

NaProTechnology under the supervision of Mother - part III. FamilyYES pastoral care and the NaProTechnology clinic at Domus Mater.

Iwona Koprowska, M.A., works in the Pastoral Care of RodzinTak.pl lactation consultant, instructor of the Creighton Model and teacher of the method according to prof. J. Roetzer. We decided to talk to the instructor.

Dorota Mazur: Mrs. Iwona, please tell me what the Creighton Method is and what it involves depends? Iwona Koprowska: Creighton Model FertilityCare System is a recognition method fertility, which can be used both in family planning and prevention, gynecological and reproductive diagnostics and treatment. With its help, one recognizes oneself fertility and infertility phases and monitors a woman's menstrual cycles. This is a method where the relationship between fertility biomarkers (cervical mucus) and possibility of getting pregnant and gynecological health biomarkers and various cycle irregularities. These include symptoms such as: unusual bleeding, brown spotting at the end of menstruation, spotting at the end of the cycle, shortened phase postpeak, low mucus index, overproduction of vaginal secretions, etc. Their recording may provide the doctor with preliminary information helpful in diagnosis, treatment or inform him about the progress of treatment. The level of thoroughness of observation allows, for example, adjusting the date of diagnostic tests to the appropriate moment cycle. Testing the progesterone level on the 20th or 21st day of the cycle may indicate its correct level, and performing it on a specific day after a period of approx ovulation may help show its abnormally low level. It is worth remembering that - despite the progress of medicine - there will be situations where the Model Creighton will shorten or facilitate the diagnosis or treatment of fertility problems. However, in the case of gynecological disorders, a woman has a chance to draw the attention of a doctor at a stage when the disorders are in the early stages of development.

DM: Nowadays – in a world focused more on artificial reproduction and a pervasive lack of motivation to get to the bottom of the problem by finding the causes of poorly functioning natural fertility mechanisms are easy to disturb the female body, and "tuning" is more difficult then, right?

IK: There is such a risk with any inappropriate treatment of any disease. The body can also be dysregulated by various factors: lifestyle, incorrect diet, stimulants, failure to cope with stress and other difficult experiences. In this case, important is the education of all of us. It's about learning, among other things. The Creighton model that will allow woman/marriage: learn the physiology of the cycle, the course of normal cycles, recognize abnormalities or distinguish causal from symptomatic treatment. Maybe have it huge impact on women's and couples' decisions about treatment.

DM: What's the problem that married couples who somehow met nanotechnology (are they aware of this method), are they skeptical? They lack patience – because they have to spend a lot of time observing? Or does such materialism manifest itself? modern times - to immediately

"have"?

IK: It's hard for me to objectively answer this question fully because couples who don't If they choose this method of treatment, they simply don't appeal to me. Of these skeptical people, who often simply lack hope for "happy and", come across such who have problems with making decisions, for example ("maybe nanotechnology, maybe in vitro, maybe "you have to give it a rest"), they often have less motivation to do so regular, such insightful observations. There is a distorted and unclear hierarchy of values I have the impression that there is overwhelming time pressure (even among young people), which requires a lot of time consequences in order to effectively defend against it. I've heard arguments: "We don't want to do it hope", "we don't want to start a spiral of more ineffective &miraculous things ways<". Couples often say they don't know if they should stop yet? Or else Did they do too little? Where is the border? When to say: "Stop. Thank you already." I remember a couple who did not decide to study because they realized during the introductory meeting that they are supposed to make some decisions here, share responsibility, "So what are we here for? should we pay?" It happens to me that only women come because either the husband did not want to get involved studies, he didn't see a place for himself, or even the woman came against her husband's prohibition, a secret from him. This is a particularly difficult situation for the woman. Hard itself, and in addition, such women feel lonely, abandoned, with the feeling that they oppose their husband. However, we cannot forget that fertility is also a problem a difficult situation for men, and some of them are unable to cope with it on their own problem – they are unable to support women. Let us remember that it is easier to judge than to judge carry any weight together. It may look like a small suitcase, but they could be there stones, or we have a hand injury and it is simply harder for us to carry it than others.

DM: Thank you for the interview.

IK: Thank you.