

## Real Solutions to Real Problems

FertilityCare™ gives women the tools to understand the causes/symptoms of:

Infertility  
Long Cycles  
Irregular Cycles  
PMS  
Menstrual Cramps / Painful Periods  
Irregular or Abnormal Bleeding  
Hormonal Abnormalities  
Unusual Discharges  
Polycystic Ovarian Syndrome (PCOS)  
Endometriosis  
Ovarian Cysts  
Repetitive Miscarriage  
Post-Partum Depression  
Premature Birth  
Peri-menopause

## Advantages

- **SAFE** – no known medical side effects
- **INEXPENSIVE** – cost is considerably less than contraceptives and ART (ie. IVF)
- **RELIABLE** – based on decades of research and scientific data
- **NATURAL** – cooperates with couple's natural fertility process
- **VERSATILE** – useful for all reproductive stages including regular/irregular cycles, infertility, post-pill, breastfeeding, premenopause, etc.

## Learn More

[www.creightonmodel.com](http://www.creightonmodel.com)  
[www.naprotechnology.com](http://www.naprotechnology.com)

## Ask Yourself...

1. Want to know more about how your menstrual cycle works?
2. Tired of taking birth control pills, using condoms, using gels or diaphragms?
3. Want a natural way to manage your fertility?
4. Tired of having the birth control pill recommended for the treatment of nearly every woman's health problem?
5. Want a family planning system that is completely safe and has no medical side effects?
6. Looking for a solution to a reproductive problem? Infertility? Miscarriage?

If your answer was "YES!" to any of the above questions, then you should seriously consider the Creighton Model FertilityCare™ System.



Learning the Creighton Model FertilityCare™ System begins with a free Introductory Session. Individualized follow-ups are then scheduled for in-depth instruction of the system. Contact us to find a Practitioner.

[www.fertilitycarevancouver.ca](http://www.fertilitycarevancouver.ca)

# The Creighton Model FertilityCare™ System

&

NaProTECHNOLOGY™



*Allows a woman to unravel the  
mysteries of her menstrual cycle!*

## What is the Creighton Model System?

The Creighton Model FertilityCare™ System (CrMS) is a natural method of fertility awareness that combines family planning with reproductive and women's health maintenance.

The Creighton Model was first fully described in 1980 and is taught in hundreds of FertilityCare™ centers around the world.



*Every woman has the right to know how her cycles function and understand the way her body works.*

The Creighton Model uses **standardized observation and charting of biological markers** (mucus-only observation) which correlate with specific physiological changes governing the menstrual cycle.

CrMS is versatile and available to all women, regardless of the type of cycle they are experiencing.

Creighton Model FertilityCare™ is used for:

- ◆ "True family planning" - both avoiding and achieving pregnancy
- ◆ Monitoring, maintaining, and restoring reproductive and gynecological health
- ◆ Indicating a couple's fertility potential even before they try to conceive

*FertilityCare - women deserve it.*

## How Effective is Creighton + NaPro?

### ACHIEVING PREGNANCY

Among couples of normal fertility, conception occurs **76%** of the time in the first cycle of using a defined day of fertility; **98%** effective by the sixth cycle.

### AVOIDING PREGNANCY

CrMS has a 99.5% "perfect use" effectiveness and a **96.8%** "typical use" effectiveness – this is as good or better than any contraceptive, and it is without any medical side effects.

### INFERTILITY

- ◆ **20-40%** of couples will achieve pregnancy with the FertilityCare™ System only
- ◆ **Up to 80%** will conceive with additional cooperative NaPro treatment, depending on the underlying condition
- ◆ Safer and more effective than ART

### MISCARRIAGE

- ◆ Able to diagnose risk factors for miscarriage before one has occurred
- ◆ **79%** effective at helping women have a successful pregnancy after they have suffered repetitive miscarriages

### PMS & POST-PARTUM DEPRESSION

- ◆ 95% success rate for treatment



## What is NaProTECHNOLOGY™?

NaProTechnology™ is short for **Natural Procreative Technology**. It is a new women's health science with a holistic process of diagnosing and treating abnormal gynecological and reproductive health.

### NaProTechnology™

**Medical Consultants** are specially trained physicians, pharmacists or nurse practitioners who use the Creighton charts to diagnose and treat any underlying gynecologic conditions or causes of infertility.



Unlike common suppressive or destructive approaches, **NaPro works cooperatively** with the menstrual and fertility cycles to correct the condition, maintain the human ecology, and restore and sustain the reproductive potential.



Treatment programs may include vitamin supplements, diet and nutrition recommendations, cooperative hormone replacement therapy, medical and surgical treatments, and more. NaPro surgeons are trained in the use of special surgical techniques that respect and protect the reproductive system.

*Become a true partner in your health care!*