

Continuing Medical Education (CME) Course Title

Fertility Awareness Based Methods (FABMs) for Family Planning and Restorative Reproductive Women's Healthcare

Course Description

Through online lectures, live case study discussions, and readings, this course will explore the broad applications of modern Fertility Awareness-Based Methods (FABMs) and their role in pregnancy prevention, infertility, and women's health. The course is divided into six parts:

In Part A, *An Introduction to Modern FABMs for Family Planning*, participants will survey modern evidence based FABMs, including the research underlying the development of the different methods, their effectiveness rates to prevent pregnancy, and the benefits and challenges of using each method. Participants may engage in live case-based discussions to learn how to read the charts of various FABMs.

In Part B, *Special Topics in FABMs for Helping Couples Achieve or Avoid Pregnancy*, participants can further their knowledge on the subject of fertility awareness and its applications in family planning. Part B will focus on the role of FABMs to address infertility and early pregnancy loss, and on the availability of apps marketed to help people avoid pregnancy. Learners may participate in case-based discussions that explore the medical applications of FABMs, including their role in addressing infertility and other conditions.

In Part C, *FABMs for Restorative Reproductive Medicine and at Various Stages of Life*, participants will learn how internal hormone shifts result in observable external signs, or biomarkers, that women can learn to use to chart their cycles and monitor their health. Participants will learn how medical professionals trained in restorative reproductive medicine can use this information to care for women in a more comprehensive way. We will also discuss how FABMs can be used throughout a woman's reproductive life, from adolescence and the postpartum period to perimenopause.

In Part D, *Medical Applications of FABMs*, participants will connect the science of endocrinology to core concepts of FABMs, which may be used to diagnose and manage common women's health conditions, including abnormal uterine bleeding, endometriosis, polycystic ovarian syndrome (PCOS), and premenstrual syndrome (PMS). They will learn how FABMs are used to monitor women's health and facilitate the diagnosis and treatment of various women's medical conditions, and how these methods empower a woman to understand her body and physiology better.

In Part E, *Medical Applications of FABMs Part II*, participants will gain a greater understanding of the common female health conditions that can impact fertility and the female cycle. Content will emphasize the ways in which a functional medicine approach can be used to find the root cause of symptoms and work toward their alleviation.

In Part F, *Fertility Awareness and FemTech*, participants will obtain an overview of the technology available to track the female cycle and gain critical thinking skills that will allow them to evaluate app quality. Participants will also learn how such apps can be integrated into the clinical setting, and how to discuss their usage with female patients of all ages.

In Part G, *Lifestyle and Fertility*, participants will learn how aspects of nutrition, obesity and weight, exercise and physical activity, sleep and limiting certain environmental exposures can affect menstrual cycle patterns and fertility, as well as all play a role in overall health. While much of conventional medicine focuses on treating diseases, this content will emphasize finding the root cause of symptoms and working toward their alleviation through dietary and lifestyle assessment and interventions. Current evidence supporting specific nutrition and lifestyle recommendations for pre-conception, and pregnancy as well as management of common women's health conditions, such as endometriosis, and polycystic ovarian syndrome (PCOS) are discussed. Furthermore specific dietary supplements that have been found to improve metabolic and reproductive health are reviewed.

In Part H, *RRM and Medical Applications*, participants will dive deeper into the broader medical application and integration of FABMS through Restorative Reproductive Medicine (RRM). Content will focus on identifying and correcting underlying causes and factors contributing to sub-fertility/infertility, recurrent miscarriage, and reproductive dysfunction. Clinical research and outcomes of RRM for the treatment of infertility and recurrent miscarriage are reviewed as well as an introduction to current and future research. Learners may participate in case-based discussions that further explore the medical applications of RRM.

Course Directors and Contact Information

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Syllabus Overview

PART A: An Introduction to Modern FABMs for Family Planning

Session Overview: Fertility & Family Planning: The science behind fertility awareness-based methods

Session A1: Billings Ovulation Method – Ruth Madden, DNP, FNP.

Session A2: The Creighton Model – Sarah Murray, MD.

Session A3: Basal Body Temperature and Sympto-Thermal Methods – Rachel Urrutia, MD.

Session A4: The Effectiveness of the Sympto-thermal Method Sensiplan - Petra Frank-Hermann, MD.

Session A5: Marquette Method – Richard Fehring, PhD, RN.

Session A6: Science of Standard Days (SDM) and Two-Day Methods – Irit Sinai, PhD.

Session A7: SDM, Two-Day, and Lactational Amenorrhea Method – Jeanette Cachan, MA.

Session A8: Coming off the Pill - Lisa Hendrickson-Jack

Live Case Study Discussion - Dates and Facilitators vary

PART B: Special Topics in FABMs for Helping Couples Achieve or Avoid Pregnancy

Session Overview: Fertility Awareness-Based Methods for Achieving and Avoiding Pregnancy

Session B1: Infertility – Lauren Weasler, MD.

Session B2: Innovative Approaches to Infertility – Patrick Yeung, MD.

Session B3: Male Infertility – Phil Boyle, MD.

Session B4: Miscarriage or Early Pregnancy Loss – Joseph Stanford, MD, MSPH.

Session B5: Psychosocial Aspects of Infertility – Marc Sherman

Session B6: NFP in Underserved Populations – Brigid Prosser, RN.

Session B7: Supporting Women Using Fertility Awareness – Lisa Hendrickson-Jack

Live Case Study Discussion – Dates and Facilitators vary

PART C: FABMs for Restorative Reproductive Medicine and at Various Stages of Life

Session Overview: The Cycle Chart as a Diagnostic Tool

Session C1: NaPro Technology – Amina White, MD.

Session C2: FEMM Medical Management – Summer Holmes-Mason, MD.

Session C3: NeoFertility – Phil Boyle, MD.

Session C4: Adolescence – Marguerite Duane, MD and Allison Dreher, MA.

Session C5: NFP in the Postpartum Transition to Fertility – Richard Fehring, PhD.

Session C6: Perimenopause: Common issues of the transition to ovarian quiescence - Teresa Kenney, APRN-NP.

Session C7: My Vital Cycles™: A school-based ovulatory-menstrual health literacy program - Felicity Roux, PhD.

Session C8: Reproductive Transitions: Postpartum Time Period - Summer Holmes Mason, MD.

Live Case Study Discussion – Dates and Facilitators vary

PART D: *Medical Applications of FABMs*

Session Overview: The Female Cycle as the 5th Vital Sign

Session D1: Ovulation as a Sign of Health – Pilar Vigil, MD.

Session D2: Polycystic Ovarian Syndrome (PCOS) – Christine Hemphill, MD.

Session D3: Anovulation – Mary Martin, MD.

Session D4: Endometriosis – Patrick Yeung, MD.

Session D5: Premenstrual Syndrome (PMS) – Jeremy Kalamarides, MD.

Session D6: Abnormal Uterine Bleeding – Christine Hemphill, MD.

Session D7: Integrating FABMs into Clinical Practice – Jean Golden-Tevald, DO, Amina White, MD, Dede Chism

Live Case Study Discussion – Dates and Facilitators vary

PART E: *Medical Applications of FABMs Part II*

Session E1: Polycystic Ovarian Syndrome (PCOS) - Pilar Vigil, MD, PhD.

Session E2: Dysmenorrhea: Healing Painful Periods - Elisa Yao, MD.

Session E3: Hypothalamic Amenorrhea - Brian Burke, MD & Summer Holmes-Mason, MD.

Session E4: Thyroid Dysfunction - Naomi Whittaker, MD.

Session E5: Issues in Adolescence: Acne, Irregular Cycles, Painful Periods - Teresa Kenney, APRN.

Session E6: How to Introduce Body Literacy / Cycle Tracking to Adolescent Girls– Allison Dreher, MA, & Kari Beadner, CFCP.

Live Case Study Discussions – Dates and Facilitators vary

PART F: *Fertility Awareness and FemTech*

Session F1: Using Technology to Track Fertility – Theresa Hardy, PhD, RN.

Session F2: What can be Learned from Millions of Apps Records – Laura Symul, PhD.

Session F3: FABM Apps Marketed to Avoid Pregnancy - Marguerite Duane, MD.

Session F4: The FEMM App: A Practical Integration into Clinical Practice – Danielle Koestner, MD.

Session F5: A Demonstration of the Chart Neo App – Melissa Buchan

Session F6: Quantitative fertility monitor comparison - Thomas Bouchard, PhD.

Session F7: FemTech: Apps to Achieve Pregnancy: Comparing PreMom, Proov, and Clearblue: A User's Perspective - Leslie Rewis, MD.

Session F8: Exploring Combinations of Home-Based Urinary Hormonal Electronic Reading Devices with NFP Methods - Rene Leiva, MD.

Session F9: A Comparison of App-Defined Fertile Days from Two Fertility Tracking Apps using Identical Cycle Data - Mike Manhart, PhD.

Live Case Study Discussion – Dates and Facilitators vary

PART G: Lifestyle and Fertility

Session G1: Functional medicine as it applies to women's health and FABMs - Jean Golden-Tevald, DO.

Session G2: FABMs and Lifestyle: Intergenerational Health - Joe Stanford, D, MSPH.

Session G3: Sleep and Reproductive Health: Highlights of the literature - Lynn Keenan, MD.

Session G4: Nutrition & Procreation: The Impact of Food on Fertility - Lauren Rubal, MD.

Session G5: The Effect of Diet on the Female Cycle - Sunni Mumford, PhD.

Session G6: The role of physical activity in fertility - Gabriela Mena, PhD.

Session G7: Maximizing Female Preconception Potential - Elisa Yao, MD.

Session G8: A Restorative Approach to gynecological problems - Summer Holmes Mason, MD & Ashley Jensen, RN.

Session G9: FABMs, Nutrition, and Endometriosis: A Case Study Outlining the Importance of a Holistic, Individualized Approach - Karli Malloy, MS, PS-C.

Session G10: Gut Microbiome and Hormone Health - April Lind, MD.

Live Case Study Discussion– Dates and Facilitators vary

PART H: RRM and Medical Applications

Session H1: Restorative Reproductive Medicine: Creighton Model/NaProTECHNOLOGY - Christine Hemphill, MD.

Session H2: ABC's of Restorative Reproductive Medicine - Phil Boyle, MD.

Session H3: Miscarriage: A Case-based Update - Luke McLindon, MD.

Session H4: Irregular Menstrual Cycles: Use of the Fertility Cycle Chart in the Evaluation of Frequent Menstrual Bleeding, Infrequent Menses, & Secondary Amenorrhea - Anne Nolte, MD.

Session H5: The Luteal Phase: Can it be defective? - Gabriel James, MD.

Session H6: Research on Treating Infertility with Restorative Reproductive Medicine - Paul Carpentier, MD.

Session H7: Clinical outcomes in restorative reproductive medicine - Joseph Stanford, MD, MSPH.

Live Case Study Discussion – Dates and Facilitators vary

