


FACTS
Fertility Appreciation
Collaborative to Teach the Science

The Female Cycle as a Vital Sign in Navigating Rare Disease

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FAMILY MEDICINE
EDUCATION CONSORTIUM INC.

Disclosure Statement

This presentation provides an introductory overview to natural or fertility awareness based methods (FABMs) and their application in assessing the health of the female cycle – the 5th vital sign for women's health.

This information will not prepare you to teach these methods to patients or other health professionals, nor learn to use them yourself – either personally or in your medical practice.

At the end, we will share information about different training opportunities that facilitate learning how to use the female cycle chart as an assessment tool. Such training is recommended if you are interested in addressing women's reproductive health concerns, by diagnosing and treating the underlying disease.

The speaker has no relevant financial disclosures.



Seminar Agenda

- Objectives & Key Terms
- The Healthy Female Cycle
- Charting the Female Cycle
- The Female Chart as the 5th Vital Sign
- FABMs for Family Planning



KEY TERMS

Fertility
Awareness Based
Methods (**FABMs**)

Use daily observations of a woman's physical signs or symptoms and/or algorithms to identify potential days of fertility

Can be used to monitor reproductive health

Biomarkers

Observable signs that reflect hormonal changes

Ovulation

Release of an egg from a mature follicle

Biomarkers of the female cycle



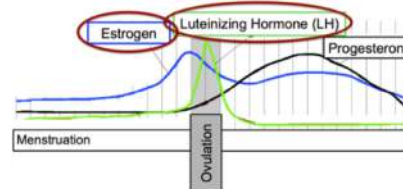
Cervical Fluid Secretions



Type E Mucus

Type G Mucus

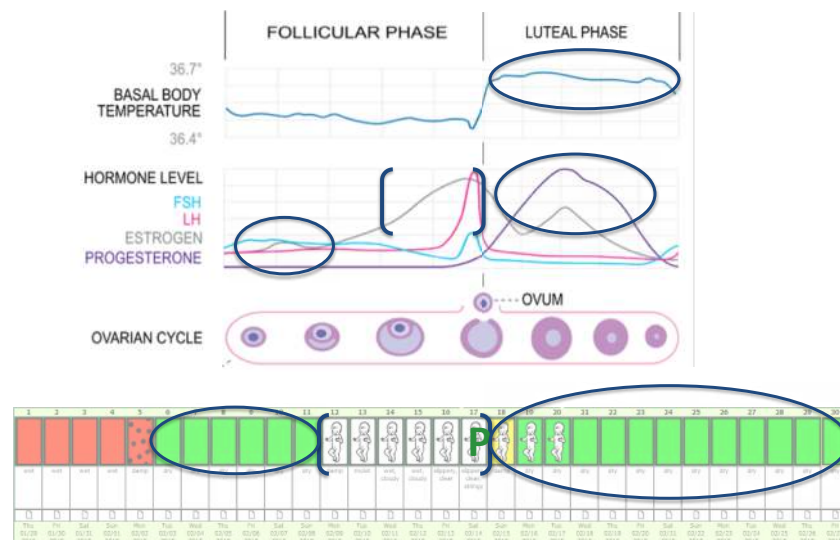
Urinary Hormones



Basal Body Temperature

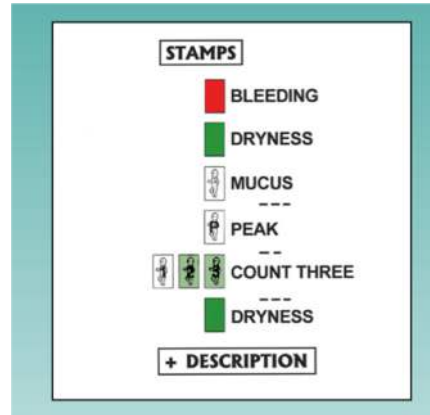


The Healthy Female Cycle



Stamps & Terms: CrMS

- Bleeding Days
- Dry Days
- Peak Type Music
- Ovulation



Cycle variation

- Regular Cycle
- Early Ovulation
- Delayed Ovulation

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
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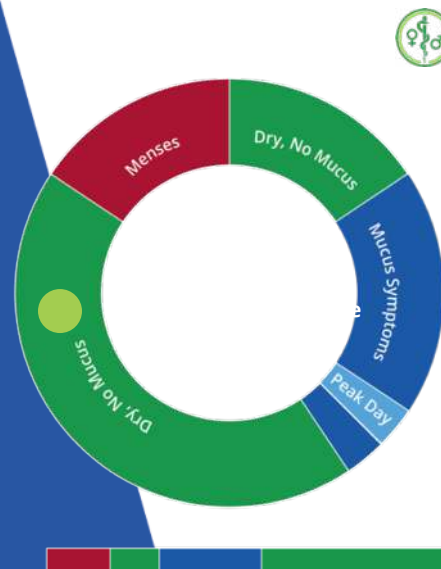
Seminar Agenda

- Objectives & Key Terms
- The Healthy Female Cycle
- Charting the Female Cycle
- The Female Chart as the 5th Vital Sign
- FABMs for Family Planning

The Fifth Vital Sign

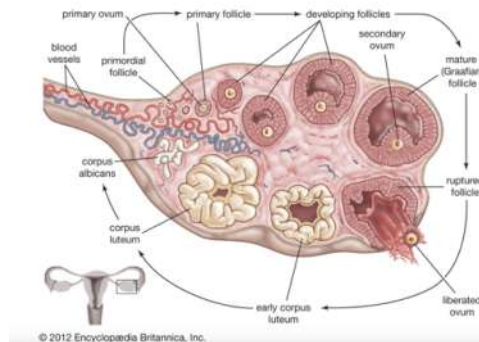
- Respiratory Rate
- Heart Rate
- Metabolic Rate (BBT)
- Blood Pressure
- Fertility:
 - Healthy Female Cycle Patterns
 - Health Spermatogenesis

The healthy expression of the 5 Vital Signs of health *depends on normal thyroid function.*

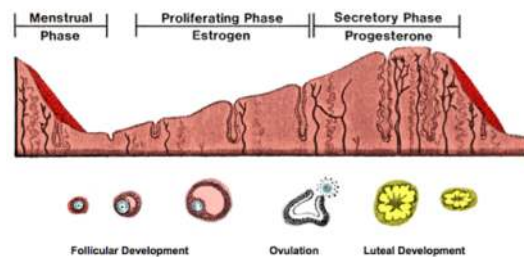


OVULATION CYCLE: The female cycle reflects what happens at the site of the ovary

- Follicle/Estrogen
- Post Peak Phase
- Corpus Luteum
- Progesterone

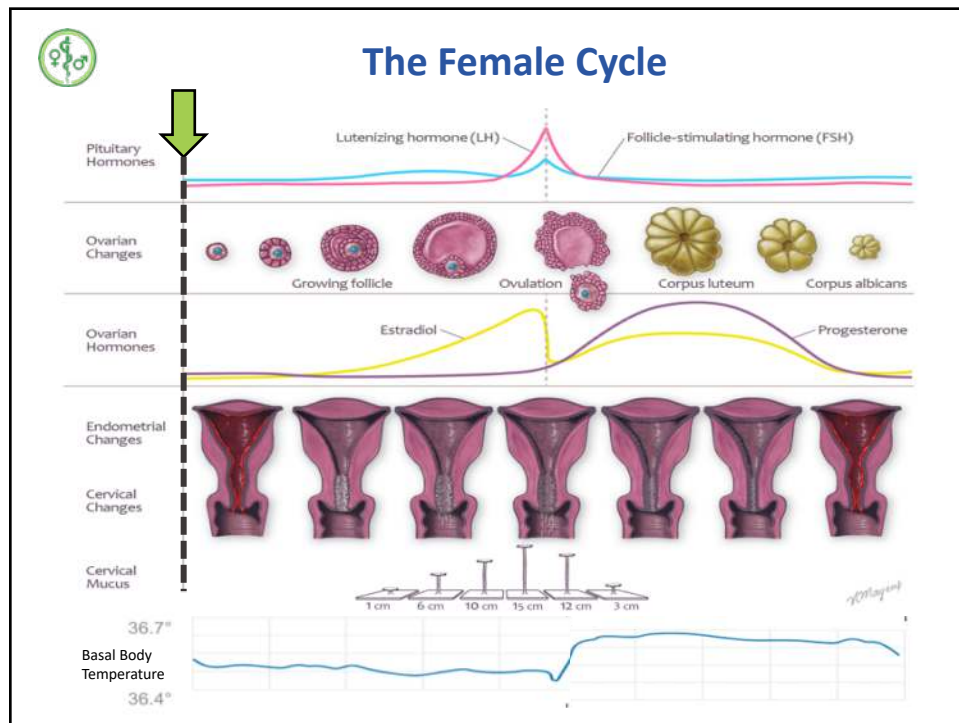


Changes in the Lining of the Uterus



The Ovarian Cycle influences the menstrual Cycle

- Lining sloughs off when progesterone drops
- Lining thickens under estrogen influence
- Lining becomes nutritive and highly vascularized under the influence of progesterone

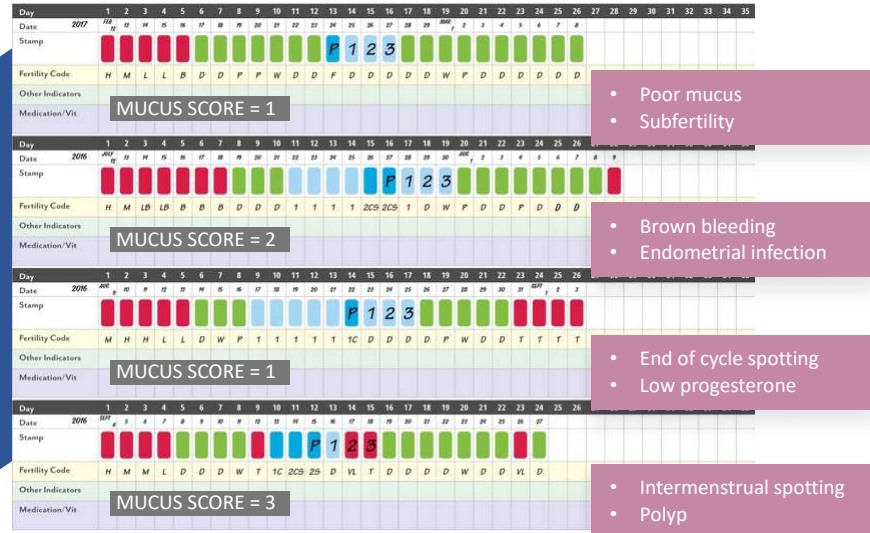


The Female Chart as a Diagnostic Tool

- Painful periods
- Irregular periods
- Polycystic Ovarian Syndrome (PCOS)
- Premenstrual Syndrome (PMS)
- Postpartum Depression
- Infertility



Biomarkers revealing need for evaluation



Mitochondrial Case Study

Figure 3: Diseased and Healthy Cycle Profiles from Patient

The top row numbers denote the day of the menstrual cycle. **P** = Peak Day or time of ovulation, #s after P denote the day in post-peak phase. Red denotes bleeding, green denotes absence of discharge, stamps with a baby denote days of fertility with significance for family planning purposes.



Chart 1 June/July 2009: 43-year patient's cycle prior to the hormone study displays the problematic premenstrual spotting & shortened post-peak phase prompting the referral for hormone evaluation that occurred in September 2009. The patient experienced numerous premenstrual dysphoric disorder (PMDD) symptoms in this cycle included loss of working memory, migraine headache, GI distress, and brown bleeding that began with clots, and severe mood swings.

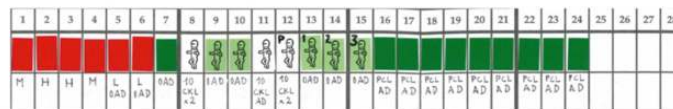
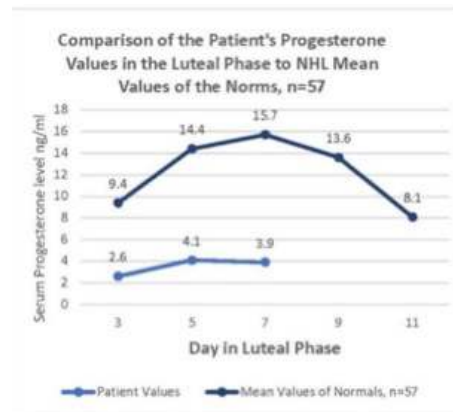


Chart 2 from May 2020: In 2020, the same patient, 53-years old, and receives patient-centered thyroid and progesterone support along with mitochondrial support. She lives an active life with healthy cycles. Gastrointestinal distress, problematic premenstrual spotting, and premenstrual dysphoric disorder have resolved. Bipolar and endometriosis symptoms have been in remission.

Scheller S (2021) Case Study: Female with Mitochondrial Dysfunction, Bipolar I, and Endometriosis Using Creighton Model Fertility Care System to Evaluate and Treat Hormone Dysfunction. Research Reports 5:e1-16. doi:10.9777/rr.2021.10001

The menstrual cycle vital sign revealed low progesterone.

- The hormone study was timed by Peak day and



Scheller S (2021) Case Study: Female with Mitochondrial Dysfunction, Bipolar I, and Endometriosis Using Creighton Model Fertility Care System to Evaluate and Treat Hormone Dysfunction. Research Reports 5:e1-16. doi:10.9777/rr.2021.10001



Seminar Agenda

Objectives & Key Terms

The Healthy Female Cycle

Charting the Female Cycle

The Female Chart as the 5th Vital Sign

FABMs for Family Planning



Types of FABMs



Cervical Fluid Methods

Billings, Creighton, Two Day



Sympto-Thermal Methods

Sensiplan, SymptoPro, CCL, Justisse



Sympto-Hormonal Methods

Marquette, FEMM



Standard Days Method

Cycle Beads, DOT app (Clue BC)



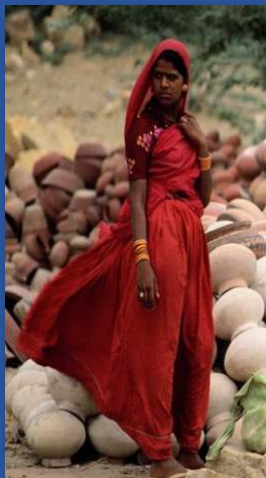
How effective are FABMs?

Effectiveness Rates – Preventing Pregnancy





Method		Correct Use	Typical Use
Billings	} <i>Cervical Fluid</i>	99%	90%
Creighton		99.5%	96%
Sympto-thermal		99.4%	98%
Sympto-hormonal		99.9%	93%

Charting for *everyone*.



DATES: 21|MAY 25/26|JUN 22/23|JUL 6|AUG


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FACTSaboutFertility.org/2022-conference




FACTS
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Cervical Fluid Methods

Billings USA: <http://www.boma-usa.org/>
 Creighton Model: <http://www.creightonmodel.com>
 or <http://www.fertilitycare.org>
 Family of the Americas:
<http://www.familyplanning.net/>
 Two Day Method: <http://irh.org/twoday-method/>

Sympto-Thermal Methods

Couple to Couple League, <http://www.ccli.org/>
 Justisse Method: <https://www.justisse.ca/>
 SensiPlan: replyobgyn.com/services/sensiplan/
 Serena (Canada), <http://www.en.serena.ca/Home>
 SymptoPro, <http://www.symptopro.org>

Sympto-Hormonal Method

Marquette Model
<http://nfp.marquette.edu/index.php>
 FEMM Health: <https://femmhealth.org>
 NeoFertility: <https://neofertility.ie>

Standard Days Method:

<http://irh.org/standard-days-method/>

Lactational Amenorrhea Method:

<http://irh.org/lam/>

Additional Learning opportunities



For more information, visit:

FACTSaboutFertility.org

To schedule a speaker please e-mail:
Speaker@FACTSaboutFertility.org

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