

THE CREIGHTON MODEL SYSTEM



INTRODUCTORY SESSION



Creighton Model
NaProEDUCATION Technology

A SERVICE PROGRAM

For Making

NATURAL PROCREATIVE CHOICES

and Monitoring, Maintaining and Evaluating

A WOMAN'S PROCREATIVE AND GYNECOLOGIC HEALTH

Fertili**CARE**®:

Taking care of your fertility . . . **Fertility Appreciation.**

NaPro**TECHNOLOGY**®:

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 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

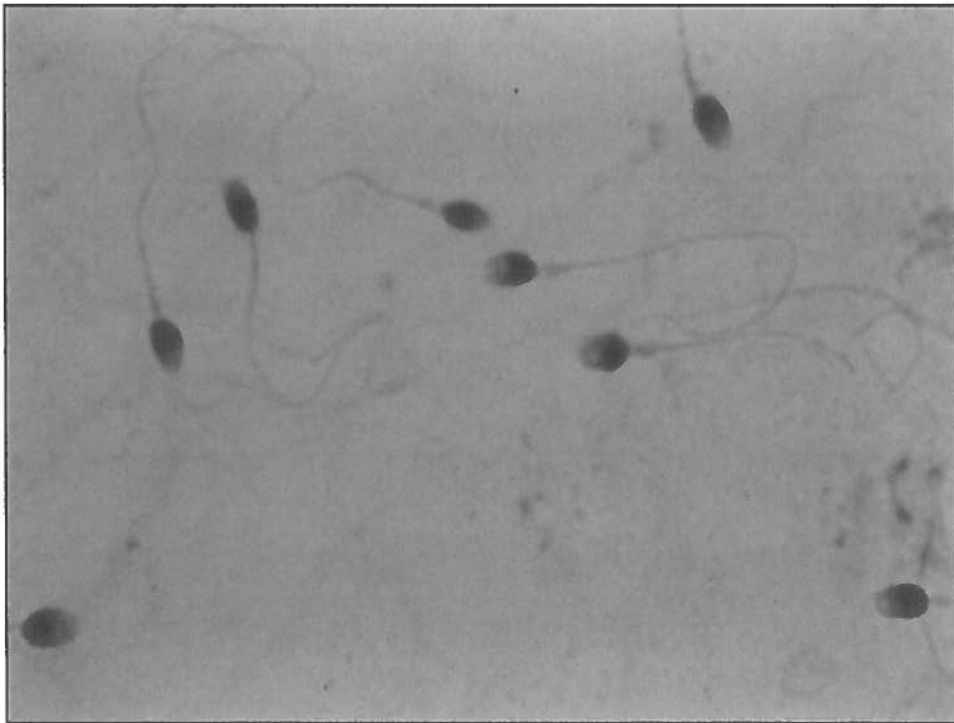
-
- ◆ Medically Safe
 - ◆ Proven Reliable
 - ◆ Comparatively Inexpensive
 - ◆ Natural and Cooperative
 - ◆ A Shared System
 - ◆ Respects the Dignity of Women and Marriage
 - ◆ Standardized
-

THE SYSTEM IS BASED ON:

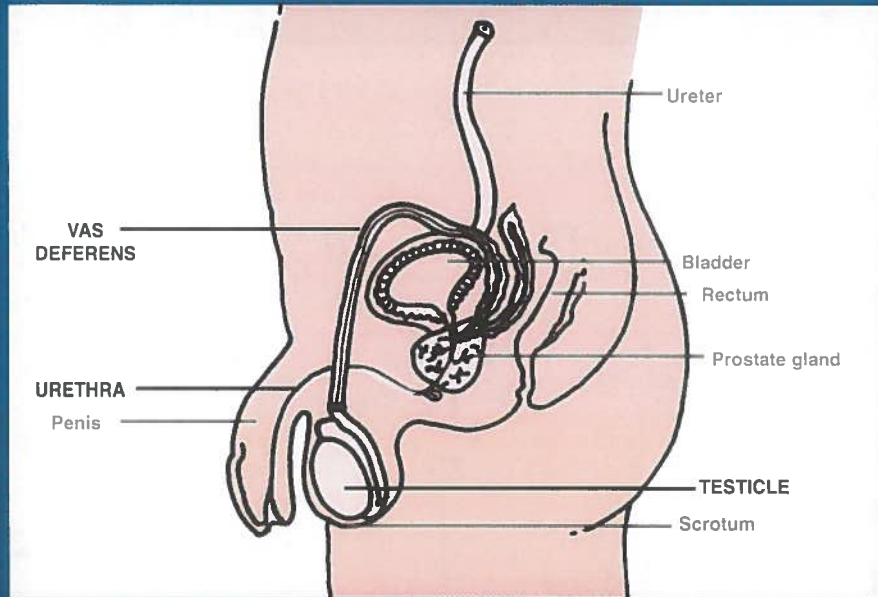
- ◆ Solid Scientific and Educational Research
 - ◆ The Observation and Tracking of Various Biological Markers
 - ◆ Easy to Learn and Easy to Interpret
-

A BASIC REVIEW OF ANATOMY AND PHYSIOLOGY

MEN ARE ALWAYS
FERTILE

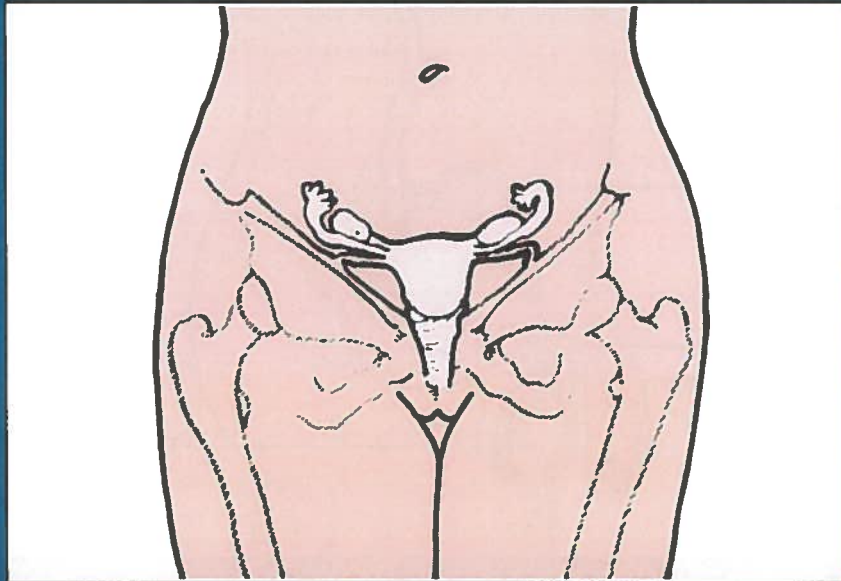


Male Anatomy

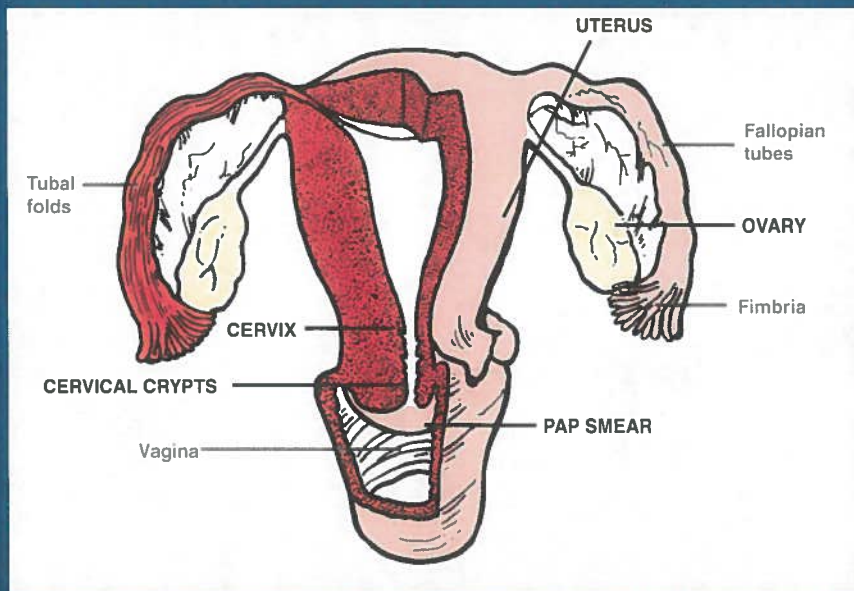


WOMEN ARE AT
MOST TIMES INFERTILE

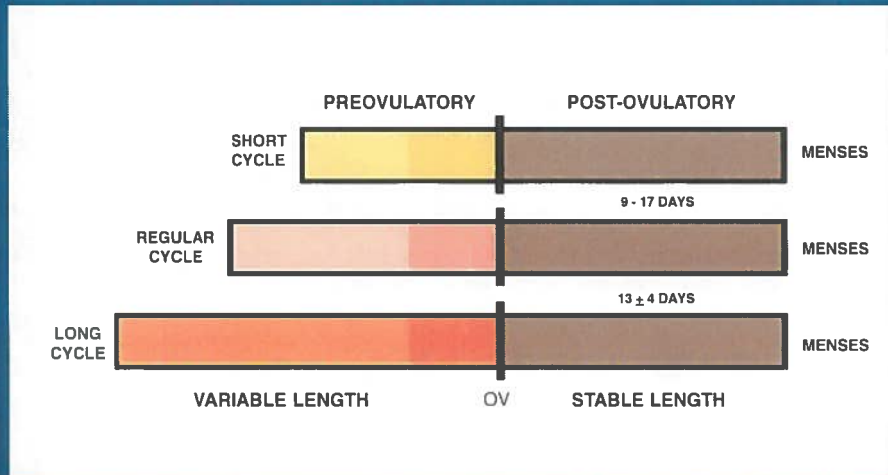
Female Pelvic Organs



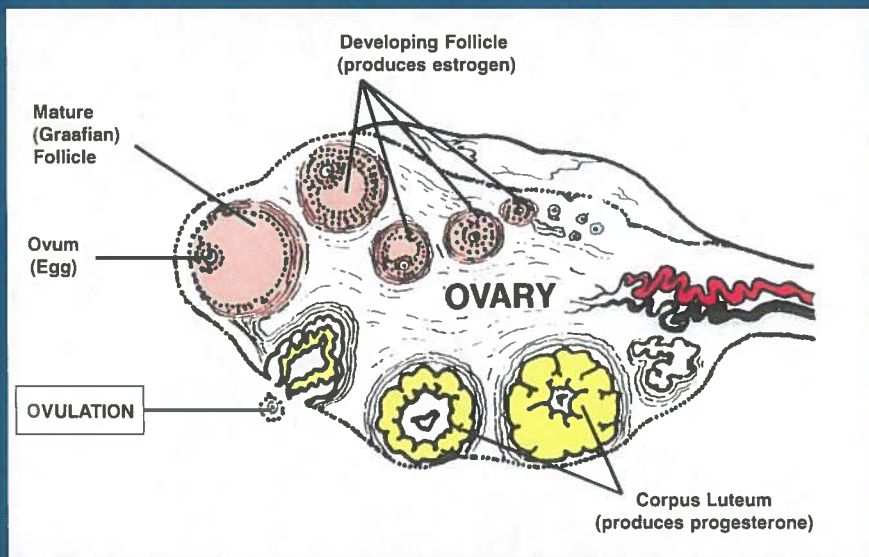
Uterus, Tubes and Ovaries



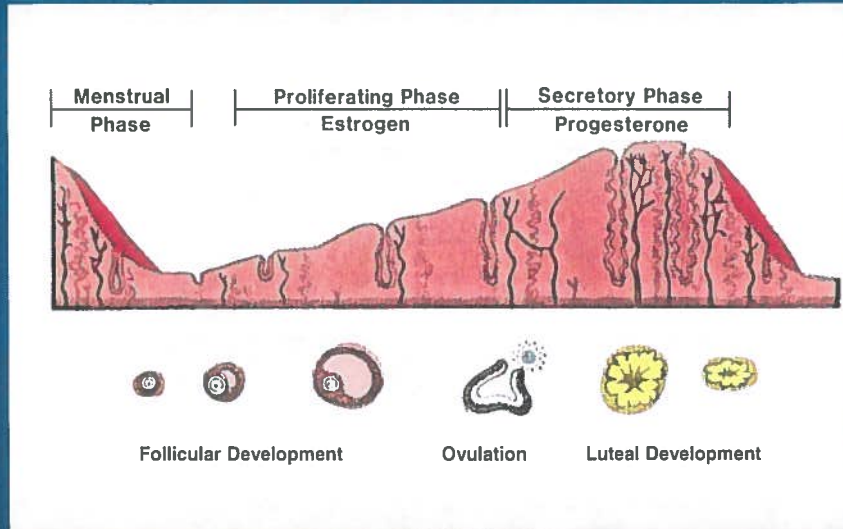
Phases of the Menstrual Cycle



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

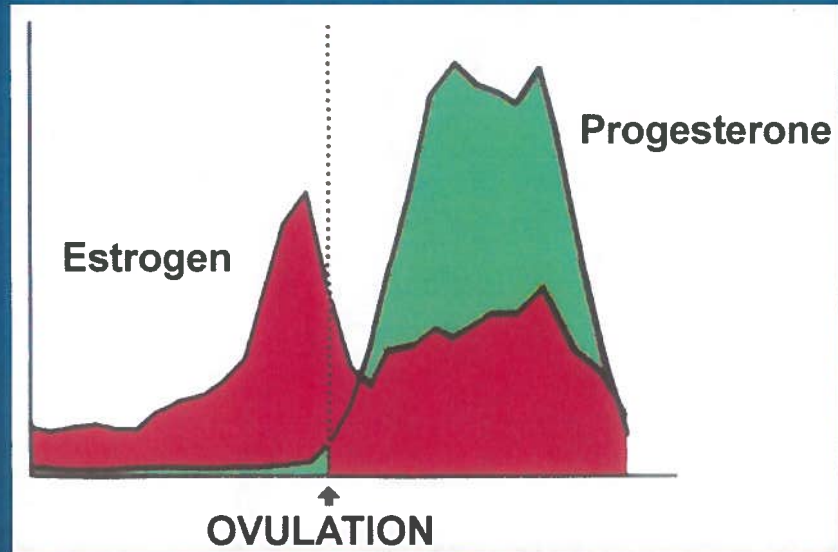
SPERM
NEED
MUCUS
TO SURVIVE

SPERM WITHOUT MUCUS
DIE WITHIN HOURS

SPERM WITH GOOD MUCUS
MAY LIVE 3 - 5 DAYS

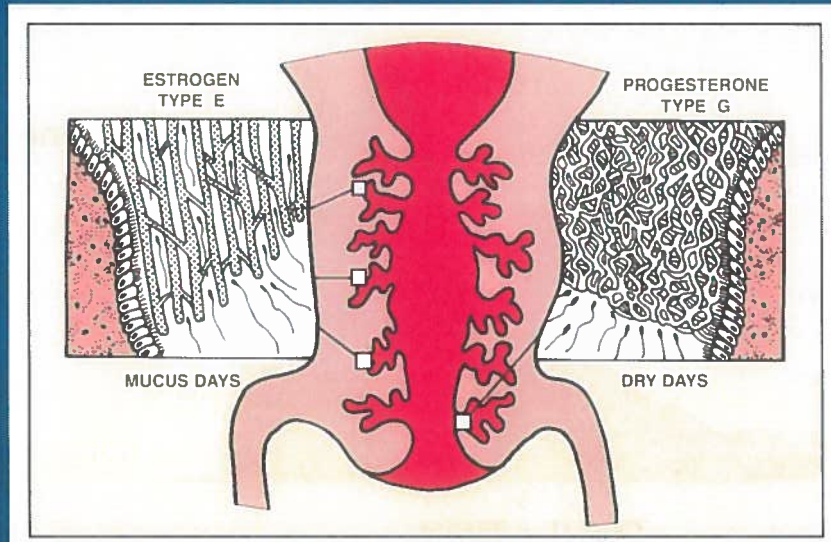
THE HORMONE ESTROGEN
REACHES A PEAK
THE DAY BEFORE OVULATION

Ovarian Hormones

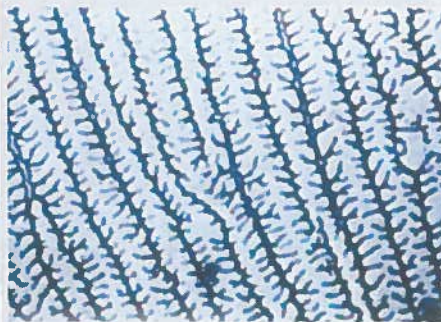


THE HORMONE ESTROGEN
STIMULATES
THE CERVICAL CRYPTS
TO PRODUCE MUCUS

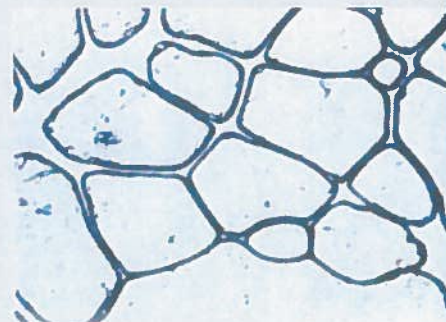
Map of the Cervix (Odeblad) & Biological Valve



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

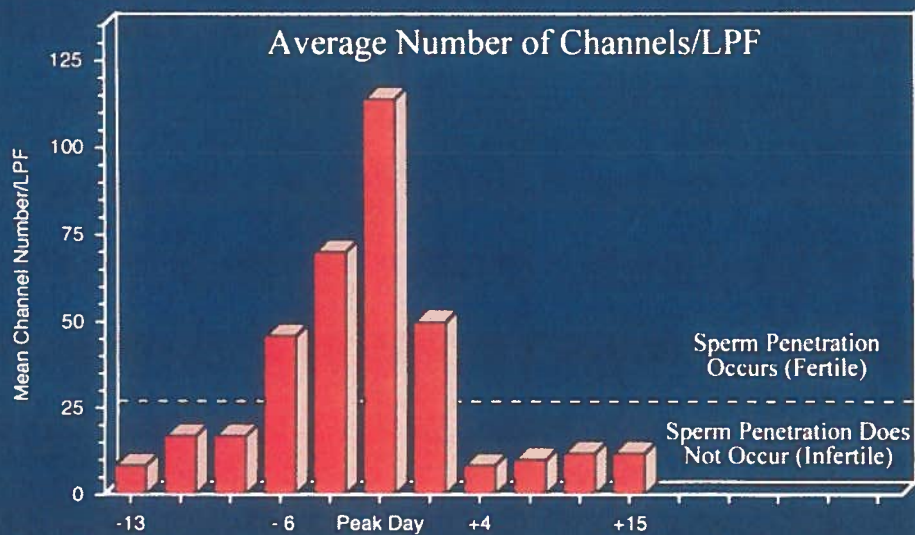
Peak Day
Open

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

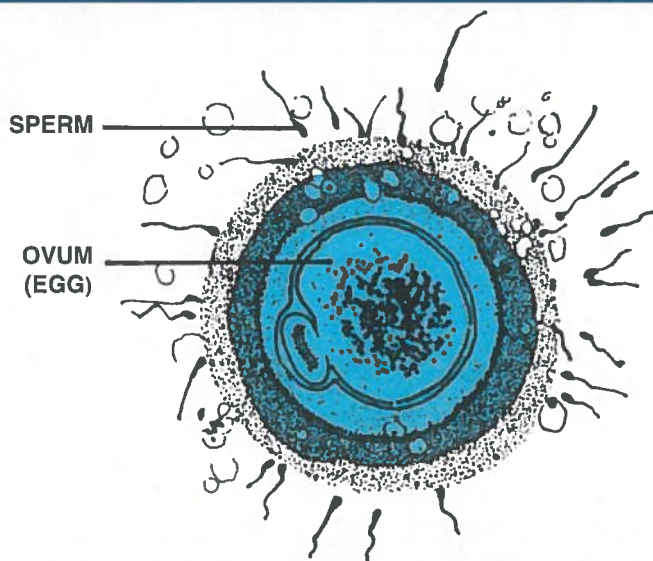


From: Hilgers, TW and Prebil, AM: *The Ovulation Method – Vulvar Observations as an Index of Fertility/Infertility*. *Obstet. Gynec.*, 53:12-22, 1979.

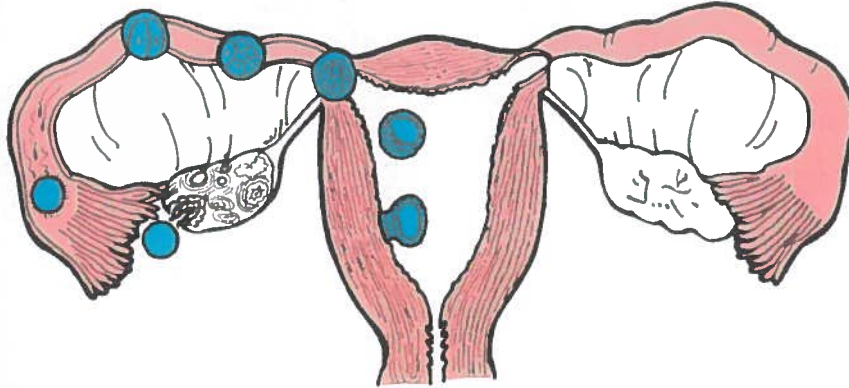
FERTILITY DEPENDS ON:

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

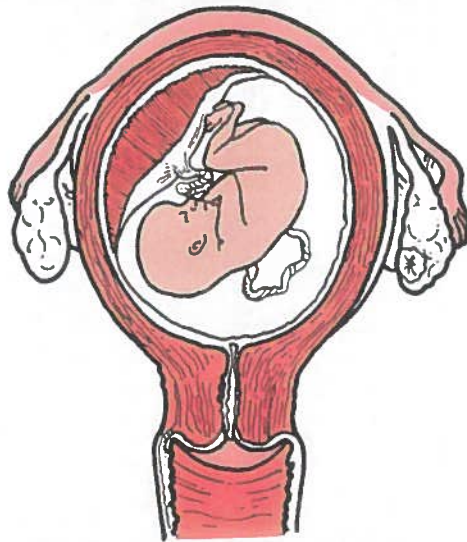
Conception – The Beginning of Human Life



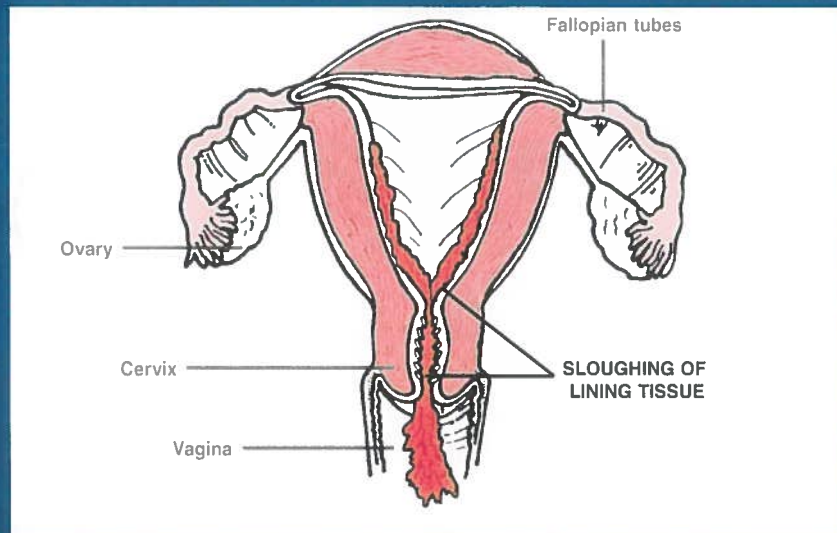
Early Human Development



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.

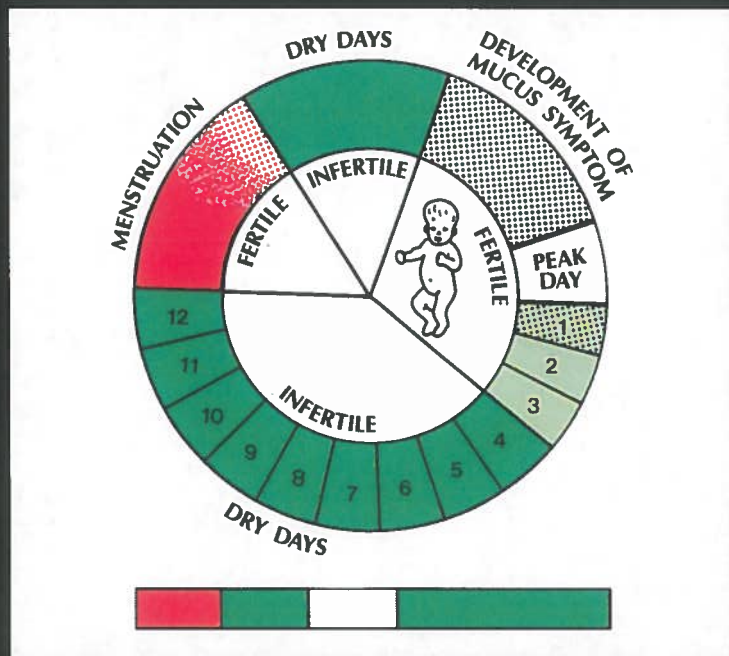
AND IN AVOIDING PREGNANCY:

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

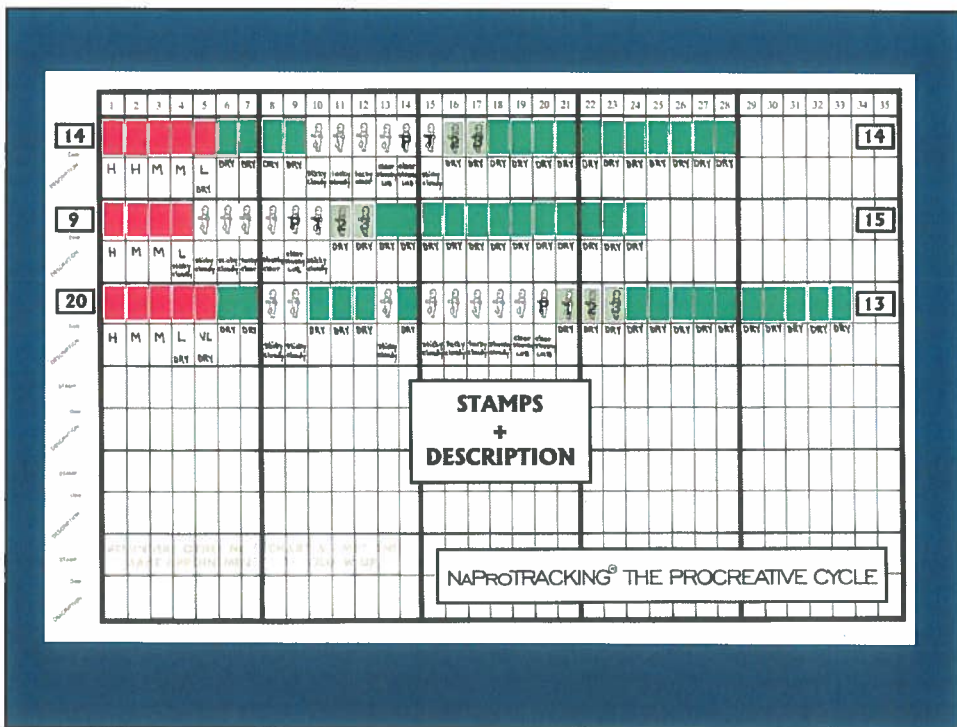
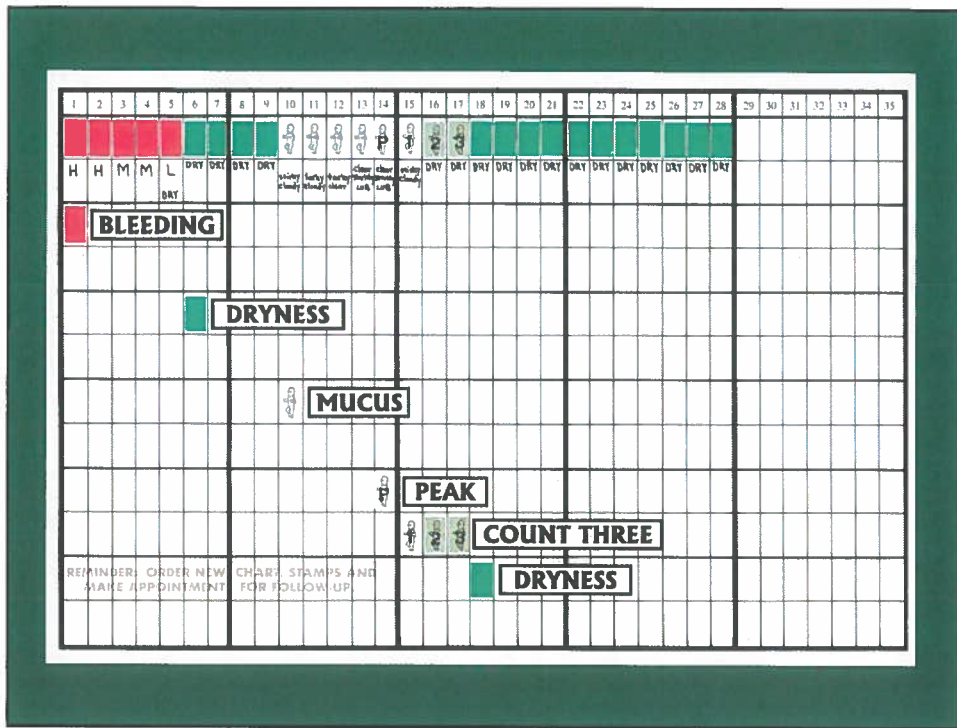
**CREIGHTON MODEL
FertilityCare™ System**

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

Fertility Appreciation
Creighton Model
infertilitycenter.com

FertilityCare™ and NaProTECHNOLOGY®
A Contemporary Approach to Women's Health Care

Use this chart to record NaProTRACK™. The NaProTRACK™ is a natural, non-invasive method of monitoring the reproductive and fertility health. The Creighton Model System is a natural, non-invasive method of monitoring the reproductive and fertility health. It can be used to determine the timing of ovulation and the timing of intercourse. It can be used to determine the timing of intercourse and the timing of ovulation. It can be used to determine the timing of intercourse and the timing of ovulation. For more information, visit www.creightonmodel.com or www.qsarymail.com/healthcare



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 the 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		AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	
H	H	M	L	VL	VL	VL	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	
M	H	H	M	L	VL	VL	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD
H	M	L	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD	AD

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 EFFECTIVENESS99.5
USE EFFECTIVENESS96.8

Journal of Reproductive Medicine, 1998

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

- ◆ Using Days of Fertility **ABANDONS** the Method as a Means of **AVOIDING** Pregnancy
 - ◆ **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 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



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NaProEDUCATION Technology