

Effectiveness Summary

NaProTECHNOLOGY
Success rates (in percent)

Artificial Reproductive Technologies
Success rates (in percent)

TO AVOID PREGNANCY			
Creighton Model FertilityCare System			Birth control pills
Method effectiveness to avoid	99.5	99.5	Perfect use
Use effectiveness to avoid	96.8	90-96	Typical use
INFERTILITY TREATMENT			
NaProTechnology			<i>In vitro</i> fertilization
Endometriosis	56.7 – 76.4 ³	21.2 ³	Endometriosis
Polycystic ovaries	62.5 – 80.0 ³	25.6 ³	Polycystic ovaries
Tubal occlusion	38.4 ³	27.2 ³	Tubal occlusion
Surgical NaProTechnology associated with			Trad. surgical approach (rarely used)
Endometriosis	56.7 – 76.4 ²	57.0 ²	Endometriosis
Polycystic ovarian disease	62.5 – 80.0 ²	41.8 ²	Polycystic ovarian disease
DIAGNOSIS OF LUTEAL PHASE			
NaProTechnology			Current medical approach
Detect by properly targeting hormone evaluation	98.6 ⁷	n/a	Not available
PREMENSTRUAL DYSPHORIC DISORDER (PMS)			
NaProTechnology	95.2 ⁴	43.0	Current treatment Antidepressants
POSTPARTUM DEPRESSION			
NaProTechnology	92.4 – 96.7 ⁵ Generally within 1-30 days	Slow improvement over 6-12 months	Antidepressants, anti-anxiety meds
PREMATURITY & SEVERE PREMATURITY RATE			
NaProTechnology	%	%	Traditional treatment
Prematurity rate	5.4-7.0 ⁶	12.9	Prematurity rate
Severe prematurity rate	1.3 ⁶	3.9	Severe prematurity rate
RECURRENT SPONTANEOUS ABORTION			
NaProTechnology	79.0	Lower	Current medical approach
DATING THE BEGINNING OF PREGNANCY			
NaProTechnology [Creighton Model Charting]	100.0 ⁸	86.0 ⁸	Using date of last menstrual period
CHRONIC PELVIC PAIN			
Surgical NaProTechnology	%	%	Current medical approach
Hysterectomy rate (decreased 2.4x)	11.5	40.0	Hysterectomy rate
COST-EFFECTIVENESS			
Creighton Model System	\$494 ⁹	\$1,866 ⁹	Birth control pills
Infertility	\$322 ¹⁰	\$9,226 ¹⁰	IVF
Prematurity	\$16,795 ¹¹	\$28,556 ¹¹	Current medical approach
PMS evaluation & treatment	\$3,218 ¹²	\$5,104 ¹²	Current medical approach
Multiple Pregnancy Rate	3.2%	31.9%	

1. Completely comparable to oral contraceptives.
2. Measured by survival curve analysis at 36 months, compared to published results from Johns Hopkins University Medical Center.
3. A range of effectiveness acquired from different study designs.
4. With the use of targeted HCG hormonal support and oral naltrexone.

5. With the use of IM progesterone therapy.
6. Using the Prematurity Prevention Protocol of the Saint Paul VI Institute.
7. Using the Creighton Model FertilityCare System to target evaluation of the post-ovulatory hormone phase of the cycle.
8. Within 10 days.

9. Based on 5 years of use.
10. Based on costs per cycle of treatment.
11. Based on cost saving generated by decrease in prematurity rate to 7.0 percent
12. Includes cost savings due to improved productivity.

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Discover...

What every couple **needs** to know...
What every woman has a **right** to know...

Effectiveness of the **CREIGHTON MODEL** fertilityCare™ System (CrMS) and NaProTECHNOLOGY*

- CrMS is 99.5% method effective (perfect use) and 96.8% use effective (typical use);
- Nearly 3 times more successful than IVF for assisting infertile couples and does not result in early abortions or frozen embryos;
- Multiple pregnancy rates are 10 times lower than that with artificial reproductive technologies;
- 95% success rate for treating premenstrual syndrome (PMS);
- 95% success rate for treating postpartum depression (PPD); and
- Prematurity rate has increased every year over last 25 – 30 years nationally. **NaProTECHNOLOGY** Prematurity Prevention Program has cut the rate from 12.1% to 7%! Preterm birth is associated with increased mortality and neurological injury for the baby.

Women's menstrual and fertility cycles have been shrouded in mystery since the beginning of time. Most women still do not know about the workings of their cycles of fertility and infertility. Every woman has the *right to know* how her cycles function in order to understand the way her body works.

After 30 years of amazing research, the mysteries of the menstrual and fertility cycle have been unraveled through the **CREIGHTON MODEL FertilityCare™ System (CrMS)** and the new women's health science of **NaProTECHNOLOGY**. Now, a woman can know her cycles and use this information for the maintenance of her health! Now, couples can use this knowledge to plan their family and build their future as a couple!

Biological Markers of Health and Fertility

The **CrMS** relies upon the standardized observations and charting of *biological markers* that are essential to understanding a woman's health and fertility. These "biomarkers" tell the couple when they are naturally fertile and infertile, thus allowing the couple to use the system either to achieve or to avoid pregnancy. The biomarkers also identify abnormalities in a woman's health. The **CrMS** is "an authentic language" that, with a few minutes of daily observations, provides a woman with incredible insight into the function of her body.

True System of Family Planning

As a system of family planning, the **CrMS** can be used to both achieve and avoid pregnancy. A large-use effectiveness study of the **CrMS** published in the *Journal of Reproductive Medicine* revealed that this system has a method effectiveness (perfect use) of 99.5% and a use effectiveness (typical use) of 96.8% when used to avoid pregnancy. On the other hand, when used to achieve pregnancy in couples of normal fertility, the effectiveness is 76% in the first cycle of use and 98% by the sixth cycle.

What Couples Like about the CrMS

- Provides a system that mutually values, respects, and understands their combined fertility;
- Promotes shared responsibility, unlike contraceptives;
- Enhances their sexuality and promotes marital bonding;
- Strengthens marriages and families; views children as gifts; and
- Encourages involvement of men for support and in decision making.

NaProTECHNOLOGY allows women to "unleash the power" that naturally exists within their cycle. This new science monitors and maintains a woman's gynecologic and reproductive health.

NaProTECHNOLOGY uses the **CrMS** to monitor various events and to telegraph abnormalities in the menstrual and fertility cycle. When the cycle functions abnormally, **NaProTECHNOLOGY** identifies problems and treats them cooperatively with the cycle.

Women now have an opportunity to know and understand the causes of the symptoms from which they may suffer.

Real Solutions to Real Problems

- Infertility
- Menstrual cramps
- Premenstrual syndrome (PMS)
- Ovarian cysts
- Irregular or abnormal bleeding
- Polycystic ovarian disease
- Repetitive miscarriage
- Postpartum depression
- Prematurity prevention
- Hormonal abnormalities
- Chronic discharges
- Other health problems