



## NAPROTECHNOLOGY™

The first system to network family planning with reproductive and gynecologic health monitoring and maintenance. Women use the CrMS to easily and objectively monitor several different biological markers, which are essential to understanding women's health and fertility. This not only allows a woman to monitor her health but also allows couples to use this knowledge to plan their family and build their future as a couple.



Learning the CrMS begins with an **introductory session** that explains the scientific foundations, methodology, applications to various reproductive categories, and how to NaProTRACK™ your cycles. This is followed with a series of essential, personalized, individual **follow up** appointments that are tailored to your specific needs.

Easy to learn

Medically safe

Reliable

Personalized

Professional

Useful for various reproductive stages

Morally acceptable to all faiths

## FertilityCare™ Center of Calgary

9-728 Northmount Drive NW

Calgary, AB T2K 3K2

[www.fertilitycarecanada.com](http://www.fertilitycarecanada.com)

403-473-1522

Local and virtual introductory sessions and follow ups available

# FERTILITYCARE™

CENTER OF CALGARY



✿ FEATURING ✿

The Creighton Model

FertilityCare™ System

and

NaProTECHNOLOGY™

[www.fertilitycare.org](http://www.fertilitycare.org)  
[www.naprotechnology.com](http://www.naprotechnology.com)

## IS THIS JUST ANOTHER NATURAL FAMILY PLANNING METHOD?

No, the CrMS is not a method but a unique *system* which is:

- Used to **monitor, maintain, and restore** procreative and gynecological health.
- Effective with regular and irregular cycles and during breastfeeding
- Recognized as an **allied health profession** with certified practitioners and consultants. NaProTechnology™ Consultants are physicians, pharmacists and nurse practitioners.
- Recognized as a credible medical and educational system, because it uses scientifically objective and measurable observations that are **standardized**. There is no guesswork involved--you will be certain of your fertility on any given day.



***EVERY WOMAN HAS THE RIGHT TO KNOW HOW HER CYCLES FUNCTION IN ORDER TO UNDERSTAND THE WAY HER BODY WORKS***



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## EFFECTIVENESS OF THE CrMS AND NaProTECHNOLOGY™

### 1. Achieving Pregnancy:

Conception occurs 76% of the time in the first cycle of using a defined day of fertility.

### 2. Avoiding Pregnancy:

CrMS boasts a 99.5% method effectiveness (perfect use) and a 96.8% use effectiveness (typical use)- this rivals any contraceptive available to women

### 3. Infertility:

20%-40% of couples will achieve pregnancy with the FertilityCare™ System only.

Up to 80% will conceive with additional cooperative medical assistance and does not result in early abortions or frozen embryos

Multiple pregnancy 10 times lower than with artificial reproductive technologies

### 4. Other:

95% success rate for PMS treatment

95% success rate for post partum depression



## REAL SOLUTIONS TO REAL PROBLEMS

This system gives women the tools to understand the causes/symptoms of:

- Infertility
- Long cycles
- Menstrual cramps
- PMS
- Ovarian cysts
- Irregular or abnormal bleeding
- Polycystic ovarian disease
- Repetitive miscarriage
- Post-partum depression
- Hormonal abnormalities
- Unusual discharges
- Peri-menopause
- Endometriosis
- Premature birth