



## FertilityCare™ Center of Rochester Featuring NaProTECHNOLOGY and the Creighton Model FertilityCare System

Thank you for your inquiry about the Creighton Method. This information sheet is to help you learn more about the Creighton Method and the services offered at the FertilityCare Center of Rochester.

My name is **Bernadette Palermo** PA-C, FCPI, a Physician Assistant, FertilityCare Practitioner Intern. I am one of three FertilityCare Practitioners, who work in collaboration with Dr. Angela Kristan and Dr. Elissa Sanchez-Speech, Medical Consultants for the Creighton Method in the Rochester area.

The Creighton Method program is taught from my Fairport Office at the Church of the Assumption, to married or engaged couples whose intention is either to achieve or avoid a pregnancy or who have infertility issues. In addition, I instruct women who want to learn more about their cycles or who have gyn problems such as painful periods, excess bleeding, PCOD etc.

The Creighton Method is one of the main methods of Natural Family Planning (NFP). It is a mucus only method to help a woman identify her time of fertility to either achieve or avoid a pregnancy or monitor her fertility. The woman observes her mucus every time she goes to the bathroom and at the end of the day she would chart/describe the most fertile mucus she observed. This method **does not** include monitoring the temperature or internal cervical checks. The husband is encouraged to have an active role in understanding the method and supporting his wife.

If a woman is discovered to have fertility problems, she will be referred to one of the medical consultants for medical diagnosis and treatment. If a woman does not have an OB/GYN in the Rochester area, she can contact Dr. Katie Lammers in Rochester who is familiar with the Creighton Method and Creighton supportive of NFP. Clients living near Buffalo are referred to Dr. Jamie Obst, an OB/GYN physician at Sister's Hospital.

The Creighton Model FertilityCare System consists of an Introductory Session followed by eight Follow-ups extending over one year. The Introductory Session gives an overview of the Method, review of anatomy and physiology and then instruction on how to actually use the method. The first four follow-ups are every two weeks and then they are spread out over the rest of the year. The follow-ups are critical so that the Practitioner can review material and see if the woman/couple understands the method and is doing it correctly.

If you have more questions or would like to make an appointment for an Introductory Session, please contact me at 585-678-1844. I do not accept insurance, but charges can be billed to some insurance carriers. The price list is below. The following web site provides information about the Creighton Method and its creator, Dr. Thomas Hilgers. ([www.popepaulvi.com](http://www.popepaulvi.com)). Also check: [www.fertilitycarerochesterny.com](http://www.fertilitycarerochesterny.com).

**Introductory Session: \$35**  
**Introductory Supplies: \$35**  
**Charts (after the first year): \$6**  
**Stickers: (after the first year): \$6**

**All Follow-ups: \$60**  
**Pregnancy evaluation: Free**  
**Picture Dictionary \$20**

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