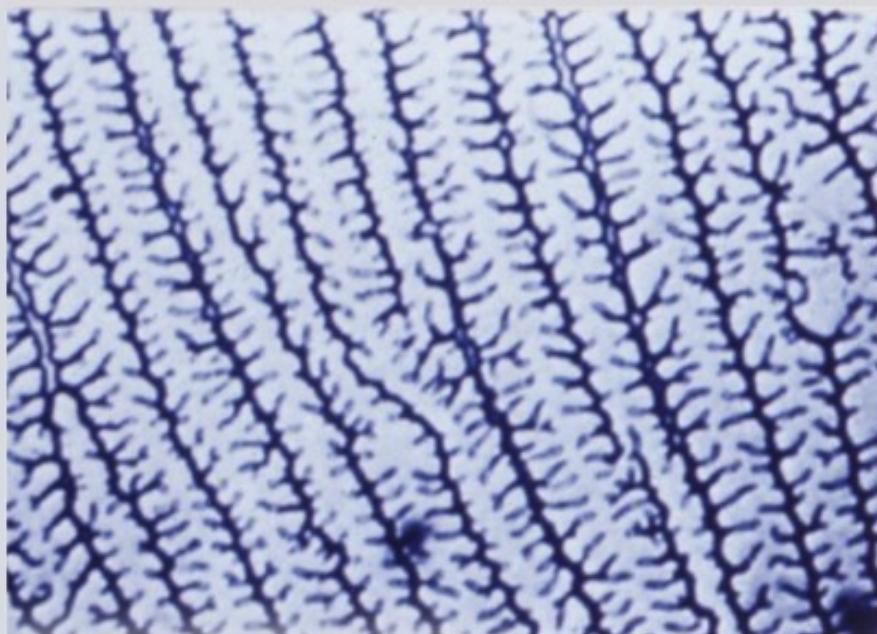


**THE HORMONE ESTROGEN
STIMULATES
THE CERVICAL CRYPTS
TO PRODUCE MUCUS**

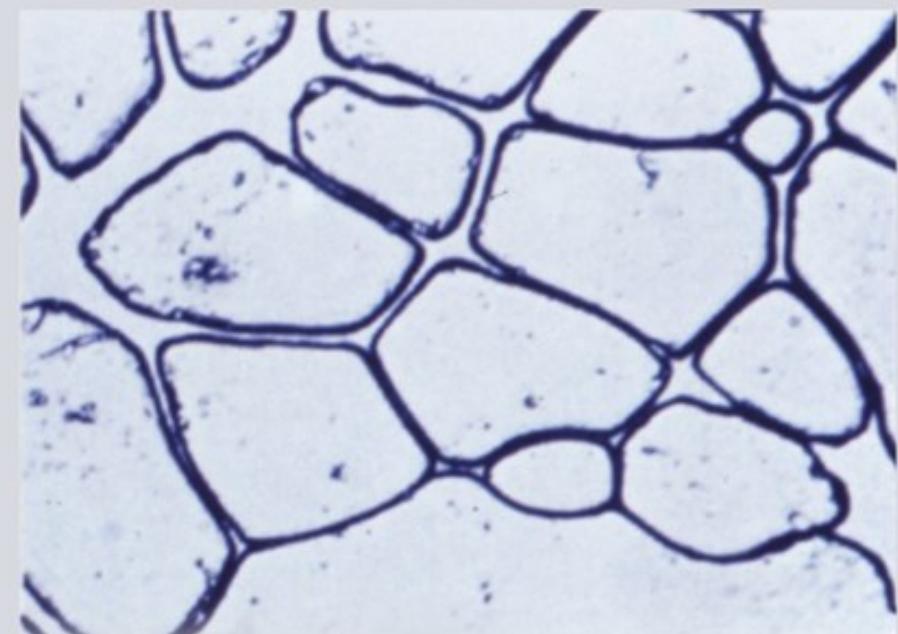
Map of the Cervix (Odeblad) & Biological Valve



Type E and Type G Mucus



Type E



Type G

Changes in the Flow of Cervical Mucus Around the Time of Ovulation: The Biologic Valve



Peak - 4
Closed

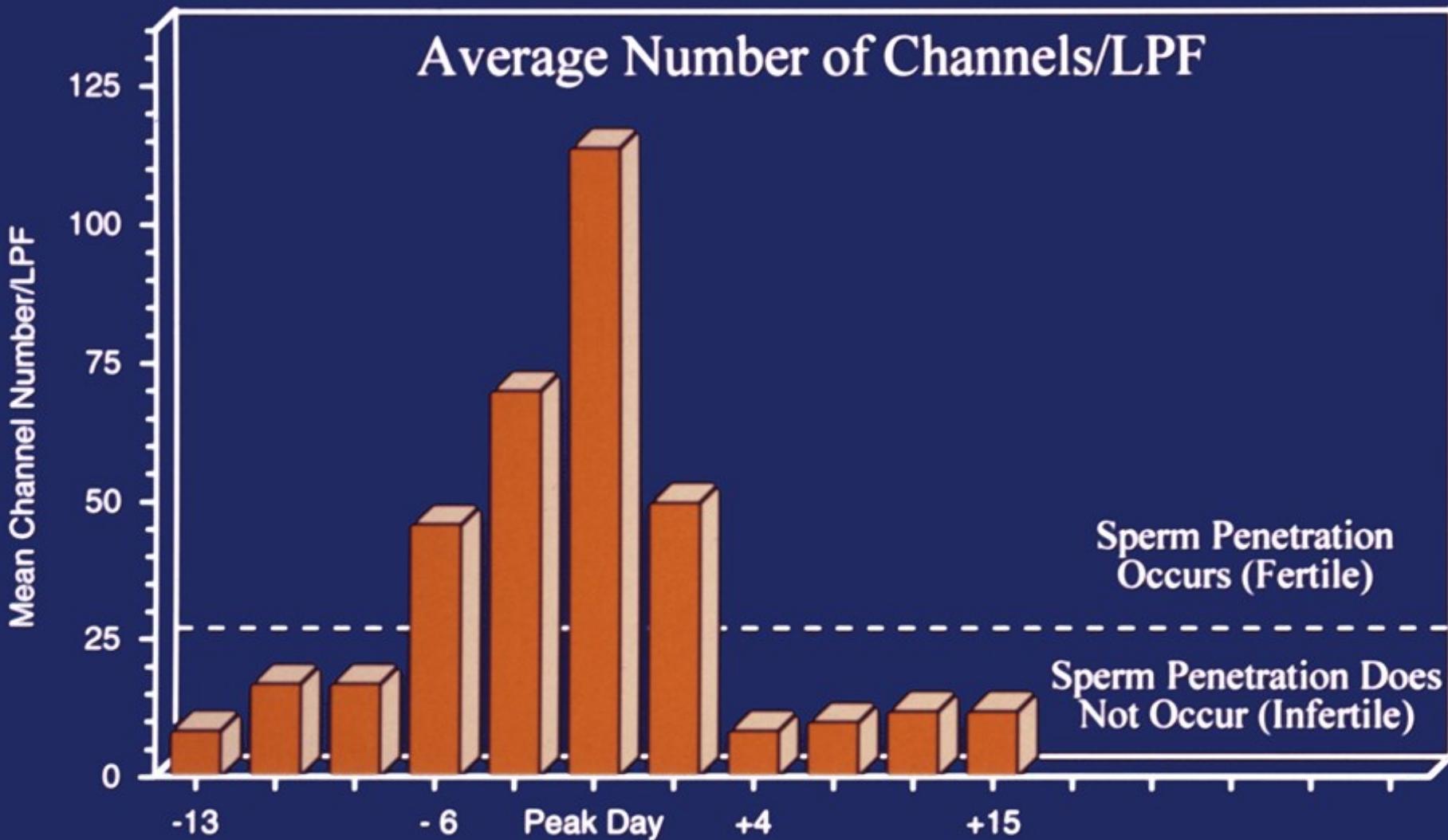
Peak Day
Open

Peak + 1
Closing

Peak + 4
Closed

***REMEMBER: All observations of the CrMS are EXTERNAL.
There are no internal observations.***

Scientific Evidence For the Biological Valve

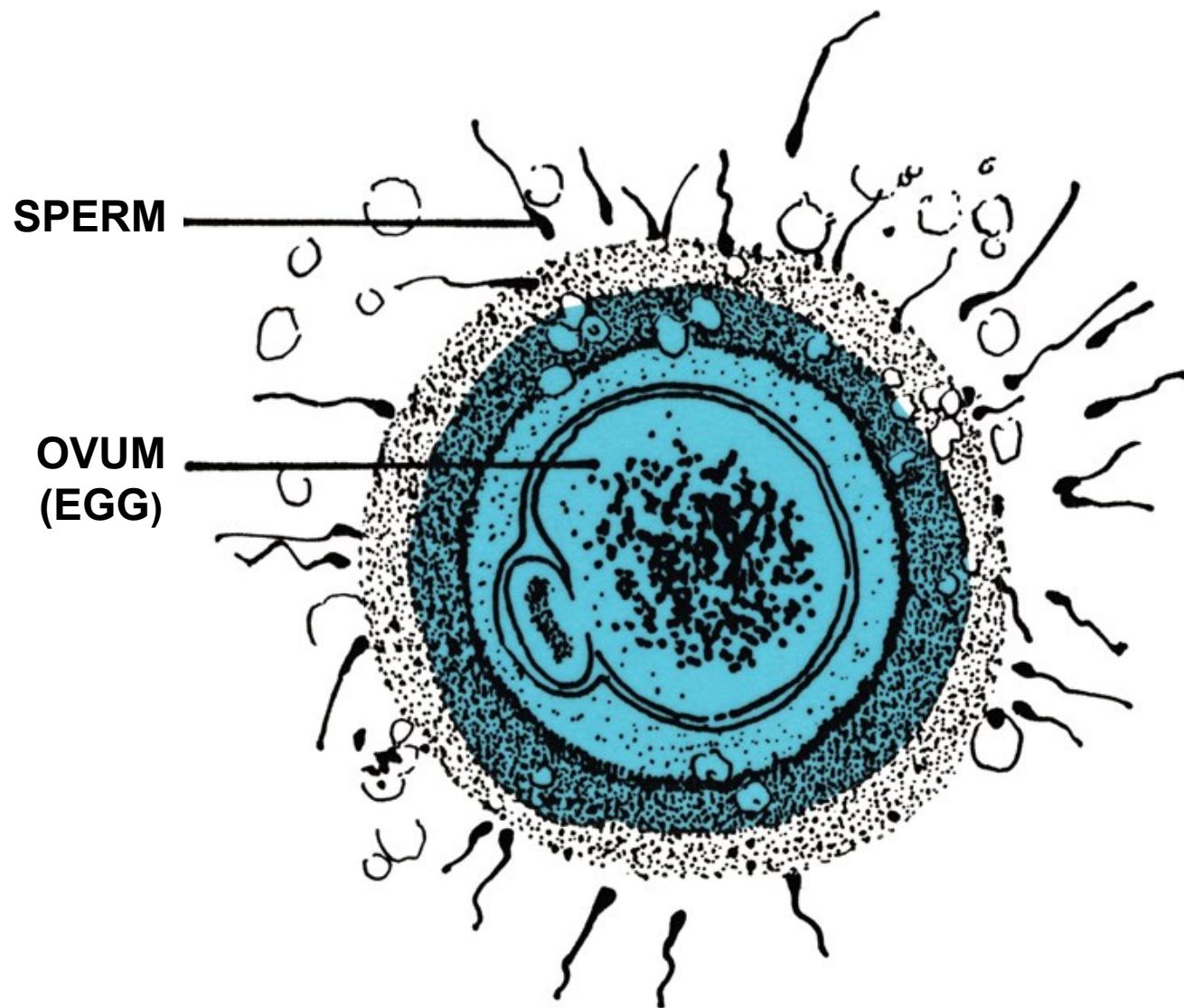


From: Hilgers, TW and Prebil, AM: The Ovulation Method – Vulvar Observations as an Index of Fertility/Infertility. *Obstet. Gynec.*, 53:12-22, 1979.

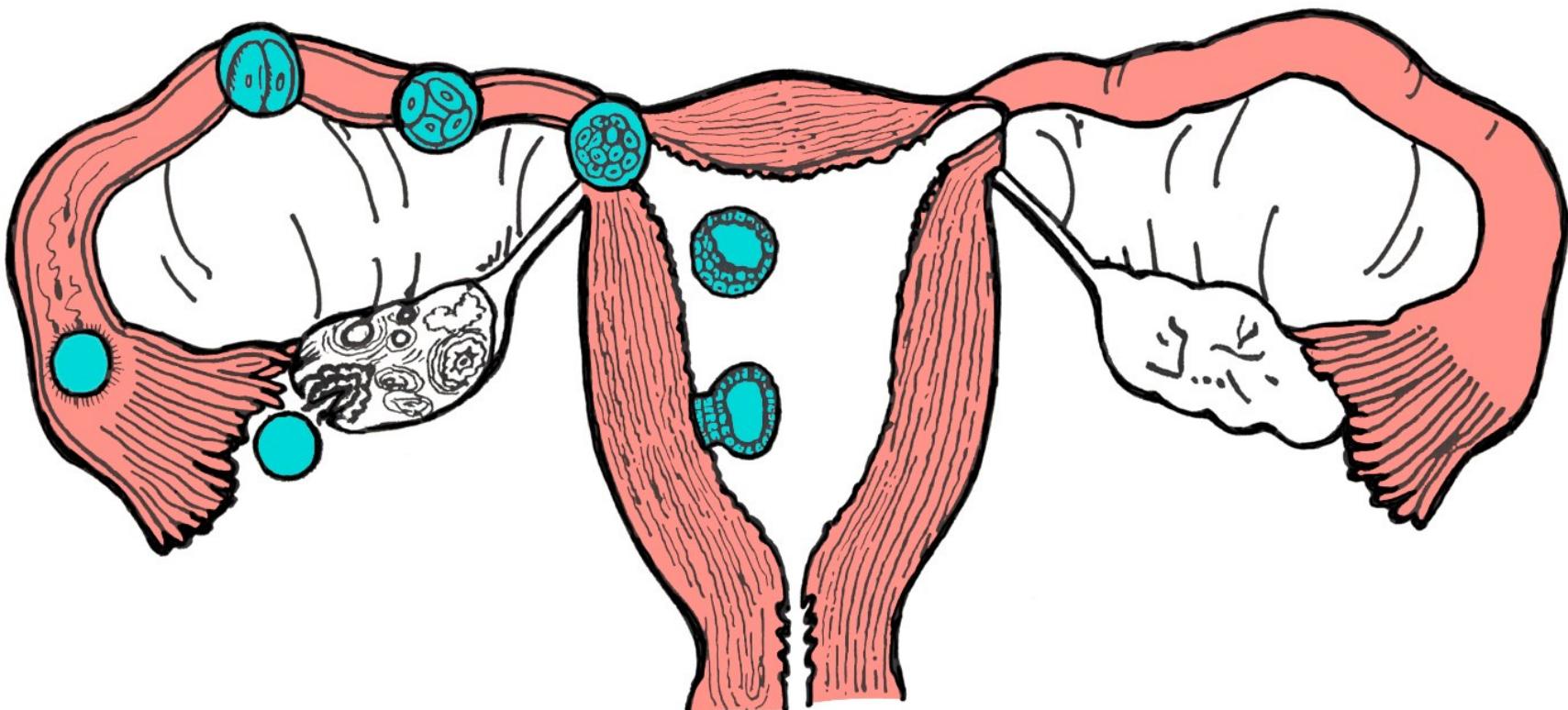
FERTILITY DEPENDS ON:

- ◆ Good Sperm
 - ◆ Good Eggs
 - ◆ Good Mucus
-

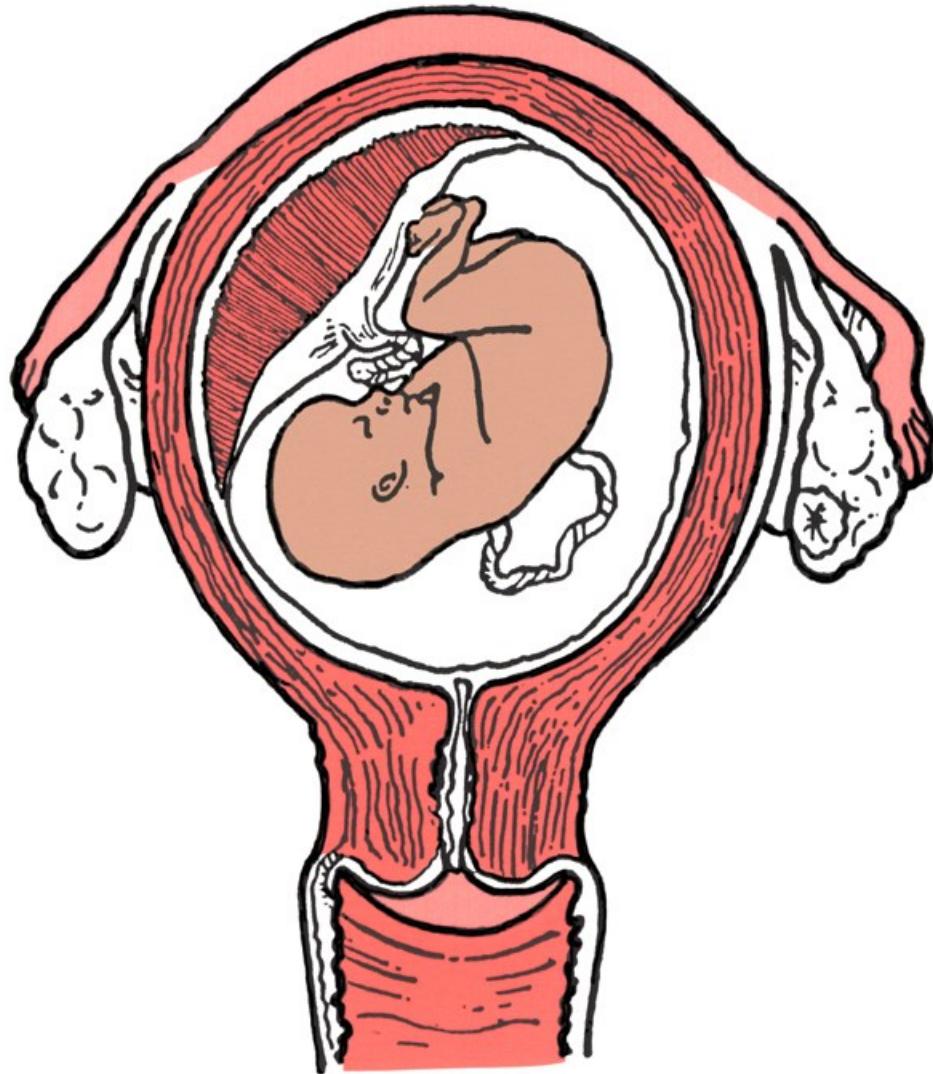
Conception – The Beginning of Human Life



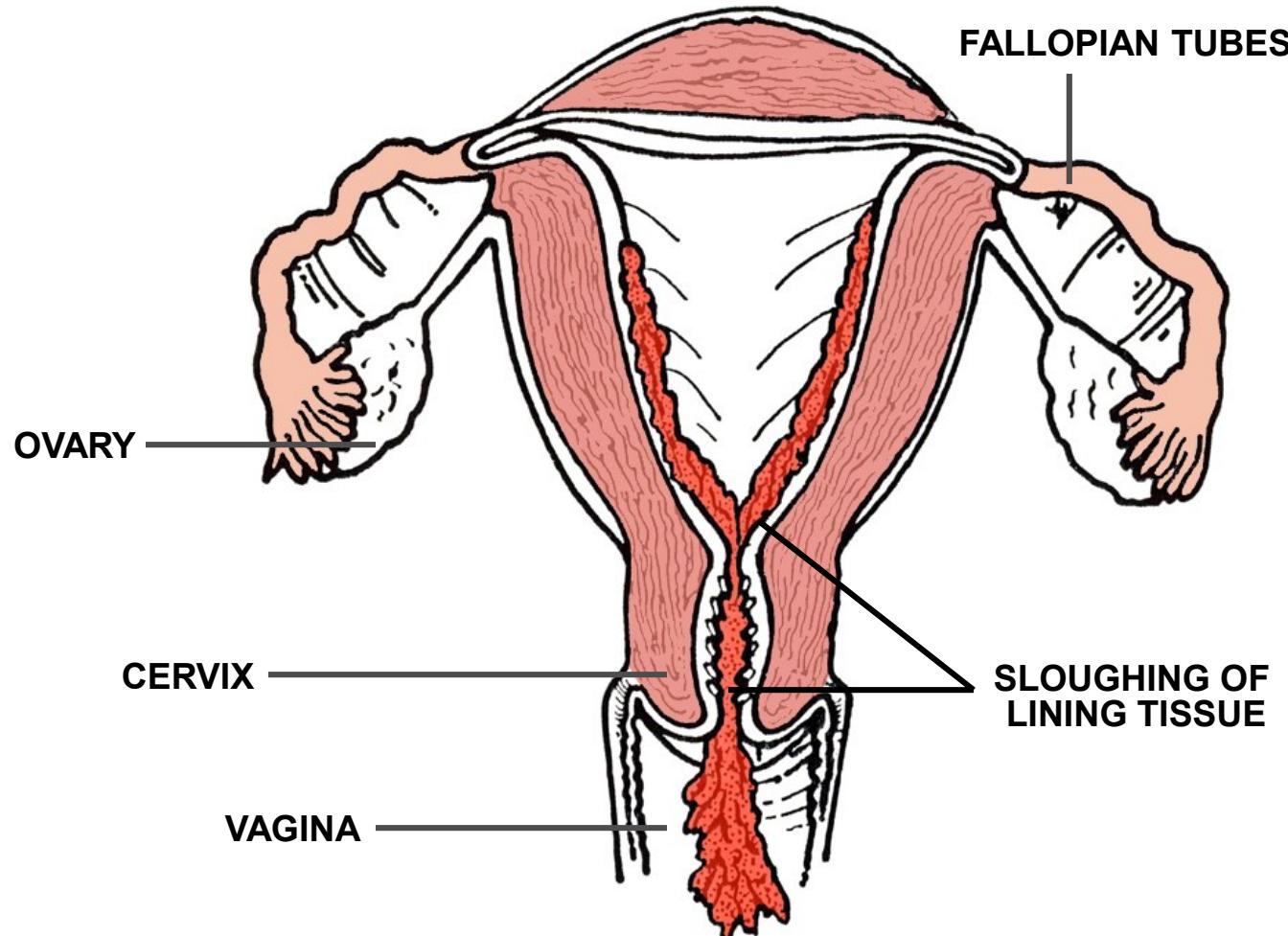
Early Human Development



The Unborn Child — 16 Weeks of Age



Menstruation



YOU NEED TO KNOW THAT:

Pregnancy can result from ANY genital contact on days of fertility even WITHOUT penetration or ejaculation.

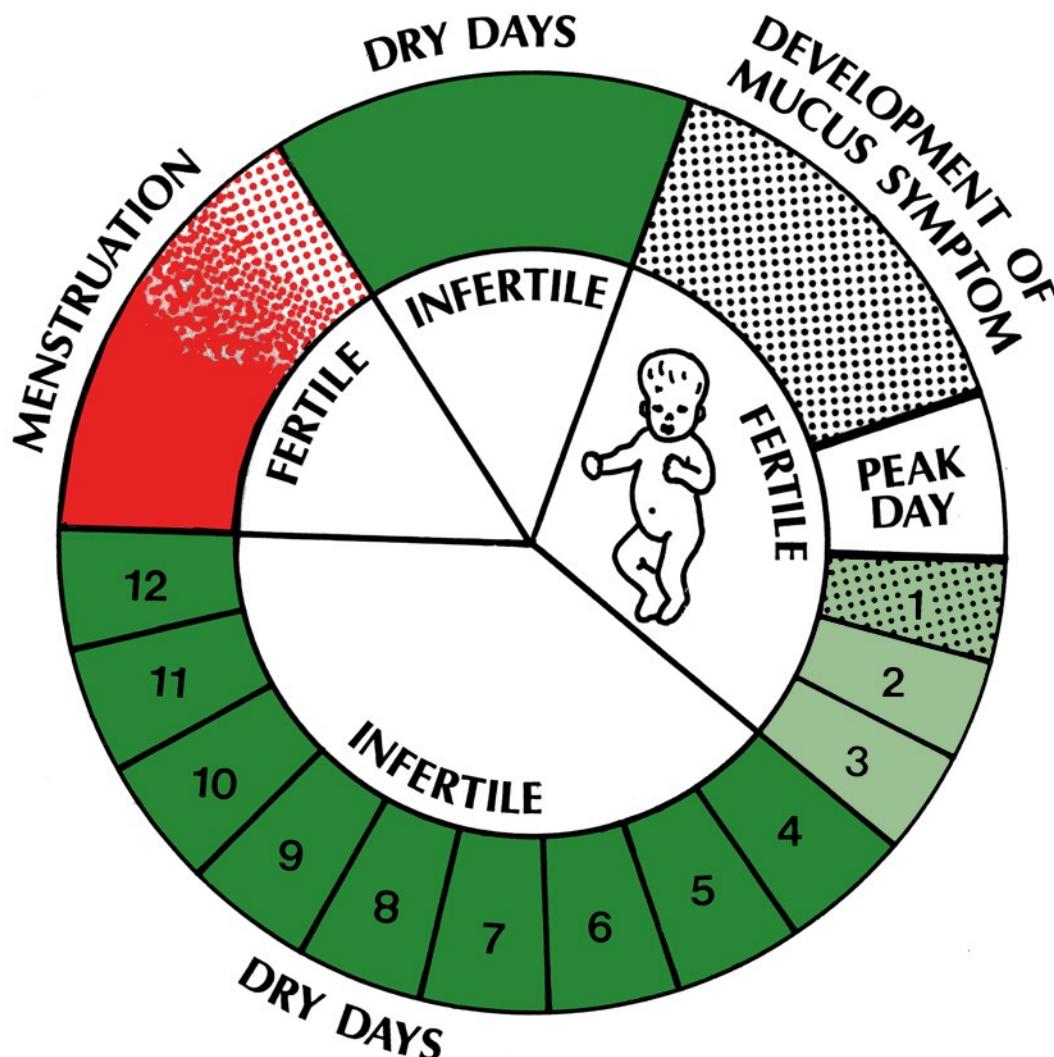
AND IN AVOIDING PREGNANCY:

The system works by avoiding ALL genital contact during the days that are considered fertile.

THE CREIGHTON MODEL SYSTEM



NaProTRACKING®
THE PROCREATIVE CYCLE



HOW TO CHECK FOR THE BIOLOGICAL MARKERS

Three Steps

Step 1: Wipe the Opening of the Vagina

Step 2: Observe the Tissue

Step 3: Finger Test What is Observed

CHECK ROUTINELY

THE “3 C’S”

C = COLOR

C = CONSISTENCY

C = CHANGE

S = SENSATION

WHEN CHARTING BEGINS:

AVOID GENITAL CONTACT FOR ONE CYCLE

OR

ONE MONTH WHICHEVER IS SHORTER

SEXUAL CONTACT VS. GENITAL CONTACT

CREIGHTON MODEL FertilityCare™ System

AN AUTHENTIC LANGUAGE OF A WOMAN'S
HEALTH AND FERTILITY™



FertilityCare™ & NaProTECHNOLOGY®

A Contemporary Approach to Women's Health Care

Use this chart to record (NaProTRACK™) the biomarkers of the naturally occurring phases of your fertility and infertility. These same biomarkers will also allow you to monitor and maintain your reproductive and gynecologic health. The CREIGHTON MODEL System is scientifically sound, accurate, and precise, and effective. It can be used to achieve and avoid pregnancy or in the further evaluation of infertility, repetitive miscarriage, abnormal bleeding, recurrent ovarian cysts, pelvic pain, premenstrual syndrome, etc. It does all of this in a way which cooperates with your fertility, respects the dignity of women and the integrity of marriage. As a bonus, it helps married couples discover the "inner soul" of their human sexuality. For more information, log onto: www.creightonmodel.com or www.fertilitycare.org or www.naprotechnology.com.

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

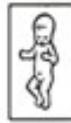
STAMPS



BLEEDING



DRYNESS



MUCUS



PEAK



COUNT THREE



DRYNESS

+ DESCRIPTION

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
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----



H H M M L
DRY

BLEEDING

REMINDER: ORDER NEW CHART, STAMPS AND
MAKE APPOINTMENT FOR FOLLOW-UP.

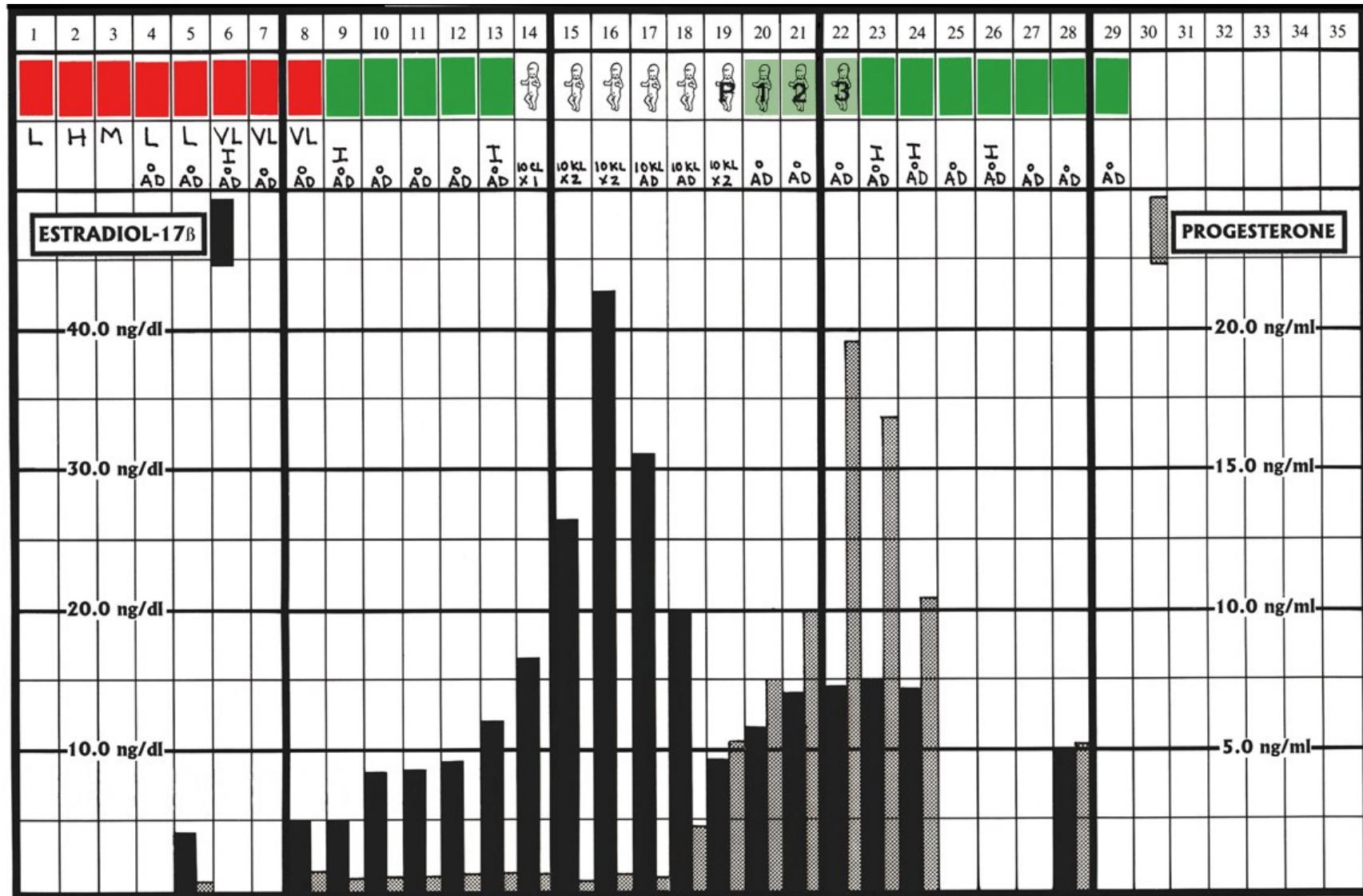
NaProTRACKING® THE PROCREATIVE CYCLE

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
H	H	M	M	L	DRY	DRY	DRY	DRY	Sticky cloudy	tacky cloudy	tacky clear	clear LUB	clear shiny LUB	stuffy cloudy	DRY	DRY																		
					DRY																													
BLEEDING							DRYNESS							MUCUS							PEAK							COUNT THREE						
REMINDER: ORDER NEW MAKE APPOINTMENT							CHART, STAMPS AND FOR FOLLOW-UP							NaProTRACKING® THE PROCREATIVE CYCLE																				

	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
14																																			14
Date																																			
DESCRIPTION	H	H	M	M	L	DRY	DRY	DRY	DRY	Sticky cloudy	tacky cloudy	tacky clear	clear sticky LUB	clear sticky LUB	DRY																				
9																																			15
Date																																			
DESCRIPTION	H	M	M	L	sticky cloudy	sticky cloudy	tacky clear	clear tacky LUB	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	
20																																			13
Date																																			
DESCRIPTION	H	M	M	L	VL	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY		
STAMP																																			
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REMINDER: ORDER NEW CHART, STAMPS AND FOR FOLLOW-UP																																			
NaProTRACKING® THE PROCREATIVE CYCLE																																			

**STAMPS
+
DESCRIPTION**

NaProTRACKING® THE PROCREATIVE CYCLE



This figure shows a weekly calendar grid for the 35th week of the Naprotracking cycle. The grid consists of 35 columns, each representing a day from Monday to Sunday. The first seven days (Monday through Sunday) are highlighted in red, while the remaining 28 days are green. Specific events are marked with icons: days 12-14 show a pregnant woman icon; days 19-21 show a pregnant woman icon with the number '2'; days 20-21 show a pregnant woman icon with the number '3'; and days 29-30 show a pregnant woman icon with the number '4'. Below the grid, there are several text boxes and labels: 'PREGNANCY TEST +' is centered above the green days 19-21; 'ACHIEVING PREGNANCY' is centered below the green days 29-30; 'REMINDER: ORDER NEW MAKE APPOINTMENT' is at the bottom left; 'CHART, STAMPS AND FOR FOLLOW-UP.' is at the bottom center; and 'Naprotracking® THE PROCREATIVE CYCLE' is at the bottom right.

NaProTRACKING® For Monitoring Maintaining and Evaluating Procreative Health

- ◆ Limited Mucus Cycles ◆ Tail-end Brown Bleeding
 - ◆ Dry Cycles ◆ Length of the Cycle
 - ◆ Premenstrual Spotting ◆ Length of
 Post-Peak Phase
 - ◆ And Many Others
 - ◆ For a Lifetime of Procreative and Gynecologic Health
-

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
M	M	M	M	L	VL																													
H	H	M	L	VL	VL																													
M	H	H	M	L	VL																													
H	M	L	VL																															

INFERTILITY

MISCARRIAGE

**LOW
PROGESTERONE**

**ABNORMAL
BLEEDING**

NaProTRACKING® FOR A WOMAN'S HEALTH

A REVIEW

THE CERVICAL FLUID:

- ◆ Begins as a sticky or tacky, cloudy mucus
- ◆ Progresses to clear, stretchy OR Lubricative

THE PEAK DAY:

- ◆ The LAST DAY of Clear, Stretchy OR Lubricative Mucus

AFTER THE PEAK:

- ◆ A DRAMATIC CHANGE
- ◆ Sticky or Tacky, Cloudy Again, or Dry

DAYS OF FERTILITY AND INFERTILITY

FERTILE

- ◆ Days of the Menstrual Flow
- ◆ The Mucus Days through 3 Full Days Past Peak

INFERTILE

- ◆ The Dry Days Following the Menstrual Flow
 - ◆ From the 4th Day Post-Peak until the Next Menses
-

THE CREIGHTON MODEL SYSTEM MAY BE USED IN TWO WAYS:

- ◆ To ACHIEVE Pregnancy
- ◆ To AVOID Pregnancy

THE EFFECTIVENESS OF THE CREIGHTON MODEL TO AVOID PREGNANCY IN COUPLES OF NORMAL FERTILITY:

Number of Couples Enrolled 1,876

Number of Couple Months of Use 17,130

Number of Centers Participating 5

Omaha • St. Louis • Wichita • Houston • Milwaukee

METHOD EFFECTIVENESS 99.5

USE EFFECTIVENESS 96.8

THE EFFECTIVENESS OF THE CREIGHTON MODEL TO ACHIEVE PREGNANCY IN COUPLES OF NORMAL FERTILITY:

Couples of Normal Fertility
Cycle by Cycle Effectiveness¹

1ST CYCLE	76.0%
3RD CYCLE	90.0%
6TH CYCLE	98.0%

Couples of Normal Fertility
Population of 100 Users²

WITHIN THE FIRST YEAR **21.0%**

¹ Hilgers, TW. Daly, KD. Prebil, AM and Hilgers, SK. Cumulative Pregnancy Rates in Patients with Apparently Normal Fertility and Fertility-Focused Intercourse. J. Reprod. Med. 37 864, 1992.

² In Preparation

THE EFFECTIVENESS OF THE CREIGHTON MODEL TO ACHIEVE PREGNANCY IN COUPLES WITH INFERTILITY:

WITH USE OF CrMS ONLY 20.0 - 40.0%¹

WITH CrMS AND MEDICAL TREATMENT UP TO 80.0%²

¹ Over a period of 8 - 12 months of use.

² Includes medical evaluation and cooperative medical treatment. The exact success rate will differ between individuals and between different causes for the infertility.

WHEN USING THE METHOD TO AVOID PREGNANCY

**THERE ARE NO “TAKING CHANCES” WITH
THE CREIGHTON MODEL**

**YOU WILL KNOW WHEN YOU ARE FERTILE OR
INFERTILE ON ANY GIVEN DAY**

YOUR TIME, ENERGY AND PATIENCE

**AN INVESTMENT IN THE
FUTURE**

FOLLOW UP SESSIONS ARE VERY IMPORTANT TO YOU

- ◆ So that the System can be “Tailor Made”
for You and Your Situation
 - and
 - ◆ So that You may Quickly Gain Confidence
in the System
-

SUCCESS DEPENDS UPON:

- ◆ Accurate **OBSERVATIONS**
 - ◆ Accurate **CHARTING**
 - ◆ Following the **INSTRUCTIONS**
 - ◆ Mutual **MOTIVATION**
 - ◆ Loving **COOPERATION**
-

**For a Lifetime of Fulfilling Dreams
and Procreative Health!**

**THE WOMAN OBSERVES
THE MAN SUPPORTS
THE COUPLE USES**

THE CREIGHTON MODEL SYSTEM TEACHES YOU:

- ◆ To Appreciate Your Fertility and the **CHILDREN** that may Result from Its Use (“Every Child ... A Loved Child”)
 - ◆ To Be an Active Participant in the Monitoring and Maintaining of **YOUR OWN** Procreative and Gynecologic Health
-

CREIGHTON
M • O • D • E • L

FertilityCare™ System

AN AUTHENTIC LANGUAGE
OF A WOMAN'S
HEALTH AND FERTILITYSM



CREIGHTON MODEL
NaProEDUCATION Technology

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