

The background features several concentric circles in a light red color. A dashed red arrow starts from the left side and curves downwards and to the right, pointing towards the main title.

**F.A.C.T.:**

**Fertility Awareness &  
Contraceptive Trends**

**PDHC Parenting Class**





# Fertility Awareness

- Helps women to **understand their bodies**
- Shows women how their **hormones influence their overall health**

## Fertility Awareness

- Empowers women to make **healthy reproductive & relationship choices**
- Allows women to **participate** in their own healthcare
- Encourages women to **advocate** for their reproductive health



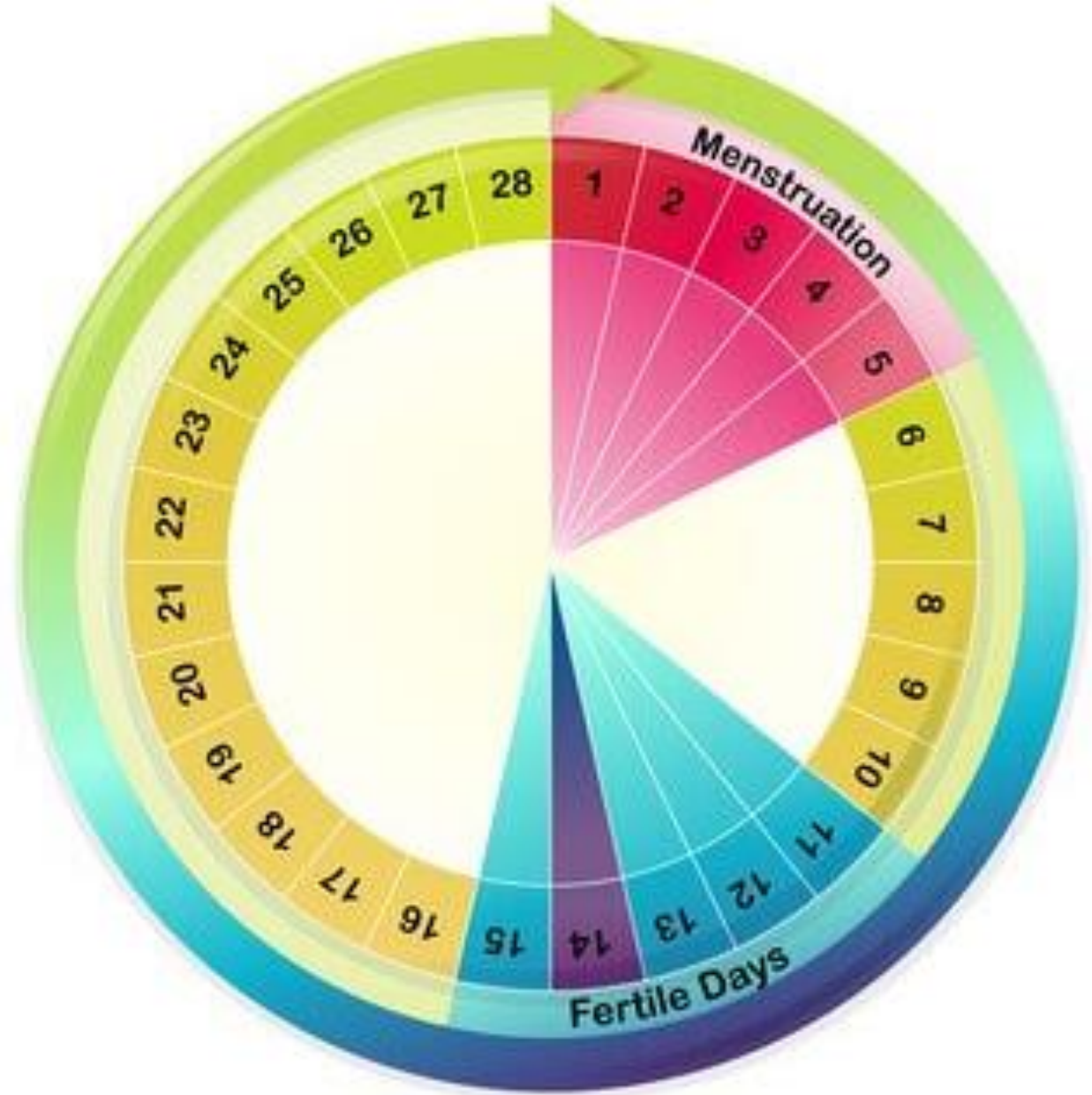
<https://www.youtube.com/watch?v=ayzN5f3qN8g>

# Fertility Cycle

**Knowing what your fertility cycles looks like can help to identify normal and abnormal cycle patterns.**

**If you see something unusual you can be better equipped to talk to your doctor about any issues that may arise.**

When Am I Fertile?



**The Menstrual Cycle**  
About 28 Days

# Ovulation Tracker

**CLICK BELOW  
TO TRY AN OVULATION TRACKER**

- <https://www.womenshealth.gov/ovulation-calculator>



# Reproductive Health & Hormones

- **Estrogen and Progesterone** are 2 major reproductive hormones
- **Ovulation is a sign of good health**
  - Hormones which are **in balance and functioning normally**
- Hormonal imbalances may cause health problems in many areas of the body

# Benefits of Hormones

- **Hormones enable women to get:**
  - **Pregnant**
  - **Carry a child**
  - **Birth babies**
  - **Breastfeed**
  
- **There are lots of hormones that influences us.**  
**Hormones have many roles in the body.**

# Hormone Imbalance

- Insulin is a hormone
  - Diabetics do not make enough insulin naturally
- Progesterone is a hormone
  - If someone has had miscarriages previously, the doctor often prescribes this hormone to help maintain another pregnancy
- (PCOS) Polycystic Ovary Syndrome diagnosis
  - Don't ovulate regularly due to hormone imbalance
  - Can be prescribed a medication to help her have a better chance to conceive.

# Reproductive Hormones Influence General Health

	<b>Estrogen</b>	<b>Progesterone</b>
uterus	tones, contracts	relaxes
endometrium	proliferates	maintains
breast tissue	proliferates	normalizes
<b>bones</b>	<b>bone formation</b>	<b>bone maintenance</b>
blood vessels	dilates, increases flow	relaxes
blood clotting	increases	normalizes
blood sugar	elevates	normalizes
sodium	fluid retention	natural diuretic
brain cells	stimulates	maintains and heals
<b>well-being</b>	<b>normal levels promote well being; high levels increase anxiety</b>	<b>promotes sleep and relaxation; decreases anxiety</b>



# What Influences Hormone Levels?

- Stress Levels
- Eating Habits
- Sleep
- Exercise
- Health Conditions
- Substance Abuse
  - Smoking
  - Alcohol Use
  - Drug Abuse

## 2 TYPES

- **Hormonal**
- **Non-Hormonal**

Contraceptives



HOW DO

CONTRACEPTIVES

WORK?

TEDEd



<https://www.youtube.com/watch?v=Zx8zbTMTncs>



# Hormonal Contraception

- Pill
- Injection
- Implant
- IUD
- Vaginal Ring
- Patch



## Side Effects of Hormonal Contraception

- **Synthetic** Hormones (Manufactured in a lab)
  - Comes with many warnings and **potential side effects**
  - Carcinogen (**known to cause cancer**)
  - May take your body time to recover from the synthetic hormones
  - Serious side effects include blood clots & stroke

# Hormone-Free Contraception

- Natural Family Planning
  - Monitoring your cycle
- FEMM (Fertility Education and Medical Management)
  - Providers in Columbus, Ohio
  - PDHC Staff also teach this class
- Other methods of tracking fertility
  - Search for Creighton Method, Basal Body Temperature, Marquette Method

## Common Signs of Ovulation

### Common Signs of Ovulation that Occur in Most Women

- **Change in cervical fluid** – the Cervical fluid that resembles “egg whites” is a sign you are near ovulation or are ovulating.
- **Change in basal body temperature** – For most women, you will see that prior to ovulation, the basal body temperature is rather consistent. As you get closer to ovulation, you may have a slight decline, but it will be followed by a sharp increase after ovulation. The increase in temperature is the sign that ovulation has just occurred.
- **Change in cervical position or firmness** – The cervix goes through many changes as a woman ovulates. During ovulation, the cervix will be soft, high, open and wet.

## Other Signs of Ovulation

These are secondary signs and may not happen as consistently, if at all, for many women.

- Light spotting
- Slight cramping or pain on one side of the pelvis
- Breast tenderness
- Abdominal bloating
- **Increased sex drive**
- A heightened sense of smell, taste or vision

## Period and Ovulation Tracker Apps



FEMM is one of the many period tracker apps available

### REVIEW OF OTHER TRACKER APPS

<https://www.parents.com/getting-pregnant/ovulation/fertile-days/the-10-best-period-and-ovulation-tracker-apps/>

**Talk with your partner before becoming sexually active**

- **If you and your partner disagree on present goals to either achieve or avoid pregnancy, we recommend delaying sexual activity**
- **This can help us be aware of our fertility window, as well as protect our bodies from infections, STI/STDs**

**Healthy  
Relationship  
Choices**



## Healthy Choices

### Pre-conception care

- If sexually active or within childbearing years have an annually by a gynecologist
- Take Prenatal Vitamins daily if hoping to conceive.



## Healthy Choices

### Prenatal care

- Once a woman finds out she is pregnant, early and frequent prenatal care is essential
- Call Step One 614-721-0009 to schedule a prenatal care appointment





HEALTHY  
MOM,  
HEALTHY  
BABY

# References

## Menstruation

- <https://www.youtube.com/watch?v=ayzN5f3qN8g>
- <https://www.merckmanuals.com/en-ca/home/women-s-health-issues/biology-of-the-female-reproductive-system/menstrual-cycle>

## Contraceptives

- <https://www.youtube.com/watch?v=Zx8zbTMTncs>

## FEMM Health

- <https://www.healthline.com/health/high-estrogen#overview1>
- <http://www.healthywomen.org/condition/progesterone>

<https://americanpregnancy.org/getting-pregnant/signs-of-ovulation/>

<https://www.womenshealth.gov/ovulation-calculator>