

All the Facts: Creighton Model Fertility Care System

What is it?

Creighton Model Fertility Care System is a system for family planning and gynecological health maintenance. Creighton Model Fertility Care can be used to achieve pregnancy, avoid pregnancy, or monitor fertility and gynecologic health.

Who teaches it?

Fertility Care Practitioners are certified through the American Academy of Fertility Care Practitioners after they have undergone a 13-month internship. They are trained to educate women in accurately charting their menstrual cycles using the Creighton Model, enabling them to make family planning decisions as a couple and to manage their gynecological health. Practitioners are also educated in reproductive anatomy and physiology, gynecological disorders, and manifestations of diseases so that they can recognize signs in the chart that may indicate health problems.

How does it work?

The primary hormones involved in fertility also act upon the cervix (the lowermost portion of the uterus). In the days leading up to ovulation, estrogen stimulates the cervix to produce a characteristic discharge. Shortly after ovulation, progesterone causes this discharge to dry up. Through accurate observations and with proper training, a woman can reliably determine when ovulation is approaching and when it has passed, and can see other important biomarkers relevant to her fertility and overall health. The Creighton Model can be used in all situations of a woman's reproductive years, including breastfeeding, long or irregular cycles, anovulatory cycles, perimenopause, etc.

How effective is it?

When used as a means of avoiding pregnancy, it has a method-effectiveness of 99.5% and a use-effectiveness of 96.8%. When used as a means of achieving pregnancy, 98% of couples with normal fertility are successful within 6 months. (Studies published by Dr. Hilgers et al. in the Journal of Reproductive Medicine, 1998/Vol 43 and 1992/Vol 37, respectively.) Furthermore, couples struggling with infertility can improve their chances of conception by learning how to identify their days of peak fertility and by working with their Fertility Care Practitioner and NaPro medical consultant who can recognize other biomarkers in the chart that can guide diagnosis and treatment of underlying causes.

What are some other applications of charting with the Creighton Model?

NaPro Technology (Natural Procreative Technology) is a new women's health science that utilizes the information obtained through charting with the Creighton Model as an effective, inexpensive means of diagnosis and treatment. Because symptoms may be shown in a woman's chart that are not clear anywhere else, a NaProTechnology Medical Consultant trained in chart interpretation may see signs of PCOD, endometriosis, insufficient progesterone, risk of miscarriage, cancer, PMS and other problems. The chart enables providers to develop a treatment plan that cooperates with the woman's cycle.

If you would like to learn more, visit www.creightonmodel.com or www.naprotechnology.com, or attend an Introductory Session here at WISH Medical (see reverse).



1515 West A St., Moscow | 1540 NE Stadium Way, Pullman
(208) 892-9474
www.wishmedical.com

Creighton at WISH Medical

Fee Schedule

Intro Session (60-90 min, required before any Creighton follow-up appointments): \$35*

Follow-ups (60-90 min): \$40*

Materials: \$45*

For most up-to-date information, contact office@wishmedical.com

**Prices subject to change without notice*

Follow-up Schedule

1st, 2nd, 3rd, 4th Follow-Ups: every 2 weeks

5th Follow-Up: after 1 month

6th, 7th, 8th Follow-Ups: every 3 months

**The schedule for individual clients may be adapted to best serve client's needs*

The full Creighton Model System is typically learned within one year *but can be implemented beginning at the very first session.*

Creighton follow-ups are for learning how to do the observations, chart them, and implement system instructions according to the way you intend to use the system. Creighton follow-ups are *not* medical appointments.

About the Practitioners

Monica Eggleston, FNP, FCP (Fertility Care Practitioner), CrMSMC (Creighton Model Medical Consultant) was trained in Creighton Model Fertility Care and NaPro Technology through the Saint Paul VI Institute in Omaha, Nebraska, home of the Creighton Model and NaPro Technology. She has been a board-certified family practice nurse practitioner for over 16 years, part of the Palouse Care Network/WISH Medical team since 2016, and is also certified in functional medicine through the Institute for Functional Medicine (IFM) since 2017. Monica is thrilled to help bring these services to our community here on the Palouse!



Pam Olanie, RN, is a Fertility Care Practitioner intern (trained to teach Creighton model charting) through the Saint Paul VI Institute in Omaha, Nebraska, home of the Creighton Model and NaPro Technology. Pam has been a registered nurse for over 13 years and a wonderful volunteer with Palouse Care Network/WISH Medical since 2017. Pam is excited to be part of our fertility care team!



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