

Fertility Charting:

What's It All About?

The Pill and You

- <https://thebusinessoffilms.vhx.tv/>
- https://www.youtube.com/watch?v=vEYsbZqnEl8&ab_channel=MiamiFilmFestival



Pop Quiz 😊

_____ are fertile 27/7/365.

- Women
- Men
- Both men and women

Fertility Awareness Based Methods are the same as the rhythm method.

- True
- False

Pop Quiz 😊

_____ are fertile 27/7/365.

- Women
- Men
- Both men and women

Fertility Awareness Based Methods are the same as the rhythm method.

- True
- False

Pop Quiz 😊

My body's major fertility signs are:

- Cervical fluid
- Basal body temperature
- Hormones in my urine, blood, and saliva
- All the above

The Pill can regulate my menstrual cycle.

- True
- False

Pop Quiz 😊

My body's major fertility signs are:

- Cervical fluid
- Basal body temperature
- Hormones in my urine, blood, and saliva
- All the above

The Pill can regulate my menstrual cycle.

- True
- False

Pop Quiz 😊

The Pill is known to _____ libido in women.

- Increase
- Decrease
- Not affect

The Pill is known to _____ clitoral size and orgasms in women.

- Increase
- Decrease
- Not affect

Pop Quiz 😊

The Pill is known to _____ libido in women.

- Increase
- Decrease
- Not affect

The Pill is known to _____ clitoral size and orgasms in women.

- Increase
- Decrease
- Not affect

Pop Quiz 😊

Common _____ the same as normal.

- Is
- Is not

Charting my cycle is the same as tracking my period.

- True
- False

My period tracker app can predict when I'm going to ovulate.

- True
- False

Pop Quiz 😊

Common _____ the same as normal.

- Is
- Is not

Charting my cycle is the same as tracking my period.

- True
- False

My period tracker app cannot predict when I'm going to ovulate.

- True
- False

Pop Quiz 😊

Pulling out (*coitus interruptus*) has the same health benefits as completed intercourse.

True

False

Intercourse during menstruation is equally safe as intercourse at other times of my cycle.

True

False

My energy and productivity shift with my hormones throughout the phases of my fertility cycle.

True

False

Pop Quiz 😊

Pulling out (*coitus interruptus*) has the same health benefits as completed intercourse.

True

False

Intercourse during menstruation is equally safe as intercourse at other times of my cycle.

True

False

My energy and productivity shift with my hormones throughout the phases of my fertility cycle.

True

False

Pop Quiz 😊

Charting my normal fertility signs can help me:

- Advocate for myself with health care providers
- Identify abnormal symptoms (discharge, spotting, discomfort)
- Know very early if I have conceived
- All the above

Pop Quiz 😊

Charting my normal fertility signs can help me:

- Advocate for myself with health care providers
- Identify abnormal symptoms (discharge, spotting, discomfort)
- Know very early if I have conceived
- All the above

Pop Quiz 😊

Knowing the exact date my baby was conceived can help me:

- Advocate for myself with maternity care providers
- Determine my Estimated Date of Delivery (EDD) accurately
- Avoid a needless induction and the cascade of interventions
- All the above

Pop Quiz 😊

Knowing the exact date when I conceived can help me:

- Advocate for myself with maternity care providers
- Determine my Estimated Date of Delivery (EDD) accurately
- Avoid a needless induction and the cascade of interventions
- All the above

Pop Quiz 😊

The average (standard) fertility cycle is _____ days long.

My personal fertility cycle is usually _____ days long.

Pop Quiz ☺

The average (standard) fertility cycle is 25 to 30 days long. (Anywhere between 21 and 36 days is considered within the range of normal.)

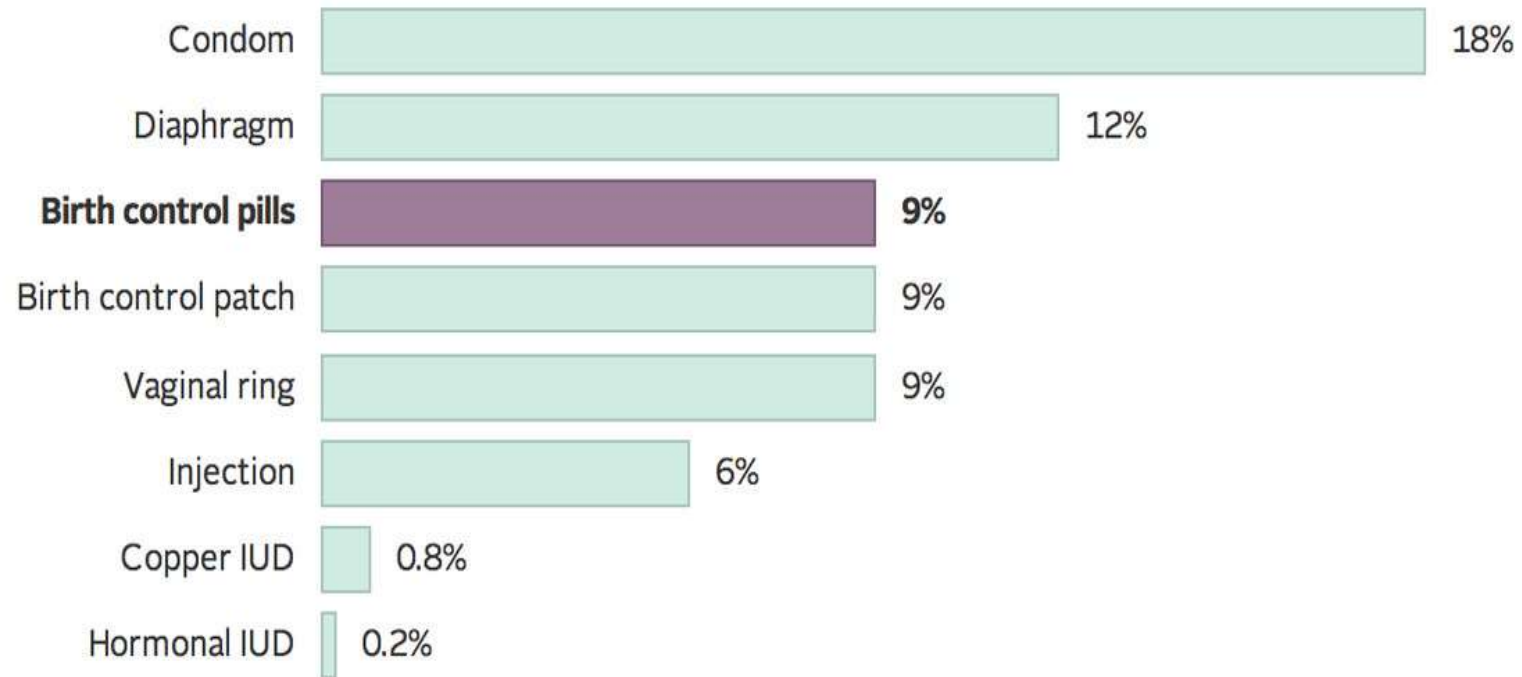
****The 28-day cycle is a myth. No one is a textbook.****

My personal fertility cycle is usually ___ to ___ days long.

Variations in cycle length are normal and can be affected by stress, hormones, diet, age, recent pregnancy or breastfeeding, and other factors.

Contraceptive failure rates

Percent of women who will become pregnant using a given contraceptive method



Source: Centers for Disease Control and Prevention



Fertility Awareness Based Methods (FABMs)

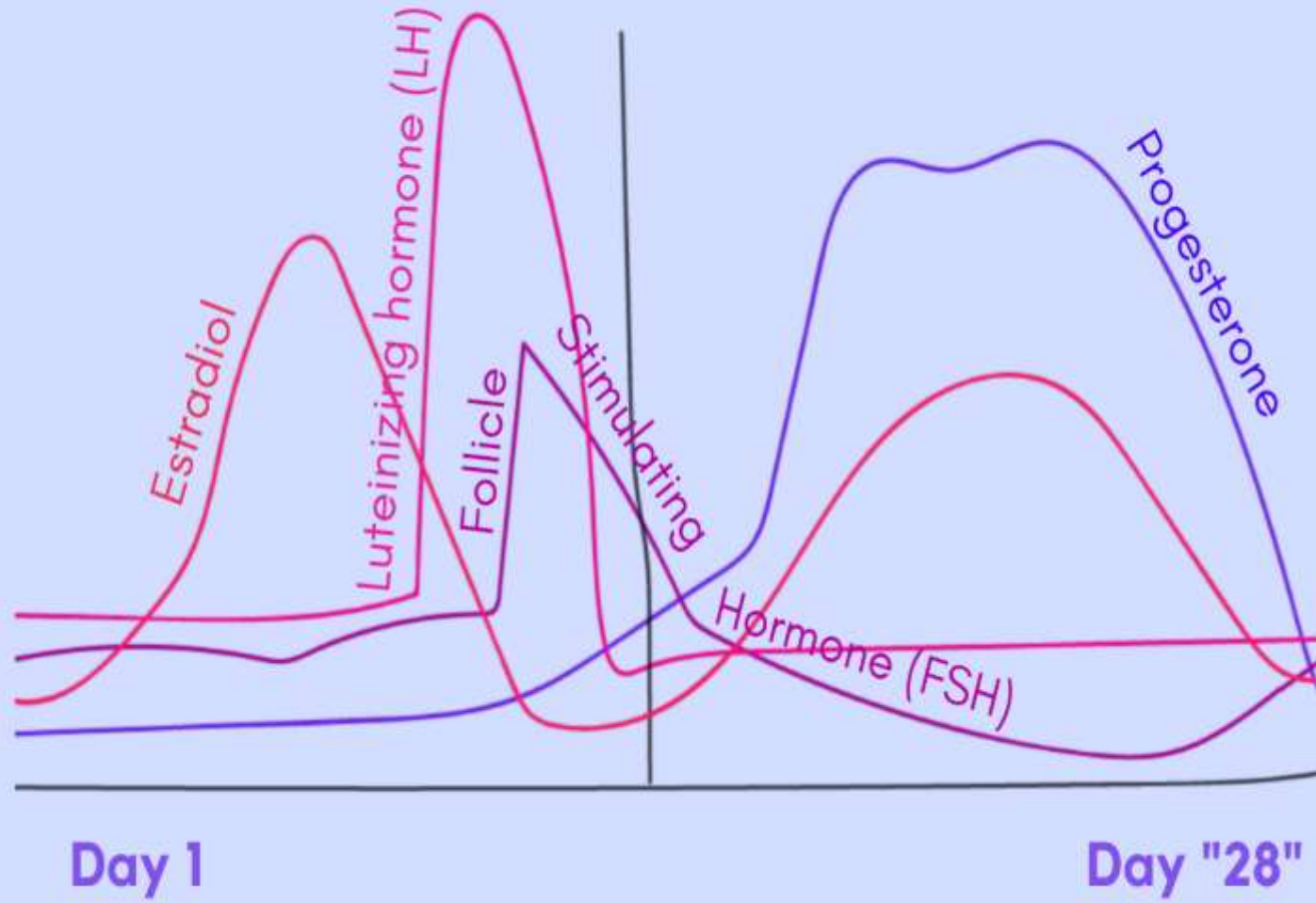
- Evidence-based
- No side effects
- 5 minutes a day to observe and record fertility signs
- Can be learned within three menstrual cycles
- Low cost investment to learn and use for a lifetime

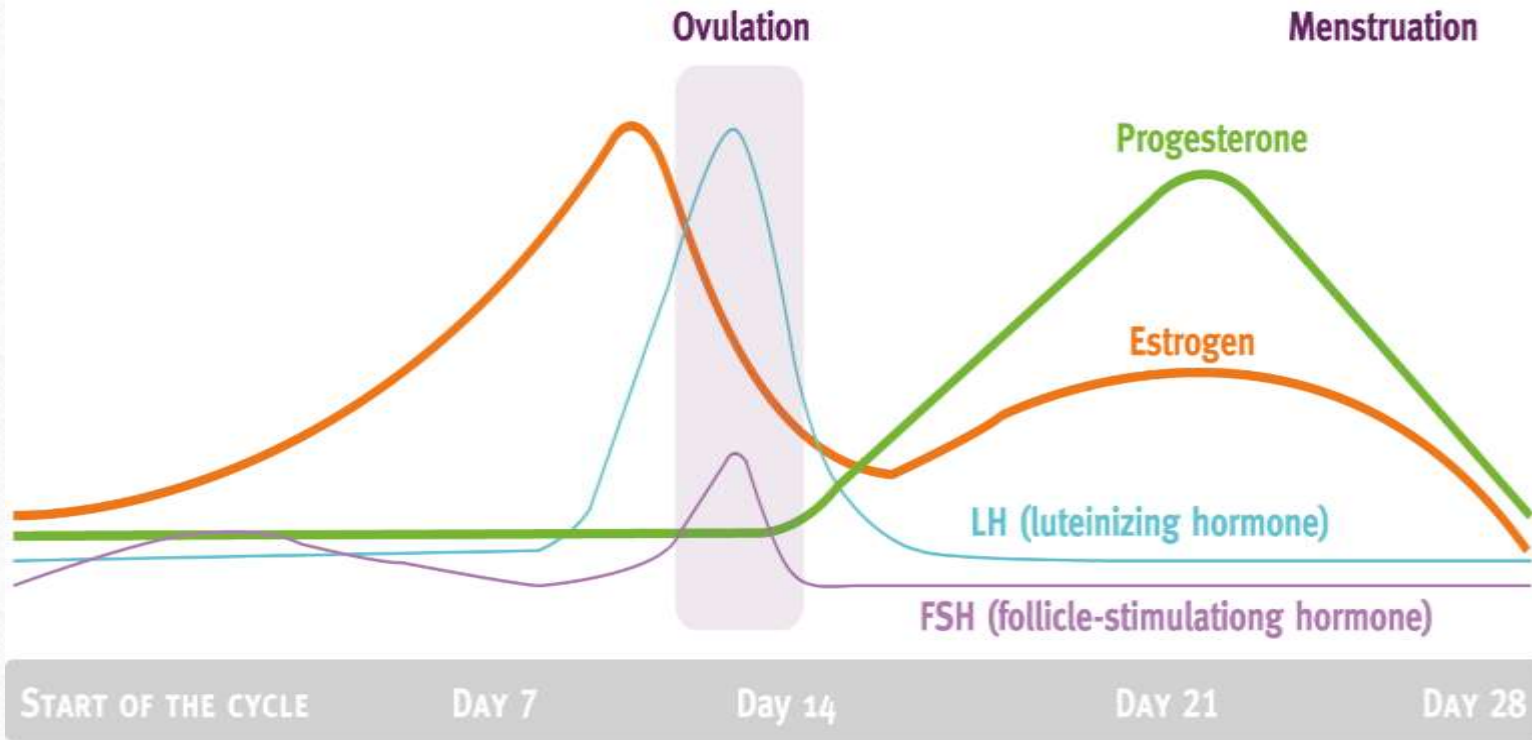
Fertility Awareness Based Methods (FABMs)

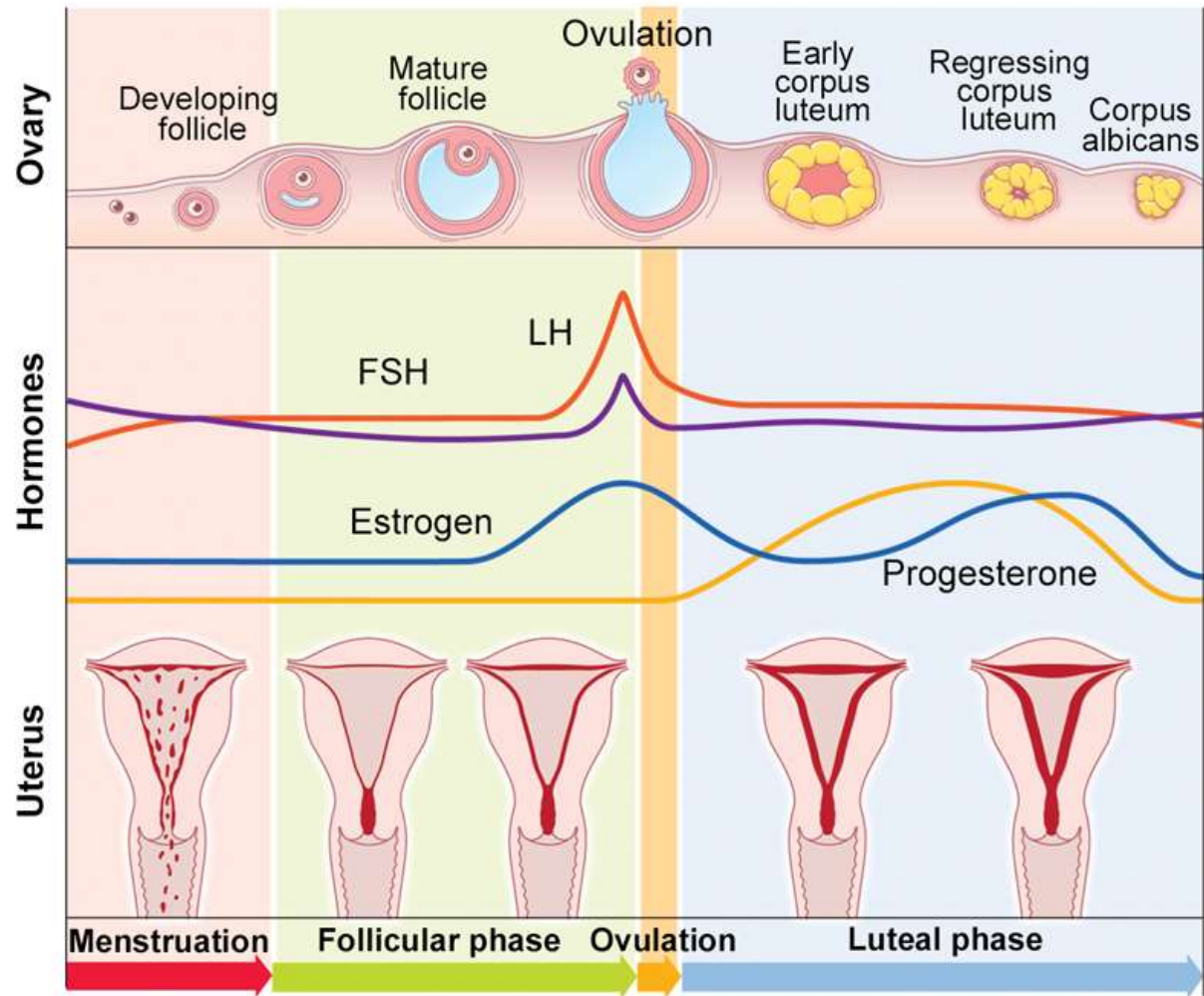
Depending on method chosen, FABMs are as effective or more effective than conventional birth control

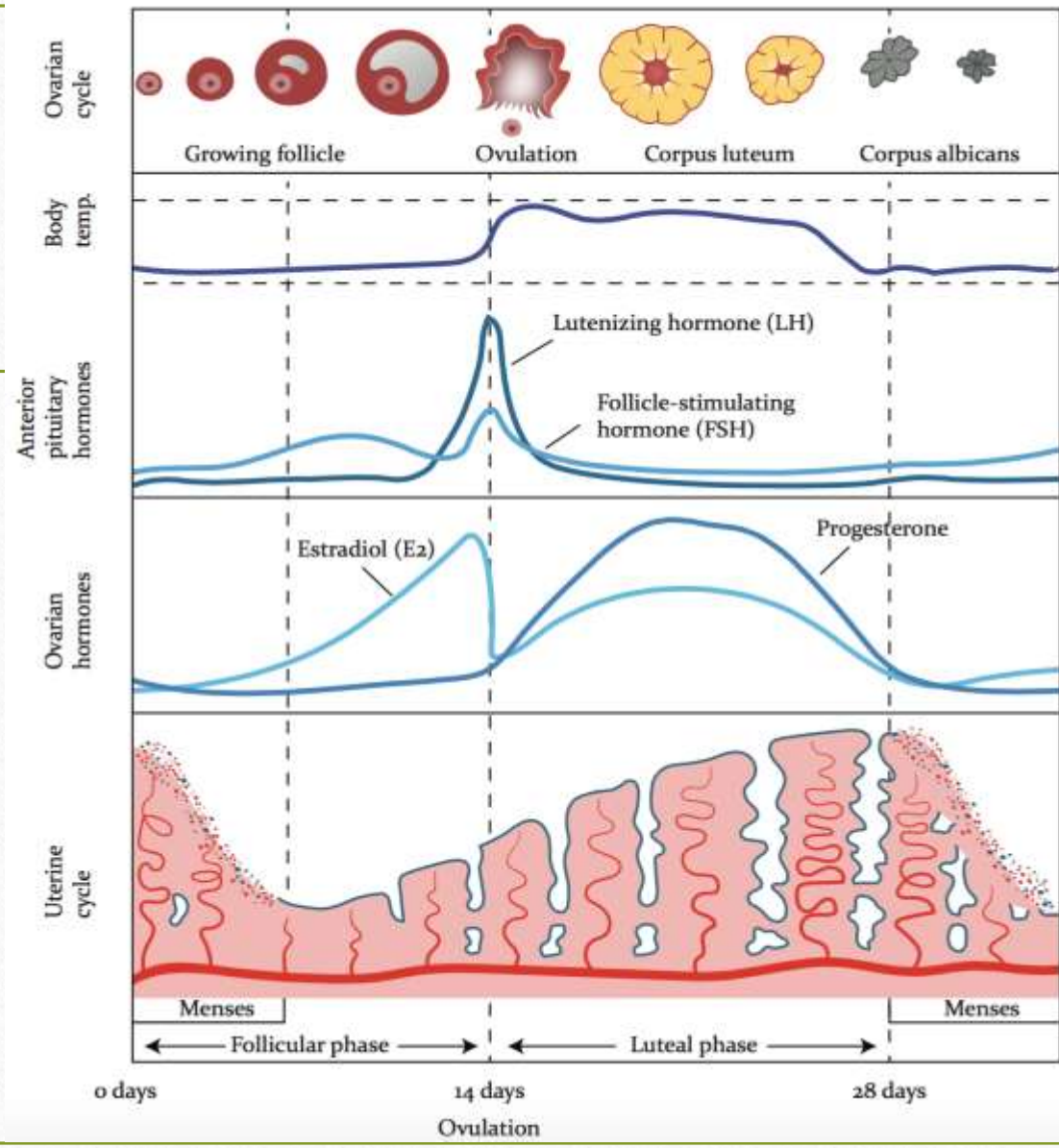
- Perfect use failure rates:
0.1% (Marquette), 0.4% (STM), 0.5% (Creighton), 1% (BOM)
- Typical use failure rates:
1.8% (STM), 4% (Creighton), 7% (Marquette), 10% (BOM)

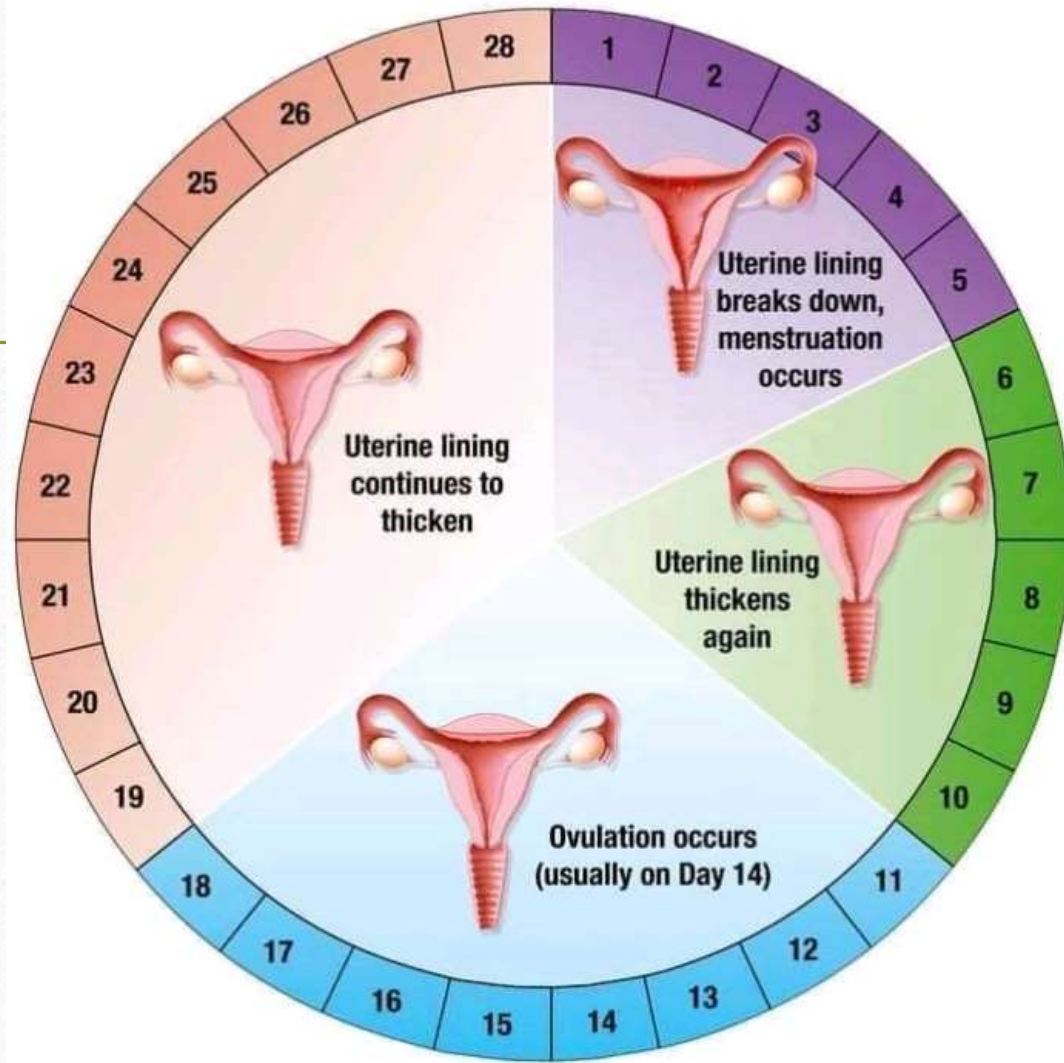
Your Hormones



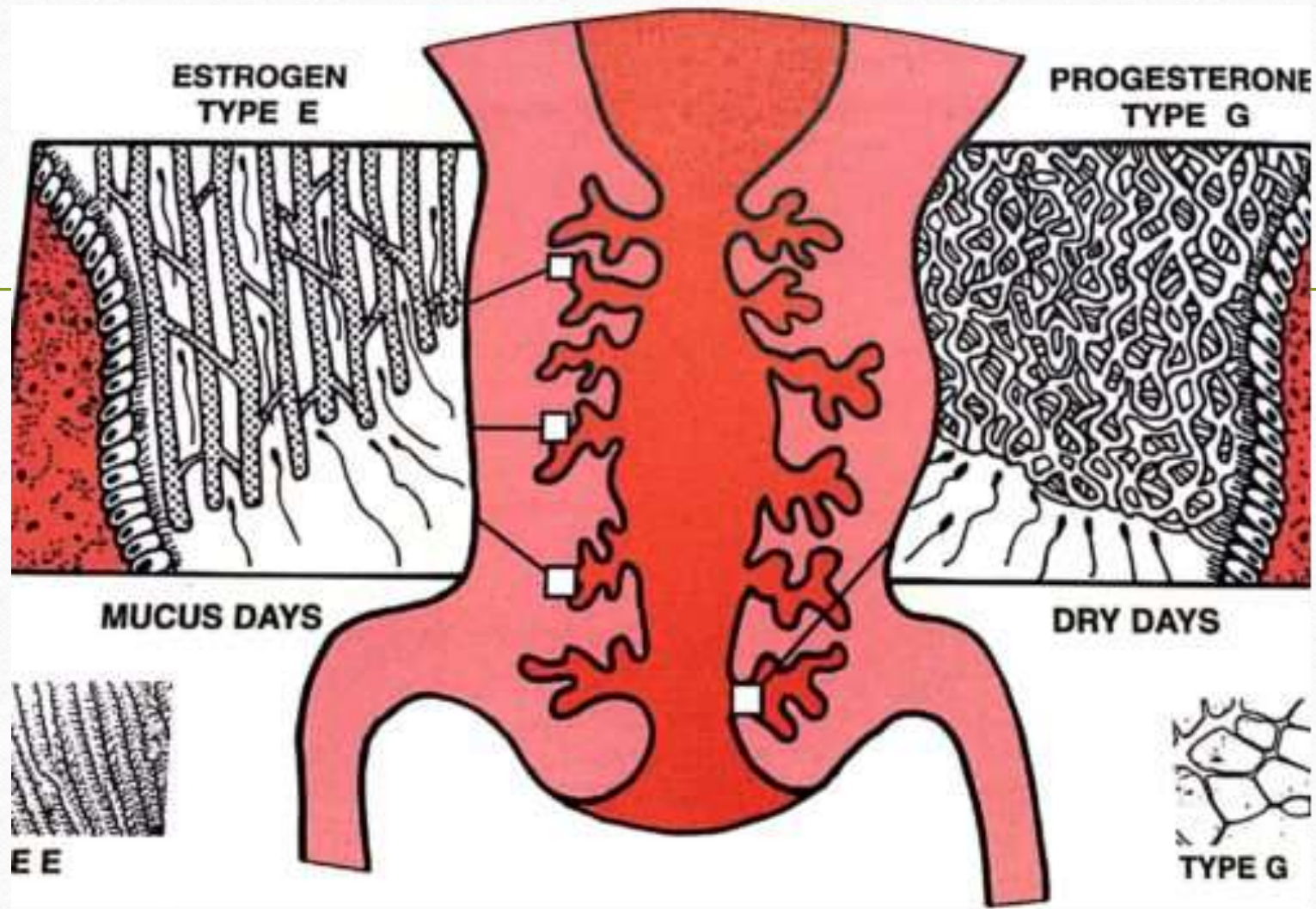








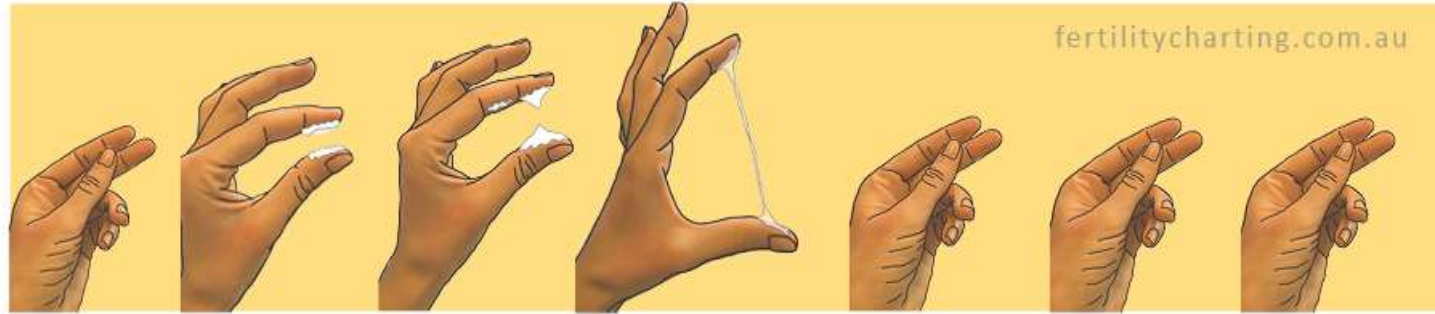






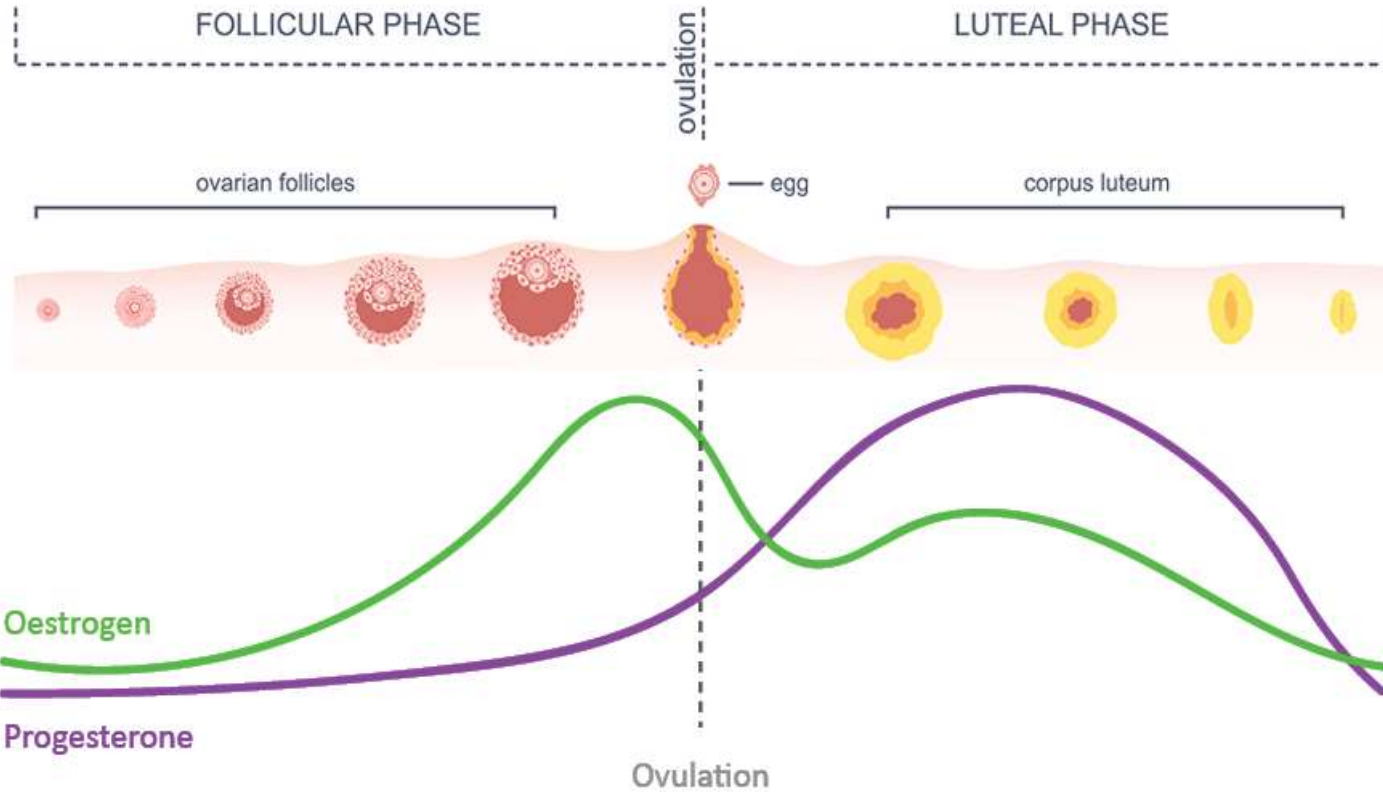
increasing quality until ovulation





FOLLICULAR PHASE

LUTEAL PHASE



WHEN is OVULATION in the course of the cervical mucus?



Feels like:	damp	damp	damp	damp	wet	wet	damp	damp	damp	damp
seen:	whitish	yellowish	cloudy	glassy	stretchy	stretchy	glassy	cloudy	whitish	creamy
Cerv. muc. symbol	S	S	S	+	+	+	+	S	S	S

Cycle days, each with one evaluated cervical mucus symbol →

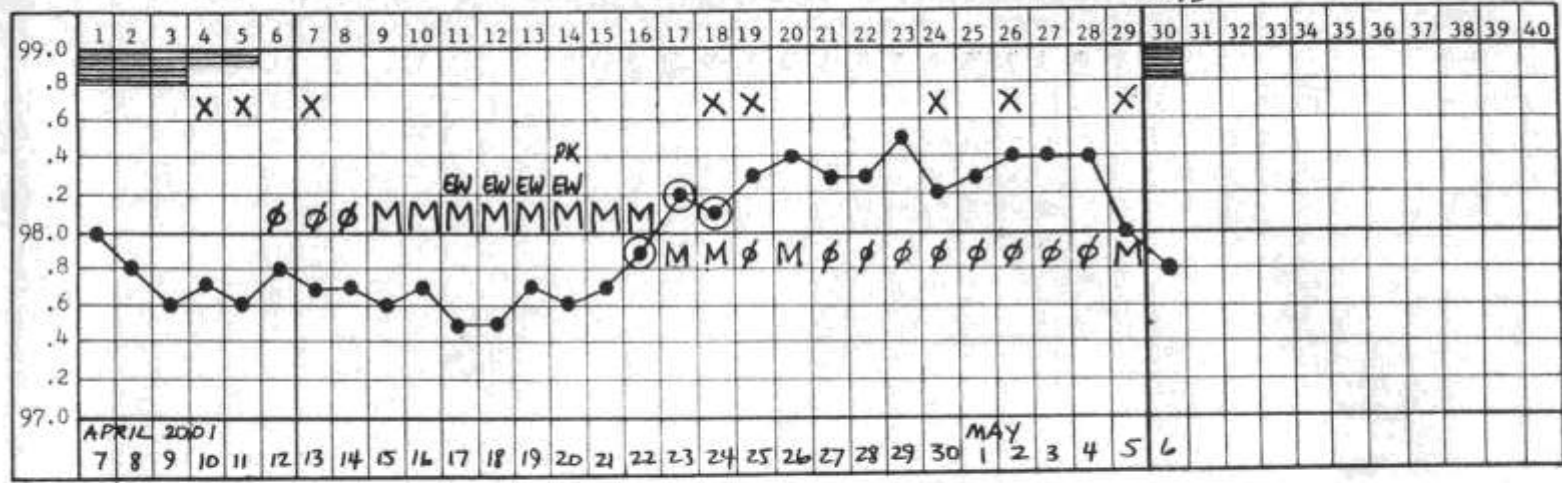
H=Peak day

Study (Ecochard et al 2001) with 215 cycles of women who have both observed **temperature & cervical mucus** and have had daily **ultrasound measurements & LH tests** to determine ovulation.

**OVULATION
to 75%**

H 1 2 3

File: SAMPLE CHART Birthdate: 1973 Gyn. Age: 13 Note: _____
 Children: M 1 F 2 MC 2 Temp: 6³⁰ am, ORAL Cycle Range: 27-36 days Cycle Nr. 18



← Relatively Infertile Time | ← Possibly Fertile Time | ← Completely Infertile Time →

Mucus Symbols:

- ∅ = dry
- M = thick, pasty, white
- EW_M = transparent, stretchy (like raw egg white)

X denotes intercourse
 PK is last day of most fertile mucus

Popular FABMs *(get an instructor!)*

- Cervical fluid-based
 - Billings Ovulation Method
 - Creighton Model
- Temperature plus CF
 - STM (SymptoThermal Method)
 - FAM/TCOYF (Taking Charge of Your Fertility)
- Hormones plus other signs
 - FEMM
 - Marquette



Questions?

