

# What Are FABMs?

Did you know that, with Fertility Awareness Based Methods (FABMs), a woman can learn to observe various physical signs, or biomarkers, that reflect the hormonal changes in her monthly cycle? A woman may record these observations on a paper chart or track them using an app to monitor her health and understand her body better. With this information, a woman or couple can identify potential fertile days as well as note infertile days to plan or prevent pregnancy. Charting data also provides valuable information that may help trained medical professionals diagnose and manage common women's health concerns.



## What should I know about FABMs?

There are different types of modern FABMs with solid *scientific research* that supports their effectiveness for family planning. Based on the highest quality research studies, typical use effectiveness rates for FABMs range from 86% - 98% for pregnancy prevention. These methods differ significantly from conventional forms of birth control, as FABMs are natural, have no medical side effects, and allow a woman to cooperate with her body rather than suppressing her normal physiology. Research also shows some FABMs can be used effectively to achieve pregnancy, even for couples dealing with infertility.

### Fertility Awareness Based Methods offer many benefits to users, they:

- Are educational and empower a woman to understand her natural gynecologic health
- Are very effective for family planning when learned via trained instructors and used properly
- Have no medical side effects
- Are cost effective to learn and use
- Can be used over the course of a woman's reproductive life
- Promote a couple's shared responsibility, communication, and intimacy
- Can help trained professionals diagnose and treat cycle irregularities and conditions like polycystic ovarian syndrome (PCOS), endometriosis, premenstrual syndrome (PMS), and infertility



## How FABMs work:

Almost all FABMs rely on observations of one or more biomarkers, including cervical fluid, basal body temperature, and urinary hormones. Based on the woman's observations, she follows rules specific to her chosen method to determine her potential fertile and infertile days. Couples then modify their behavior according to their family planning goals.

METHOD	Biomarkers Observed	Effectiveness Rates (with perfect use)	Effectiveness Rates (with typical use)
Creighton	Cervical Mucus	99%	83 - 97%
Billings Ovulation	Cervical Mucus	97 - 99%	89.5%
TwoDay Method	Cervical Secretions	96%	86%
Marquette Model	Cervical Mucus; Urinary Hormone Levels	98 - 99%	86 - 98%
SymptoThermal	Cervical Mucus; BBT; Cervical Position <i>(opt.)</i>	98 - 99%	98%
Standard Days	Cycle Beads (Calendar)	95%	88%
Lactational Amenorrhea (LAM)	Specific Postpartum Criteria	99.5%	98%