

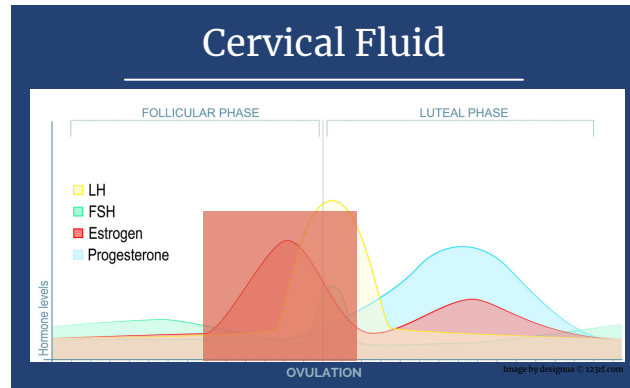
# NFP Methods: A Quick Overview

Descriptions listed below are for general information only and are not intended to replace a detailed consultation with a trained instructor. Lifestyle, medical history, preferences for biomarkers, course accessibility, and instructor personality/communication style should all be taken into account! Some methods may utilize additional options (like PdG testing) which are not listed here. This list is neither exhaustive nor authoritative regarding USCCB-approved Methods.

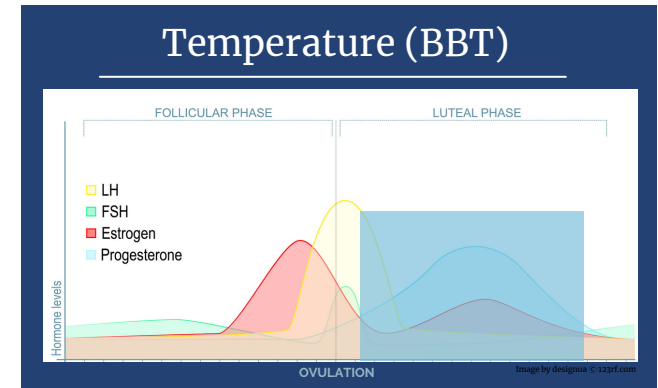
Method	Cervical Fluid	BBT (Temps)	OPKs (LH test)	Clearblue Monitor	Short Description:
Billings	✓				Perhaps the simplest approach to charting: uses a personalized approach for determining fertile patterns using cervical mucus. Requires constant and consistent monitoring of sensation throughout the day. Available in many languages. <a href="http://www.boma-usa.org">www.boma-usa.org</a>
Boston Cross Check	✓	✓	✓	✓	BCC is a slightly more conservative method in some respects, meaning it will sometimes calculate a larger fertile window than other methods (and therefore mean a little more abstinence). Protocols are designed for maximum flexibility: users learn fluid, temps, and hormones, but are not required to chart all signs. <a href="http://www.bostoncrosscheck.com">www.bostoncrosscheck.com</a>
Creighton Model (CrMS)	✓				Has robust protocols for infertility investigation and pregnancy support. Categories of fluid are clearly-defined and highly-detailed. Level of detail in observations and follow-up may not be preferred by some users. <a href="http://www.creightonmodel.com">www.creightonmodel.com</a>
Couple to Couple League	✓	✓			This sympto-thermal method has a distinct philosophy of providing and receiving instruction as a couple. Providers serve on a volunteer basis. They have a strong Spanish program and offer flexible access including online pre-recorded sessions. Couples may prefer this method if it is important for them to have teaching from another couple. <a href="http://www.ccli.org">www.ccli.org</a>
FEMM	✓		✓		Has a focus on charting for health and medical management. Uses a simple approach to fluid very similar to Billings, with the addition of optional LH monitoring. Method training program is not officially USCCB-approved, but materials can be delivered consistently with Catholic teaching! <a href="http://www.femmhealth.org">www.femmhealth.org</a>
Marquette Model	✓	✓	✓	✓	Pioneered the use of hormone monitoring for NFP. All instructors need to be healthcare professionals. Couples appreciate the objectivity of hormone readings, partnered with flexibility in monitoring other biomarkers. <a href="http://www.marquette.edu/nursing/natural-family-planning.php">www.marquette.edu/nursing/natural-family-planning.php</a>
SymptoPro	✓	✓			A program of Northwest Family Services. Method has very little upfront or ongoing costs. This is a sympto-thermal option which markets itself to both individuals and couples. <a href="http://www.symptopro.org">www.symptopro.org</a>

# NFP Biomarkers and the Hormones they Track

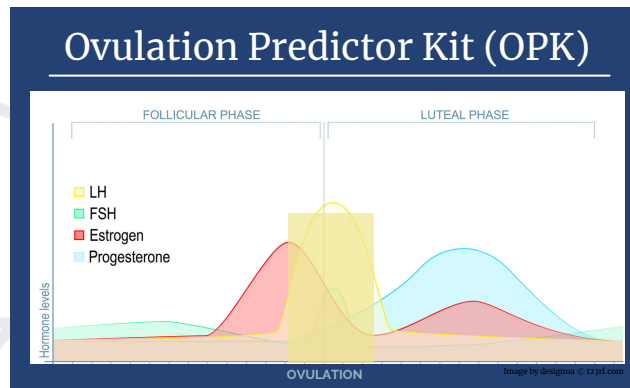
The landscape of NFP (Fertility Awareness) Methods has changed a lot over the years! When trying to learn about methods, you may notice that there are a lot of different types. This is because they track different biomarkers in different combinations and in different ways! Having options means that women and couples can find a method which suits their unique needs, preferences, and family planning goals. Here are some common biomarkers and the hormones they track:



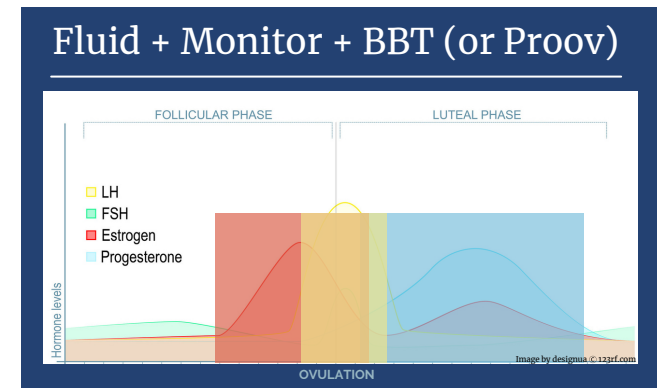
primarily tracks estrogen activity, leading up to ovulation



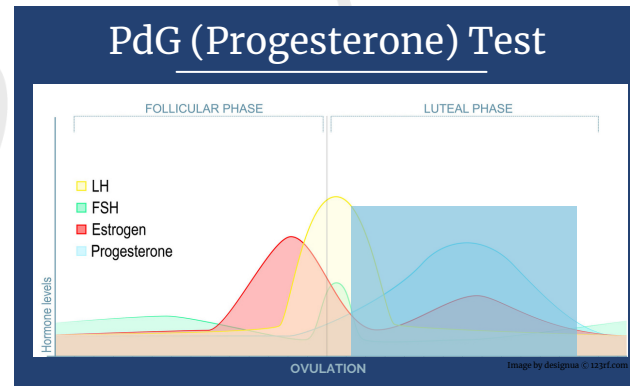
tracks progesterone activity, after ovulation



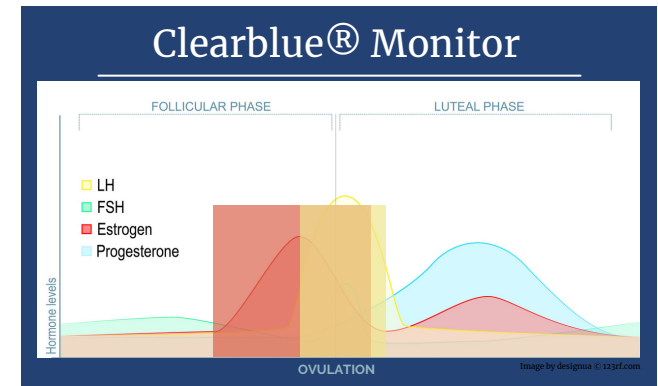
tracks LH, leading up to ovulation



tracks estrogen, LH and progesterone utilizing signs leading up to & confirming ovulation



tracks progesterone activity, after ovulation



tracks estrogen and LH (luteinizing hormone), leading up to ovulation