



06/21/2021

Dear Marguerite Duane MD, MHA, FAAFP,

The AAFP Credit System and the Commission on Continuing Professional Development (COCPD) would like to thank you for applying for AAFP CME credit. Your activity has been approved for AAFP CME credit. Announcement of AAFP credit for the activity must be presented exactly as follows:

The AAFP has reviewed Fertility Awareness Based Methods for Family Planning and Restorative Reproductive Healthcare, and deemed it acceptable for AAFP credit. Term of approval is from 10/15/2021 to 10/15/2022. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Credit approval includes the following session(s):

- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B7**
Reading: Check, J.H. et al. "The Beneficial Effect of Luteal Phase Support on Pregnancy Rates in Women with Unexplained Infertility." *Fertility and Sterility*, Volume 99, Issue 3, S2.
- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Overview Session 1, Reading 1: Manhart MD, Duane M, Lind A, Sinai I, Golden-Tevald J**
"Fertility Awareness-Based Methods of Family Planning: A Review of Effectiveness for Avoiding Pregnancy Using SORT. *Osteopathic Family Physician* 2013 5 (1): 2-8.
- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Overview Session 1, Reading 2: Peragallo Urrutia R, Polis CB, Jensen ET, Greene ME, Kennedy E, Stanford JB.** "Effectiveness of Fertility Awareness-Based Methods for Pregnancy Prevention: A Systematic Review"
- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A1,**
Reading 1: Indian Council of Medical Research Task Force on Natural Family Planning. (1996). Field Trial of Billings Ovulation Method of Natural Family Planning. *Contraception*, 53(2), 69-74.
- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D1,**
Reading: Vigil P, Lyon C, Flores B, Rioseco H, Serrano F. Ovulation, a sign of health. *Linacre Q.* 2017;84(4):343-355. doi:10.1080/00243639.2017.1394053
- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Overview Session 3, Reading 2: Fehring R. J., Schneider M., Raviele K. (2006).**
Variability in the phases of the menstrual cycle. *JOGNN - J. Obstet. Gynecol. Neonatal Nurs.* 35, 376-384.
- **1.00 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B2**
Presentation: Male Infertility
- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B2,**
Reading 2: Katz DJ, Teloken P, Shoshany O. Male infertility - The other side of the equation. *Aust Fam Physician.* 2017;46(9):641-646.
- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B1,**
Reading 1: Stanford JB et al. "Outcomes from treatment of infertility with natural procreative technology in an Irish general practice." *J Am Board Fam Med.* 2008.
- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B1**

- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B1, Reading 2: Tham E et al. "Natural Procreative Technology for Infertility and Recurrent Miscarriage: Outcomes in a Canadian Family Practice." Can Fam Physician. 2012.
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C4 Presentation: Adolescence
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A5, Reading 2: Arévalo M, Jennings V, Sinai I: Efficacy of a new method of family planning: the Standard Days Method. Contraception 65: 333-338, 2002.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A6 Reading: Peterson AE. Multicenter study of the Lactational Amenorrhea Method (LAM) III: Effectiveness, duration, and satisfaction with reduced client-provider contact. Contraception, 2000
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A1, Reading 2: Odeblad, Erik. "Cervical Mucus and Their Functions." The Irish Colleges of Physicians and Surgeons 26.1 (1997): 27-32.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A1 Presentation: Billings Ovulation Method
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A2 Presentation: The Creighton Model
- 1.00 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A3 Presentation: Basal Body Temperature and Sympto-Thermal Methods
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A4 Presentation: Marquette Method
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A5 Presentation: Science of Standard Days (SDM) and Two-Day Methods
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A6 Presentation: SDM, Two-Day and Lactational Amenorrhea Method
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B1 Presentation: Infertility
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B4 Presentation: Psychosocial Aspects of Infertility
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B5 Presentation: NFP in Non-English Speaking Populations
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B6 Presentation: FABM Apps Marketed to Avoid Pregnancy
- 1.00 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C1 Presentation: NaProTechnology
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C2 Presentation: FEMM Medical Management
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C3 Presentation: NeoFertility
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C5 Presentation: Perimenopause
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C6 Presentation: Use of NFP During the Postpartum Transition to Fertility
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D4 Presentation: Endometriosis
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D2 Presentation: Polycystic Ovarian Syndrome (PCOS)
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D5 Presentation: Premenstrual Syndrome (PMS)
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D3 Presentation: Anovulation
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D6 Presentation: Abnormal Uterine Bleeding
- 1.00 Online Only, Live AAFP Prescribed Credit(s) - Session A7: Live Case Study Discussion

0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C1

- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Overview
Session 3, Reading 1: Brown JB. Types of ovarian activity in women and their significance: the continuum (a reinterpretation of early findings). *Hum Reprod Update*. 2011;17(2):141-158. doi:10.1093/humupd/dmq040
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B2,
Reading 1: Karavolos S, Panagiotopoulou N, Alahwany H & Martins da Silva S. An update on the management of male infertility. *The Obstetrician & Gynaecologist* 2020.
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D1
Presentation: Ovulation as a Sign of Health
- 1.00 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Overview
Presentation 1: Fertility and Family Planning: The Science Behind Fertility Awareness-Based Methods
- 1.00 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Overview
Presentation 2: Fertility Awareness Based Methods for Achieving and Avoiding Pregnancy
- 1.00 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Overview
Presentation 3: The Female Cycle as the 5th Vital Sign
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B3
Presentation: Miscarriage or Early Pregnancy Loss
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B4,
Reading 1: Rooney KL, Domar AD. "The relationship between stress and infertility." *Dialogues Clin Neurosci*. 2018;20(1):41-47.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B4,
Reading 2: Hämmerli K, Znoj H, Barth J. "The efficacy of psychological interventions for infertile patients: a meta-analysis examining mental health and pregnancy rate." *Hum Reprod Update*. 2009;15(3):279-295.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B6,
Reading 1: Duane, M., Contreras, A., Jensen, E. T. & White, A. "The performance of fertility awareness-based method apps marketed to avoid pregnancy" *J Am Board Fam. Med*. 29, 508–511 (2016).
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C1,
Reading 1: Hilgers, Thomas W. "The New Women's Health Science of NaProTechnology." *Archives of Perinatal Medicine* 17 no. 4 (2011): 191-198.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C1,
Reading 2: Stanford JB, Parnell TA, Boyle PC: "Outcomes from treatment of infertility with Natural Procreative Technology in an Irish General Practice." *J Am Board Fam Med* 21:375-384, 2008.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C2
Reading: Vigil P, Ceric F, Cortés ME, Klaus H. "Usefulness of monitoring fertility from menarche." *J. Pediatr. Adolesc. Gynecol*. 19(3): 173-179, 2006.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C3,
Reading 1: Boyle PC, de Groot T, Andralojc KM, Parnell TA. "Healthy Singleton Pregnancies From Restorative Reproductive Medicine (RRM) After Failed IVF." *Front Med (Lausanne)*. 2018;5:210. Published 2018 Jul 31.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C3,
Reading 2: Roozenburg BJ, van Dessel HJ, Evers JL, Bots RS. "Successful induction of ovulation in normogonadotrophic clomiphene resistant anovulatory women by combined naltrexone and clomiphene citrate treatment." *Hum Reprod*. 1997;12(8)
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C4,
Reading 1: Cabezon C, Vigil P, Rojas I, et al: "Adolescent pregnancy prevention: An abstinence-centered randomized controlled intervention in a Chilean public high school." *J Adolesc Health* 2005; 36:64.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C4,
Reading 2: Committee Opinion No. 651 "Menstruation in Girls and Adolescents: Using the Menstrual Cycle as a Vital Sign." *Obstetrics & Gynecology*. 2015;126(6).

- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C5, Reading 2: Female age-related fertility decline. *Fertility and Sterility*, Volume 101, Issue 3, 633– 634.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C5, Reading 1: Harlow SD, Gass M, Hall JE, et al. “Executive summary of the Stages of Reproductive Aging Workshop + 10: addressing the unfinished agenda of staging reproductive aging.” *Menopause*. 2012;19(4):387-395.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C6, Reading 1: Bouchard, Blackwell, Brown, & Fehring, et al. (2018). “Dissociation between cervical mucus and urinary hormones during the postpartum return of fertility in breastfeeding women.” *Linacre Quarterly*, Nov. 2018.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C6, Reading 2: Bouchard, T, Schneider, M & Fehring, R. “Efficacy of a new postpartum transition protocol for avoiding pregnancy.” *Journal of the American Board of Family Medicine*. 26 (2013): 35-44.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D2, Reading 1: Leach V, Kenney T. “A Case Study in the Use of Fertility Awareness in Monitoring and Diagnosis of Polycystic Ovarian Syndrome (PCOS).” *Journal of Midwifery and Women's Health*.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D2, Reading 2: Giovanni Monastra, et al (2017). “Combining treatment with myo-inositol and D-chiro-inositol (40:1) is effective in restoring ovary function and metabolic balance in PCOS patients.” *Gynecological Endocrinology*, 33:1, 1-9.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D3, Reading 1: Odeblad, Erik. “Cervical Mucus and Their Functions.” *The Irish Colleges of Physicians and Surgeons* 26.1 (1997): 27-32.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D4, Reading 1: Yeung, Patrick & Gupta, Shweta & Gieg, Sam. (2017). “Endometriosis in adolescents: A systematic review.” *Journal of Endometriosis and Pelvic Pain Disorders*. 9. 10.5301/je.5000264.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D5, Reading 1: Hofmeister S, Bodden S. “Premenstrual Syndrome and Premenstrual Dysphoric Disorder.” *Am Fam Physician*. 2016;94(3):236-240.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D5, Reading 2: Schliep KC, et al. “Luteal Phase deficiency in Regularly Menstruating Women: Prevalence and Overlap in Identification Based on Clinical and Biochemical Diagnostic Criteria.” *J Clin Endocrinol Metab*, June 2014.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D6 Reading: Davis E, Sparzak PB. “Abnormal Uterine Bleeding (Dysfunctional Uterine Bleeding) [Updated 2019 Aug 2].” Available: <https://www.ncbi.nlm.nih.gov/books/NBK532913/>.
- 1.00 Online Only, Live AAFP Prescribed Credit(s) - Session B7: Live Case Study Discussion
- 1.00 Online Only, Live AAFP Prescribed Credit(s) - Session C7: Live Case Study Discussion
- 1.00 Online Only, Live AAFP Prescribed Credit(s) - Session D7: Live Case Study Discussion
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B5 Reading: A prospective multicentre trial of the ovulation method of natural family planning. II. The effectiveness phase. *Fertil Steril*. 1981;36(5):591-598.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B3, Reading 1: Coomarasamy A, Devall AJ, Brosens JJ, et al. Micronized vaginal progesterone to prevent miscarriage: a critical evaluation of randomized evidence. *Am J Obstet Gynecol*. 2020;223(2):167-176.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B3, Reading 2: Ku CW, et al. Serum progesterone distribution in normal pregnancies compared to pregnancies complicated by threatened

- miscarriage from 5 to 13 weeks gestation: a prospective cohort study. *BMC Pregnancy Childbirth*. 2018;18(1):36
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session C7
Reading: Thijssen A, Meier A, Panis K, Ombelet W. 'Fertility Awareness-Based Methods' and subfertility: a systematic review. *Facts Views Vis Obgyn*. 2014;6(3):113-123.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session B6,
Reading 2: Earle, Sarah et al. "Use of menstruation and fertility app trackers: a scoping review of the evidence." *BMJ sexual & reproductive health* vol. 47,2 (2021): 90-101. doi:10.1136/bmjsex-2019-200488
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D3,
Reading 2: Rosenfield RL. Clinical review: Adolescent anovulation: maturational mechanisms and implications. *J Clin Endocrinol Metab*. 2013;98(9):3572-3583.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A7
Reading: Sinai, I. "Different Methods for Different Needs: Perception, Behavior, and Effectiveness." In Richard F. Fehring & Theresa Notare. Eds. *Human Fertility, Where Faith and Science Meet*. Milwaukee: Marquette University Press, 2008.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D4,
Reading 2: Fadhlaoui A, Bouquet de la Joliniere J & Feki A. "Endometriosis and infertility: how and when to treat?" *Frontiers in Surgery*. 2017;1(24): 1-6.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D7,
Reading 1: Wang R, Li W, Bordewijk EM, et al. First-line ovulation induction for polycystic ovary syndrome: an individual participant data meta-analysis. *Hum Reprod Update*. 2019;25(6):717-732.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session D7,
Reading 2: Laganà AS, Garzon S, Casarin J, Franchi M, Ghezzi F. Inositol in Polycystic Ovary Syndrome: Restoring Fertility through a Pathophysiology-Based Approach. *Trends Endocrinol Metab*. 2018;29(11):768-780.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A2,
Reading: Hilgers, TW, Stanford, JB, "Creighton Model NaPro Education Technology for Avoiding Pregnancy," *J.Repro Med* 43:6; June 1998.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A3,
Reading 1: Frank-Herrmann, et al. "The Effectiveness of a Fertility Awareness Based Method to Avoid Pregnancy in Relation to a Couple's Sexual Behaviour during the Fertile Time: a Prospective Longitudinal Study." *Human Reproduction* (2007)
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A3,
Reading 2: Berglund Scherwitzl E, Lundberg O, Kopp Kallner H, Gemzell Danielsson K, Trussell J, Scherwitzl R. Perfect-use and typical-use Pearl Index of a contraceptive mobile app. *Contraception*. 2017;96(6):420-425.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A4,
Reading 1: Fehring, R., Schneider, M., Bouchard, T., Raviele, K, & Rodriguez, D. (2013) "Randomized comparison of two Internet-supported fertility awareness based methods of family planning." *Contraception*, 2012. 88(1): 24-30.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A4,
Reading 2: Fehring, R., and Schneider, M. (2017). "Extended Effectiveness of an Online Natural Family Planning Service Program" *MCN The Amer Journal of Maternal Child Nursing*. 42(1):43-49.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session A5,
Reading 1: Arévalo M, Jennings V, Nikulam M and Sinai I : "Efficacy of the new TwoDay Method of family planning." *Fert Ster* 82:885-892, 2004.
 - 1.25 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E1:
Presentation: Innovative Approaches to Infertility
 - 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E2:
Presentation: Issues in Adolescence: Acne, Irregular Cycles, Painful Periods -

oh my!

- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E3: Presentation: Cycle Tracking and Medical Management
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E4: Presentation: Supporting Women Using Fertility Awareness
- 1.00 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E5: Presentation: Dysmenorrhea
- 1.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E6: Presentation: Polycystic Ovarian Syndrome (PCOS)
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E7: Presentation: Using Technology to Track Fertility
- 0.75 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E8: Presentation: How to Introduce Body Literacy / Cycle Tracking to Adolescent Girls
- 1.25 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E10: Presentation: Hypothalamic Amenorrhea
- 1.25 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E9: Presentation: Thyroid Dysfunction
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E11: Presentation: The FEMM App: A Practical Integration into Clinical Practice
- 1.25 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E13: Presentation: Recurrent Miscarriage and Early Pregnancy Loss
- 1.00 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E14: Presentation: Integrating FABMs into Clinical Practice
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E15: Presentation: Functional medicine as it applies to women's health and FABMs (A basic overview for health professionals)
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E12: Presentation: A Demonstration of the Chart Neo App
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E1, Reading 1: Bayoumi RR, van der Poel SZ, Koert E, Boivin J. Fertility awareness and quality of life: assessment and impact of fertility problems and infertility. *Global Reproductive Health*. 2018;3(4):e21.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E2, Reading 1: Witchel SF, Oberfield SE, Peña AS. Polycystic Ovary Syndrome: Pathophysiology, Presentation, and Treatment With Emphasis on Adolescent Girls. *J Endocr Soc*. 2019;3(8):1545-1573
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E2, Reading 2: Bahrami A , Avan A , Sadeghnia HR , Esmaeili H , Tayefi M , Ghasemi F , et al . High dose vitamin D supplementation can improve menstrual problems, dysmenorrhea, and premenstrual syndrome in adolescents
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E5, Reading 1: Heitmann, RJ, Langan KL, Huang RR. Premenstrual spotting of 2 days is strongly associated with histologically confirmed endometriosis in women with infertility. *Am J Obstet Gynecol*. 2014 Oct; 211(4):358.e1-6
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E5, Reading 2: Younger Jarred, Parkitny Luke, McLain D. The use of low-dose naltrexone (LDN) as a novel anti-inflammatory treatment for chronic pain. *Clin Rheumatol*. 2014
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E6, Reading: Vigil P, Contreras P, Alvarado JL, Godoy A, Salgado AM, Cortés ME. Evidence of subpopulations with different levels of insulin resistance in women with polycystic ovary syndrome. *Human Reprod*. 22(11): 2974-2980, 2007.
- 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E9, Reading 1: Practice Committee of the American Society for Reproductive Medicine. "Subclinical hypothyroidism in the infertile female population: a

- guideline." *Fertility and sterility* vol. 104,3 (2015): 545-53.
- 1.00 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E9, Reading 2: Carney, L. A., Quinlan, J. D., & West, J. M. (2014). Thyroid disease in pregnancy. *American family physician*, 89(4), 273–278.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E10, Reading 1: Gordon CM, Ackerman KE, Berga SL, et al. Functional Hypothalamic Amenorrhea: An Endocrine Society Clinical Practice Guideline. *J Clin Endocrinol Metab*. 2017;102(5):1413-1439. doi:10.1210/jc.2017-00131
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E10, Reading 2: Genazzani AD, Gastaldi M, Petraglia F, Rabenbauer B, Battaglia C, Surico N, Volpe A, Genazzani AR. Naltrexone administration modulates the neuroendocrine control of luteinizing hormone secretion in hypothalamic amenorrhoea
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E13, Reading 2: Ku CW, Allen JC Jr, Lek SM, Chia ML, Tan NS, Tan TC. Serum progesterone distribution in normal pregnancies compared to pregnancies complicated by threatened miscarriage from 5 to 13 weeks gestation: a prospective cohort study.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E13, Reading 1: Coomarasamy A, Devall AJ, Brosens JJ, et al. Micronized vaginal progesterone to prevent miscarriage: a critical evaluation of randomized evidence. *Am J Obstet Gynecol*. 2020;223(2):167-176. doi:10.1016/j.ajog.2019.12.006.
 - 1.00 Online Only, Live AAFP Prescribed Credit(s) - Session E16: Live Case Study Discussion
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E4, Reading 1: Gnoth C, Frank-Herrmann P, Schmoll A, Godehardt E, Freundl G. Cycle characteristics after discontinuation of oral contraceptives. *Gynecol Endocrinol*. 2002 Aug;16(4):307-17. PMID: 12396560.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E4, Reading 2: Leiva, Rene, and Lucas DiRienzo. "Combination of Home-Based Hormonal and Mobile Technology for Virtual Monitoring of Menstrual Cycles." *Annals of family medicine* vol. 19,2 (2021): 180. doi:10.1370/afm.2653
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E15, Reading 2: Kvaskoff M, Mu F, Terry KL, et al. Endometriosis: a high-risk population for major chronic diseases?. *Hum Reprod Update*. 2015;21(4):500-16.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E8: Reading 1: F. I. Roux, S. K. Burns, J. L. Hendriks & H. J. Chih (2021) Progressing Toward Adolescents' Ovulatory-Menstrual Health Literacy: A Systematic Literature Review of School-Based Interventions, *Women's Reproductive Health*, 8:2, 92
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E8: Reading 2: Chiou, M.-H., Wang, H.-H. and Yang, Y.-H. (2007), Effect of Systematic Menstrual Health Education on Dysmenorrheic Female Adolescents' Knowledge, Attitudes, and Self-Care Behavior. *The Kaohsiung Journal of Medical Sciences*, 23:
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E15, Reading 1: Maryan G Rizk, Varykina G Thackray, Intersection of Polycystic Ovary Syndrome and the Gut Microbiome, *Journal of the Endocrine Society*, Volume 5, Issue 2, February 2021, bvaa177, <https://doi.org/10.1210/jendso/bvaa177>
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E14, Reading 1: "The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behaviour during the fertile time: a prospective longitudinal study." *Human Reproduction* 22, no. 5 :1310-1319.
 - 0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E3

- ... (See Enduring materials) Self-Study AAFP Prescribed Credit(s) - Session E7,
Reading 1: Symul L, Wac K, Hillard P, Salathé M. Assessment of Menstrual Health Status and Evolution through Mobile Apps for Fertility Awareness. npj Digital Medicine 2019.
- **0.50 Enduring Materials, Self-Study AAFP Prescribed Credit(s) - Session E7, Reading 1: Simmons RG, Shattuck DC, Jennings VH. Assessing the Efficacy of an App-Based Method of Family Planning: The Dot Study Protocol. JMIR Res Protoc. 2017 Jan 18;6(1):e5. doi: 10.2196/resprot.6886. Erratum in: JMIR Res Protoc. 2018**

NOTE: After initial credit approval, the credit statement will not be updated to reflect future approved sessions. To communicate credit approval for additional sessions, please utilize the following format: (#) (Format) AAFP (P/E) Credits.

For activities with more than one session: When communicating session-level credit statements to learners, please use the first two sentences in the credit statement for application approval and the relevant session(s) credit statement for session approval. For example:

The AAFP has reviewed [TITLE,] and deemed it acceptable for AAFP credit. Term of approval is from (Activity Begin Date) to (Activity End Date).

- (#) (Format) AAFP (P/E) Credits - Title
- (#) (Format) AAFP (P/E) Credits - Title
- (#) (Format) AAFP (P/E) Credits - Title

Approval for AAFP CME credit does not imply authorization to use the AAFP logo on CME activity materials or to use AAFP's name in any association with the activity other than the credit statement.

The AAFP reserves the right to perform a post-activity audit and/or have a live monitor at any AAFP certified CME activity.

AMA/AAFP Equivalency:

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to *AMA PRA Category 1 credit(s)*[™] toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

For all AAFP credit equivalencies and recognition, please see the AAFP Credit System [website](#).

If you have any questions concerning approval of your activity, please contact us at 1-800-274-2237 or cmecredit@aafp.org. Please refer to your application number located at the top of this page.

Sincerely,

AAFP CME Credit System

American Academy of Family Physicians
11400 Tomahawk Creek Pkwy | Leawood, KS 66211
(800) 274-2237 | (913) 906-6000 | aafp@aafp.org | www.aafp.org

Your privacy is important to us. View our [privacy policy](#).