

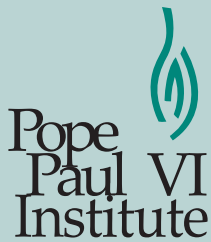
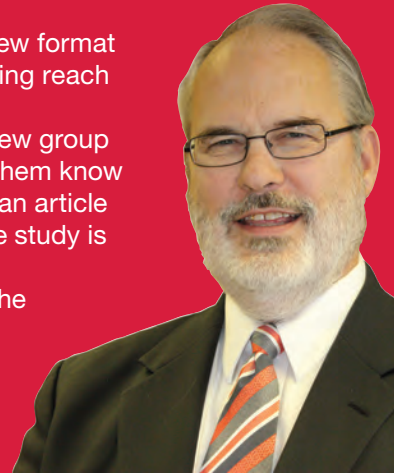
Culture of Life Newsletter

MESSAGE FROM THE DIRECTOR

I am pleased to present the Winter 2016 issue of the Culture of Life newsletter. I hope you like the new format of the newsletter, which is designed to better capture the Institute's tremendous work and the growing reach of our mission.

In this issue, you will learn about our exciting work in Europe and Mexico, meet our impressive new group of St. John Paul II Fellows, and see how we are reaching out to all our presidential candidates to let them know about our important research and work here at the Institute. In addition to all of this, we also feature an article on an important research study we recently published regarding progesterone use in pregnancy. The study is the largest of its kind ever conducted and is the culmination of 35 years of research.

While the Institute has accomplished so much in 30 short years, we have only done so through the grace of God and the support of our spiritual and material donors. It's my hope that the newsletter's new look will better show the impact of your support. As always, thank you for helping us build a culture of life in women's reproductive health care.

For the Study of Human
Reproduction

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Meet the St. John Paul II Fellows for 2015–2016

Every year, thanks to your support, the St. John Paul the Great Fellowship Program trains post-graduate OB-GYN physicians from around the country in NaProTechnology. Our three outstanding 2015–2016 Fellows are, from left to right:

- **Dr. Melissa Taavola** from Hartland, Wisconsin. She enjoys hiking, travel, mission work in Haiti, the University of Wisconsin Badgers, and the Green Bay Packers. "Women deserve the best possible care for their reproductive health by diagnosing and treating the underlying problem."
- **Dr. Kathleen McGlynn** from Tallahassee, Florida. She enjoys running, sports, music, and skies. "I came to the Institute with the hope of expanding my knowledge and skills to be able to take care of women in the best way I possibly can."
- **Dr. Alexis Simon** from Maryville, Missouri. She enjoys spending time with her husband, Don, and two awesome children, Chase and Adalynn. "I am so excited to be spending a year at the NaPro mecca of the world!"



The St. John Paul II Fellows for 2015–2016 (left to right):
Dr. Melissa Taavola, Dr. Kathleen McGlynn, and
Dr. Alexis Simon

To learn more about the St. John Paul the Great Fellowship in Medical & Surgical NaPro-Technology, please visit popepaulvi.com/fellowship.

Building a Culture of Life in Women's Healthcare Worldwide



Above: attendees Ann Prebil, Fr. Jay Szymczak, Dr. Phil Boyle, and Paul Hilgers, Esq., who conducted the meeting.

Europe

The Pope Paul VI Institute directs the worldwide organizational effort in the development of the educational and service infrastructure of FertilityCare Centers International (FCCI). Dr. Hilgers, along with Co-Developers Diane Daly, Sue Hilgers, and Ann Prebil, recognized the growing demands for this work far and wide. Dr. Hilgers was the visionary in the creation of FCCI in 1999. He is the founding and current FCCI President.

On January 16, 2016, FCCI organized a historic meeting with European providers from 17 countries held in Lomianki, Poland. The purpose was to guide and assist them in the development of their countries' FertilityCare organizations that would affiliate with the regional organization — FertilityCare Centers of Europe (FCCE).

Mexico

The Institute and Pan American University School of Medicine signed an affiliation agreement in Dec. 2015. This is an important step in the continued development of the infrastructure of our work in Mexico, the gateway to Latin America. In March 2016, the Institute in affiliation with Pan America University, will conduct an educational program for teachers and doctors from Mexico and Latin America.

Taking our message to the Presidential Candidates

by Matt Johnson, Marketing Manager

AS MARKETING MANAGER FOR THE POPE PAUL VI INSTITUTE, I have been on a mission to meet as many Presidential candidates as possible during this election season and to give each of them a copy of Dr. Thomas W. Hilgers' recent book, *An Insider's Look at the War on Women*. Dr. Hilgers has encouraged

this passion, and so far, I have met 13 candidates on the campaign trail. Many of them spend an hour or more at a campaign stop personally greeting everyone in attendance, making it easy to meet with them one-on-one.



An Insider's Look at the War on Women was published in 2014.

Even candidates who draw crowds of over a thousand people can be approached if you come early enough to get a good seat.

The Pope Paul VI Institute does not endorse any candidate or political party, but part of our mission is to reach out to everyone to spread our message, and that

certainly includes the next President of the United States. Our hope is that the next occupant of the White House will have the chance to know who we are and what we do.

You can buy this book online at: popepaulvi.com/waronwomen.



So far, 13 of the presidential candidates have been given copies of Dr. Hilgers' newest book, *An Insider's Look at the War on Women*, including Carly Fiorina, Donald Trump, and Ben Carson above.

Jean and Vern Packard Share Talents and Faith at the Institute

THERE ARE SEVERAL OF THE POPE PAUL VI INSTITUTE'S EMPLOYEES who have served the Institute for many years, and this is especially true for Jean and Vern Packard.

While Jean's tenure at the Institute dates back to its founding in 1985, she has worked with Pope Paul VI Institute founder, Dr. Thomas Hilgers, since 1978 when she was hired by Hilgers to fill a grant-funded position.

"I was working at Creighton at the time, and when the opportunity to work with Dr. Hilgers became available, I knew I just had to work for this man who had this fire in his eyes when he spoke about his research," Packard recounts of her decision to take the position.

It was seven years later when Packard followed Dr. Hilgers to the newly-founded Pope Paul VI Institute, which occupied the second and third floors of the newly-built structure at 6901 Mercy Road. At that time, she completed the one-year FertilityCare Practitioner Program.

Over the next 30 years, the Institute would eventually take over the entire three-story building, and Packard would perform a number of roles, primarily as Personal Administrator to Dr. Hilgers for 25 years. She also served as editor of the 2004 publication of the Institute, "In Their Own Words: Women Healed."

In addition to this, Packard also developed newsletters and brochures, and for 10 years, she coordinated the Institute's affiliate organization, FertilityCare Centers of America (FCCA).

"It's been amazing working for Dr. Hilgers. He has



Jean and her husband Vern.

been so supportive of me and my development as a professional," Packard says of her time working with Hilgers. "With his encouragement, I served on the American Academy of FertilityCare Professionals board of directors, including a one-year term as president. I grew from someone who dreaded public speaking to regularly speaking to groups of physicians and teachers."

In addition to the many professional accomplishments Packard

experienced as an Institute employee, it is her return to the Catholic faith that is among the most meaningful effects of her tenure.

"The witness of the staff here and of Dr. Hilgers had a tremendous impact on me," Packard says.

This impact is not limited to Jean, but also her husband, Vern, who has served as a volunteer at the Institute for many years. Together, the two of them have become good friends with the Hilgers, with Dr. Hilgers serving as Vern's confirmation sponsor. "It is spiritually gratifying to see just how committed the Hilgers are to their work here," Vern says. "This includes Tom, Sue, and their children."

His wife, Jean, echoes these sentiments. "Dr. Hilgers has shown us to stick by our faith, regardless of the veracity of the attacks," Jean shares. "He never wavers from his beliefs and this is imparted to patients, staff, Creighton Model and NaProTechnology providers and all those he encounters. It's been such an honor and blessing to be involved in this groundbreaking health care which helps build strong marriages and healthy families."

Charitable IRA Rollover made permanent!

The Protecting Americans From Tax Hikes (PATH) Act of 2015 was passed in 2015 with bipartisan support. The bill makes permanent four tax extenders that help donors support their favorite charities, including the *IRA Charitable Rollover*.

Each IRA owner over age 70½ may make a transfer of up to \$100,000 per year to a qualified charity. IRA charitable rollovers are tax-free, are not included in adjusted gross income, and may fulfill part or all of your required minimum distribution (RMD). Talk to your financial planner and contact Maureen Karpf at (402) 505-8945 or maureen.karpf@popepaulvi.com to learn about this tax opportunity.

Learn more about ways to support the Pope Paul VI Institute at popepaulvi.com/give.



We hope you enjoy the new look and feel of the Culture of Life newsletter inside!

UPCOMING EVENTS



Education Programs

These programs teach the details of FertilityCare management to Practitioners and NaProTECHNOLOGY to Medical Consultants, producing highly-educated professionals who empower women and couples seeking these services in their communities.

- **Mexico City Education Phase I**
March 12–19, 2016
- **Class 38: April 9–16, 2016: EP II,**
Omaha, NE USA
- **Class 39: EP I Oct. 1–8, 2016,**
EP II April 1–8, 2017,
Omaha, NE USA

Learn more online
popepaulvi.com/events

The Pope Paul VI Institute publishes largest study of its kind on the safety of progesterone use in pregnancy

IN THE DECEMBER 2015 ISSUE of *Issues in Law & Medicine*, the Pope Paul VI Institute published the largest research study of its kind on fetal safety with the use of progesterone in pregnancy. The authors of this study were Thomas W. Hilgers, MD, the Director of the Pope Paul VI Institute, and Associate Medical Consultants Catherine E. Keefe, MD and Kristina A. Pakiz, MD.

This study covered a total of 1,310 pregnancies that had been supported by bioidentical, or naturally-occurring, progesterone and the outcome of those pregnancies based on any problems that may have occurred in the babies (from 1979 – 2014). The results were compared to a second group of 453 pregnancies that did not receive progesterone during the course of their pregnancies. The group receiving progesterone was considered to be

at a higher risk for problems than the control group primarily because of the large number of patients who had reproductive abnormalities in that particular group. The overall incidence of fetal anomalies observed in patients who took progesterone and those who did not take progesterone was identical: 2.2%. While there have been other studies on the fetal safety of progesterone, this study's sample size was 2.5 times larger than any previous study of its kind.

The study concluded that bioidentical progesterone posed no risk of teratogenicity or malformations when used to support pregnancy, either in the early or later days of gestation.

Between 150–200 pregnancies are managed each month at the Pope Paul VI Institute with progesterone support.