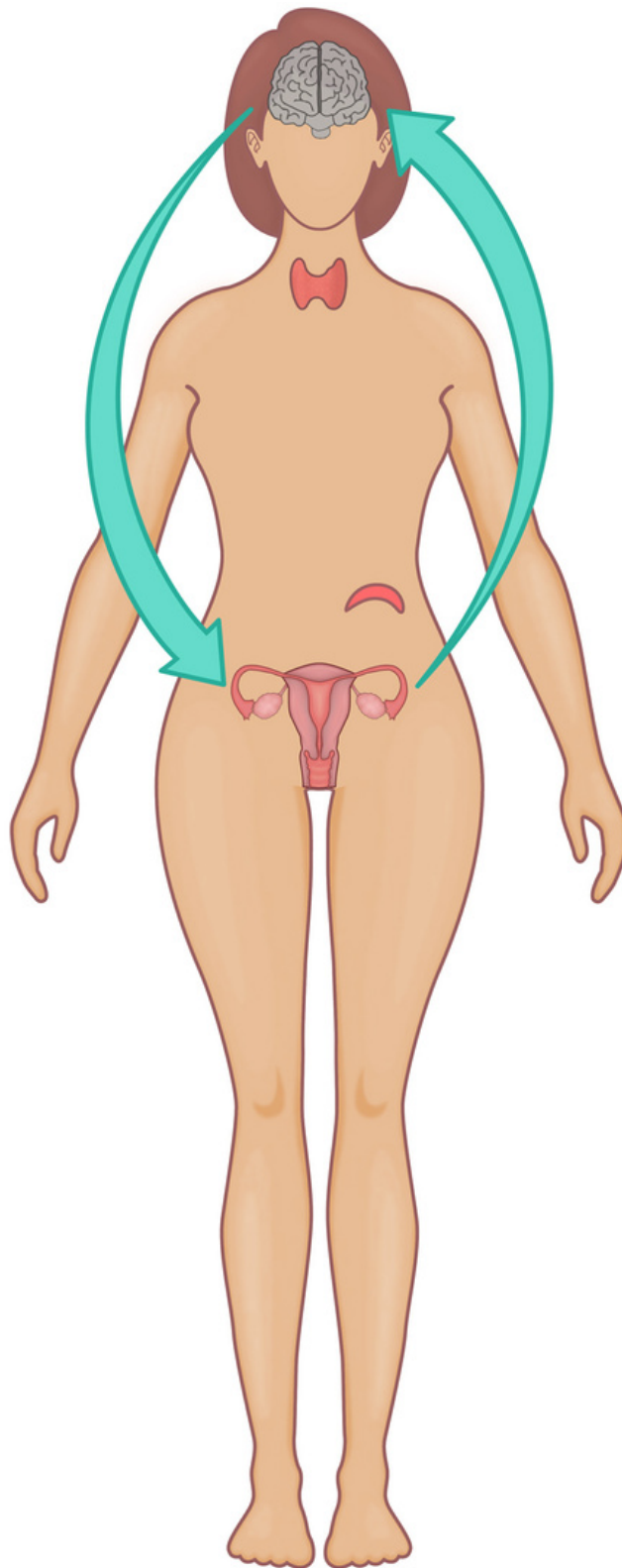


- The content and graphics in this presentation are copyright protected.
- The content of this presentation is for information only and in no way an attempt to train people on a method of charting / NFP, nor to provide medical advice.
- This is an edited version of a live NW presentation available on demand by emailing [info@naturalwomanhood.org](mailto:info@naturalwomanhood.org).

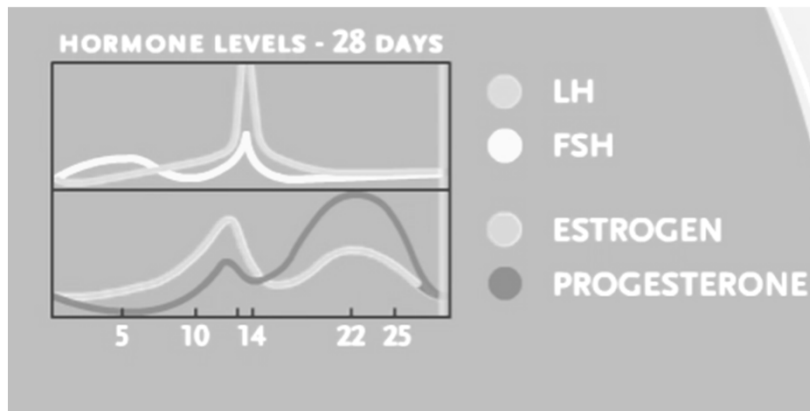
# Contraception and Women's Bodies



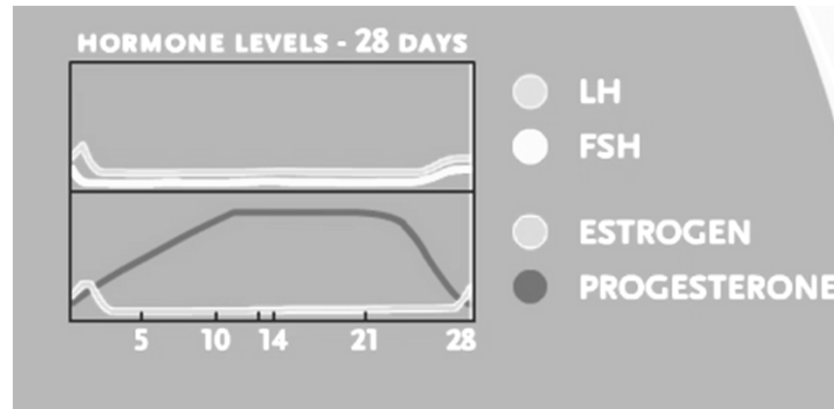


# CONTRACEPTION

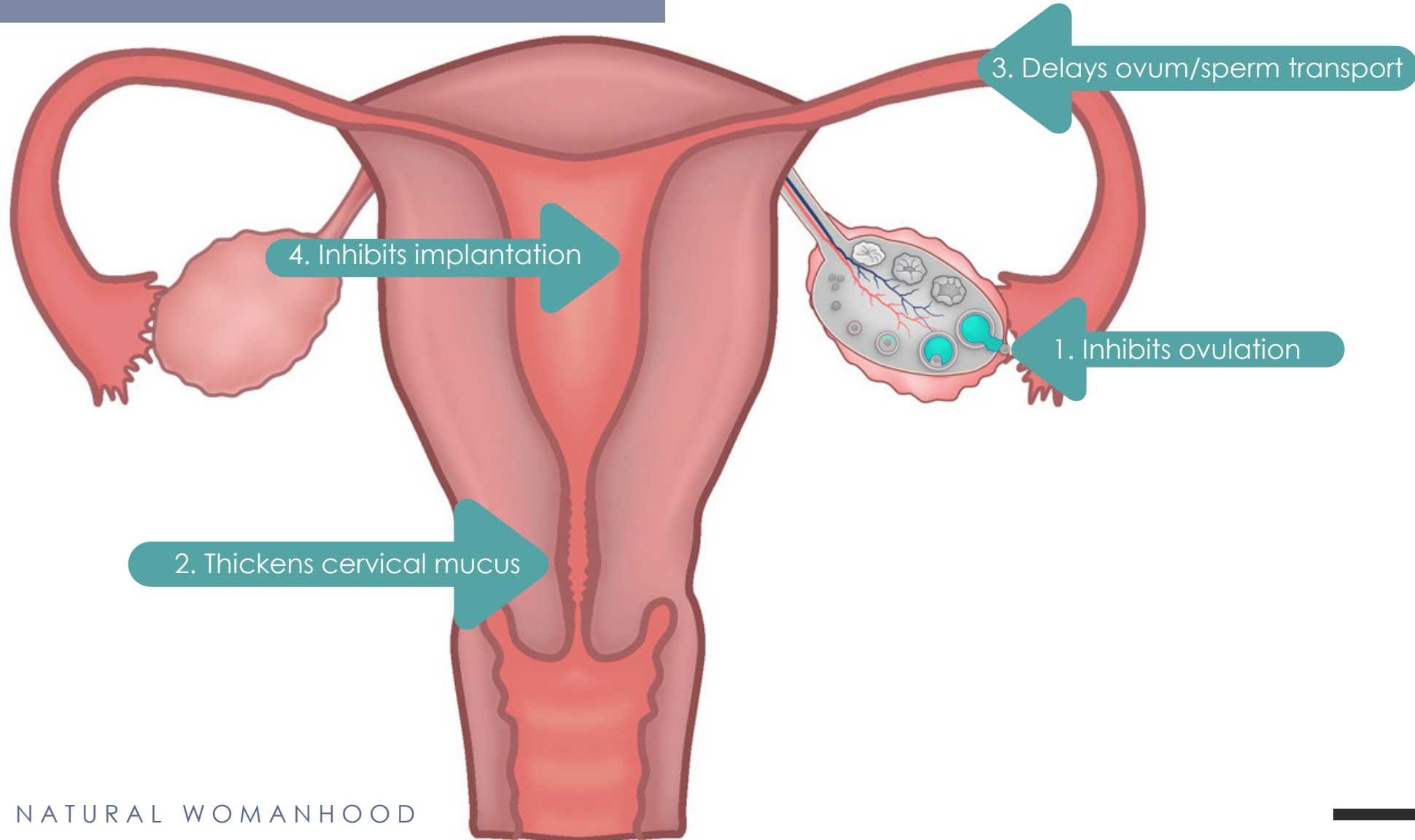
## FEMALE CYCLE

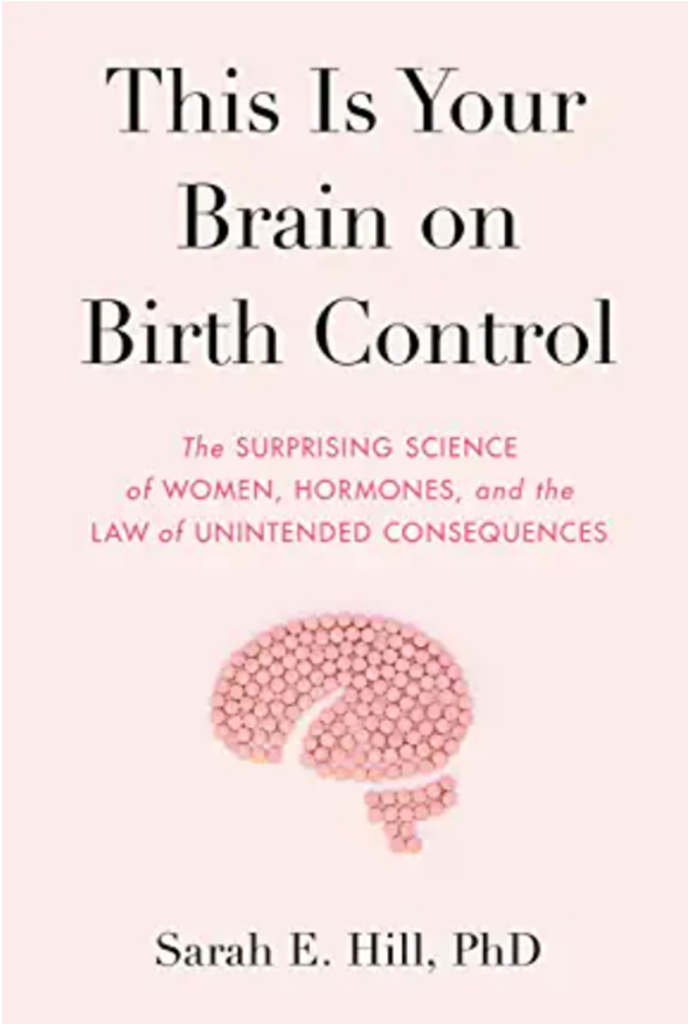
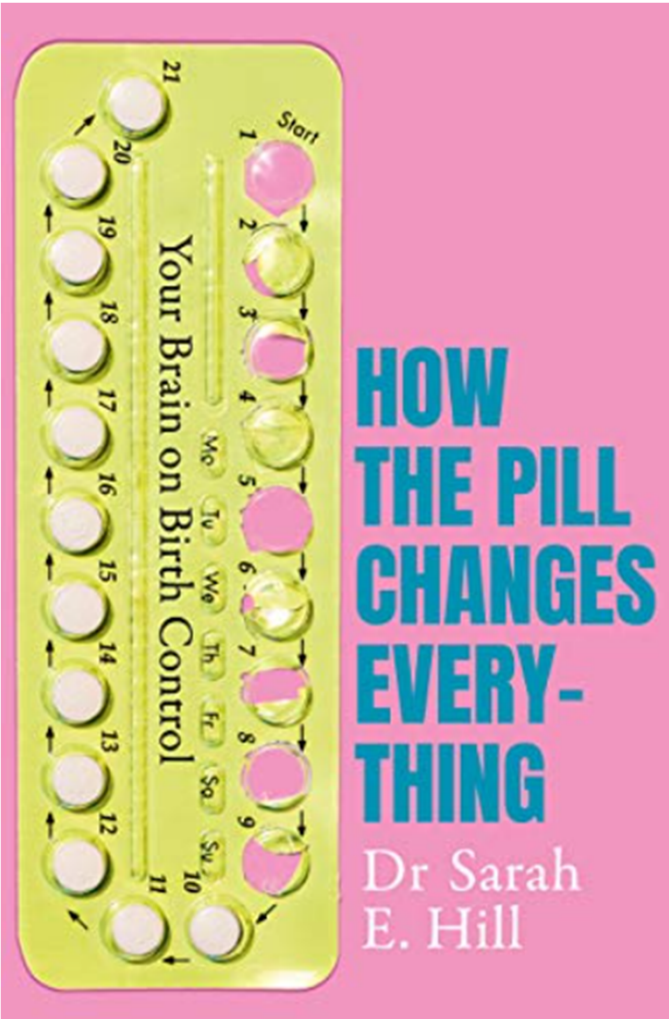


## FEMALE CYCLE ON BCP



# HOW THE PILL WORKS

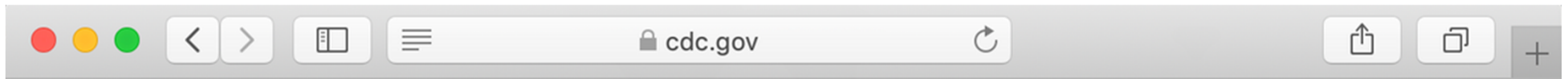





# WHAT ARE WOMEN TOLD?



# CDC RATINGS



## Fertility Awareness-Based Methods

- **Fertility awareness-based methods**—Understanding your [monthly fertility pattern](#)  can help you plan to get pregnant or avoid getting pregnant. Your fertility pattern is the number of days in the month when you are fertile (able to get pregnant), days when you are infertile, and days when fertility is unlikely, but possible. If you have a regular menstrual cycle, you have about nine or more fertile days each month. If you do not want to get pregnant, you do not have sex on the days you are fertile, or you use a barrier method of birth control on those days. Failure rates vary across these methods.<sup>1-2</sup> Range of typical use failure rates: 2-23%.<sup>1</sup>

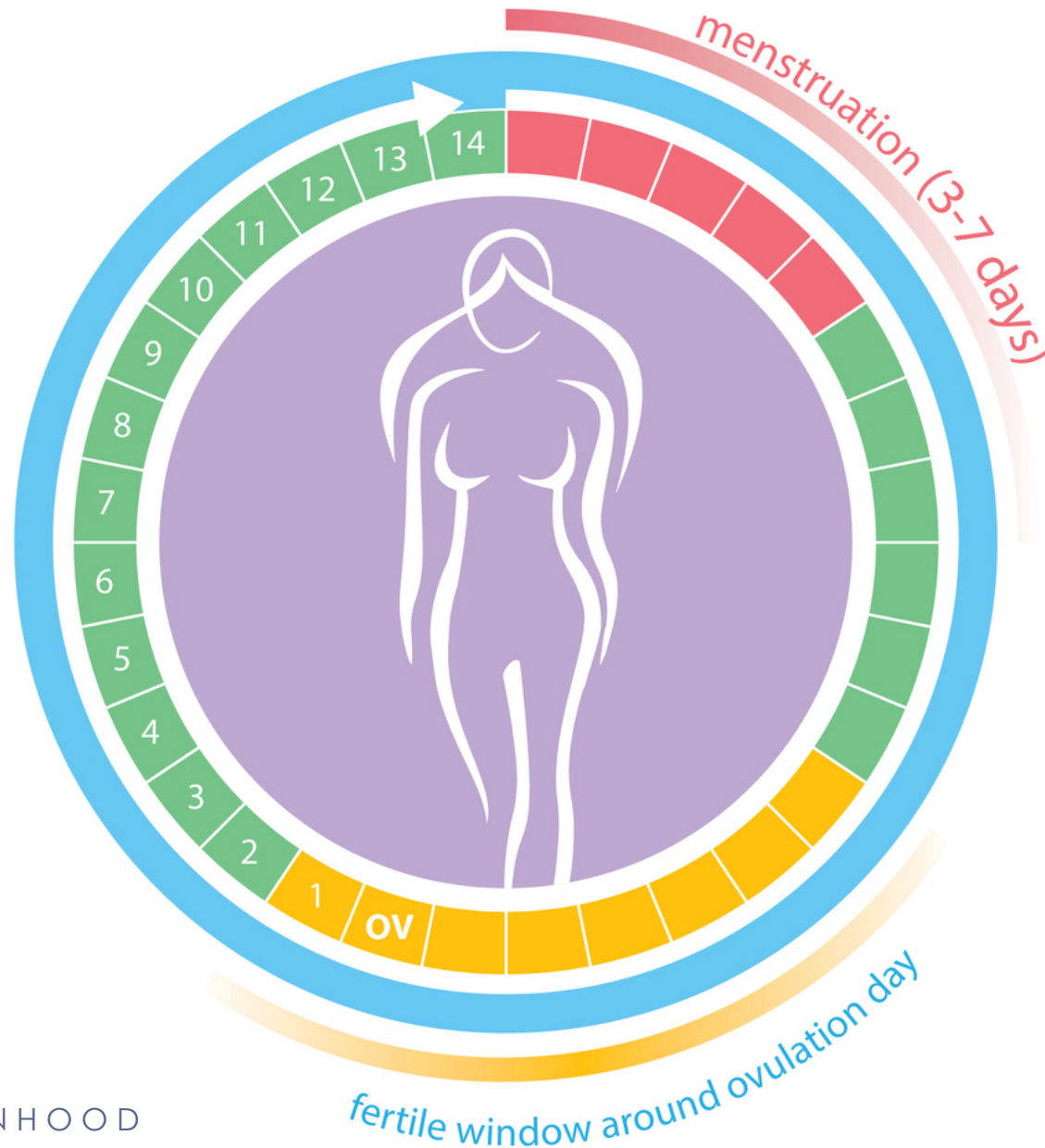


# NaProTechnology



“Birth Control Pills are prescribed for almost any abnormality of the menstrual cycle, but they treat nothing.” – Dr. Thomas W. Hilgers,

# FERTILITY AWARENESS



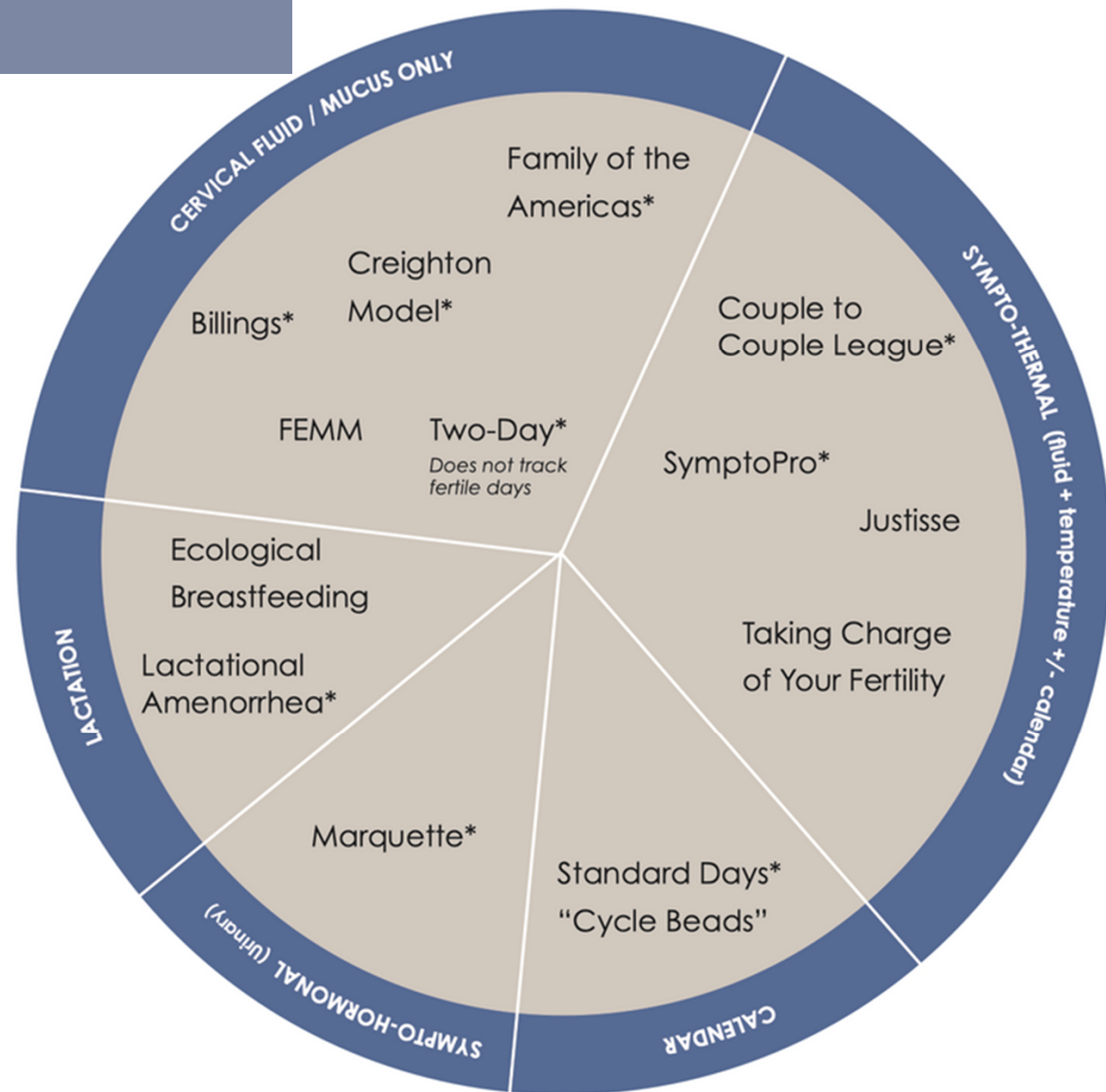
# Avoiding

Method	Method effectiveness	Use effectiveness	Source
Billings (mucus only)	98.9%	83% to 89.5%	FACTS
Creighton (mucus only)	99.8% to 99.5%	83% to 96.8% (1)	FACTS
Sympto-thermal / Couple to Couple League	99.4%	97.8% to 98.4%	FACTS
Marquette method	97.9%	86.2% to 93%	FACTS

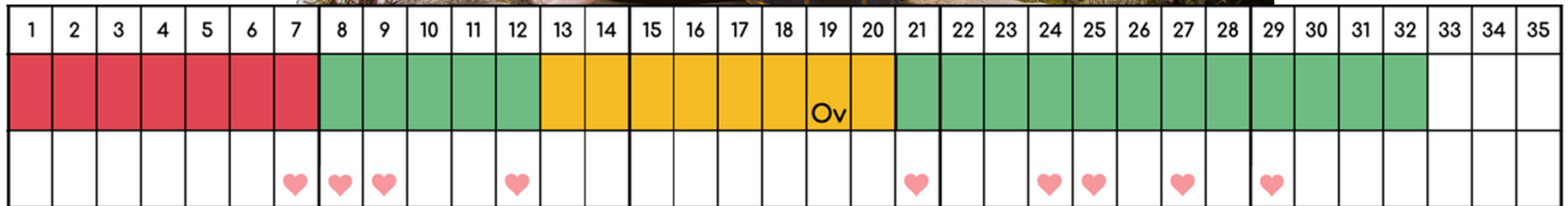
# Avoiding

Method	Method effectiveness	Use effectiveness	Source
The Pill	99.7%	91%	CDC
Condoms	98%	82%	CDC
Vaginal ring (Nuvaring)	99.7%	91%	CDC

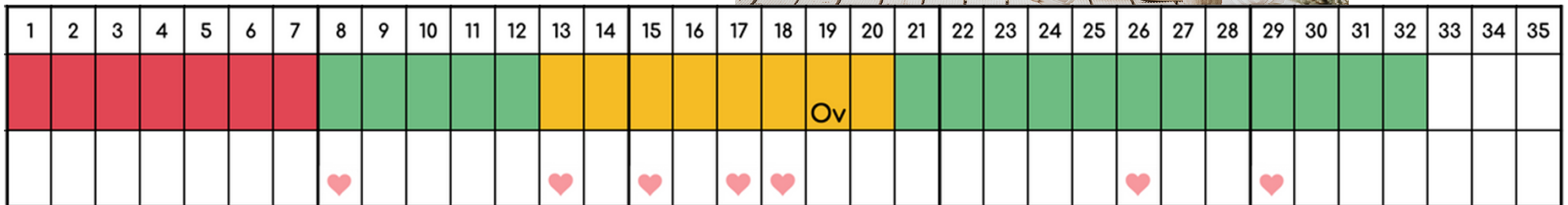
# Methods



# Avoid Pregnancy



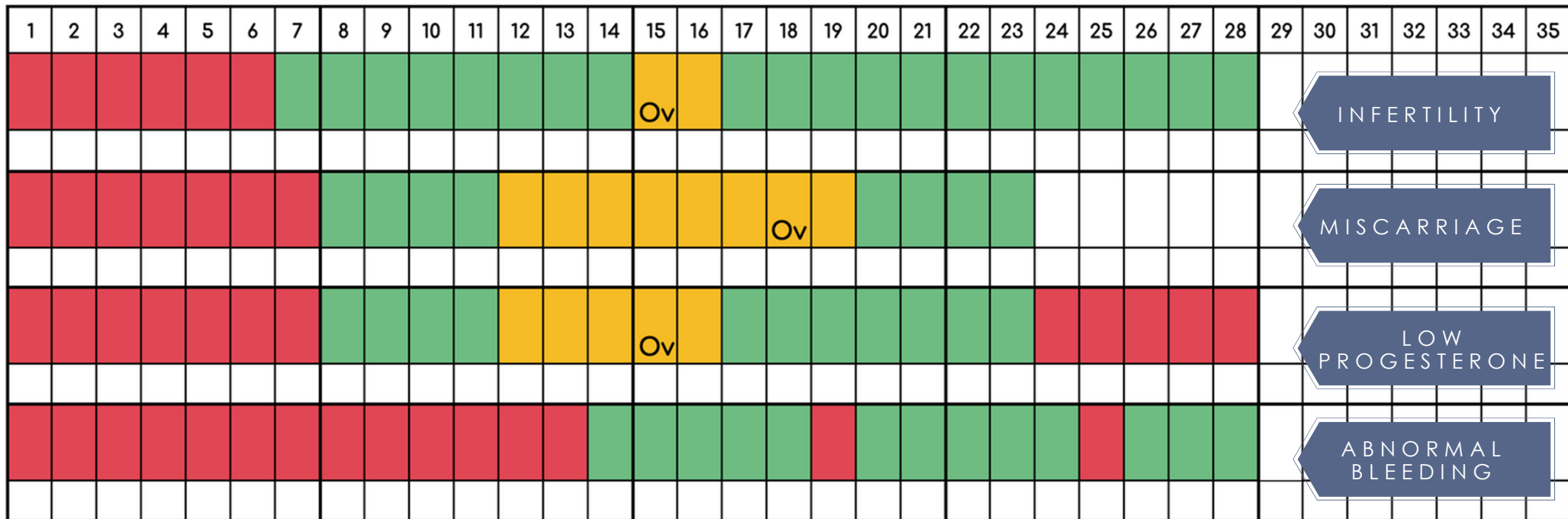
# Achieve Pregnancy







# Charting Abnormalities





- Better communication
- *Shared responsibility*
- *Mutual respect*
- *Appreciation of sexuality*