Fertility Awareness Method with Fertility Monitors
Learn about an alternative approach to naturally manage your fertility

THE FERTILITY Awareness Method (FAM) is a natural method of pregnancy prevention that is an alternative to hormonal methods of contraception. In addition to preventing pregnancy, FAM allows women to plan for a pregnancy more easily once they are ready to conceive. The U.S. Department of Health & Human Services defines FAM as “… a method that helps a woman recognize signs of her fertile days, when she is most likely to conceive.”

For many women, hormonal contraceptives are not an option due to personal, religious or health reasons (i.e., diabetes, smoking, depression, etc.). According to Guttmacher Institute, more than 440,000 American women are currently using FAM to prevent pregnancy. This number is expected to increase due to FAM’s benefits, lack of serious side effects, and a more health-oriented society.

FAM can be used by women of childbearing age who have regular or irregular menstrual cycles. Women who decide to use FAM do so for many reasons. Some women experience unwanted side effects when taking hormonal contraceptives, such as headaches, nausea, reduced sex drive, moodiness, or blood clots. These effects can easily be eliminated by personally taking charge of fertility. Despite common misconceptions, the terms FAM and the Rhythm Method are not interchangeable. FAM includes calendar-based methods such as the Rhythm Method, but it also includes much more effective thermal- and sign-based methods, like fertility monitors, to reliably prevent or achieve pregnancy.

What is a fertility monitor?
A fertility monitor is a medical device that utilizes changes in a woman’s basal body temperature (BBT) and/or cervical mucus to determine when she is ovulating. Fertility monitors can help achieve or avoid pregnancy.

BBT is the lowest body temperature attained during rest, usually during sleep, and it is measured immediately after waking. Fertility monitors take the guess-work out of FAM – analyzing data and indicating ovulation with accuracy.

How it works
Using a fertility monitor, women take their temperature every morning. The device then determines if a woman is fertile or not, based on her body temperature and menstruation data. The monitor records, analyzes and stores data to calculate the daily status of fertility with 99.3% accuracy. The device alerts users on the days intercourse may lead to pregnancy. Since sperm can survive up to 5 days in a woman’s fallopian tubes, the 5 days leading up to ovulation are considered highly fertile days in addition to the day of ovulation.

Women’s bodies experience an upward temperature shift when ovulation occurs, which indicates that the fertile days are coming to an end shortly. Once the ovulation window has passed, conception becomes impossible. Some fertility monitors learn the user’s cycle over time and use this knowledge to minimize the fertile window and predict future ovulations.

In addition, the data gathered can be charted and examined by a midwife or healthcare provider for added benefit. Whether you are looking to become pregnant or to prevent pregnancy, fertility monitors offer guidance in your fertility planning.

Is this method for you?
FAM and fertility monitors give women an opportunity to take charge of their fertility without the use of hormones or barriers. For women who are trying to get off hormonal birth control, fertility monitors offer a reliable method of pregnancy prevention without side effects. At the same time, if a couple is trying to conceive, a fertility monitor will give them a clear picture of the ideal time to conceive in order to maximize their chances.

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