

Important Numbers

The Billings Ovulation Method

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The Couple to Couple League

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The Creighton Method

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The Natural Family Planning Ministry
sponsored by
The Diocese of Pittsburgh
meets the
Standards for Diocesan NFP Ministry
United States Conference of
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Diocese of Pittsburgh

Office for Family Life and Catechesis

Department for Religious Education

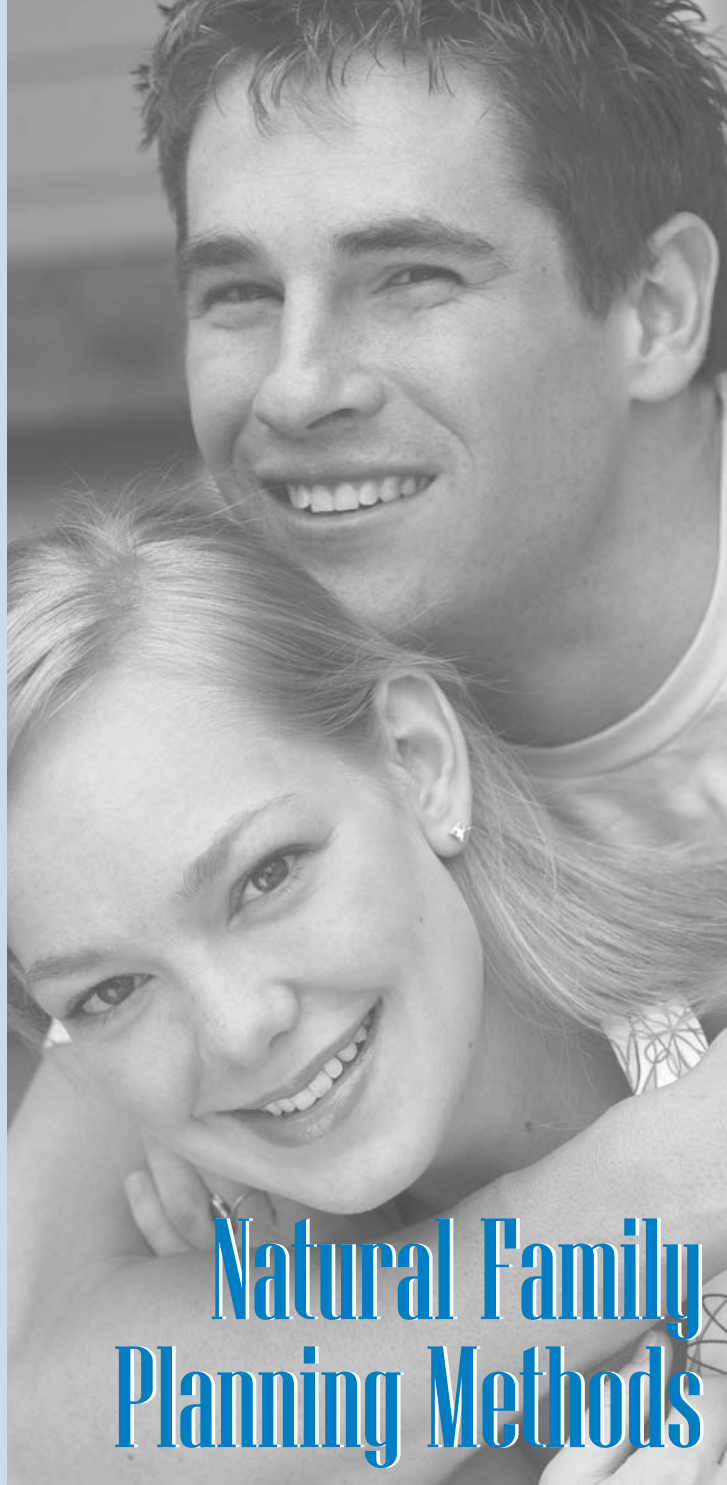
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Natural Family Planning Methods

The Diocese of Pittsburgh's Natural Family Planning Ministry uniquely offers four methods of NFP and meets the standards for Diocesan NFP Ministry by the United States Conference of Catholic Bishops. Brief descriptions of the methods are offered below:

Billings Ovulation Method

This method was developed by Drs. John and Evelyn Billings in the 1950's and uses the sign of cervical mucous to indicate fertile days and infertile days. The couple learns how to chart their cervical mucous observations (what is felt and what is seen), and to determine their individual fertility. The method is based on the work of internationally known scientists, who continue their research today.

The classes consist of four sessions occurring every two weeks. The first session introduces the method and integrates some practice charting. The other classes have individual chart reviews as well as featuring witness presentations by a couple, a priest and a physician.

Couple to Couple League (CCL)

This method of NFP was founded in 1971 and uses the sympto-thermal method teaching couples three ways to determine their fertility: cervical mucous observation, basal body temperature, and observation of the cervix. With these three signs, the couple learns to chart and cross check to determine the fertile and infertile times in each cycle.

Classes consists of four sessions occurring once a month. In this class each couple receives: *The Art of Natural Family Planning*, a basal digital thermometer and other supplies. For continuous support, the couple receives a one-year membership to CCL, which includes counseling and access to the Medical Advisory Board and the bimonthly publication, *Family Foundations Magazine*.

All methods are taught by trained and caring teachers and are in line with the teachings of the Catholic Church.

Creighton Fertilicare Ovulation Method

This method of NFP has been part of ongoing scientific research since 1981. It has developed a reproductive and gynecologic science called NaPro Technology (Natural Procreative Technology). It is a standardized modification of the Ovulation Method, using the cervical mucous sign. Human reproduction is presented in the one hour introductory session. Follow-up sessions are scheduled with the fertilicare practitioner during which the method is truly learned and applied to the individual couple. NaPro Technology has proven to be a particular boon to infertility, producing higher success rates than in vitro fertilization.



Cervical Mucous / Basal Body Temperature (CM/BBT) Method

The Cervical Mucous/Basal Body Temperature Method or CM/BBT is taught primarily at Mercy Hospital in Downtown, Pittsburgh in one three hour session. During the session, the couple learns the basics of Cervical Mucous and Basal Body Temperature and how to chart mucous observations as well as the early morning temperature. By charting a couple learns how to cross reference the signs. All follow-up and chart reviews for this method are done by mail or by phone for the course of one year.

All four methods fall under the umbrella of Natural Family Planning and have comparable rates of effectiveness.