



# NATURAL FAMILY PLANNING

## Medical Professionals and Instructors List

### BILLINGS OVULATION METHOD

#### Primary Features

Based on fifty years of on-going research in Australia, Sweden, and Spain, it is the “pioneer” method of modern NFP. Most known for its ease of use, Billings is taught and used in more than 120 countries around the world. Couples taught this method by Mother Teresa achieved a 99.4% effectiveness rate in a study by the World Health Organization.

#### Type of Instruction

Taught in individual or group settings (virtual).

#### Cost

Fees range from free to \$200 depending on teacher and scope of service.

#### Indexes Utilized

Cervical mucus

#### Website(s)

[www.boma-usa.org](http://www.boma-usa.org)

#### Physicians

**\*John Littell, MD, NFPMC**

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#### Instructors

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*\* Medical Professionals specializing in Women's Health Care and Infertility Diagnosis and Treatment*

## CREIGHTON MODEL FERTILITY CARE SYSTEM

### Primary Features

The Creighton method of NFP helps couples of normal fertility manage their family size. It also has a unique sub-specialty in helping couples of abnormal fertility. Women suffering from a variety of reproductive problems – including infertility and chronic miscarriage – can receive assistance that is both effective and consistent with Catholic moral teaching through a support network of specially trained medical professionals (CFCMC - Certified Creighton Medical Consultant, NFPMC - Natural Family Planning Medical Consultant, CFCP - Certified FertilityCare Practitioner).

### Type of Instruction

The initial introductory session is provided in a group setting. The eight subsequent follow-ups are on an individual basis (in-person or virtual).

### Cost

The fee varies depending on the teacher and scope of services provided. Fees includes: 1 introductory session, all course materials/supplies, 8 private follow up sessions (payment plans available).

### Indexes Utilized

Cervical mucus

### Website(s)

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

## Physicians

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**\*Carlos Lammoutte, MD, CFCMC**

**\*Ana Verjeda, MD, CFCMC**

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**\*Pearl Huang-Ramirez, MD, NFPMC**

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*\* Medical Professionals specializing in Women's Health Care and Infertility Diagnosis and Treatment*

## Primary Features

The FEMM method of NFP, like other methods, helps couples manage their family size by avoiding or achieving pregnancy. This is done by primarily understanding and observing cervical mucus throughout the cycle. Alongside cervical mucus observations, FEMM utilizes LH testing to help pinpoint ovulation. FEMM focuses on educating women so they can better understand their bodies and recognize vital signs of health. Similar to the Creighton Model, FEMM has a medical management component that is beneficial for women with abnormal fertility and/or hormonal disorders.

## Type of Instruction

There are three introductory sessions spaced 3 weeks apart with follow-ups following as needed (virtual).

## Cost

Varies

## Indexes Utilized

Cervical mucus and LH testing.

## Website(s)

[www.femmhealth.org](http://www.femmhealth.org)

## Physicians

### **\*Joseph B. Davis, DO**

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## MARQUETTE MODEL

### Primary Features

Marquette utilizes the (optional) Clearplan Easy Fertility Monitor (purchased separately), a device used at home to measure female hormone levels in urine to pinpoint ovulation. The information from the monitor is used in conjunction with observations of cervical mucus and basal body temperature to determine the fertile and infertile phases of a woman's menstrual cycle.

### Type of Instruction

The full course of instruction is provided in sessions held once a month for three consecutive months in group or private settings in person or online.

### Cost

Varies

### Indexes Utilized

Cervical mucus plus basal body temperature and / or female hormone levels in urine.

### Website(s)

[www.marquette.edu](http://www.marquette.edu)

### Instructors

**Lauren Zamora, BSN, RN, C-EFM**

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**Joy Marie Mendoza, BSN, RN, MMCP**

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*\* Medical Professionals specializing in Women's Health Care and Infertility Diagnosis and Treatment*

## Primary Features

NeoFertility helps couples conceive naturally with Restorative Reproductive Medicine, by finding and treating the underlying causes of fertility problems.

## Type of Instruction

Online teaching, with use of Chart Neo app (virtual).

## Cost

Varies

## Indexes Utilized

Cervical mucus and/or basal body temperature and / or female hormone levels in urine.

## Website(s)

[NeoFertility.us](http://NeoFertility.us)

## Physicians

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## Instructors

### **Melissa Buchan, BSN-RN, NBC-HWC**

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### Models

#### **Boston Cross Check**

Symptom-Hormonal Method - Provided education about the biomarkers of fertility and the integration of a fertility monitor with method guidelines.

[BostonCrossCheck.com](http://BostonCrossCheck.com)

#### **Couple to Couple League**

CCL takes a “grass-roots” approach to NFP instruction – couples teaching couples – and has been taught by and to more couples than any other method.

[www.ccli.org](http://www.ccli.org)

#### **Family of the Americas**

Provides a cervical mucus method of NFP.

[FamilyPlanning.net](http://FamilyPlanning.net)

#### **NFP International**

Cross-check method of NFP Symptom-Thermal method.

[NFPandMore.org](http://NFPandMore.org)

#### **Northwest Family Services**

Headquartered in Portland, Oregon Northwest Family Services offers a wide variety of marriage and family enrichment resources, including NFP instruction.

[www.symptopro.org](http://www.symptopro.org)

#### **Sensiplan**

Symptom-Thermal method of NFP.

[ReplyObGyn.com](http://ReplyObGyn.com)