

## **New Hope in Infertility**

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Infertility is one of the most painful conditions a couple can face. Struggling with the hidden suffering of being unable to have a child and longing for a child to love, many couples are told that invasive procedures, such as in vitro fertilization (IVF) or intrauterine insemination (IUI), are their only hope for success. Yet these procedures have many drawbacks. They are costly – thousands of dollars per cycle – with the success rate per cycle of IVF around 30% for women under age 40 but dropping to less than 10% for women over age 40. In addition, the IVF approach requires the woman to take powerful hormones to “shut down” her reproductive cycle, then additional hormones to over-stimulate her ovaries in order to “harvest” her eggs. Husbands report feeling degraded, as they are asked to give a “sample” through an act of masturbation. And conception occurs, not through a loving, intimate act of intercourse between husband and wife, but rather through a surgical procedure that replaces the marital act. Finally, extra embryos are often created, leading to multiple pregnancies, pressure to abort some of the babies if multiple embryos implant, and later questions about what do to with frozen embryos. Many couples keep frozen embryos perpetually in storage when they cannot afford more cycles of IVF or more children. The moral dilemmas can become overwhelming.

Further, because of the creation and destruction of embryos that occurs, and because many procedures used to treat infertility separate love-making from procreation, many churches teach that these procedures are morally wrong. With all of these drawbacks, and with clear teaching from their churches, couples are then left wondering, “What *can* we do? Are there no alternatives available to us? Doesn’t God want us to have a child?” In the midst of a struggle that only infertile couples can truly appreciate, many men and women feel that they have nowhere to turn for help.

Now, however, couples struggling with infertility have a new reason to hope. For the past 35 years, physicians looking for alternatives to IVF and IUI have been conducting research into diagnosing

and correcting the underlying causes of infertility. The result -- **NaProTECHNOLOGY™** -- a highly effective approach to treating infertility which allows up to 70% of couples to conceive through a natural act of intercourse. And now, for the first time, NaProTECHNOLOGY™ is available in the greater New York area at the Gianna Catholic Healthcare Center for Women in midtown Manhattan.

NaProTECHNOLOGY™ (short for “Natural Procreative Technology”) is a systematic approach to identifying the reasons a woman cannot conceive, correcting underlying abnormalities, and restoring the normal functioning of her reproductive system. By correcting the underlying causes of a woman’s infertility – from subtle hormonal abnormalities and disorders of ovulation to endometriosis and problems with the woman’s anatomy -- couples are able to conceive with success rates that are as good or better than *in vitro fertilization*, even when couples also have infertility due to male factors.

In addition, because NaProTECHNOLOGY™ allows a couple to conceive naturally through a loving act of intercourse and because embryos are not created or destroyed, it is an approach that is completely in line with Christian ethics and is morally acceptable to people of all faiths. What couple would not choose to naturally, if this was a viable, effective option?

Doctors from The Gianna Center are now providing monthly informational sessions regarding the NaProTECHNOLOGY™ approach to treating infertility. Sessions are held at St. Catherine of Sienna Parish, 411 E. 68<sup>th</sup> Street, NY, NY. The lecture begins at 7 pm in the Parish Center and is preceded by a special Mass for couples suffering from infertility and recurrent miscarriage at 6 pm in the Church.

The longing to have a child is one of the deepest longings in the human heart. It can draw couples closer together or tear them apart. It can lead to the birth of new life – or it can lead couples into a situation where they are pressured to actually choose death. Now couples have a life-giving alternative which gives life, without destroying it, and upholds marriage without denigrating it.

For more information about NaProTECHNOLOGY™ or the Gianna Catholic Healthcare Center for Women, visit [www.giannahealth.org](http://www.giannahealth.org) or call (212) 481-1219.