

## Course Title

FABMs for Family Planning and Restorative Reproductive Women's Healthcare

## Course Description

***Introduction to Restorative Reproductive Medical Approaches*** is a compilation of lessons selected from the **FACTS CME course** to serve as an introduction to the 2024 FACTS Virtual Conference, **Diversity YOUR Approach to Reproductive Healthcare**. Through online lectures and readings, this course will provide foundational knowledge in FemTech and approaches in restorative reproductive medicine for addressing women's health conditions.

Participants will learn about modern medical approaches to restorative reproductive medicine (RRM), various fertility awareness-based methods (FABMs), and how they are used in the management of women's health conditions. The course also provides foundational knowledge in the use of FemTech to monitor naturally occurring biomarkers in the female reproductive health system. In this course, participants will also learn about the medical protocols that are utilized in the following methods:

- NaPro Technology
- FEMM
- NeoFertility
- Integrative Medicine

## Course Directors and Contact Information

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## Course Objectives

Upon completion of the course, you will be able to identify different approaches to managing women's health issues and implement them with confidence in a way that is understandable to patients new to fertility awareness-based methods (FABMs) and those who may already be familiar with these methods. You will also learn the role of FemTech in female cycle tracking. Specifically, you will be able to:

1. Understand the physiology of ovulation and the menstrual cycle through the ovarian continuum.
2. Understand how ovulation can be understood as a sign of hormonal balance and adequate health status.
3. Identify the normal biomarkers for NaPro tracking with the Creighton Model.
4. Identify the biomarkers to use in medical management tracking with the FEMM Model.
5. Identify normal biomarkers for tracking with NeoFertility. Discuss how NeoFertility approaches women's health care.

6. State the opportunities and challenges for integrating FABMs into clinical practice.
7. Review the concept of integrative medicine as a complement to standard medicine, and complementary strategies that can support couples trying to conceive.
8. Summarize implications of research for the development of nutritional interventions for women desiring to get pregnant.
9. Discuss the use of new technology to assess female hormones.
10. Identify the primary forms of technology utilized for tracking the menstrual cycle (FemTech).

## Course Assessments

### Knowledge assessments for online lessons:

- For each online lesson, there is a brief knowledge assessment on the material.

## Lesson Overview (Earn up to 6 AAFP-approved CME)

### Ovulation as a Sign of Health – Pilar Vigil, MD (from part D of the CME Course)

#### Objectives:

1. Understand the physiology of ovulation and the menstrual cycle through the ovarian continuum.
2. Understand how ovulation can be understood as a sign of hormonal balance and adequate health status.
3. Describe and discuss the main causes of ovulatory dysfunction in women of reproductive age.

### NaPro Technology – Amina White, MD (from Part C of the CME Course)

#### Objectives:

1. Identify the normal biomarkers for NaPro tracking with the Creighton Model.
2. Discuss case studies of abnormal biomarker patterns in a Creighton chart for common gynecological problems, including chronic vaginal discharge, PMS, PCOS, endometriosis, recurrent miscarriage, thyroid dysfunction, and infertility.
3. Visualize in Creighton charts how the implementation of cooperative measures restores the fertility cycle to normalcy.

### FEMM Medical Management – Summer Holmes-Mason, MD (from Part C of the CME Course)

#### Objectives:

1. Identify the normal biomarkers to use medical management tracking with the FEMM Model.
2. Discuss case studies of abnormal biomarker patterns in a FEMM Model chart for common gynecological problems.
3. Discuss how the implementation of cooperative measures restores the fertility cycle to normalcy, and how this may be visualized in FEMM charts

### **NeoFertility – Phil Boyle, MD (from Part C of the CME Course)**

#### Objectives:

1. Identify normal biomarkers for tracking with NeoFertility.
2. Discuss how NeoFertility approaches women's health care.
3. Discuss how PMS and endometriosis affect endorphin levels and potential for treatment of these common conditions with low dose naltrexone.
4. Identify areas of future research needed in women's healthcare relating to use of low dose naltrexone.

### **Functional medicine as it applies to women's health and FABMs - Jean Golden-Tevald, DO (from Part G of the CME Course)**

#### Objectives:

1. Understand the definition of Functional Medicine and how it is different from a more standard medical approach.
2. Learn what tools are used in evaluating a person using a Functional Medicine approach.
3. Understand how, in a Functional Medicine model, menstrual charting can give insight into a patient's overall health through all the stages of evaluation, treatment, and health optimization.

### **Nutrition & Procreation: The Impact of Food on Fertility - Lauren Rubal, MD (from Part G of the CME Course)**

#### Objectives:

1. Define key elements of a fertility diet
2. Analyze associations between dietary patterns and difficulty conceiving
3. Summarize implications of research for the development of nutritional interventions for women desiring to get pregnant

### **Restorative Reproductive Medicine through an Integrative Medicine Lens - Lauren Rubal, MD (from Part I of the CME Course)**

#### Objectives:

1. Review the concept of integrative medicine as a complement to standard medicine, and complementary strategies that can support couples trying to conceive
2. Suggest botanicals and nutraceuticals that may offer benefit in cases of dysmenorrhea and endometriosis
3. Explore varied causes of anovulation and suggest approaches to treatment
4. Learn strategies to evaluate and manage premenstrual syndrome (PMS)

## **FABM Apps Marketed to Avoid Pregnancy – Marguerite Duane, MD (from Part F of CME Course)**

### Objectives:

1. Describe the rating criteria developed to evaluate fertility awareness apps intended to be used by couples to prevent pregnancy.
2. Discuss the difference between apps that predict the fertile window and apps that do not.
3. Identify and recommend the highest quality apps based on their accuracy.

## **FemTech: Apps to Achieve Pregnancy: Comparing PreMom, Proov, and Clearblue: A User's Perspective - Leslie Rewis (from Part F of the CME Course)**

### Objectives:

1. Describe the differences between fertility monitors and kits available for tracking urinary hormones
2. Discuss the possible applications of these monitors for use with fertility awareness based methods in couples trying to conceive, and monitoring women's health
3. Highlight insights from a user's perspective on the practical experience of using fertility monitors
4. Examine quantitative hormone patterns in special circumstances, including use of chemotherapeutic agents

## **Suggested Readings (Earn up to 4 AAFP-approved CME)**

Duane M, Stanford JB, Porucznik CA, Vigil P. Fertility Awareness-Based Methods for Women's Health and Family Planning. *Front Med (Lausanne)*. 2022;9:858977. Published 2022 May 24. doi:10.3389/fmed.2022.858977 - **from Part B of the CME Course**

Vigil P, Blackwell LF, Cortes ME. The Importance of Fertility Awareness in the Assessment of a Woman's Health a Review. *Linacre Q*. 2012 Nov;79(4):426-450. doi: 10.1179/002436312804827109. Epub 2012 Nov 1. PMID: 30082987; PMCID: PMC6027096. - **from Part D of the CME Course**

Broad A, Biswakarma R, Harper JC. A survey of women's experiences of using period tracker applications: Attitudes, ovulation prediction and how the accuracy of the app in predicting period start dates affects their feelings and behaviours. *Womens Health (Lond)*. 2022;18:17455057221095246. doi:10.1177/17455057221095246 - **from Part F of the CME Course**

Jurczewska, J., & Szostak-Węgierek, D. (2022). The Influence of Diet on Ovulation Disorders in Women—A Narrative Review. *Nutrients*, 14(8), 1556. - **from Part G of the CME Course**

Mumford SL, Chavarro JE, Zhang C, Perkins NJ, Sjaarda LA, Pollack AZ, Schliep KC, Michels KA, Zarek SM, Plowden TC, Radin RG, Messer LC, Frankel RA, Wactawski-Wende J. Dietary fat intake and reproductive hormone concentrations and ovulation in regularly menstruating women. *American Journal of Clinical Nutrition* 2016; 103(3): 868-77. PMID: 26843151. PMCID: PMC4763493. - **from Part G of the CME Course**

van Dijk MR, Koster MPH, Willemsen SP, Huijgen NA, Laven JSE, Steegers-Theunissen RPM. Healthy preconception nutrition and lifestyle using personalized mobile health coaching is associated with enhanced pregnancy chance. *Reprod Biomed Online*. 2017 Oct;35(4):453-460. doi: 10.1016/j.rbmo.2017.06.014. Epub 2017 Jun 27. PMID: 28688924. - **from Part G of the CME course**