

Office of Marriage and Family Ministry

# Contact Information

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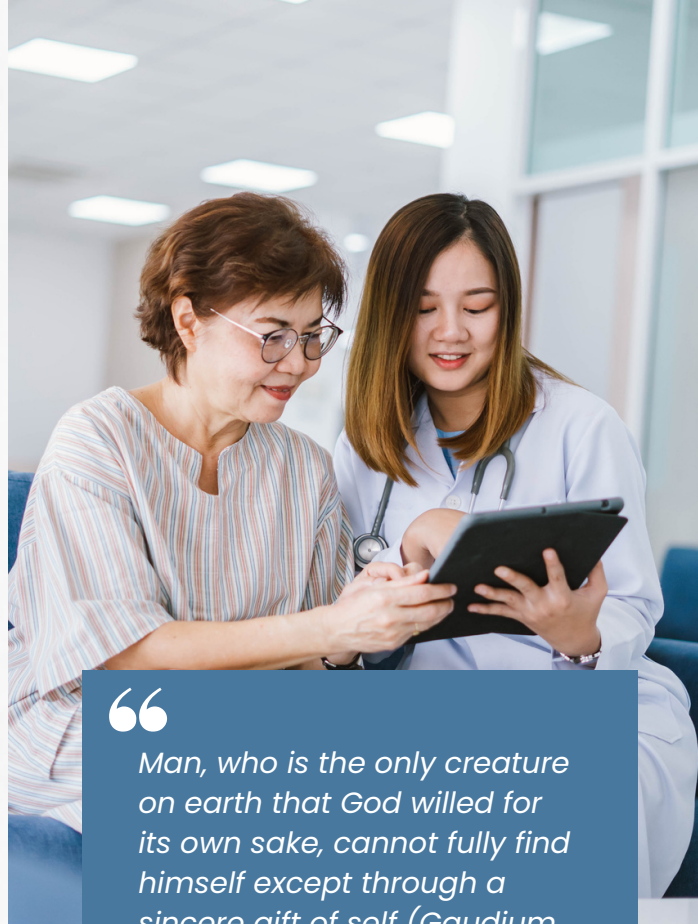
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*Man, who is the only creature on earth that God willed for its own sake, cannot fully find himself except through a sincere gift of self (Gaudium et Spes, 24).*

*To make use of the gift of conjugal love while respecting the laws of the generative process means to acknowledge oneself not to be the arbiter of the sources of human life, but rather the minister of the design established by the Creator (Humanae Vitae, 10).*

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Fertility Awareness

## Natural Family Planning



Marriage and Family  
Ministry

Catholic Diocese  
of Cleveland

## Introduction

# What is NFP?

A holistic approach to fertility and family planning, Natural Family Planning (NFP) is an umbrella term for certain methods used to achieve and avoid pregnancies. These methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle.

NFP is not "Rhythm." The Rhythm (or Calendar) method was developed in the 1930's. It was based on the scientific theory that ovulation could be predicted by calculating previous menstrual cycles. This method was often inaccurate because it did not take account of the unique nature of a woman's menstrual cycle. Today's methods of NFP do take account of such variations. Based on observable signs and symptoms of the fertile and infertile phases of the menstrual cycle,

NFP methods track the changes associated with ovulation and not only treat each woman as unique, but each cycle as well. The accuracy of women's observations has been validated by scientific research.



## Fertility Awareness Based Methods

A FABM is the practice of tracking daily signs or biomarkers, which allow a woman to identify when both her menstruation and ovulation will occur with greater accuracy. Depending on the charting method a woman chooses to learn, she will observe and record one or more biomarkers.

- Billings Ovulation Method (BOM)
- Couple to Couple League/ Sympto-Thermal Method (STM)
- Creighton Model FertilityCare System (CrMS)
- FEMM
- Marquette Model

## Diocese of Cleveland

# NFP Services

- Resource list of Fertility Awareness and NFP organizations, ministries, teachers, etc. available on website.
- Local Medical Consultants:
  - Veranova Health
  - Doxology Health & Fertility
  - Margarita Lassaletta, M.D.
- Presentations for Teens, Youth Groups, Young Adults Groups, Pre-Cana Programs, Moms Groups, etc.

