

Figure 46-1: Daily serum levels of E<sub>2</sub> and progesterone shown in correlation with the CrMS chart, the menstrual cycle and the fertility cycle (From: Pope Paul VI Institute research, 2004).

tion (Figure 46-1).

In the comprehensive evaluation of the woman experiencing infertility, using a **NaProTECHNOLOGY**-driven approach, the endocrine function of her menstrual and fertility cycle, the ovulation-related structural changes and the organic abnormalities present in the pelvis are all evaluated. As a general rule, the organic abnormalities such as endometriosis, pelvic adhesive disease, and tubal obstruction should be treated first. In some cases where a family physician may be involved in evaluating the patient, or where access to surgical correction of underlying organic abnormalities is not available, then

the patient can be treated with the principles of this chapter in mind. One needs to keep in mind, however, that if the latter approach is taken, then the overall success of the **NaProTECHNOLOGY** approach will not be as high as it could be. Only with the comprehensive approach to the infertility evaluation and treatment can the highest effectiveness rates be observed.

In **NaProTECHNOLOGY**, a technique known as *fertility-focused intercourse* (FFI) (Figure 46-2), also appears to be unique. The author has attended several different conferences on the evaluation and management of infertility and the concept of fertility-focused intercourse

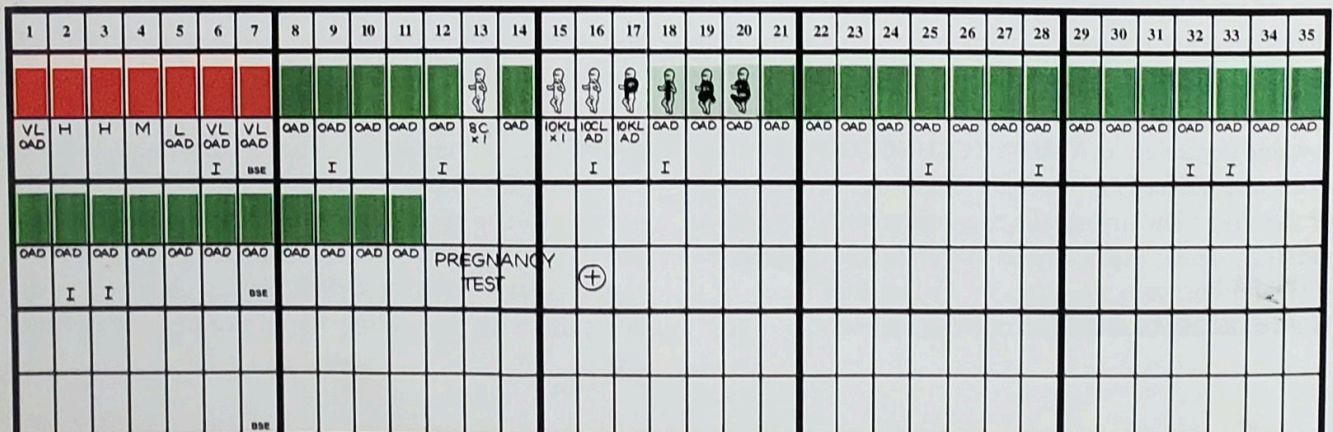


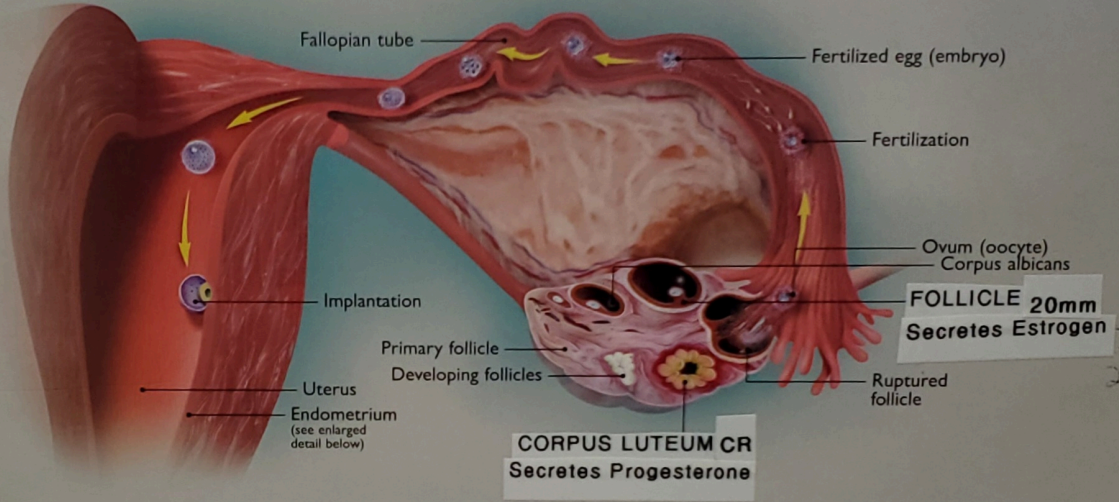
Figure 46-2: The use of fertility-focused intercourse in achieving pregnancy (From: Pope Paul VI Institute research, 2004).



# what happens in a normal reproductive cycle?

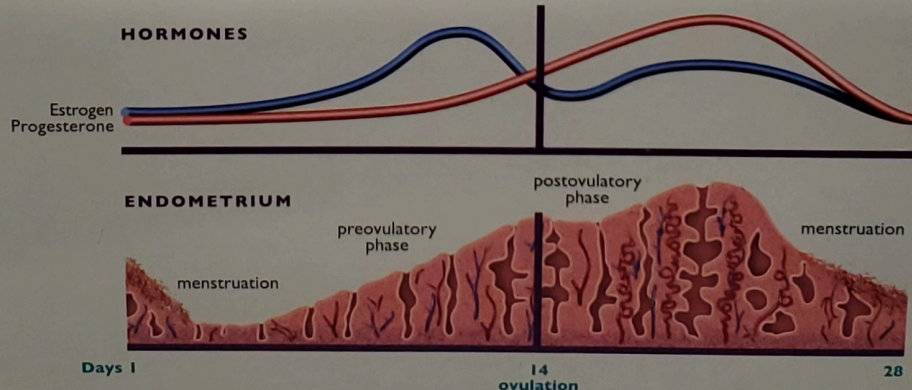
## HOW PREGNANCY OCCURS

- Ovaries store and release eggs
- Each month, a mature egg leaves the ovary and travels through the fallopian tube to the uterus
- During this time the uterine lining thickens to prepare for a baby, and mucus in the cervix thins so that sperm can reach the egg
- Fertilization occurs when a sperm joins with an egg in the fallopian tube
- The fertilized egg (embryo) develops into a baby
- If the egg is not fertilized, the uterus sheds its thickened lining (menstruation)



## HOW HORMONAL CONTRACEPTION WORKS

- Hormones, estrogen and progestin, prevent the ovary from releasing an egg into the fallopian tube
- Mucus in the cervix thickens, making it difficult for sperm to enter the uterus and fertilize the egg
- The endometrium (lining of the uterus) thins to prevent implantation



Days 1

14  
ovulation

28