

## How does NFP work?

The term Natural Family Planning (NFP) is an umbrella term that refers to methods that use naturally occurring signs and symptoms in a woman's menstrual cycle to help a couple determine their time of fertility and infertility. Couples using the two methods of instruction which



are offered in our Diocese make daily observations of cervical mucus and record them on a chart. Clients are taught to interpret the biomarkers recorded on their chart to determine fertile and infertile phases in a cycle. A couple then chooses whether to have marital relations on a given day based on their decision to avoid or achieve a pregnancy at that time.

**Avoiding a Pregnancy:** Whether a couple wishes to space their children or limit their family to the number of children they already have, the effectiveness rate of the modern methods of NFP are 96%-99.5% when taught by a certified instructor and used according to instructions. (This is higher than most artificial contraceptives)

**Achieving a Pregnancy:** Couples using NFP will be able to effectively identify their most fertile times in order to achieve a pregnancy. In studies conducted by the Pope Paul VI institute, of those using the Creighton Model with normal fertility 98% were able to achieve a pregnancy within the first 6 months of charting. Of those with sub-fertility 20%-40% were able to achieve by simply charting and up to 80% were able to achieve when they received medical treatment in conjunction with their charting.

## Contact Us:



### Family Life Office

Diocese of Owensboro

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[www.rcdok.org/nfp](http://www.rcdok.org/nfp)

### Billings Method Instructors

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### Creighton Model Practitioners

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*(Spanish Instruction available)*

More info: [www.fertilitycare.org](http://www.fertilitycare.org)



## Natural Family Planning



*"The transmission of human life is a most serious role in which married people collaborate freely and responsibly with God the Creator."*

*~ Humanae Vitae n. 1.*

# Why Use NFP?

# Methods of Natural Family Planning

## The Modern Methods of Natural Family Planning are:



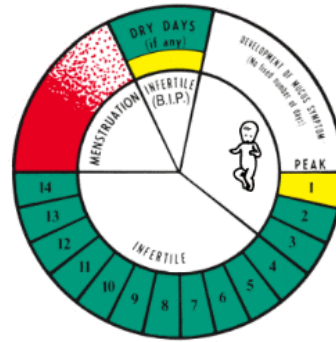
- ♥ 100% natural and 100% safe
- ♥ Based on scientific research and proven reliable
- ♥ Foster love and respect for the couple
- ♥ Easy to learn and simple to use

- ♥ Shared methods that increase communication
- ♥ Inexpensive with no cost beyond initial instruction and materials
- ♥ Effective for women with regular or irregular cycles, breastfeeding, post-partum, pre-menopausal or who are discontinuing hormonal contraceptives

## A Note for Our Supporters

The Diocese of Owensboro strives to provide instruction to as many couples as possible. Scholarships are available for those with financial difficulties. Donations are always welcome to keep these scholarships funded. Although our instructors are willing to travel, we are always in need of more people willing to be instructors, especially in outlying regions of the Diocese. Would you consider if God is calling you to this truly life-giving ministry? Please contact the Family Life Office for more information at (270) 683-1545.

## Billings Ovulation Method



*Simple, Natural, Effective*

This method of Natural Family Planning is one of the most widely used and practiced methods across the world.

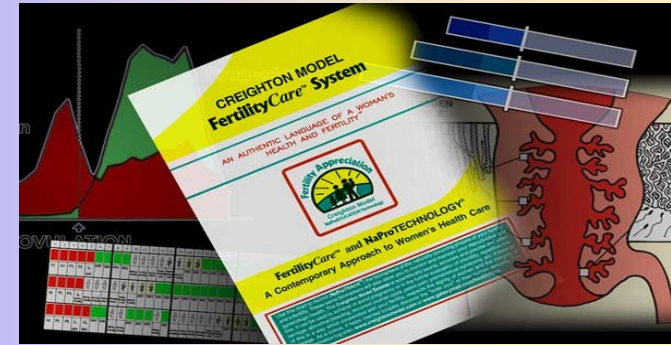
Based on the scientific research of Drs. John and Evelyn Billings, this method is highly effective and easy to learn. It requires a woman to observe and chart her cervical mucus and vaginal sensation daily.

One-on-one instruction is provided for a fee of \$40\* which covers the materials and as many sessions as a couple needs to feel confident in their charting. It usually takes a minimum of two sessions for learning the basics. More advanced cases will require more sessions.

**Note:** Engaged couples are encouraged to contact an instructor preferably 6 months prior to their wedding date to become confident in their charting beforehand.

\* **Scholarships are available** for couples with financial difficulties to receive instruction in either method for free or at a reduced rate.

## Creighton Model FertilityCare System



This method relies on standardized daily observations of cervical mucus and charting. Learning to interpret these biomarkers also empowers women to monitor, evaluate and maintain their gynecological health.

Based on research by Dr. Hilgers at the Pope Paul VI Institute in Omaha, Nebraska, this system is integrated with medical consultants who are trained in NaProTECHNOLOGY. NaProTECHNOLOGY is a new reproductive health science that allows doctors to identify and treat underlying conditions that cause reproductive and gynecological health problems including severe PMS, heavy bleeding, long and irregular cycles, infertility, recurring miscarriages, ovarian cysts and more.

An individual or group introductory session is offered by certified trained Practitioners followed by 8 one-on-one follow up sessions spaced out over the first year of instruction. The follow ups build on each other with more advanced instruction as the client is more knowledgeable about their cycle. The Materials cost \$20 and the fee for each session is \$30\*.

Long distance instruction is available. These clients are required to purchase a Picture Dictionary for \$55. Spanish instruction is also available.