



FALL/WINTER 2012 • VOLUME 7, NUMBER 3/4

Advent and Christmas greetings to you! Earlier this year, I had the privilege of presenting to Christus Medicus Foundation, which is dedicated to promoting Christ-centered health care in the public square and in the marketplace. There, I spoke about the uniqueness of different systems of fertility regulation. I am including highlights of that topic for you in this newsletter. You will also see that some of the distinctive features of the Creighton Model System can assure you that couples who are referred to the FertilityCare™ Center of Omaha will receive the highest quality service.

In an article published in a 2011 issue of *Contraception*, one statistic from a national survey of obstetricians and gynecologists concluded that 93% of “Catholic” obstetrician-gynecologists in the United States would provide hormonal contraception to unmarried 17-year-old adolescents without parental notification. This is tragic because many single women, like Lindsey who wrote the testimonial in our last issue, do not find answers to health problems in the birth control pill. And worse, this form of treatment conditions unmarried women to rely medically on the birth control pill, which creates moral dilemmas for them once they enter into marriage. Married women prescribed the birth control pill for medical reasons are confronted with the problem of the contraceptive effect of the pill, which sadly places these women and their spouses in opposition to the Church’s teachings on marital love. Furthermore, medical usage of the birth control pill still fosters an environment in which promiscuity can develop both before and even during marriage.

On a related topic, the Institute recently published a response to the UN’s claim that birth control is a basic human right. What women should have the right to access is a genuine understanding of their bodies and their fertility and health care that brings healing and hope by addressing their underlying problems and treating those problems.

— Thomas W. Hilgers, MD, Director of the Pope Paul VI Institute, Editor of *Connect*

So Many Natural Methods of Family Planning! What’s the Difference?

From Thomas W. Hilgers, MD, Christus Medicus Conference Presentation, March 2012

What makes the Creighton Model FertilityCare™ System and NaProTechnology unique in the world of natural fertility regulation and women’s health care is the professional infrastructure inherent supporting these two systems.

Each method is different and has its own unique features. Therefore, each service needs to be used to its highest level of effectiveness. It is the responsibility of the leaders of each of the different systems to provide education in their system thoroughly and correctly. Educators of the Creighton Model System are taught to take this responsibility seriously.

The Creighton Model FertilityCare™ System is a natural fertility tracking that, first of all, generates standardized information about women’s reproductive health. This information then enables couples to achieve or avoid pregnancy effectively. But, because of the standardized information that it provides about a woman’s health, the Creighton Model System is the foundation for the new

women’s health science of NaProTechnology. It is the only system that can be used with NaProTechnology.

NaProTechnology, or natural procreative technology, is a new women’s health science that helps a woman reach her optimal state of gynecologic and reproductive health. It uses the Creighton Model in its diagnosis and treatment protocols. The medical and surgical approaches of NaProTechnology have been developed over decades of research and are emerging in peer-reviewed medical literature. NaProTechnology achieves real solutions to real problems such as infertility, problem periods, pelvic pain, miscarriage, and postpartum depression.

To ensure that Creighton Model services and NaProTechnology health care are the best quality, four organizations are integrated to ensure the professionalism of the services and health care offered. The Pope Paul VI Institute for the Study of Human Reproduction, where the Creighton Model System and NaProTechnology were founded, provides education programs for

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<p>Pope Paul VI Institute Questions: Sue Hilgers (402) 390-6600 x149 suehilg@aol.com Chapel of the Holy Family — M-F 8:00 a.m. – 4:00 p.m.</p>	<p>Access <i>Connect</i> newsletters online at www.popepaulvi.com/ connect.htm</p>	<p>FertilityCare™ Center of Omaha – (402) 392-0842 or fcco@popepaulvi.com National Center for Women’s Health – (402) 390-6600 or popepaulm@gmail.com (admin. asst.) tgreen@popepaulvi.com Center for NaProEthics – (402) 390-0812 or ethics@popepaulvi.com</p>
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The Pope Paul VI Institute for the Study of Human Reproduction houses the Center for NaProEthics, whose mission it is to ponder, promote, and proclaim the teachings of the Catholic Church in area of reproductive health care. It addresses current moral and ethical dilemmas. Therefore, the Institute responded to the UN's recently published 2012 Annual Report of the United Nations Population Fund, which it claimed contraception as a basic human right. Hopefully this excerpt contains some valuable resource material for your ministry.

Excerpt from a Response to the UN's Claim of Access to Contraception as a Basic Human Right

Pope Paul VI Institute and the Center for NaProEthics

The Pope Paul VI Institute for the Study of Human Reproduction, Omaha, Nebraska offers the following critique of some of the principal claims and conclusions set down in the 2012 Annual Report of the United Nations Population Fund (released 11.14.12):

First, because we concur with Article 16 of The Universal Declaration of Human Rights: all “men and women of full age, . . . , have the right to marry and to found a family,” we also believe couples have the right, by logical extension, to responsibly plan their family [also promoted in the 2012 U.N. Annual Report]. We differ, however, with the Report's definition of responsible family planning. To responsibly plan a family means that married couples should have the right to voluntarily access a means to space their children that is not only reliable but also moral, that is, one that promotes genuine human fulfillment for the couple, their family, and the society. We also disagree with Annual Report's conclusion conflating the universal human right of “access to family planning” with “access to contraception,” ostensibly doing so on grounds that contraception is the only or only “reliable and high quality” means of planning a family. Hence, access to family planning through competent education on human fertility is a universal human right, but access to contraception is not.

Second, we understand how contraception can appear to empower women by providing them a way to space children so that they can more easily work outside the home and increase family income. However, thousands of couples using the Creighton Model FertilityCare™ System (CrMS), testify that this natural system of regulating fertility provides an even better way to empower a woman. It provides her with a) woman specific biofeedback—on any given day in any given cycle—about her body and her fertility; b) a means of treating OB/Gyn abnormalities such as unusual bleeding, premenstrual syndrome and infertility, c) an effective means of avoiding or achieving a pregnancy, and d) a basis for healthy communication between her and her husband about family planning goals.

Third, we reject the Report's allegation that contraceptive use



improves the user's health. Our 40+ years of clinical data show the exact opposite: oral contraceptives (OCs) have a devastating potential to compromise a woman's reproductive and overall health. Echoing our results, the World Health Organization not only classifies the OC as a carcinogen but warnings from package inserts of many OCs also specify that the pill “may increase risk of breast cancer and cancer of the reproductive organs.” Take the claim that the OC lowers the risk of ovarian cancer. Again, what women need to know are the specific risks and benefits of the pill. For example, compared to a woman not using hormonal contraception, it is true that the woman who uses the combined OC for five years incurs the benefit of a 40% decreased ovarian cancer mortality risk. But here's the tradeoff: the same woman faces increased risks from the use of that same OC over the same 5-year period—a 100% increased risk for venous thromboembolism, a 24% increased risk of breast cancer, and at least a 100% increased risk of myocardial infarction. Furthermore, women who use OCs experience many (and sometimes debilitating) side effects from the Pill: bloating, breast tenderness, headaches, irregular bleeding, mood changes, and nausea.

Visit <http://www.popepaulvi.com/inthenews.htm> to read the complete response.

continued from page 1 Creighton Model teachers and medical consultants as well as an advanced medical and surgical fellowship program. In addition, it continues research in the Creighton Model System and NaProTechnology fields. The American Academy of FertilityCare Professionals, secondly, is responsible for accrediting the Institute's education programs and for certifying Creighton Model teachers and physicians. It provides continuing education opportunities and recognizes excellence of service. FertilityCare™ Centers of America links affiliated centers in the United States and Canada where Creighton Model FertilityCare™ services are provided. Similarly, FertilityCare™ Centers International unites centers in Europe, Latin America, Africa, and Australasia.

Q&A: The Pill for Excessive Bleeding

Is it okay to take the pill for excessive bleeding? Any advice would be appreciated.

It is best to find out the underlying cause as to why a woman would be having such gynecologic problems. However, the birth control pill simply works as a Band-Aid: it masks the symptoms and it does not get to the heart of the matter. If a woman is charting her cycles using the Creighton Model FertilityCare™ System, NaProTechnology-trained physicians can help her by implementing NaProTechnology treatment protocols. These protocols augment a woman's cycle with natural hormones. This is done at the specific times during the woman's cycle precisely when she needs them. In this way, NaProTechnology protocols do not make use of medications that "take over" the ovaries and/or completely shut them down. Instead, NaProTechnology works cooperatively with the ovaries and helps to restore normal health for women.

Hope Guided by Faith

A Testimonial by Lisa Maxson

Everyone around me was expecting a baby except me.

Why can't I have a baby shower? Why can't I make a cute baby book with ultrasound pictures and wishes to my unborn baby? Why me, not able to conceive when I was doing everything right? Not fair.

To add more to my pain I heard in the news that Planned Parenthood administered 332,000 abortions in 2009. There are people killing babies, when I would give my life to have just one...

I always wanted to have four or five kids. When I was a little girl I used to say that I want to be a mommy when I grow up. Ironic, that the one thing I wanted so bad would be so difficult to achieve.

My world went upside down the day I found out that I may not be able to have children. My dream of having a family was falling apart. I felt a lump in my throat each time I saw an expecting mother – the pain in my heart amplified when someone told me that the only way I would be able to have children would be by *in vitro* fertilization (IVF). My belief is that IVF is immoral as creating life by destroying another is unacceptable. Now faced with my situation, would I ignore my convictions to fulfill my dream of being a mother? How will my husband handle the news? What would he want me to do?

Without much hesitation, but lots of tears and anxiety, I called Jason and told him the news. He was calm and supportive, even though deep inside he was hurt just like me.

I was lucky, in a sense, to know about the Pope Paul VI Institute – my mother has been a patient of Dr. Hilgers for years. Because of my mom's severe medical condition, it was

advised that I get tested as well. That's how I found out I may have difficulty becoming pregnant.

I had three diagnoses of my condition, of which one required surgery while others were treated with medicine and hormone therapy. I know other doctors would have said there wouldn't be any chance of having children. But Dr. Hilgers has never given up on me. Even when I gave up on myself.

God answered our prayers. I had a healthy pregnancy and gave birth to a perfect baby girl who we named Madelyn.

Thank you Lord and thank you Pope Paul VI Institute for fulfilling God's calling. Thank you for helping me to create new life without abandoning my beliefs. "



Lisa Maxson with her husband, Jason, and their miracle baby, Madelyn

Holy Mary, Mother of God,
you have given the world its true light,
Jesus, your Son—the Son of God.

You abandoned yourself completely to
God's call
and thus became a wellspring
of the goodness which flows forth from Him.

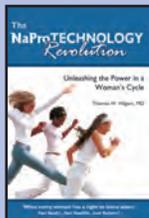
SHOW US JESUS.
LEAD US TO HIM.

Teach us to know and love Him,
so that we too can become
capable of true love
and be fountains of living water
in the midst of a thirsting world.

— Pope Benedict XVI, Closing Prayer of *Deus Caritas Est*
December 25, 2005

The NaProTechnology Revolution:

Unleashing the Power in a Woman's Cycle



What every woman has a right to know
about her body...her health ...her future.

A new book (2010) by Dr. Thomas W. Hilgers
to be read by all women. It contains real
women's charts and testimonials to
illustrate the impact that NaProTechnology
can have on their health and their lives.

www.amazon.com

www.unleashingthepower.info

Resources for Your Parish

www.fertilitycare.org — Find CrMS teachers & NPT physicians

Education programs — www.popepaulvi.com/education.htm

MONDAY, APRIL 15 – FRIDAY, APRIL 19, 2013

Love & Life Unlimited Conference

For priests, religious, lay professionals. A
conference to ponder, promote, and proclaim the
Catholic vision of reproductive health care. Topics
include Creighton Model System &
NaProTechnology, *Humanae Vitae*, *Donum Vitae*,
Evangelium Vitae, Theology of the Body, & more!

Conferences

Connect



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Love
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Pope Paul VI Institute
For the Study of Human Reproduction


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Helping Priests Respond to Medical and Moral Challenges

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