

CREIGHTON MODEL Fertility Care™ System



Fertility Appreciation

CREIGHTON MODEL
NaPro EDUCATION Technology

CREIGHTON MODEL SYSTEM

Introductory Session



Fertility Appreciation

CREIGHTON MODEL
NaPro EDUCATION Technology



Fertility Appreciation

CREIGHTON MODEL
NaPro EDUCATION Technology


A service program for making
Natural Procreative Choices
while Monitoring, Maintaining & Evaluating
a woman's PROCREATIVE & GYNECOLOGICAL HEALTH

FertiCARE®

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

Pregnancy Evaluation

NaProTRACKING[®] the Procreative Cycle

SPICE Instruction

Marital Bonding

NaProTECHNOLOGY®

Women's Health Maintenance, Monitoring & Evaluation

Infertility

Miscarriage

Maintaining Pregnancy

Irregular Cycles

Hormone Problems

PMS

Ovarian Cysts

Unusual Bleeding

Effects of Stress

Made to work with YOUR fertility!

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 & Cooperative

A Shared System

Respects the dignity of Women & Marriage

Standardized

THE CREIGHTON MODEL SYSTEM IS BASED ON

Solid, Scientific & Educational Research

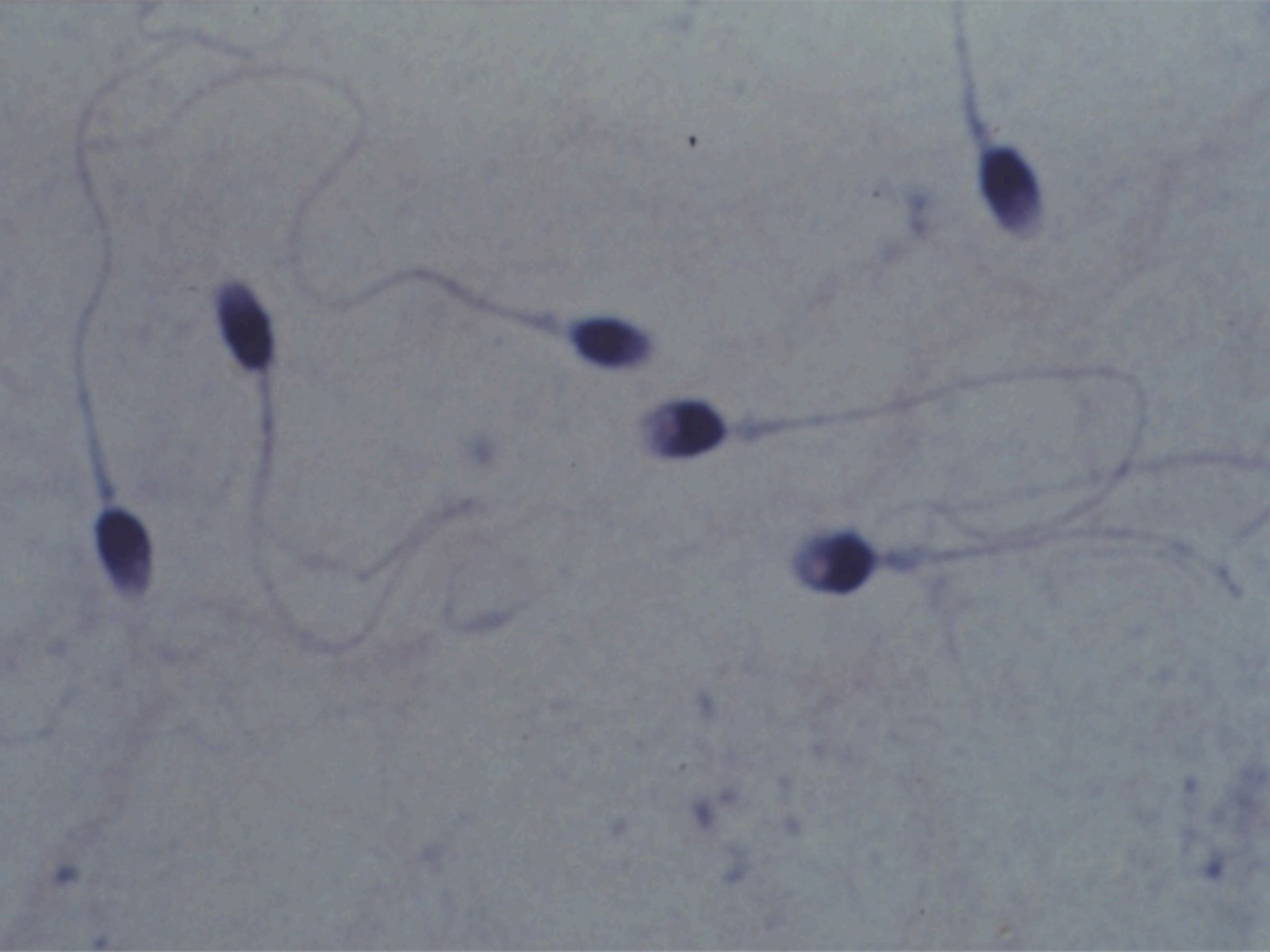
The Observation & Tracking of Various Biological Markers

Easy to Learn & Easy to Interpret

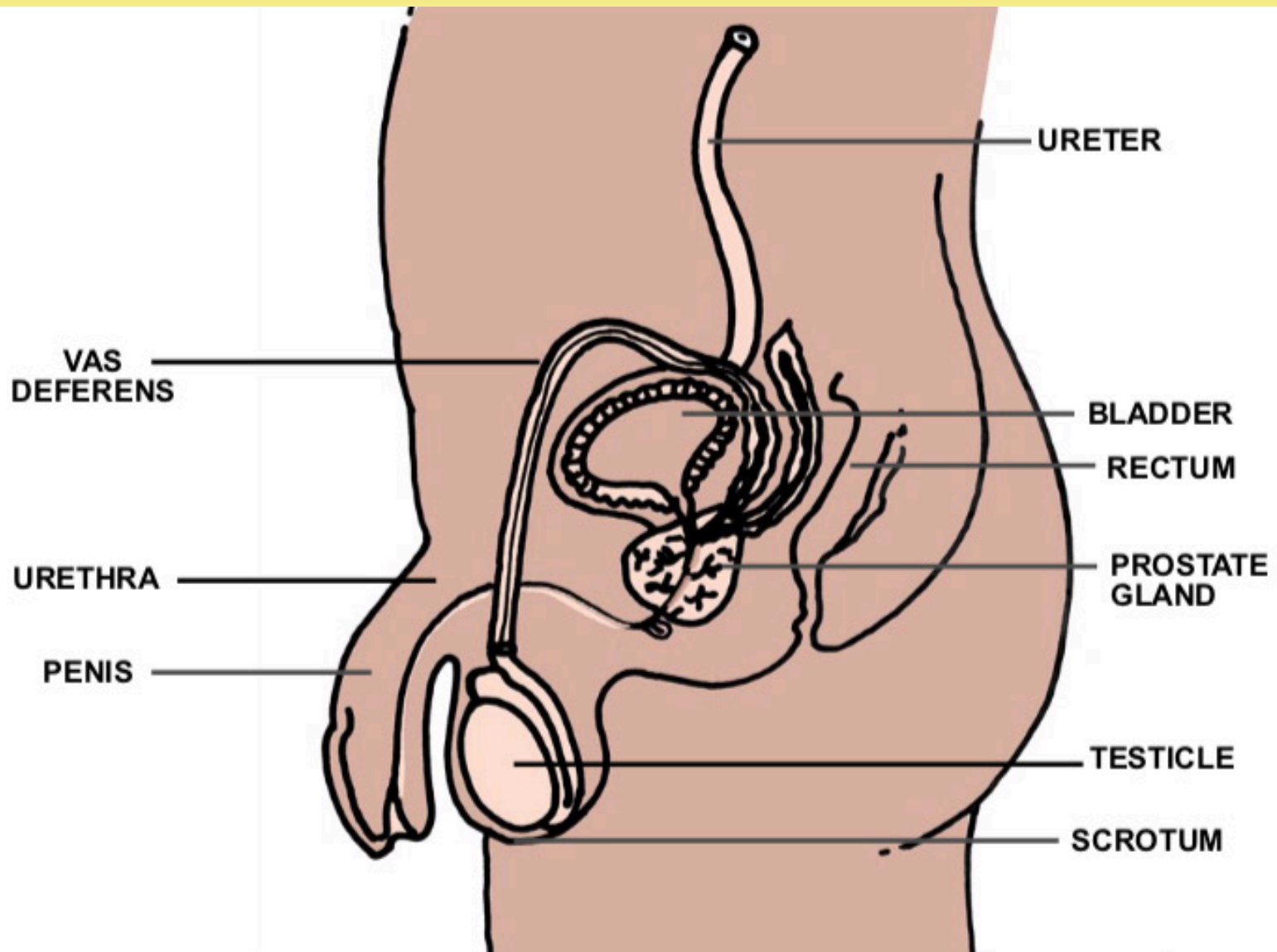
A BASIC REVIEW OF ANATOMY & PHYSIOLOGY

Introductory Session

MEN ARE
ALWAYS FERTILE

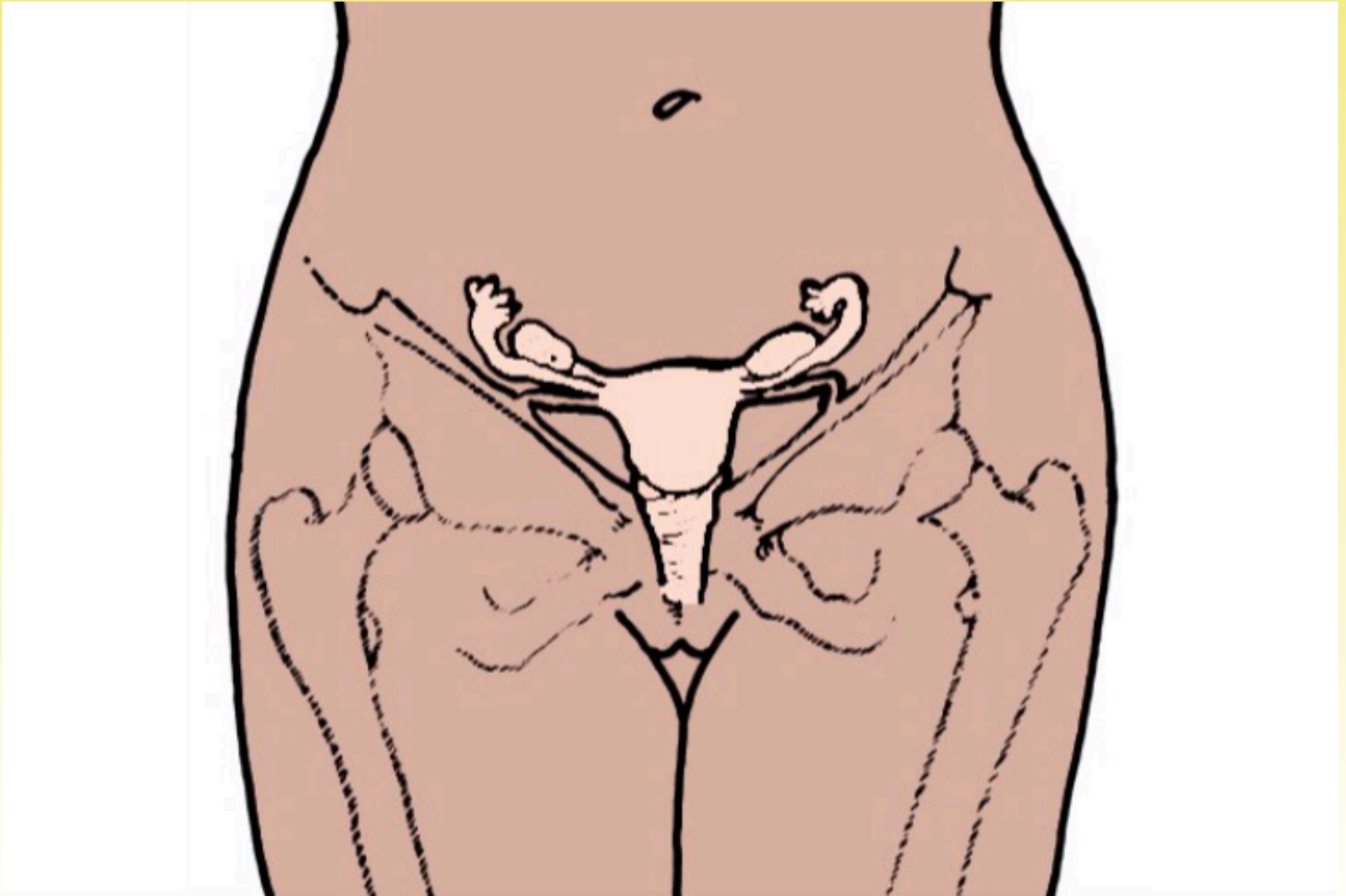


MALE ANATOMY

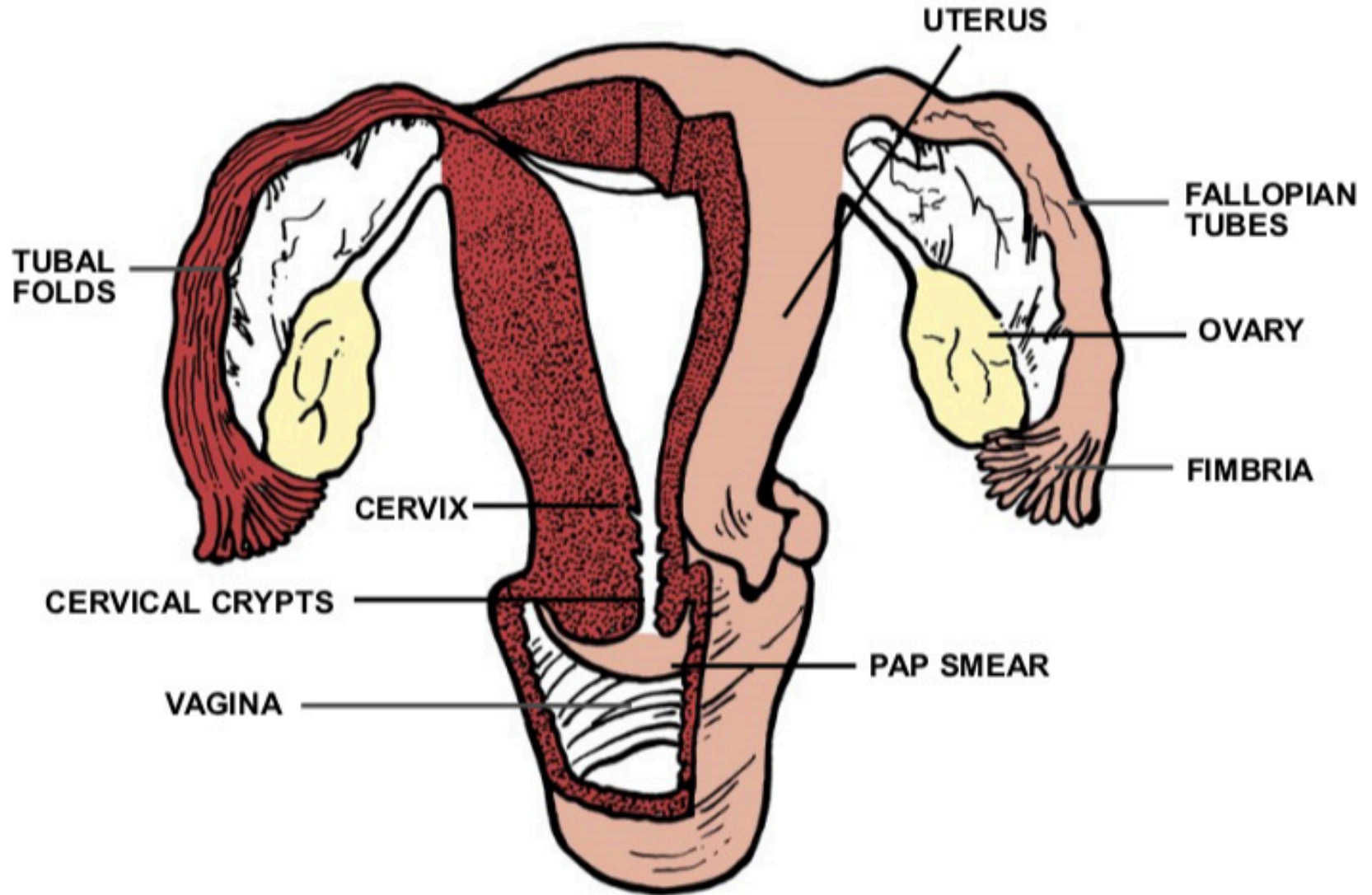


WOMEN ARE AT
MOST TIMES INFERTILE

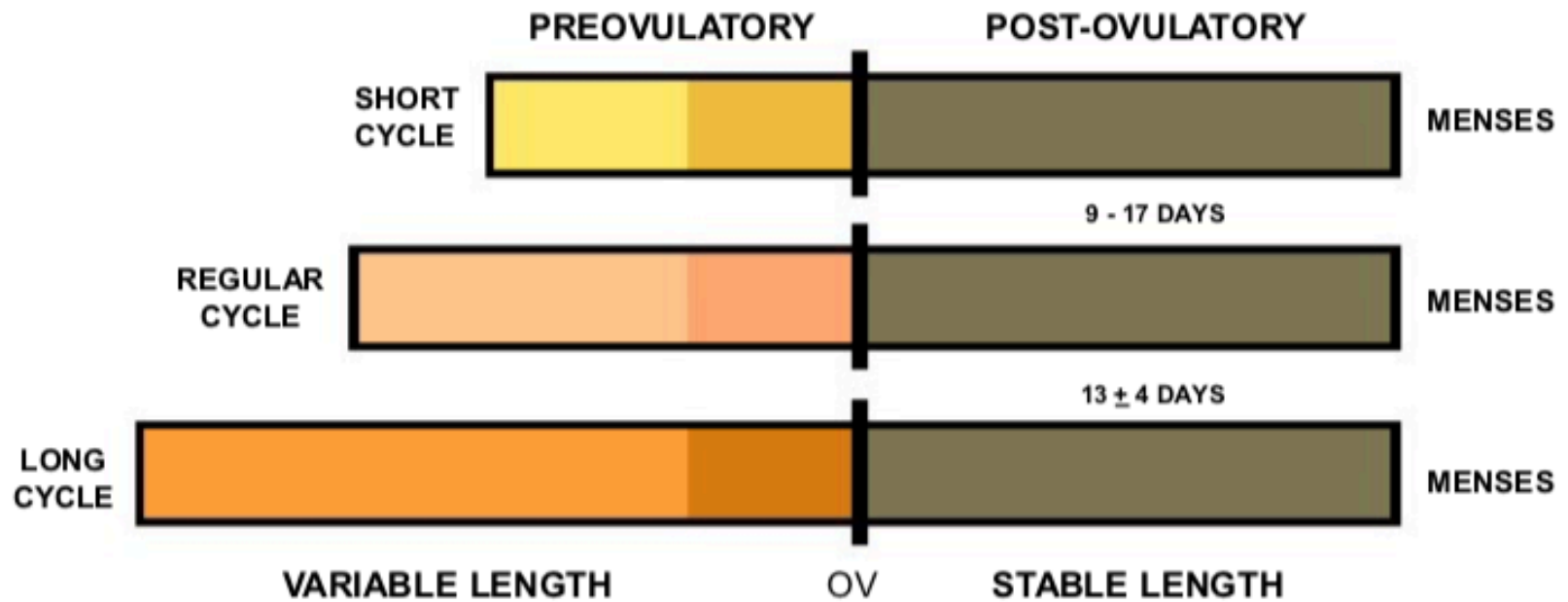
FEMALE PELVIC ORGANS



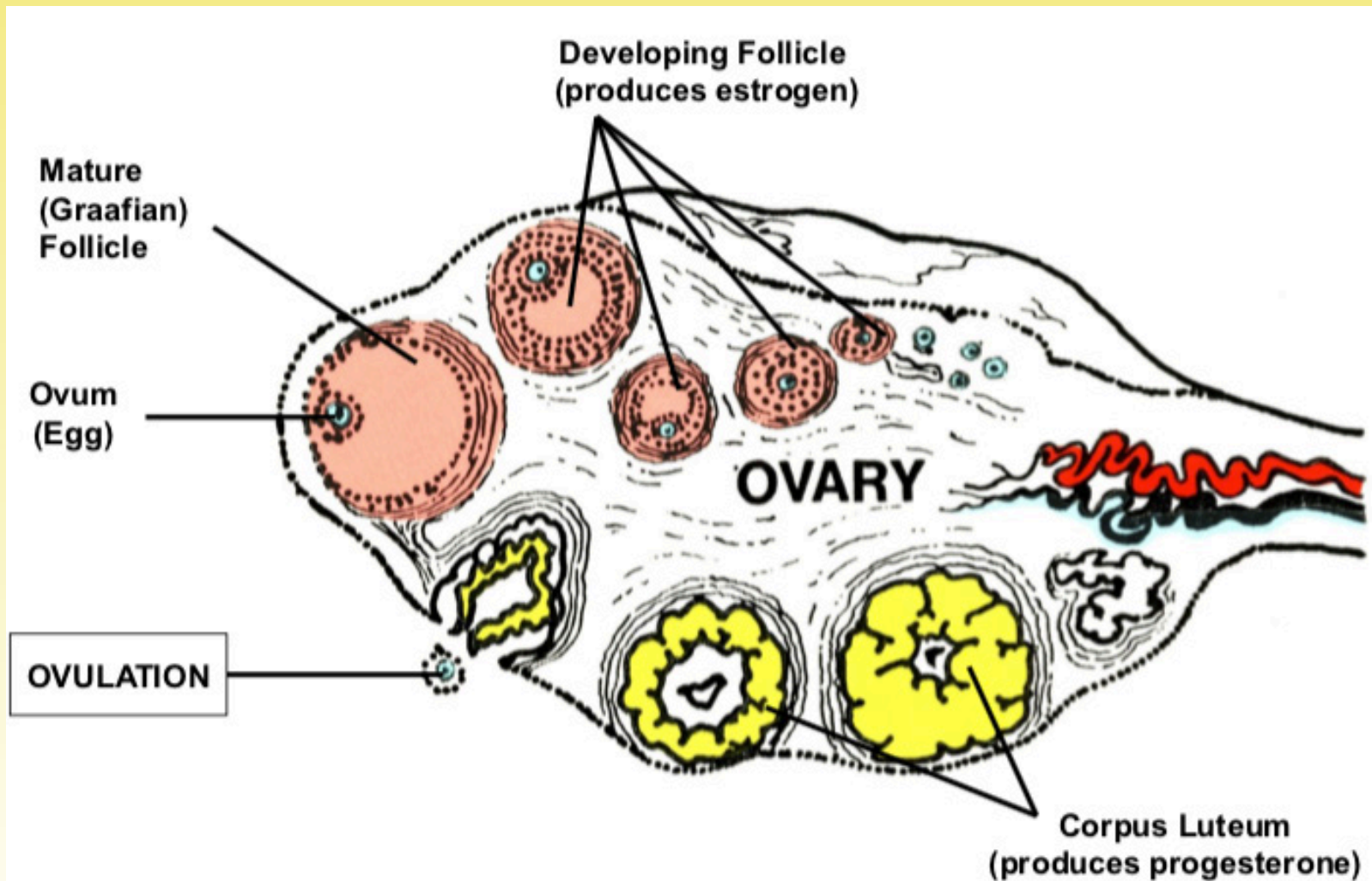
UTERUS, TUBES & OVARIES



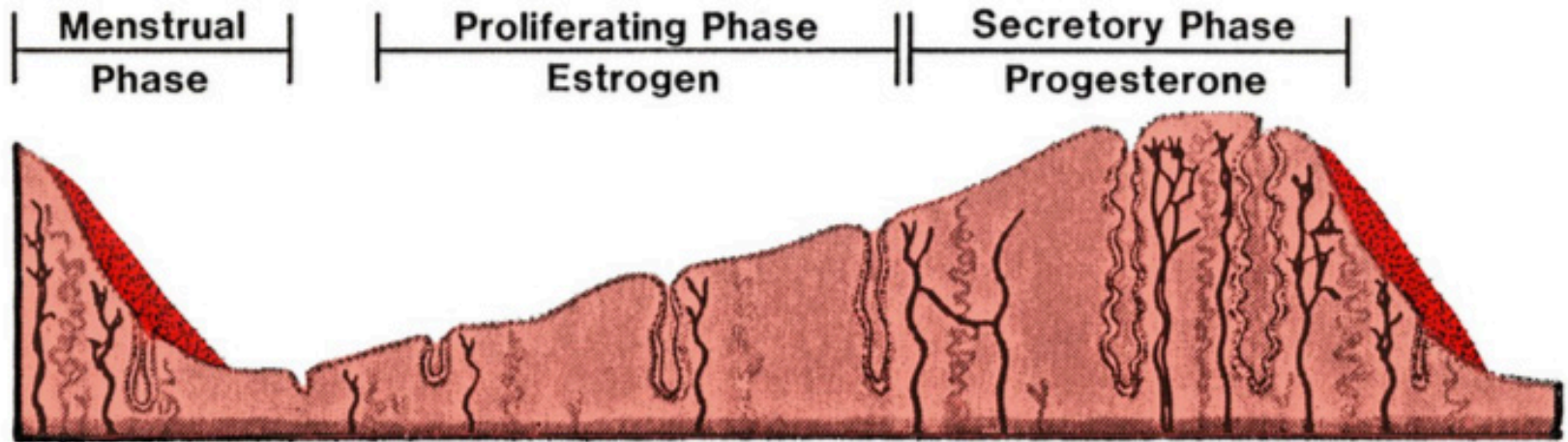
PHASES OF THE MENSTRUAL CYCLE



OVULATION CYCLE



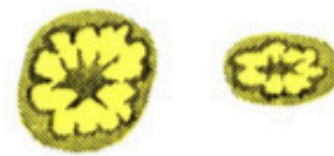
CHANGES IN THE LINING OF THE UTERUS



Follicular Development



Ovulation



Luteal Development

OVULATION
OCCURS ON ONLY
ONE DAY
IN EACH CYCLE

THE EGG LIVES ONLY
12-24 HOURS IF NOT FERTILIZED

SPERM NEED
MUCUS TO SURVIVE

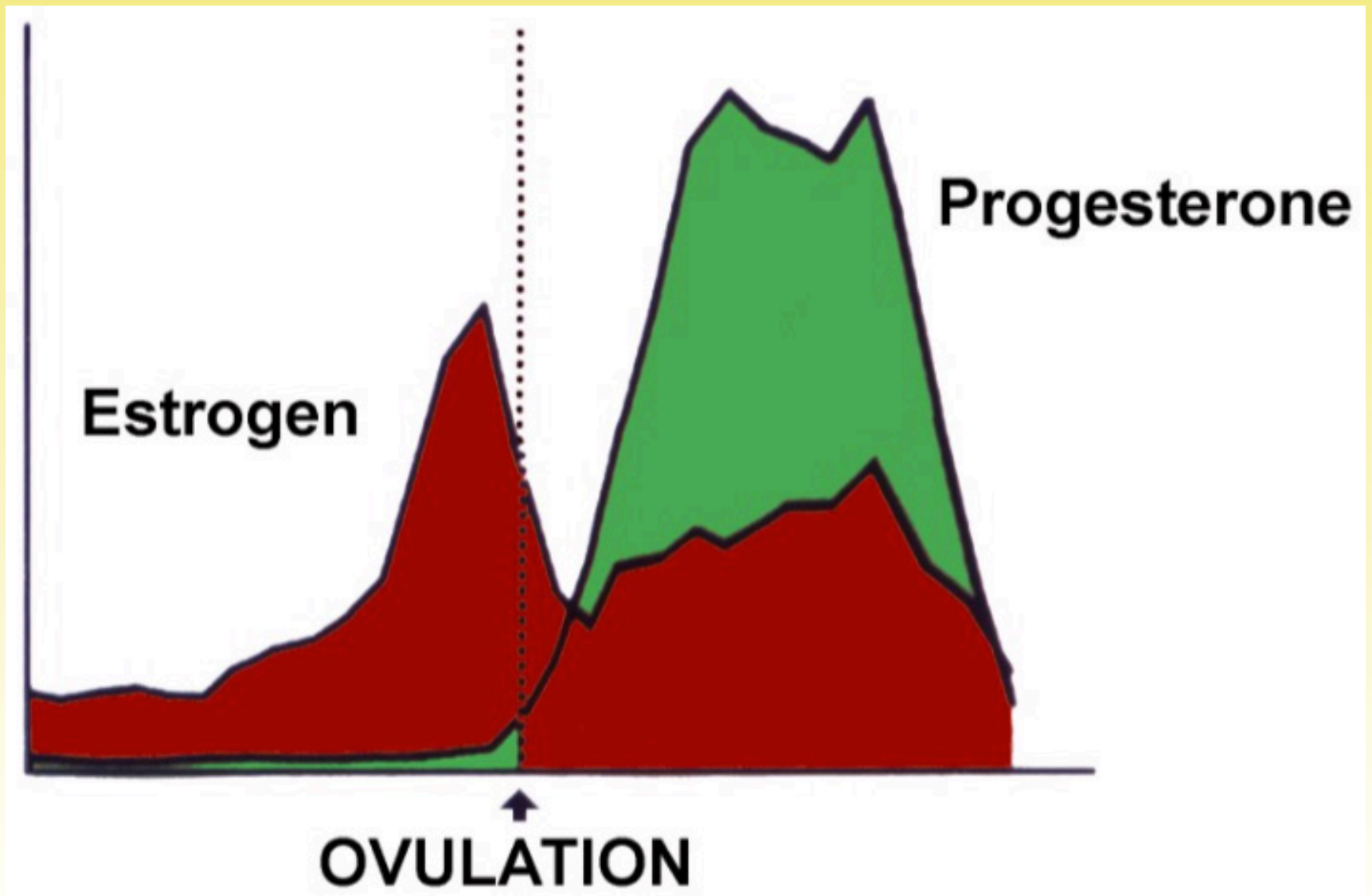
SPERM WITHOUT MUCUS
DIE WITHIN HOURS



SPERM WITH GOOD MUCUS
MAY LIVE 3-5 DAYS

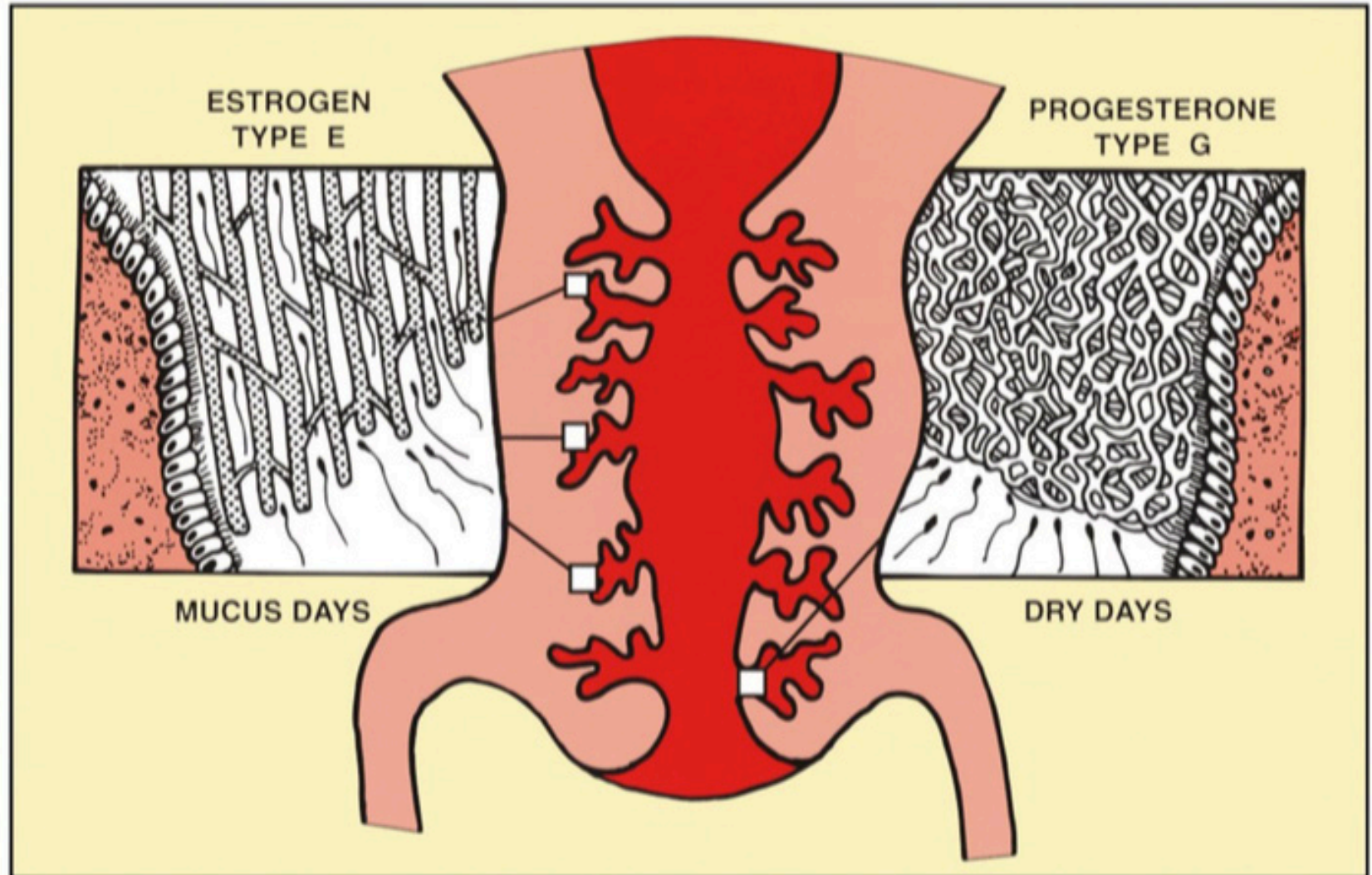
THE HORMONE ESTROGEN
REACHES A PEAK
THE DAY BEFORE OVULATION

OVARIAN HORMONES

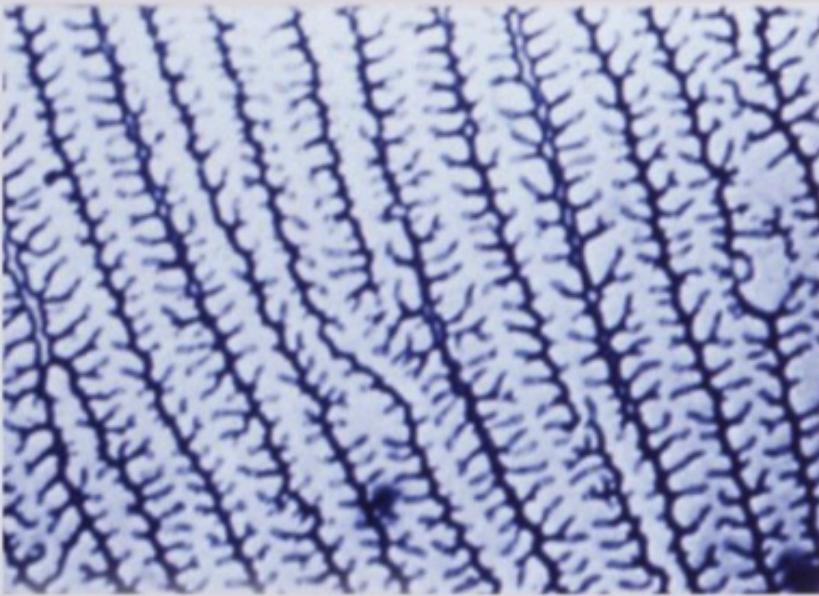


THE HORMONE ESTROGEN
STIMULATES THE
CERVICAL CRYPTS
TO PRODUCE MUCUS

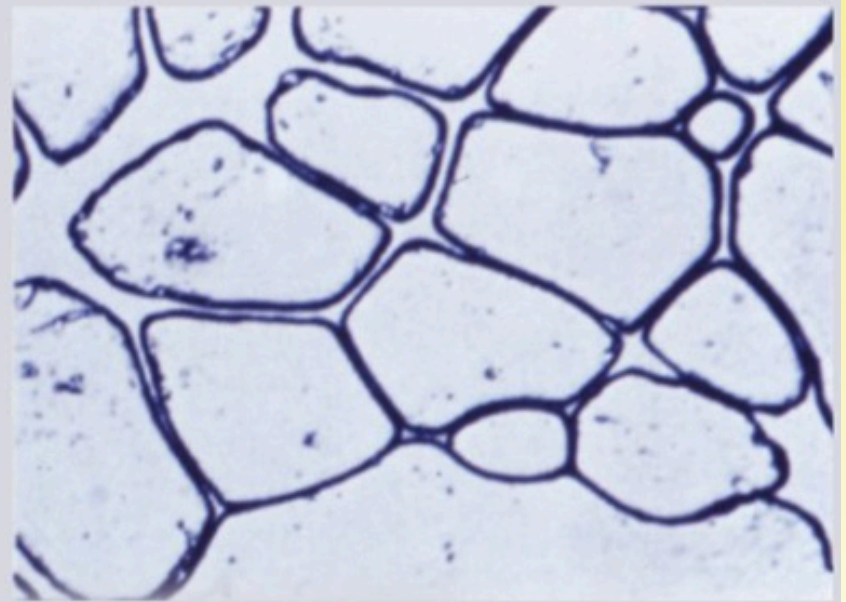
MAP OF THE CERVIX (ODEBLAD) & BIOLOGICAL VALVE



TYPE E AND TYPE G MUCUS

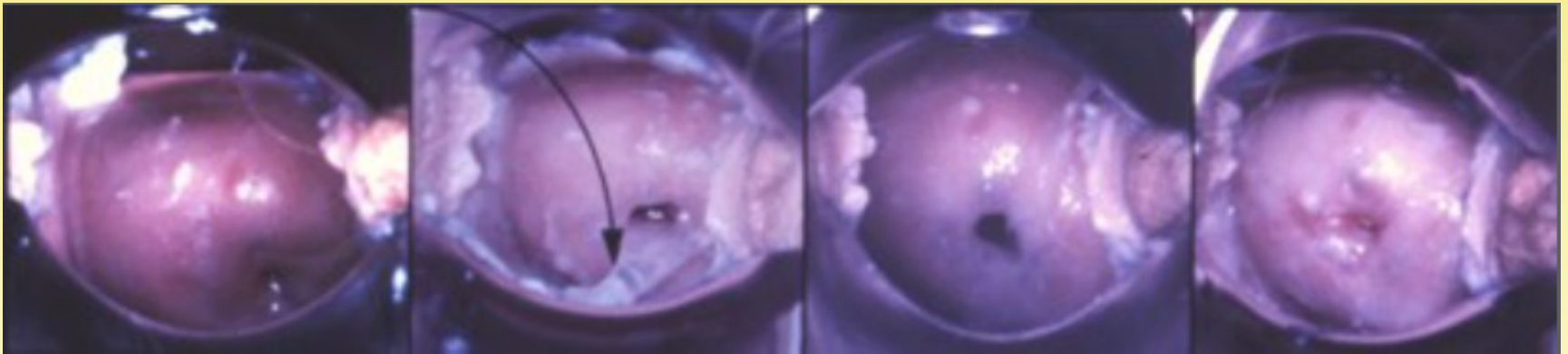


Type E



Type G

CHANGES IN THE FLOW OF CERVICAL MUCUS AROUND THE TIME OF OVULATION: THE BIOLOGICAL VALVE



PEAK - 4
CLOSED

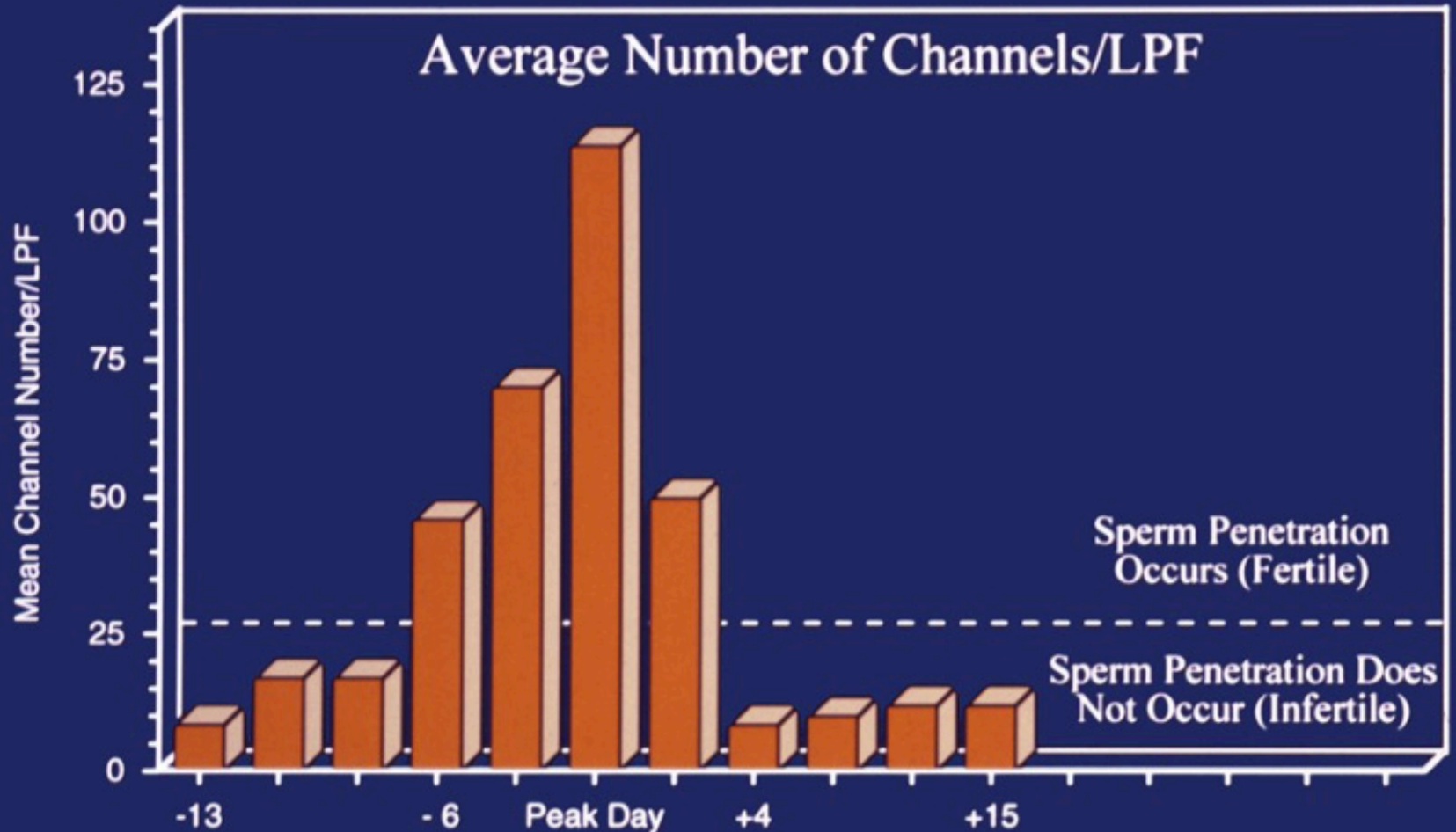
PEAK DAY
OPEN

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.

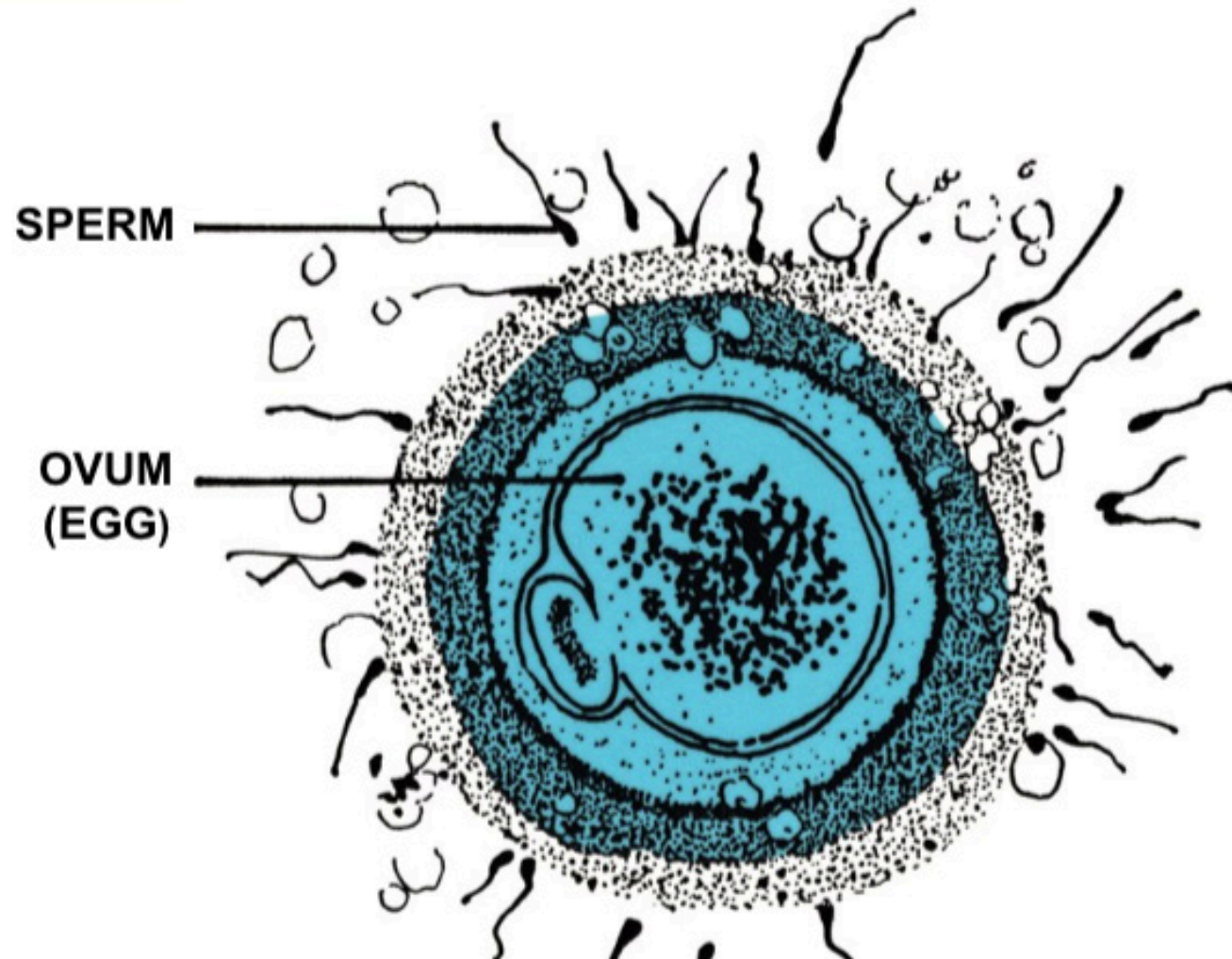
FERTILITY DEPENDS ON

Good sperm

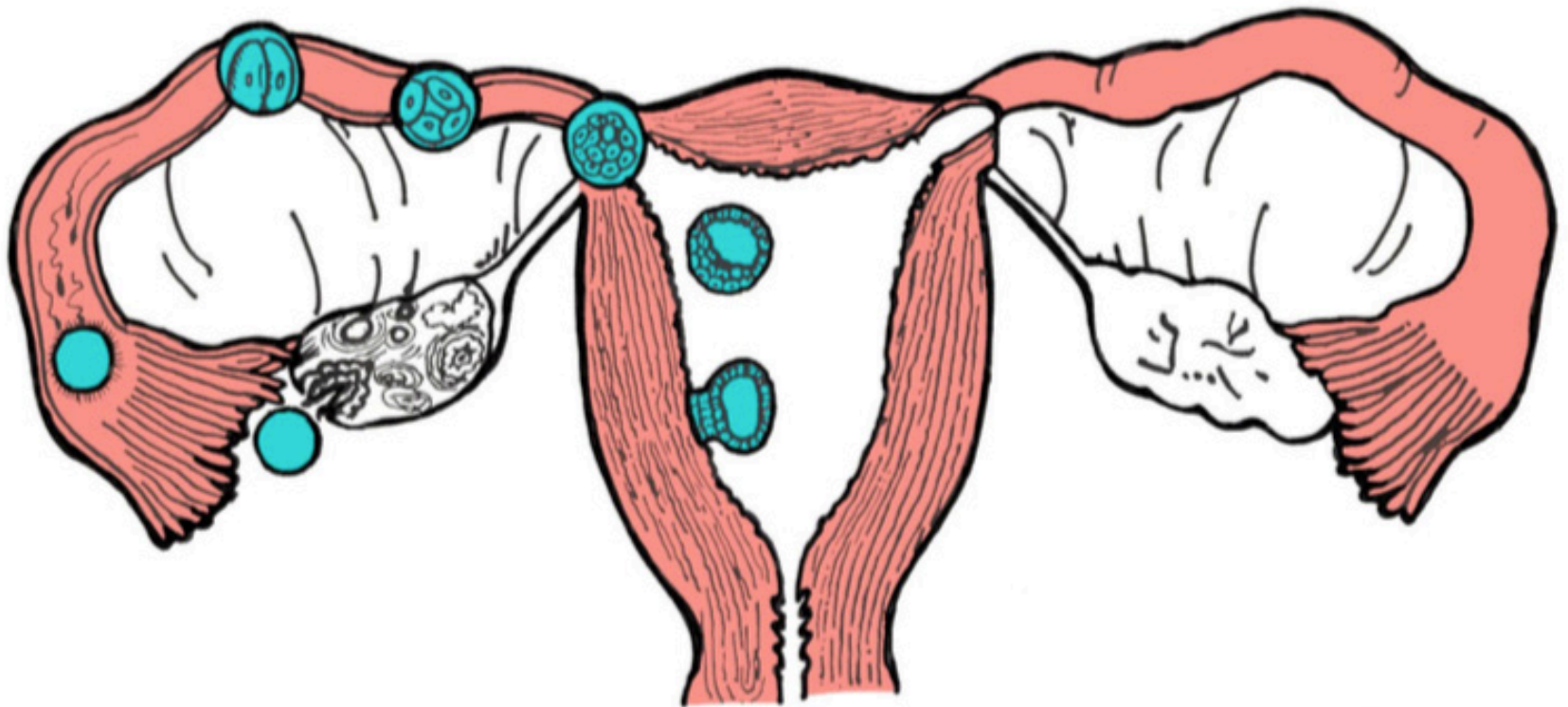
Good eggs

Good mucus

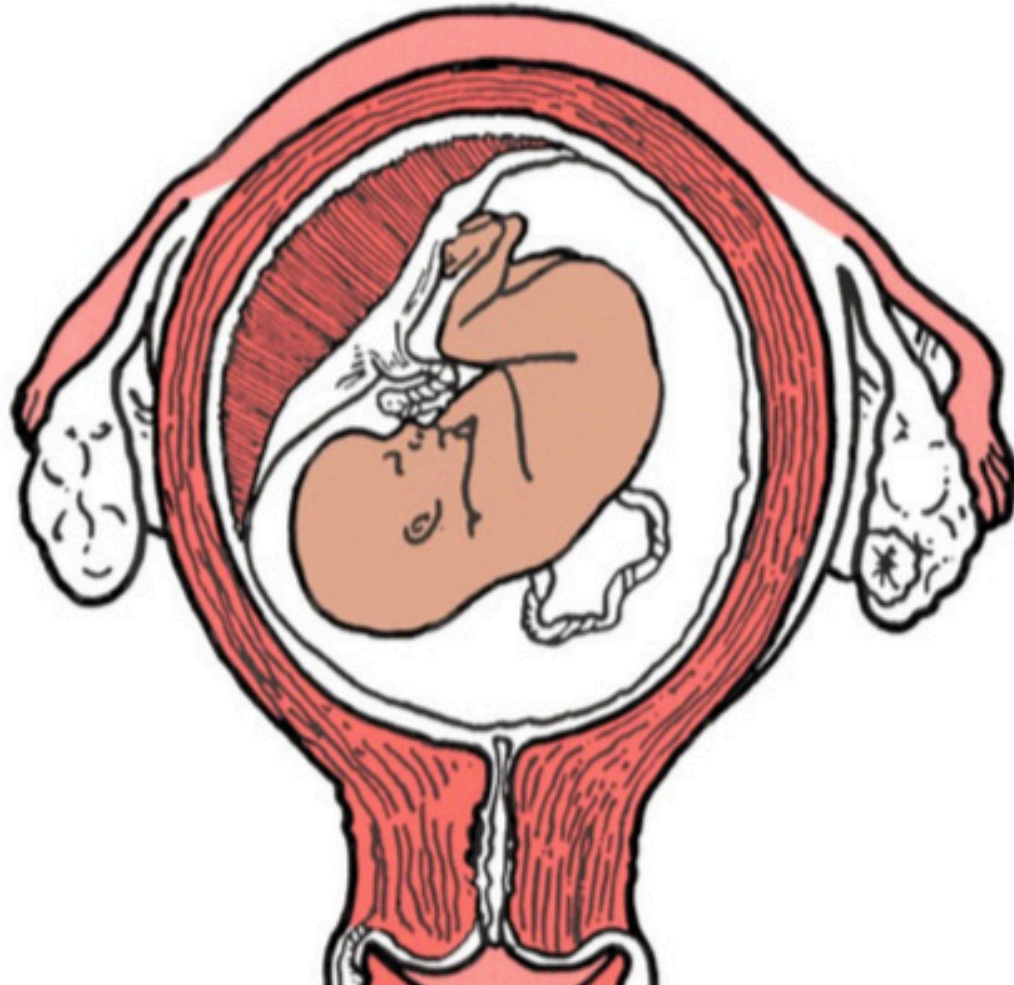
CONCEPTION - THE BEGINNING OF HUMAN LIFE



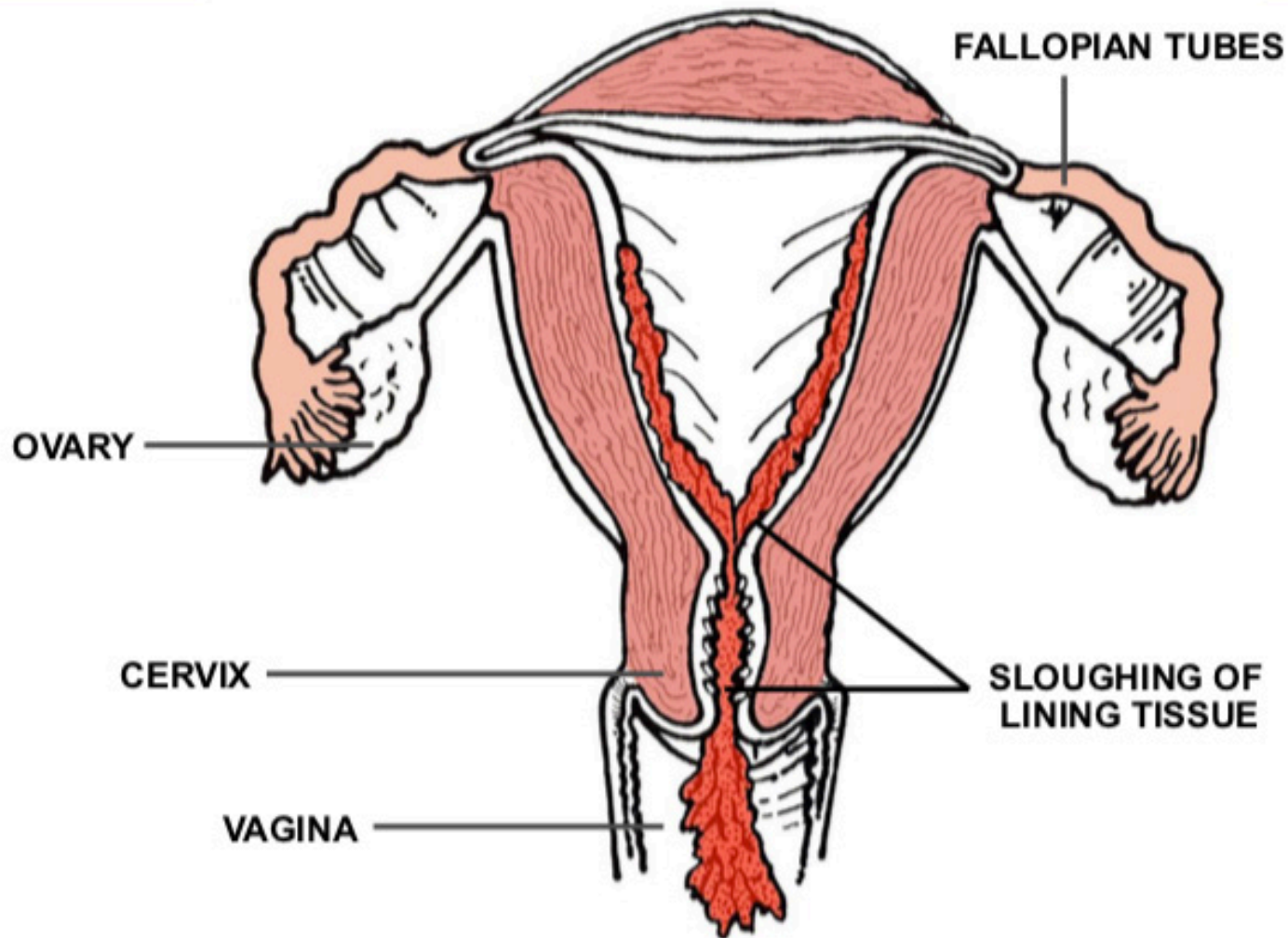
EARLY HUMAN DEVELOPMENT



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.

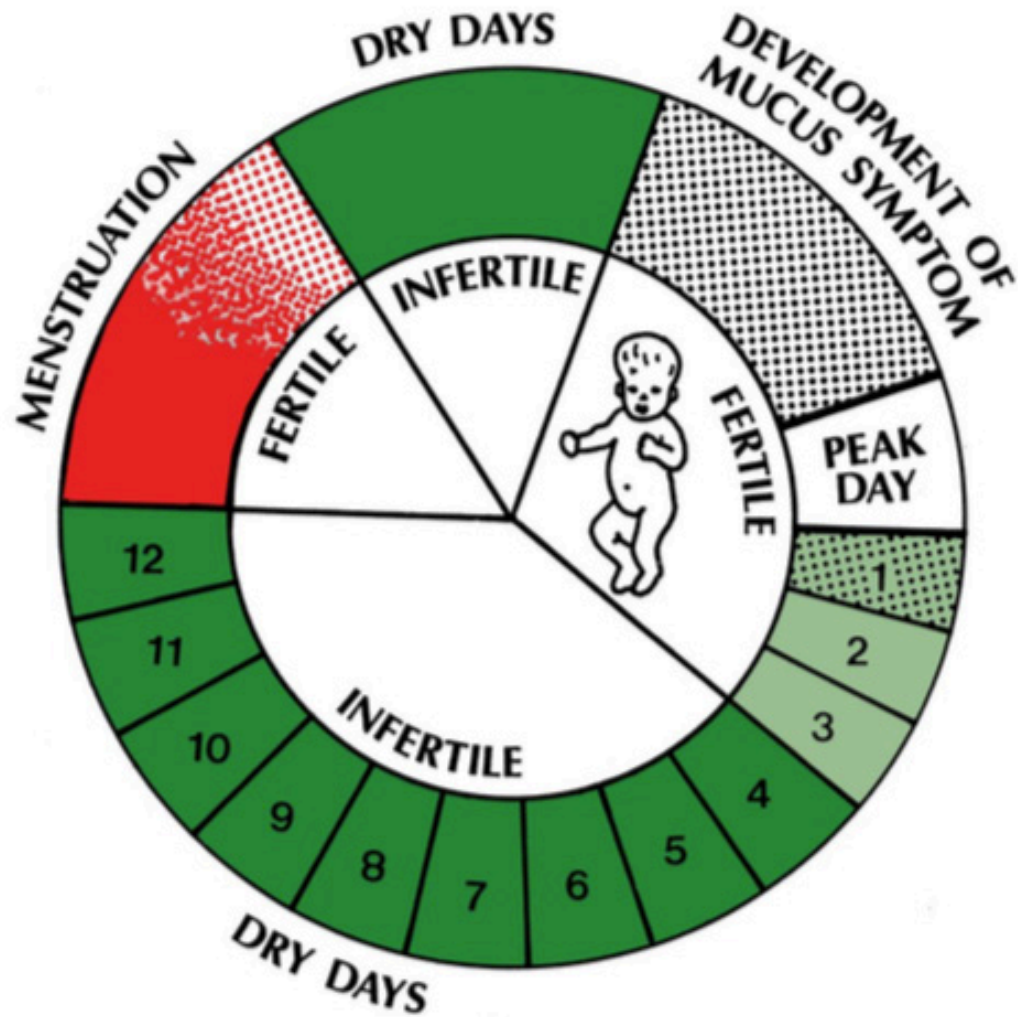
AND IN AVOIDING PREGNANCY:

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



THE CREIGHTON MODEL SYSTEM

NaProTECHNOLOGY®
The Procreative Cycle



HOW TO CHECK FOR THE BIOLOGICAL MARKERS

3 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.

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STAMPS



BLEEDING



DRYNESS



MUCUS



PEAK

--



COUNT THREE



DRYNESS

+ DESCRIPTION

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REMINDER: ORDER NEW						CHART, STAMPS AND						<div> NAProTRACKING® THE PROCREATIVE CYCLE </div>																							
MAKE APPOINTMENT						FOR FOLLOW-UP.																													

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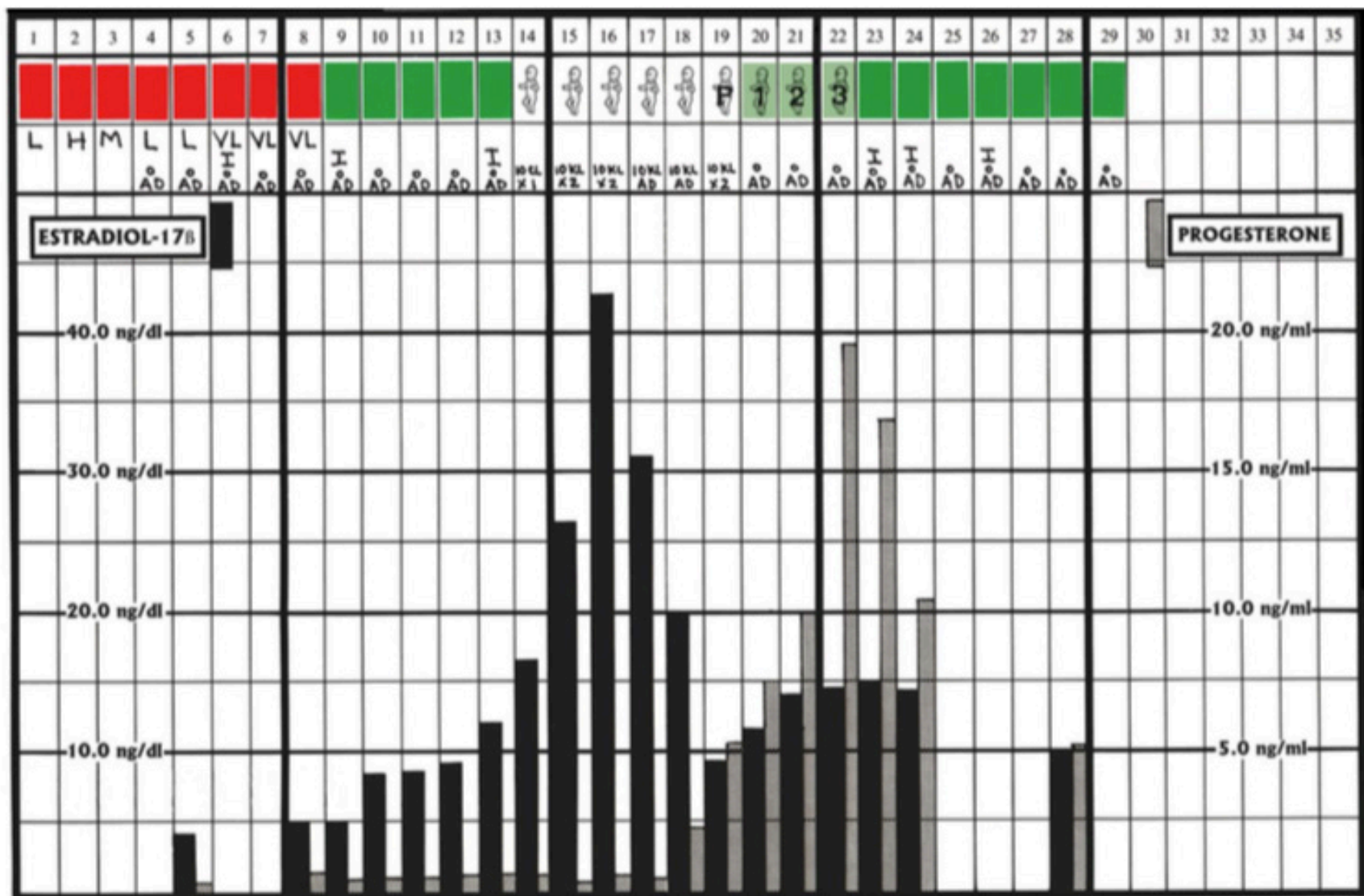
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**STAMPS
+
DESCRIPTION**

NAProTRACKING® THE PROCREATIVE CYCLE

REMINDER: ORDER NEW
MAKE APPOINTMENT

CHART, STAMPS AND
FOR FOLLOW-UP.



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<i>AD</i>	<i>AD</i>	<i>AD</i>	<i>I</i>	<i>AD</i>	<i>AD</i>	<i>AD</i>	VAGINAL DISCHARGE RECORDING SYSTEM																											
REMINDER: ORDER NEW MAKE APPOINTMENT							CHART, STAMPS AND FOR FOLLOW-UP.							<div> NAProTRACKING® THE PROCREATIVE CYCLE </div>																				

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<div>CONTINUOUS DISCHARGE - YELLOW STAMPS</div>																																		
<div>REMINDER: ORDER NEW CHART, STAMPS AND MAKE APPOINTMENT FOR FOLLOW-UP.</div>																																		
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HORMONE STUDY - CONSECUTIVE OVULATORY CYCLES																																				

NaProTRACKING®

For Monitoring, Maintaining, & Evaluating
Procreative Health

Limited Mucus Cycles

Dry Cycles

Premenstrual Spotting

Tail-end Brown Bleeding

Length of the Cycle

Length of Post-Peak Phase

And many others...

For a lifetime of Procreative and Gynecologic Health

The screenshot displays the NAPROTRACKING app interface, which is a calendar-based health tracking tool for women. The main grid consists of 35 columns representing days of the month. The rows are organized into sections for different health metrics:

- Top Row:** Days 1 through 35.
- Second Row:** Menstruation (M), Headache (H), Lower Back Pain (L), Vaginal Bleeding (VL), and Abnormal Discharge (AD).
- Third Row:** Fertility status, indicated by icons for 'P' (pregnant), '1' (ovulating), '2' (fertile), and '3' (infertile).
- Fourth Row:** Pregnancy status, indicated by icons for 'P' (pregnant), '1' (ovulating), '2' (fertile), and '3' (infertile).
- Fifth Row:** Progesterone levels, indicated by icons for 'B' (low), 'VL' (vaginal bleeding), and 'AD' (abnormal discharge).
- Sixth Row:** Abnormal bleeding, indicated by icons for 'H' (headache), 'M' (menstruation), 'L' (lower back pain), 'VL' (vaginal bleeding), and 'AD' (abnormal discharge).
- Bottom Row:** A large banner for 'NAPROTRACKING® FOR A WOMAN'S HEALTH'.

The interface uses a color-coded system: red for menstruation, green for fertility, and yellow for pregnancy. The app also includes a sidebar on the right with buttons for 'INFERTILITY', 'MISCARRIAGE', 'LOW PROGESTERONE', and 'ABNORMAL BLEEDING'.

A REVIEW

THE CERVICAL FLUID

Begins 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

OR

To AVOID pregnancy

THE EFFECTIVENESS OF THE CREIGHTON MODEL SYSTEM TO **AVOID** PREGNANCY

In couples of normal fertility...

of Couples Enrolled: 1,876

of Couple Months of Use: 17,130

#of Centers Participating: 5

(Omaha, St. Louis, Wichita, Houston, Milwaukee)

Method Effectiveness: 99.5

Use Effectiveness: 96.8

Journal of Reproductive Medicine, 1998

THE EFFECTIVENESS OF THE CREIGHTON MODEL SYSTEM TO **ACHIEVE** PREGNANCY

In couples of normal fertility...

Couple of Normal Fertility Cycle by Cycle Effectiveness¹

1st Cycle: 76%

3rd Cycle: 90%

6th Cycle: 98%

Couple of Normal Fertility Population of 100 Users²

Within the 1st Year: 21%

1 Hilgers, T.W. 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 SYSTEM TO **ACHIEVE** PREGNANCY In couples with infertility...

With Use of CrMS Only: 20-40%¹

With CrMS and Medical Treatment: Up to 80%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

Using Days of Fertility ABANDONS the method
as means of AVOIDING pregnancy
and
ADOPTS the method as a means of
ACHIEVING 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 & 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

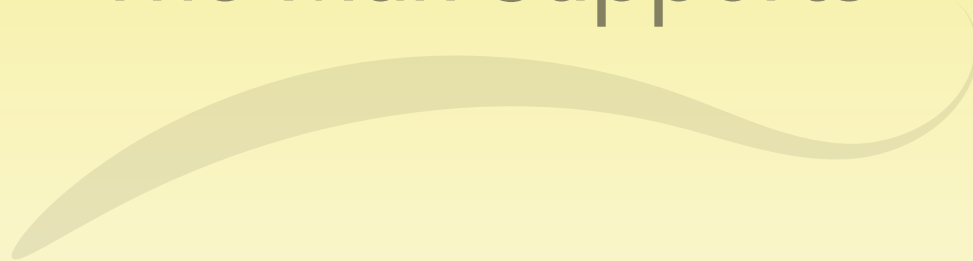
Following the INSTRUCTIONS

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

To be an active participant in the monitoring
and maintaining of your own Procreative and
Gynecologic Health



Fertility Appreciation

CREIGHTON MODEL
NaPro EDUCATION Technology

CREIGHTON MODEL
FertilityCare™ System

AN AUTHENTIC LANGUAGE OF A WOMAN'S HEALTH AND FERTILITYSM

