

FERTILITY CARE SERVICES

Fertility Care Services is a program for understanding a couple's combined fertility through observation of natural changes in the woman's body. Couples may then use this information to avoid or achieve pregnancy naturally, without using drugs, surgery or devices. Because couples use this method together, it promotes good communication and stronger, healthier relationships. Couples who use this method have a 2% divorce rate.

Using the Creighton Model Ovulation Method, the woman makes daily external body observations to determine fertile and infertile days. Once learned, the method can be used throughout a woman's reproductive life, from teen years through perimenopause. Your monthly charting can also provide your physician or midwife valuable information about your monthly cycle to help treat infertility, menstrual cramps, ovarian cysts, polycystic ovarian syndrome, or endometriosis. In comparison to other methods, Natural Family Planning costs very little to use. The Creighton Model has a 99.6% effectiveness rate in avoiding pregnancy, and is highly effective in achieving pregnancy.

Another advantage is the lack of side effects and complications with other methods. Side effects associated with hormonal therapy for family planning include vaginal spotting, weight gain, headaches, mood changes, and breast tenderness. Combination hormonal therapy (more than one type of hormone) can contribute to symptoms of depression, decrease in libido, and weight gain. Along with these side effects, using hormonal therapy for family planning can lead to some serious health complications such as blood clots in the legs, heart or brain, and high blood pressure. Women who use the combination hormone therapy as well as smokers are at increased risk for heart attack and stroke. Women over the age of 35 are also at increased risk for these complications.

The program consists of an introductory session followed by a series of eight individual follow-up classes over a 12-month period. You'll receive a complete kit and detailed instructions to help you understand the method. This method can then be used by you until menopause. Daytime and evening appointments are available for your convenience. If you'd like to find out more, please call 605-322-4434 for more information on the program or to register for an introductory class.