

An Unexpected Outcome

“A Witness to the Benefits of the Creighton Model of Fertility Care”

by Jamey Hutchinson, BSN CFCP CFCE

Like many women, Christina* began searching for a new doctor after experiencing frustration with the women's health care she received. At the recommendation of a friend, Christina visited the Gianna Center, where she began charting her cycles using the Creighton Model System. She found the Creighton Model relatively easy to learn and appreciated the regular contact with her FertilityCare Practitioner. Christina said she had a basic understanding of reproductive health, but was very surprised by the vast additional insight she gained into her personal reproductive health through charting. This enhanced understanding led Christina to feel much more empowered about her personal health circumstances.

Since adolescence, Christina had suffered with painful cycles and heavy bleeding, common problems for which many women seek care. When she shared her symptoms with her prior obstetrician-gynecologist, it seemed that the only option offered was hormonal birth control. Christina was hesitant about using birth control due to the potential adverse effects, and she felt disappointed by her physician's dismissive attitude towards her concerns. She hoped for more comprehensive care, and above all else wanted answers. She wanted to understand the root cause of her symptoms- why was this happening?

At the Gianna Center, Christina met Dr. Paul Carpentier, a physician trained in NaProTechnology, who took the time to listen to her concerns and get to the bottom of Christina's woman's health problems. After their office visit, which included a comprehensive evaluation of Christina's cycles, Dr. Carpentier strongly suspected endometriosis. Thanks to the care of Dr. Carpentier, whose recommendations included supplementation, medication, nutrition, and lifestyle changes, Christina has experienced a great deal of relief from the painful, heavy periods caused by endometriosis.

Christina was also now able to undergo surgery to further address the condition months later, and ultimately achieved nearly complete relief to her symptoms. Christina now has tremendous appreciation for charting as more than a family planning tool, but a key to improving her women's health.