

Building a Culture of Life in Women's Health Care

A newsletter of the **Pope Paul VI Institute for the Study of Human Reproduction**

Volume 3, Number 2 | Fall 2012

From the Founder...

Welcome to the fall 2012 issue of *Building a Culture of Life in Women's Health Care* newsletter! In this edition, I am excited to share with you how NaProTechnology is now becoming more available to women and couples and helping more medical professionals to practice medicine ethically throughout the world. For the first time ever, the faculty and staff of the Institute held its Education program overseas, which enabled us to train more European and African medical consultants and practitioners. Our Creighton Model materials are also becoming increasingly available in other languages.



Dr. Hilgers and Fr. Jaroslaw Szymczak (special PPVI Institute faculty), Poland, 2012

We are so grateful also to the support of our faithful donors for our fellowship program! This program is entering its sixth year. Because of the support that it has received, we will be able to train three physicians in medical and surgical NaProTechnology next year! Graduates of our fellowship program now practice throughout the United States.

I wish you many blessings and thank you for your continued support and prayers!

Thomas W. Hilgers, MD
Director of the Pope Paul VI Institute

MARK YOUR CALENDAR...

October 17, 2012

Grand Rounds –
Creighton University Medical Center
Omaha, NE —Thomas W. Hilgers, MD

November 10, 2012

Catholic Medical Association
Women's Healthcare in Harmony with the Church
Tacoma, WA —Thomas W. Hilgers, MD

December 5-6, 2012

John Paul II Life Center 2nd Benefit Dinner
Let Freedom Reign
Austin, TX —Thomas W. Hilgers, MD

February 7-17, 2013

Polish EP-II
Warsaw, Poland

February 21-23, 2013

Pontifical Academy for Life
Rome, Italy

NaProTechnology in Poland

NaProTechnology, which is based upon scientific research and information designed to help and empower women and couples suffering from infertility, is becoming more globally accessible.

Dr. Hilgers and the faculty of the Pope Paul VI Institute presented a comprehensive week-long allied health education program featuring aspects of NaProTechnology in September in Poland. The program, which trains Creighton Model medical consultants, FertilityCare™ Practitioners and FertilityCare™ Educators, was jointly sponsored by Creighton University School of Medicine and the Faculty for Studies on the Family in Łomianki-Warsaw, Poland, at Cardinal Stefan Wyszyński University. The program was attended by more than 100 participants—about 60 medical

professionals and 40 educator and practitioner interns—from Poland, nine other European countries, and Nigeria who were seeking scientifically and ethically superior alternatives to the practice of IVF. "I don't think couples

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Faculty and Educator Intern students at Education Phase I in Poland, September 2012

More Fellows Train to Serve Across the Country

Our 2012-2013 fellows began the Pope John Paul II Fellowship in Medical and Surgical NaProTechnology this summer. These post-graduate obstetrician-gynecologists will learn the entire medical and surgical spectrum of NaProTechnology during the one-year program, affiliated with Creighton University School of Medicine. The 2013-2014 class will have a third fellow as a result of the generous supporters of the Institute fellowship fund.



Brooke Jemelka, MD, who graduated from Texas A&M Health Science Center and completed her residency at Mercy Hospital in St. Louis, Missouri, said, "During college at Texas A&M University in College Station, TX, I was exposed to learning about Blessed John Paul II's Theology of the Body. And, through learning about the Theology of the Body, I heard of Dr. Hilgers, the Creighton Model System, and NaProTechnology. Once I decided on OB/GYN as a specialty in medical school, I knew that I wanted study and become a fellow at the Pope Paul VI Institute. The first step towards this was becoming a medical consultant during my fourth year of medical school. In addition, I started learning how to teach couples the Creighton Model as a FertilityCare™ Practitioner." She anticipates joining fellowship graduate Dr. Kathryn Karges at Caritas Complete Women's Care in Houston, Texas after completing her fellowship.

David Parker, MD, said, "I hope to become fluent in the science and practice of NaProTechnology, refine my surgical skills and management of gynecologic issues, as well as grow in my faith." He graduated from University of Texas at Houston medical school, where he learned about the fellowship program. "I heard about the fellowship program during medical school while visiting another Catholic gynecologist who encouraged me to look into the training program at the Pope Paul VI Institute," he said. Parker did his residency at the University of Buffalo Sisters of Charity Hospital.



Former graduates are Catherine E. Keefe, MD, Omaha, Nebraska (2007); Kyle A. Beiter, MD, New Brunswick, New Jersey (2009); Theresa L. Stigen, MD, Fallbrook, California (2009); Kristina A. Pakiz, MD, Omaha, Nebraska (2010); Courtney E. Slonkosky, MD, Sidney, Ohio (2010); Megan E. Woodman, MD, Parker, Colorado (2010); Nickole R. Bazger, DO (2011); Jillian C. Stalling, MD, Peoria, Illinois (2011); Christine Cimo Hemphill, DO, Midlothian, Virginia (2012); and Kathryn Karges, MD, Houston, Texas (2012).



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... should be brainwashed or bullied by the media into thinking they have to violate their religious beliefs and morals in order to have a family," says Dr. Hilgers. "Thanks to NaProTechnology, they don't have to."

Dr. Hilgers noted that nearly all media reports fail to reveal that the practice of IVF replaces the natural, conjugal love with an act of masturbation by the husband and surgical removal of eggs from the mother. Human life—the child—is artificially generated by a lab technician in a Petri dish. An average of 5-15 living, growing human embryos, "left over" offspring of the mother and father, are destroyed, cryo-frozen or manipulated and destroyed in lab experiments. In summary, IVF is a ruthless process that destroys many more lives than it generates.

NaProTechnology is an emerging women's health science rooted in gynecological research and science that seeks to discover and diagnose the root causes of infertility and then applies proven medical and surgical practices in treatment. NaProTechnology identifies and helps treat a range of other women's reproductive health conditions

including recurrent miscarriage, premature births, polycystic ovarian syndrome (PCOS), postpartum depression and other conditions. NaProTechnology is not a perfect solution, but it is documented to be 1.5 to three times more successful than IVF in treating infertility.

NaProTechnology and its foundation, the natural method of fertility regulation known as the Creighton Model FertilityCare System (CrMS), are protocols approved and embraced by the Catholic Church—including the late, great Pope John Paul II who was an enthusiastic spiritual and financial supporter for many years of Dr. Hilgers and his work.

"Catholics...do not have to buy into the false storyline that their only alternative to infertility is IVF," says Dr. Hilgers. "Science, research and thousands of NaPro babies around the world tell us otherwise. But even more importantly, their faith—my faith—tells us that all human life, each child, is deeply loved by God. Our faith also compels and inspires us to seek ways to advance science and medicine so that each married couple who desires a family has the opportunity to experience a child, which is the ultimate gift of their marriage."

I believe in this work... because it is not just good medicine. It is hope to so many women and families.

Fifteen years ago, as a young college graduate interested in Bioethics, I was introduced to Dr. Hilgers' work. I came to the conference in Omaha to learn more and was amazed how my faith and scientific interest immediately matched the concept of NaProTechnology. For the first time, I also had hope that this new science could identify reasons for my long and irregular cycles.

From that point on, my relationship with the Institute started to evolve: six months later I started working as a research assistant at the Pope Paul VI Institute. Then, I took educational courses and became a FertilityCare™

Practitioner and later a FertilityCare™ Educator. Now, I am a faculty member of the Institute's educational programs. I also run a FertilityCare™ Center in Cleveland.

Having struggled with infertility myself for years, I know how difficult it can be to deal with. I also know that NaProTechnology is the only way to cure it.

We need the ongoing research to perfect the methods and technique of NaProTechnology. We need to educate physicians about the science supporting it. We need patients to understand how this is a superior treatment method. And together we can accomplish all of that.

Christy, Scott, Gianna, Catherine, and Marie Shoen



Please help Dr. Hilgers and the Pope Paul VI Institute to spread the Culture of Life. Join me in making a gift to Pope Paul VI Institute today.

By: Christy Shoen

Turn Your Good Intentions into Action

Most of us have good intentions to do something for others. But, the biggest problem is to implement those intentions and turn them into action. Admittedly, we tend to procrastinate, sometimes putting something off until it's too late. This often happens with a charitable gift.

Undoubtedly you are aware of our continuing financial needs, but for one reason or another you put off making a gift.

It would be a simple matter to include a bequest to the Pope Paul VI Institute directly in your will. To expedite your good intentions, here are recommended clauses for making an unrestricted bequest to us:

"I give to the Pope Paul VI Institute for the Study

of Human Reproduction the sum of \$...../ or x % of the residue of my estate free of all duties and deductions to be used for its general purposes. The receipt of an authorized officer of the Pope Paul VI Institute shall be deemed proof of payment."

Tax ID #: 36-3313152.

Address: 6901 Mercy Road, Omaha, NE 68106.

Please let us know if you have included us in your will as it helps plan our financial future. Thank you.

For more information on making a gift to the Institute, please contact Institute Advancement at (402) 505-8945.

** Always consult your attorney for proper legal advice.*

Outstanding Research Paper Award

A research paper entitled, "The New Women's Health Science of NaProTECHNOLOGY" written by Thomas W. Hilgers, MD, the Director of the Pope Paul VI Institute for the Study of Human Reproduction in Omaha, Nebraska received the Outstanding Research Paper Award for the year 2012. The American Academy of FertilityCare Professionals (AAFCP) presented the award to Hilgers at its 31st annual meeting in Salt Lake City, Utah, in July 2012.



Dr. Paul Carpentier, president of AAFCP 2011-2012, Dr. Thomas W. Hilgers receiving award, and unknown

This paper, which was published in the Archives of Perinatal Medicine in November of 2011, presents the main concepts of the new women's health science of NaProTECHNOLOGY,

which looks at the underlying cause of a variety of different women's health problems along with their successful treatment.

"It is a great honor..." said Hilgers. "This approach works in cooperation with the naturally occurring menstrual and fertility cycles and it focuses on looking for the root causes of the problems. In most cases, the success rates are higher than what is currently seen in medically issues related to reproductive health. It does not substitute the natural fertility cycle for an artificial approach in a test tube."

Copies of this paper are available through the Pope Paul VI Institute by calling 402-390-9167.



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!

For more information on the April 2013 conference, please visit www.popepaulvi.com.



Pope Paul VI Institute

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