



## Christian Voices for Life

### Weekly Pro-Life

#### Education

#### Prayer

#### Action

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### FDA Approves Fertility Awareness App for Contraception

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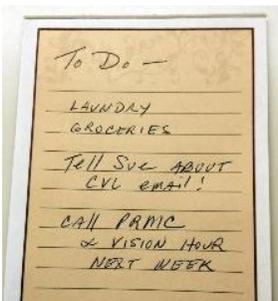
**Education:** Fertility Awareness-Based Methods (FABMs) of avoiding pregnancy work by allowing a woman to be aware of the fertile times of her cycle and abstaining from intercourse during those times. FABMs have been under-rated and not appreciated by the medical community for many years. The CDC still ranks FABMs as having a typical use failure rate of 24% (1). This rate, however, is based on a seriously flawed study, and more recent, better studies have shown typical use failure rates of only 1.6% to about 12% for various types of FABM's. (2) In recent years, phone apps have arisen to help women track their cycle and predict

which days they are fertile. One app, Natural Cycles, requires the woman to take her basal temperature each morning, and uses that data, along with accumulated data on the woman's cycles, to calculate the fertile days. The user is instructed to either abstain or use another method of contraception on the fertile days. This app has a typical use failure rate of 6.5%, and was recently approved by the FDA as a method of contraception. (3) This move will hopefully lead to a wider acceptance of FABMs in the medical community, greater promotion of this option to women, and more support for women using Natural Family Planning or other FABMs. Unfortunately, the August 2018 issue of *Obstetrics and Gynecology* included an article which falsely concluded that the majority of studies of the effectiveness of FABMs were of poor quality, and none were of high quality. A response to the critique has been published by the Fertility Awareness Collaborative to Teach the Science (FACTS).(3)

1. <https://www.cdc.gov/reproductivehealth/contraception/>
2. [https://naturalwomanhood.org/cdcpetition/#\\_edn1](https://naturalwomanhood.org/cdcpetition/#_edn1)
3. "Recent FDA News That's Great for Fertility Awareness..." from Natural Womanhood, 8/29/18, <http://bit.ly/2oDjCNm>



**Prayer:** Dear Father God, please help women to become more aware of both the dangers of hormonal contraception and the viable alternative of fertility awareness-based methods of avoiding pregnancy. Help everyone to understand your beautiful plan for sexuality, and the link between the unitive and procreative meanings of sexual intercourse. Help them to trust in You and Your plan for their lives. Please help doctors and the medical community to fully accept fertility awareness-based methods and not discount them because of flawed studies or a perceived link to the Catholic Church.



**Action:** Sign the [petition](#) sponsored by [Natural Womanhood](#) to ask the CDC to correct their website to include more accurate data on the true effectiveness of fertility awareness-based methods of avoiding pregnancy. If any of your friends are talking about methods of contraception, be sure to inform them that the best method is one that is free of any side effects or health risks, such as fertility awareness-based methods. Full use of the method means abstaining during fertile days, but a cycle of courtship and honeymoon can actually enhance a marriage. Couples who use NFP have an extremely low divorce rate.