

NaProTechnology under the supervision of Mother. Vol. II. FamilyYES pastoral care and the NaProTechnology clinic at Sacred Heart.

In Krakow at Saska street is home to not only the Sacred Heart monastery and hotel, but also also the seat of specialized pastoral ministries, where, among others, is very important to promote a field of medicine supporting gynecological and reproductive health – nanotechnology. RodzinTak.pl hosts meetings, workshops and training introducing the topic of fertility. Instructors, doctors and... priests. We invite you to another conversation, this time with Dr. n.med. Tomasz Kandzia.

Tomasz Kandzia, MD, PhD, is an obstetrician-gynecologist and nanotechnologist. In 2019, he obtained a PhD in medical sciences from the Medical University of Silesia. He completed the NaPro TECHNOLOGY™ course in Omaha, United States, under the supervision of prof. Thomas Hillgers. Member of the Polish Society of Gynecologists and Obstetricians, Polish Society for Reproductive Health and Infertility Treatment, Gynecologists' Section Catholic Association of Polish Doctors. Owner of the Familia Center. Frequent Guest lecturer at a specialist clinic at the Domus Mater.

Dorota Mazur: Doctor, how did it happen that you became a nanotechnologist? If you followed this path since the beginning of your studies?

Dr. Tomasz Kandzia: When I started medical studies, I wanted to become a hematologist, however Already at the initial stage, God showed me to go towards nanotechnology, for which I decided to choose gynecological specialization. I became a gynecologist for naprotechnology (not the other way around), because it was God's inspiration - I realized that We need doctors who ethically support natural procreation and those who do not they resort to assisted reproductive methods. DM: Statistics show that the problem of infertility affects one in five couples - that is up to 20% of society. Is infertility medically defined? as a disease and how does it differ from infertility? TK: Infertility is a condition in which conception is not possible via any means natural. Infertility, on the other hand, is a disease resulting in the inability to conceive a child despite the couple's year of actively trying.

DM: Naprotechnology as a system of natural medical activities that aim at aimed at restoring a woman's natural fertility, ensuring respect for intimacy spouses and body language. What is the treatment like?

TK: Naprotechnology is a certain system of activities and diagnostics that make it possible finding the reason why a couple cannot have a child. Naprotechnology is based on the Creighton model, i.e., among others on diagnosis and observation of secretions vaginal,

changing under the influence of hormones during a woman's cycle. Thanks to this model, the patient learns about the functioning of her body in terms of hormonal. Ladies who have learned this method can do it with great success accurately determine when they are fertile or infertile. By monitoring change hormones in the cycle, e.g. estrogen, progesterone or pituitary hormones, and examining their specific levels in a given phase and day of the cycle, you can clearly determine what the body needs what is missing or what is the problem, e.g. premature luteinization of egg cells or hormone disorders, e.g. excessive prolactin secretion. It makes it possible too implementation of specific pharmacological or surgical treatment.

DM: NaProTechnologia, in many cases, combines knowledge from many fields fields of medicine - internal diseases, diabetes, immunology, surgery, andrology or dietetics. Is this advisable?

TK: Infertility is a very complex disease that requires extensive knowledge and cooperation specialists from various fields of medicine. Only a holistic approach to the couple makes this possible discovering the cause of infertility and its proper treatment, thus obtaining it satisfactory effectiveness of treatment. The treatment itself is often not simple, requires the couple's commitment and acceptance of the treatments, medications and activities used aimed at restoring full fertility.

DM: How does using contraception relate to the possibility of remaining infertile later? – is there such a thing as over-the-counter contraception?

TK: Contraception, like any drug, has its side effects. When it comes to long-term use of contraceptives cannot go so far as to say that they influence the occurrence of infertility in the strict sense - there are no studies that would prove this showed. However, they can certainly appear in long-term use consequences – e.g. weakening of the cervical mucus, which may be irreversible. Others the consequences of using contraceptives include the possibility of stroke, clot or embolism, so you should always consent to such treatment. Two-component hormonal tablets are used therapeutically in medicine, but always with... use them, you should ask yourself the question about the purpose: why do you use them, is there any other possibility/technique? treatment and whether all other methods have been exhausted. For example, irregular cycles related to polycystic ovary syndrome can be effectively treated with natural remedies progesterone without resorting to two-component hormonal pills.

DM: All this probably requires patience for observation and time....

TK: Naprotechnology has been used since 1985 and is constantly being improved – based on experience. It is also worth remembering that understanding natural processes it is multi-stage, which requires time. We have published available by prof. T. Hilgers, the creator of the NPR method, research describing the effectiveness of activities - with pairs, who started diagnosis in one period, after a year approximately 40% of the treatment ended with pregnancy, and after three years, over 70% of the couples had children.

DM: Thank you for the interview.

TK; Thank you.