

Side effects

Complications are few and the incidence of twin pregnancy is reassuringly low at 4.6% which leads to a better pregnancy outcome for mother and baby.

Success Rate

The likelihood of success varies according to a couple's profile. Scientific data was published in the Journal of the American Board of Family Medicine in Sept 2008¹. The study is available online at www.fertilitycare.net.

The overall success rate for Infertility is between 40 to 50%, for an average female age of 35 years and 5 years trying to conceive. Success rates are less for older women, men with very low sperm counts or in cases where pelvic adhesions or endometriosis are severe.

In cases of recurrent miscarriage up to 80% of couples can expect a successful outcome with treatment.

Couples are told what their probability of success will be during the initial medical consultation before they enter the programme.

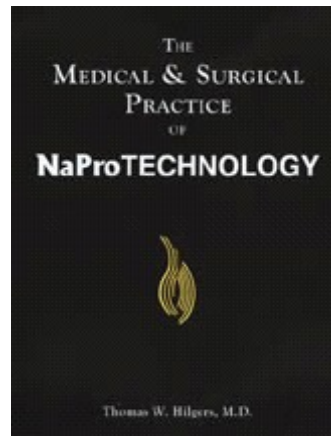
To date over 800 couples in Europe have had successful pregnancies using this approach. Over 150 couples have now conceived despite a history of repeated failed IVF attempts.

In addition couples with 7, 8 and 9 miscarriages have had successful treatment with NaProTECHNOLOGY.

Medical consultations last 40 to 45 minutes and occur every 3 to 4 months.

Referral for specialised surgery is recommended if it is deemed necessary to restore optimum fertility potential.

A comprehensive medical textbook was published in 2004 and is available from www.naprotechnology.com.



For further information, check out the European website at www.fertilitycare.net

1. Outcomes From Treatment of Infertility With Natural Procreative Technology in an Irish General Practice. Stanford, Parnell, Boyle. **JABFM Sept 08**

NaProTECHNOLOGY®

Infertility & Recurrent Miscarriage



www.fertilitycare.net

www.fertilitycare.co.uk

NaProTECHNOLOGY®

NaProTECHNOLOGY is an abbreviation of the term "Natural Procreative Technology", which is a scientific, holistic process of investigating abnormal gynaecologic and reproductive health. It is particularly effective in treating infertility and recurrent miscarriages.

NaProTECHNOLOGY was developed by Consultant Obstetrician and Gynaecologist, Dr. Thomas W. Hilgers in Omaha, Nebraska, USA. It involves teaching women and couples how to monitor and record their "Biological Markers" of fertility in a precise and standardised fashion.

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This information allows the physician who is trained in FertilityCare and NaProTECHNOLOGY techniques to conduct a more thorough evaluation of the fertility cycle to identify abnormal menstrual bleeding

patterns, poor cervical mucus flow and subtle hormonal deficiencies that are often not detected by routine gynaecologic evaluation. Establishing a diagnosis is essential to NaProTECHNOLOGY. You need to find the problem before you can fix it!

Medical treatments are prescribed in a timed fashion with respect to the woman's cycle. The goal of treatment is to restore a normal appearance to the fertility chart and restore optimum fertility potential for the couple.

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PREGNANCY TEST +

Achieving Pregnancy

Correcting underlying charting and hormonal abnormalities improves fertility and reduces the risk of miscarriage. When optimum function is achieved, conception can occur anywhere from the first to the twelfth effective cycle of treatment. On average couples complete fertility evaluation and treatment between 18 to 24 months after the

initial medical consultation, or sooner if conception occurs.

Many of the medications used with NaProTechnology are widely used in other fertility programmes, but the precise timing and monitoring of treatment using the FertilityCare charting system is unique to NaProTECHNOLOGY.

Become your own Fertility Expert

The system teaches you how to become your own fertility expert. Couples learn how to assess, monitor and manage their fertility through a series of consultations with their physician and a specially trained teacher-practitioner - the "FertilityCare Practitioner". A complete list of European Practitioners is available at www.fertilitycare.net. The process of "Fertility Tracking" empowers couples and is essential to identify and treat the underlying causes of abnormal reproductive health.

Suitability

NaProTECHNOLOGY is suitable for nearly every category of infertility and miscarriage. Couples with conditions such as endometriosis, polycystic ovaries, pelvic adhesions, blocked fallopian tubes, low progesterone, not ovulating, unexplained infertility, male factor infertility and unexplained recurrent miscarriage have all conceived using the NaProTECHNOLOGY approach.