



Boston Cross Check

What is the Boston Cross Check Method?

Boston Cross Check (BCC) is a fertility awareness based method (FABM) of family planning that does not alter a woman or man's body, is natural and poses no risk of side-effects. Women can use BCC to monitor some aspects of reproductive health, and couples can use the method throughout their reproductive years to avoid or achieve pregnancy.

Observations of a woman's signs of fertility are used in order to identify her fertile and infertile times. BCC incorporates three primary biomarkers (an electronic fertility monitor, basal body temperature, and cervical fluid) and supports the use of some supplementary biomarkers—at-home urinary hormone tests for LH and PdG—in addition to calculation/algorithmic rules to aid in establishing fertile and infertile times.

How does Boston Cross Check work?

As reflected in the name of the method, BCC teaches a couple to use two or more markers to know when they are fertile. However, when required, instructions for use of a single biomarker can be provided. BCC teaches a woman to observe changes in her cervical fluid, which undergoes changes under the influence of estrogen and progesterone that can be both seen and felt. In addition, a couple is taught how to chart and interpret changes in the woman's basal body temperature (low core temperature when at rest), which follows a cyclical pattern. A couple is also shown how to use an electronic fertility monitor to measure hormone levels in her urine.

BCC helps couples combine two or more of these signs of fertility so that they may have more confidence in understanding their times of fertility and infertility. With BCC, couples can use any one of the following combined approaches to estimate their time of fertility:

1. Electronic hormonal fertility monitor + cervical fluid + basal body temperature
2. Electronic hormonal fertility monitor + cervical fluid
3. Electronic hormonal fertility monitor + basal body temperature
4. Cervical fluid + basal body temperature
5. Cervical fluid + LH tests + basal body temperature

Some other combinations are possible. Single biomarker use (most often the fertility monitor) can be provided as required. All of the above options are accompanied by calculation/algorithmic rules. Couples simply choose to engage in or avoid sexual relations depending on their family planning goals.

How effective is the Boston Cross Check in helping couples avoid or achieve pregnancy?

BCC is not attached to a research institution, so does not currently have its own peer-reviewed efficacy studies. All of the BCC instructions for the three primary biomarkers are based on studies that demonstrate an efficacy of between 98-99.8% with correct use.^{1,2,3,4} BCC adopts a conservative approach with the aim of maximising effectiveness when aiming to avoid pregnancy. To use the Boston Cross Check Method correctly, a couple needs to learn from a certified BCC teacher, and follow the instructions for avoiding or achieving pregnancy, depending on their goals.

Boston Cross Check can also be used by couples trying to become pregnant. As with other FABMs, couples aiming for pregnancy by charting cycles and tailoring intercourse to the fertile window are likely to achieve it in roughly half the time it takes couples not doing so.^{5,6} Those using the electronic fertility monitor are twice as likely to conceive within two cycles compared to couples who didn't use it.⁷



What are some benefits of the Boston Cross Check?

BCC is a flexible method of family planning that can be used to avoid or achieve pregnancy. The method is adaptable as the choice of biomarkers can change as a couple's circumstances, budget, and family planning intentions change over their reproductive lives. It empowers women with self-knowledge and teaches couples to understand their fertility and work with their bodies.

Monitoring a variety of biomarkers such as bleeding patterns, cervical fluid, hormonal patterns/levels and basal body temperature can assist in identifying health and fertility issues. All BCC instructors are trained to evaluate charts for abnormal cycle patterns of biomarker presentations, and alert their clients when a possible hormonal disturbance is indicated, so they can pursue care from trained medical professionals.

Can women who have irregular cycles or are breastfeeding use the Boston Cross Check Method?

Yes! BCC has instructions for use in transitional stages of fertility, such as breastfeeding/postpartum or in perimenopause, and is adaptable to other circumstances of irregularity. It can be tailored to different circumstances because of the variety of primary and secondary biomarkers that can be combined (and sometimes used alone) as needed.

Where can I find more information on Boston Cross Check?

BCC website: <https://www.bostoncrosscheck.com>
Instagram: https://www.instagram.com/boston_cross_check
Facebook: <https://www.facebook.com/bostoncrosscheck>
Email: hello@bostoncrosscheck.com

Sources

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Fertility Appreciation Collaborative to Teach the Science (FACTS)
www.FACTSaboutFertility.org