

WHY USE NATURAL FERTILITY CONTROL?

No drugs or devices are needed. Your body's natural processes are not disturbed and your future fertility is not at risk. The act of lovemaking is not interrupted in any way; there is no chemical or mechanical interference. Your self-esteem is enhanced.

A CO-OPERATIVE VENTURE

"This is the only form of birth control that is a co-operative venture. Neither husband nor wife has to bear a health burden or do it alone. It is the only non-sexist form of birth control, requiring the love and understanding of both."

MARGARET NOFZIGER

A Co-operative Method of Natural Birth Control. *Book Pub Co. 1996*

Our Natural Family Planning program is supported by the Commonwealth Department of Health and Ageing and The Catholic Archdiocese of Brisbane.

USERS OF NATURAL FERTILITY CONTROL

- ♦ "I am in tune with nature and aware of how my body works. I cooperate with nature instead of battling against it."
- ♦ "This is the only method of fertility control that involves both of us. We communicate more and this alone enhances our relationship."
- ♦ "There is a great deal of misinformation and ignorance about natural fertility control. We have used it for fourteen years and would like other couples to know that natural fertility control is a realistic option."
- ♦ "We don't worry about the side-effects of drugs or awkwardness of contraceptive objects. Natural fertility control is free of all that and costs nothing."
- ♦ "Natural fertility control is liberating."

Centacare Catholic Family and Community Services

58 Morgan Street, PO Box 289
Fortitude Valley Qld 4006

Tel: 07 3252 4371 Fax: 3854 1246
Email: cfcs@centacarebrisbane.net.au
www.centacarebrisbane.net.au



**DO YOU WISH TO
AVOID
or
ACHIEVE
PREGNANCY?**

**NO PILL (OR ANY DRUGS)!
NO DEVICES!
NO SIDE-EFFECTS!**

**Natural
Fertility Control**

WHAT IS NATURAL FERTILITY CONTROL?

Natural methods of fertility control these days are well researched and scientifically based. Natural Fertility Control is the accurate identification of a woman's natural cycles of fertility and infertility. The Sympto-Thermal method teaches couples to recognise their individual signs and symptoms of fertility.

WHO CAN USE IT?

Any couple can use natural fertility control at any stage of their life. It can be used during breastfeeding or menopause. It can also be used when a woman's menstrual cycle is irregular.

IS IT EFFECTIVE?

This method is as reliable as **you** make it. The decision to avoid or achieve a pregnancy is in your hands. When well taught and properly used, it is highly effective - **up to 98%**.

IS IT EASY TO LEARN?

Yes. Qualified and experienced teachers instruct and support you whilst you are learning. People from all walks of life learn the method without any difficulty.

ACHIEVING PREGNANCY

The beauty of Natural Fertility Control is that it can also be used to achieve a pregnancy. Fertility awareness allows a couple to recognise the most fertile part of the cycle. This knowledge can maximise their chances of timing intercourse to coincide with ovulation.

For couples having difficulty conceiving, this knowledge and correct timing may be all they need to be successful in their attempts.

If there is a medical problem, Sympto-Thermal charts can be a useful diagnostic tool.

Fertility awareness is a source of empowerment to many couples. It gives them a feeling of being in control of their fertility.

PHONE NOW

AND . . .

SET YOURSELF FREE!

WHAT IS LAM?

If you have no return of your period during the first six months after your baby is born, and you are fully breastfeeding, you can use a newer method of natural fertility control called the Lactation Amenorrhoea Method or LAM.

"Lactation Amenorrhoea" simply means "no period while breastfeeding". However, there are specific conditions for using breastfeeding as a reliable form of contraceptive. When these conditions are fulfilled, LAM has one of the highest rates of contraceptive effectiveness.

98-99%

(higher than the MiniPill: 95-98%).

LAM does require instruction.

LAM - the **INFORMED** use of a naturally determined time of infertility that is different for each woman.

For instruction with follow-up support, please call Centacare 3252 4371.