

NATURALLY...

Ovulation Predictor Kits

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Recently a young woman asked why she just couldn't use an ovulation kit to determine when she was ovulating. She felt that a month of abstinence to determine her signs of fertility was just a waste of time.

In a perfect world an "Ovulation Predictor Kit" (OPK) would be 100% effective all the time. On the Discovery "Fit & Health" website they list some of the pros and cons of the OPK.

"The OPK measures the surge of LH that precedes ovulation approximately 36 hours before hand. It does not measure ovulation. The OPK cannot confirm that ovulation

has actually taken place and whether the cervical mucus present is conducive to fertilization. Fertile type mucus is produced under the influence of the hormone estrogen and enables the sperm's mobility to meet the egg in the fallopian tube.



Interestingly enough, the OPK will not function reliably when injectable fertility drugs such as Pergonal or the hormone hCG are present in the woman's system. The cost of the OPK is between \$17 and \$50/kit and is used for only 1 cycle."

The website stresses that *the OPK is most effective when used with other monitoring methods.*

So the answer to the question is: The BEST way to know if you're ovulating is to learn and track your own body's signs of fertility.

"Women's Brains on Steroids—Catawampus?"

The use of steroids by athletes is deemed dangerous by athletic authorities. Yet millions of women take steroids daily by using birth control pills (BCP's). A study found in the journal, Brain Research, showed that "the effects of BCP's may be subtly seeping

into and modulating brain structure and activity". The study suggests that boosted by artificial means the brain may go all 'catawampus'. Although more studies need to be done, "the possibility that an accepted form contraception has the ability to alter the gross

structure of the human brain is a cause for concern, even if the changes seem benign..." Athlete's have found steroid use too "costly", perhaps we should reconsider the "cost" of BCPs to women's health.

Women's Brains on Steroids by Craig H. Kinsley & Elizabeth A Meyer

ST. GIANNA MASS TO BE SAID IN SPANISH

MISA DE ST. GIANNA
UNA TARDE DE ORACION PARA PAREJAS
CON PROBLEMAS DE INFERTILIDAD/
PERDIDA DE EMBARAZO

Domingo, 30 de Diciembre del 2012
a las 12:45pm

ST. PETER'S CHURCH

115 BROADWAY, HAVERSTRAW, NY 10927

Misa Solemne a las 12:45pm

REV. THOMAS MADDEN

Celebrante Principal Homilista

DESPUES DE LA MISA: VENERACION DE
LAS RELIQUIAS DE SANTA GIANNA

SEGUIDO DE UNA RECEPCION EN EL
SALON PARROQUIAL

Co-Patrocinado por:
St. Peter's Church;
St. Gianna's Center; y
La Arquidiocesis de N.Y.
Oficina de Vida Familiar y
Respeto a la Vida



Despues de Misa
Puede hablar con Drs.
de Creighton y
profesores especializa-
dos en ayudar a parejas
con infertilidad

- The next issue of "Naturally" will feature testimonies of couples who use NFP and couples experiences with the St. Gianna Mass. If you have a witness you would like to share please email it to: Virginia.Corbett@archny.org.
- Any questions concerning fertility, infertility, contraception, menstrual cycles, etc. email to: Virginia.Corbett@archny.org.
- St. Gianna petitions email to: Virginia.Corbett@archny.org.