



Supporting a pastoral commitment to a culture of life in the Archdiocese of Omaha

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Priest-Doctor's NaPro Knowledge and His Ministry

By: The Rev. Christopher K. Kubat, MDiv, MA, MD

After my retirement from medicine and entering the seminary at the tender age of 37, I was the 'go-to man' for the following question from my fellow seminarians and professors, "Hey doc, are all brands of birth control pills abortifacients?" I was embarrassed to plead ignorance—ignorance because this was not taught in medical school. I would later learn that all brands of chemical 'contraceptive' agents have different 'breakthrough ovulation' rates coupled with a suppressive effect on the endometrial lining meaning that all brands of these agents have as one of their mechanisms of action an abortive dimension. I would also later learn of the serious nature of the many other side effects that affect a woman's morbidity and mortality.

After ordination to the priesthood in 1999, I called Dr. Tom Hilgers needing help. Knowing the dangers of using these drugs, coupled with the desire to help physicians, I asked him if he would send me a simple hand-out listing the different treatment alternatives other than 'the pill' for gynecologic diseases, because most diseases that affect women gynecologically are treated with 'the pill.' I always thought, "What a boring way to practice medicine. No matter what the disorder is, they all get prescriptions for 'the pill.'"

Looking back, I realize how patient and kind Dr. Hilgers was with me. Every time I asked for a sheet outlining the treatments for each disease, he brought up his course on **NaProTECHNOLOGY** for physicians and medical practitioners. This was the last thing I needed, another course of study.

About ten minutes into his yearly course, I realized how much there was to learn and how prideful I was to think I could learn it all from a little sheet of paper. I am grateful for the opportunity to have studied **NaProTECHNOLOGY**. This has helped me assist women and doctors that I encounter as a priest, as well as my former medical school classmates. Convincing others to change is easier from a standpoint of knowledge than from ignorance.

Not long after completing this course, I received a call for help from a recently married female nurse in her mid forties who was

still cycling and wanting to conceive children. She was suffering from menorrhagia, which is excessive menstrual bleeding. She was desperate because she was becoming anemic as her red blood cell count was falling. She went to her local doctor who suggested taking 'the pill.' Knowing this acted as an abortifacient, while putting her at risk for blood clotting which could lead to a lethal pulmonary embolus (blood clot in the lungs, even more so because of her age), she called for help.

I concurred with her concerns and told her that all 'the pill' would do is suppress the hypothalamic-pituitary-ovarian axis while not correcting the cause of her problem and setting her up for multiple side effects. I gave her a name of an ObGyn nearest to her trained in **NaProTECHNOLOGY**. Before long, he discovered she was deficient in her post-Peak progesterone production. Instead of taking high dose steroids ('the pill') on a daily basis setting her up for serious side effects, she took the correct dose of progesterone for those few days needed in the post-Peak phase and her excessive bleeding ended.

This story outlines the importance of **NaProTECHNOLOGY** developed by Dr. Hilgers at the Pope Paul VI Institute. Commonly, women all over the world see their doctors with abnormal signs and symptoms. Many are immediately placed on 'the pill' without correcting the disorder. With **NaProTECHNOLOGY**, in most cases, the diagnosis is made and the disease treated while avoiding the serious side effect of these drugs. Even worse, the etiology of infertility and its correct treatment is ignored as *in-vitro* fertilization is suggested to many women. Not so with **NaProTECHNOLOGY**.

I encourage you to support the Pope Paul VI Institute. I will be forever grateful to Dr. Tom Hilgers for his kindness to me and his dedication and hard work developing this new technology that allows doctors and other health care professionals to treat women correctly for their Gyn disorders, while avoiding the many and serious side effects of chemical 'contraceptive' drugs. ☪



The Rev. Christopher K. Kubat, MDiv, MA, MD

Fr. Kubat is director of Catholic Social Services and is a teacher at St. Gregory the Great Seminary in the Diocese of Lincoln in Nebraska. Fr. Kubat did his seminary studies at Mount St. Mary Seminary in Emmitsburg, Maryland.

For more info or to register:
www.popepaulvi.com/celebrate-love-and-life.html



The Labor Day Weekend Celebration of Love & Life

Opening Mass — Friday, September 3rd at 5:30 p.m.
 Justin Cardinal Rigali, Archbishop of Philadelphia

Closing Mass — Sunday, September 5th at 10:00 a.m.
 Archbishop Zygmunt Zimowski (see right)

Gala Banquet — Saturday, September 4th at 7:00 p.m.
 Raymond Arroyo, MC: Sherry Kennedy-Brownrigg

Luncheons

THURSDAY, SEPTEMBER 2 – 12:15 TO 1:30 P.M.

Humanae Vitae in the 21st Century

Archbishop George J. Lucas (Archbishop of Archdiocese of Omaha – Omaha, Nebraska)

FRIDAY, SEPTEMBER 3 – 12:30 TO 1:45 P.M.

Humanae Vitae & the Challenge to Healthcare Workers

Archbishop Zygmunt Zimowski (President of Pontifical Council for Healthcare Workers – Vatican City)



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to a culture of life in the Archdiocese of Omaha

Connect

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Marriage Allurely Medicine



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*The Labor Day Weekend
Celebration of Love & Life
Details inside!*

Helping Priests Respond To Medical and Moral Challenges

*In this issue: "Priest-MD's NaPro Knowledge and His Ministry"—
by The Reverend Christopher K. Kubat, MDiv, MD*

The Home of **FertilityCare™** and **NaProTECHNOLOGY™**

Building a Culture of Life in Women's Health Care

To the Most Holy Virgin I entrust this Year for Priests.
I ask her to awaken
in the heart of every priest
a generous and renewed commitment
to the ideal of complete self-oblation
to Christ and the Church,
which inspired the thoughts and actions
of the saintly Cure of Ars. ...
Dear priests,
Christ is counting on you.
In the footsteps of the Cure of Ars,
let yourselves be enthralled by Him.
In this way you too will be,
for the world in our time,
heralds of hope,
reconciliation
and peace!
— Pope Benedict XVI, Letter Proclaiming a
Year for Priests, June 16, 2009

Access this newsletter online at
www.popepaulvi.com/connect.htm

More resources can be found on our web sites:

www.popepaulvi.com

www.creightonmodel.com

www.naprotechnology.com

Chapel of the Holy Family
Open business days, 8:00 a.m.–4:00 p.m.
Mass Schedule
8:30 a.m. Mondays and 1st/3rd Fridays
Adoration
8:45 a.m. to 9:30 a.m. Tuesdays

• **Rev. Edward Richard M.S., D. Th., M., J.D.**

For ethics and questions

(314) 792-6107 or richard@kenrick.edu

Direct all other questions to:

Sue Hilgers: (402) 390-6600 ext. 149 or suehilg@aol.com.

Pope Paul VI Institute Directory

• **FertilityCare™ Center of Omaha**

To learn the Creighton Model FertilityCare System.

(402) 392-0842 or fcoc@popepaulvi.com

Co-directors: Jeanice Vinduska, Sue Elser

• **National Center for Women's Health**

For clinic questions:

(402) 390-6600

Linda Cady (Dr. Hilgers' head nurse)

For medical questions:

(402) 390-9167 or tgreen@popepaulvi.com

Terrt Green (Dr. Hilgers' personal administrator)

• **Creighton Model FertilityCare**

For FertilityCare provider education.

(402) 390-9168 or education@popepaulvi.com

Alice Sales

• **Center for NaProEthics**

For ethics questions and consults.

(402) 390-0812 or ethics@popepaulvi.com

Sr. Renée Mirkes, OSF, PhD