

Benefits of NFP

- **Reliable**
Over 99% effective
- **In Unity with Church Teaching**
Fosters love and respect for the couple
Works with God, instead of against
Promotes chastity with marriage
- **Natural**
No harmful side effects
Not an abortifacient
To either achieve pregnancy or postpone for a just cause
- **Inexpensive**
Fraction of the cost of contraception
Once learned, can be applied for lifetime
- **Cooperative**
Spouses become unified with same goals
Almost non-existent divorce rate
- **Communication**
Fertility is a continual discussion
Goals can change instantaneously
- **Renews Marital Intimacy**
Brief periods of abstinence can enhance
Excitement and anticipation

NFP — Physicians

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Diocese of Fort Worth

Natural Family Planning
Promoting True Marital Love



Diocese of Fort Worth
Office of Marriage and Family Life

www.fwdioc.org / ministries / NFP

For information purpose only, not required.

BDM = Billings Ovulation Method

CRM = Creighton Model Fertility Cate™ System

STM = Couple to Couple League Sympto-Thermal Method



BOM = Billings Ovulation Method



The Billings Ovulation Method is a scientific method based on over 50 years of ongoing research, yet easy to learn and use. This research has been conducted in Australia, and Sweden, since

it was developed by physicians John and Evelyn Billings of Melbourne, Australia.

Couples using the Billings Ovulation Method track the woman's cervical mucus to determine her daily signs of fertility. The Billings Ovulation (BOM) Method teaches couples to focus on sensation at the vulva to identify the pattern of fertility, without using any internal examinations or invasive practice. With this knowledge, four simple rules are applied universally for all reproductive categories (e.g. nursing, post-contraception, perimenopause, etc.). With this methodology couples not only learn when they are fertile or infertile, but why and if cycle variants need medical investigation. Teachers of the BOM are certified through BOMA-USA, the official representative of WOOMB in the United States.

As published in numerous journals, the Billings Ovulation Method is 99.5% effective in postponing pregnancy, providing couples follow the guidelines correctly.

Classes usually consist of 4 sessions spread out over a 3-month timeframe, as well as personal follow ups. (*Spanish Instruction is available in the area.*) For more information visit:

www.boma-usa.org

Couple to Couple League Sympto-Thermal Method

The Couple to Couple League (CCL) has promoted the Sympto-Thermal Method (STM) of Natural Family Planning (NFP) since 1971. Based on the work of Dr. Joseph Roetzer and others, this method tracks cervical mucus, basal body temperature, and other signs to provide an informed awareness of a woman's fertility. A German study found an effectiveness of 99.6% for couples using the STM to avoid pregnancy (Frank-Herrmann, et.al., *Human Reproduction*, 2007).

During the CCL STM course couples learn how to observe, chart, and interpret the signs of fertility to accurately identify the fertile and infertile times in a cycle. Special situations are covered, including irregular cycles, infertility, and discontinuing hormonal birth control. Couples also discover the benefits of NFP for marriage, as they learn to understand and respect their fertility as a gift from God.

CCL also offers two supplemental classes. The Postpartum Class explains how to identify the return of fertility after childbirth, whether breastfeeding or bottle feeding. The Perimenopause Class explains how to continue using NFP as menopause approaches.

The main course consists of 3 sessions spread out over a 3-month timeframe, with personal follow-ups as needed. A Self-paced Online Course is offered if a local class does not fit your schedule. (*Spanish instruction is available in the area.*) For more information visit www.ccli.org



Creighton Model FertilityCare™ System

The Creighton Model FertilityCare™ System (CrMS) is a standardized modification of the Billings Ovulation Method. The research for the CrMS began in 1976 and was fully described in 1980, this system relies upon the observation and charting of biological markers that are essential to understanding a woman's health and fertility. These 'biomarkers' tell the couple when they are naturally fertile and infertile, thus allowing the couple to use the system to either achieve or avoid pregnancy. The biomarkers also identify abnormalities in a woman's health; therefore, the system may be used along with NaProTechnology (Natural Procreative Technology) to assist with infertility and sub-fertility issues in a natural way while still embracing the union of husband, wife and God.

Furthermore, the CrMS links family planning with gynecological and procreative healthcare and health maintenance. The teachers of the CrMS are trained allied health professionals, and specifically-trained physicians have been educated to incorporate the CrMS into their medical practice.

Group introductory sessions are free. The full program consists of 8 follow-ups spread out over the 12-month timeframe, which are done on an individual basis. For more information visit www.fertilitycare.org

