

Need your NFP charts on-the-go?



Check out fertilityflower.com for the first fully mobile website that allows you to access your sympto-thermal charts on your smartphone, iPhone or iPad.

Don't forget to register!

Why the Fig Leaf? God, Sex and Sensibility

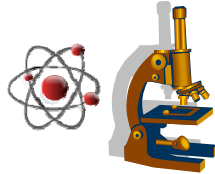
A Theology of the Body for our times.

May 14th, 2011
Madonna University
8:30 AM-3:30 PM

For more information and to register go to

www.aodonline.org/TheologyoftheBody

Fertility Science



Hormonal contraception and risk of venous thromboembolism: national follow-up study

Lidegaard et. al, 2009; BMJ. Aug 13;339:b2890

The risk of venous thromboembolism (VTE; blockage of an artery, often by a blood clot) is of real concern for women using some forms of oral contraceptives (OC). A study in *BMJ* looked at the relative risk for VTE among users of various types of hormonal contraception. The authors found that the higher the level of estrogen in the OC formulation, the higher the woman's risk was for VTE.

Today, many OC formulations are a combination of estrogen and progestogen-like compounds such as

desogestrel, gestodene, or drospirinone. The study found that these combined formulations also significantly increased a woman's risk for VTE compared to non-OC users. Drospirinone was the worst offender, increasing a woman's risk for VTE by four times compared to non-OC users.

NFP Quick Facts:

Couples using NFP have an average of 2.5 children compared to 1.4 for those using artificial means of contraception.

M. Edgar & D. Daughtry. "Marital Satisfaction and Family Planning Practices". Study presented at APA conference. 2005.

NFP: Make a Resolution, May Challenge



Educate your teen about NFP

Spreading the word about NFP starts at home and starts with Theology of the Body. From an early age our children are bombarded with messages (from TV, classrooms, and friends) about sex and their fertility. Make a commitment to counter our culture's message with age appropriate information about Natural Family Planning and Theology of the Body.

Check out the resources listed below. Also, let us know about any resources you have found that help explain NFP/Theology of the Body to teens.

Theology of the Body for Teens: Discovering God's Plan for Love and Life, by Jason Evert, Brian Butler & Crystalina Evert.

Theology of His Body/Theology of Her Body: Discovering the Strength and Mission of Masculinity/Discovering the Beauty and Mystery of Femininity, by Jason Evert.

For older teens: Check out some funny videos comparing NFP and contraception at chastity.com. Go to "Q&A" tab, click on "Birth Control" and scroll down to the NFP section.

Please email topics, articles, questions, and suggestions to TLC at jndorsten@gmail.com