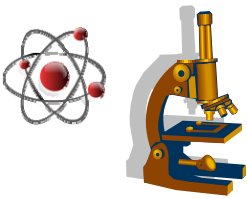


Our new column, “Fertility Science”, will summarize the latest research articles dealing with the multiple aspects of fertility not directly related to the science of NFP (which are covered in our “NFP: Current Research” column) but that we at TLC feel would be of interest to our readers.

Fertility Science



Characteristics of the Menstrual Cycle after Discontinuation of Oral Contraceptives.

Nassarrala et. al., 2011; Journal of Women’s Health.

Many of us know women who have had difficulty becoming pregnant after they have stopped taking oral contraception (OC). A recent study in the Journal of Women’s Health gives insight into why this might be.

In their study, the authors randomly matched 70 women who had recently stopped using oral contraception with 70 women who had not taken oral contraception for at least one year. The women recorded several menstrual cycle biomarkers such as overall cycle length, length of the luteal phase, estimated day of ovulation, duration of menstrual flow, menstrual intensity and mucus score (gauging mucus quality).

The authors found that mucus scores were significantly lower in the first two cycles for OC users. OC users also had a later estimated date of ovulation that was significantly different for the second cycle and significantly lighter menstrual flow for the first four cycles. When the biomarker parameters were looked at together, the first six cycles after a woman stops using OC were significantly different from the control group, suggesting that OC may affect fertility for up to six cycles after stopping the pill.



NFP Quick Facts:

On March 2, 1853 the Catholic Church issued its first official recorded statement on the use of periodic abstinence to avoid pregnancy. A bishop from France asked the Sacred Penitentiary (a tribunal responsible for issues relating to the forgiveness of sins) if married couples who were using periodic abstinence to avoid pregnancy should be “disturbed.” The Sacred Penitentiary’s response was as follows:

“After mature examination, we have decided that such spouses should not be disturbed [or disquieted], provided they do nothing that impedes generation”

NFP: Make a Resolution March Challenge



Start an NFP Support Group.

Whether it is a group or just one other person, having a fellow “NFP-er” to share the struggles and joys of an NFP lifestyle with makes the journey easier and more enjoyable.

Set up regular meeting times for fellowship and fun and see where your NFP support group takes you. If you don’t have an NFP ministry in your home parish, perhaps your group could be the start of one...



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