

## Questions/Answers about The Creighton Model Fertility Care System

### What is the Creighton Model FertilityCare System?

This FertilityCare System teaches a woman to confidently identify the fertile and infertile days in her cycle. The couple then uses this information to achieve or avoid a pregnancy, as well as to maintain procreative wellness.

### What is NaproTechnology?

Natural Procreative (Napro)Technology is contemporary women's science. Charting the cycle with this standardized system can reveal underlying women's health issues. Specially trained doctors and surgeons, easily accessible in St. Louis, can then use the woman's charts as a diagnostic foundation for her medical assessments and treatments.

### In what other ways can married couples benefit?

The Creighton Model also includes a marriage bonding tool called SPICE that helps the couple develop all aspects of their sexuality. SPICE stands for Spiritual, Physical, Intellectual, Creative/Communicative, and Emotional. Through SPICE a couple can expand their awareness of their multidimensional relationship and improve communication skills.

### What is a FertilityCare Practitioner (FCP)?

The teaching of the Creighton Model is unique because a couple works closely with a well-trained teacher, called a FertilityCare Practitioner (FCP). The FCP teaches the woman/couple how to make observations, chart, and interpret this information. The FCP will assist in managing the chart, assessing patterns and biomarkers, and teaching the couple their days of fertility and infertility. Therefore, the woman/couple has a built in support system so they can confidently use the method.

### Who might want to use the Creighton Model?

1. **Engaged couples:** Ideally, couples will learn the system 3-6 months before their wedding. That way they will have time to learn well and gain confidence so they are ready to use the system after their wedding.
2. **Single women:** Many women have painful periods and other cycle-related health issues. Charting will reveal a pattern, and a referral to a Napro doctor/surgeon can get the client on her way to real women's healthcare.
3. **Couples facing infertility:** Mainstream medicine usually suggests a blanket approach and options not in line with Church teaching. Often time couples do not realize there are many moral options available to them through Napro doctors. Once the woman charts, she can take her charts to a Napro doctor who can help uncover the reason for her infertility and many times help the couple achieve a healthy pregnancy.
4. **Women coming off of contraception:** It is no secret that contraception has many, many side effects. Often times women are not even satisfied with their contraception. Charting the Creighton Model can give them new hope and restored health.
5. **Couples wanting to plan their families:** Of course, at its simplest level, the Creighton Model is a form of natural family planning. So couples who want to live out their marriage in line with Church teaching will find great joy in using the Creighton Model.

## Why choose Creighton Model?

1. **It works!** Because the system is very standardized and because users are taught well and supported ongoingly by their FCPs, this system is very reliable. The method effectiveness to avoid pregnancy is over 99%.
2. **It's easy!** Unlike other natural family planning methods, Creighton relies solely on cervical mucus observations. No temperatures, internal checks, etc. It's quite easy to learn, and the FCP will support the user along the way.
3. **It's inexpensive!** There are some upfront costs to learning the system (materials and training). Additionally, Long Term Follow Ups with the practitioner once a year are key to maintaining confidence and effective use of the system. Nevertheless, over the course of the fertile years, the cost is very, very minimal.
4. **It's healthy!** Fertility is a state of wellness. Sadly, modern society views fertility as something that needs to be suppressed. Using Creighton Model is natural, healthy and without side effects.
5. **It's versatile!** The Creighton Model centers on the idea that a couple has knowledge of their fertility. They know each and every day if it is a day of fertility or infertility. That means they can use the system to avoid or achieve a pregnancy. Each day the couple has the opportunity to communicate and decide.
6. **It's marital bonding!** The Creighton Model relies on communication between spouses. It encourages couples to be aware and develop all aspects of their relationship. With the help of the FCP, couples develop a variety of tools to work together as a couple.

## Why was the Creighton Model and NaproTechnology developed?

Dr. Hilgers is an OB/GYN that started his career in St. Louis. He recognized that contraception and abortion were leading to the weakening of the family. His life was changed by Pope Paul VI's *Humanae Vitae*. He took seriously Pope Paul VI's call for men of science and doctors to find a reliable way for Catholic couples to plan their families. He has since devoted his entire career to developing the Creighton Model. This model is very scientifically based and standardized. As a result of the standardization, women's charts started to reveal patterns. Certain chart patterns were indicative of specific women's health issues. Thus, Dr. Hilgers went on to develop NaproTechnology. As a result, countless women have been treated for their health issues and healed.

## How do I get started?

The first step to learning the system is to attend an Introductory Session. Learning continues in a series of 8 private and individualized Follow Ups.

