

# Fertility Awareness Methods

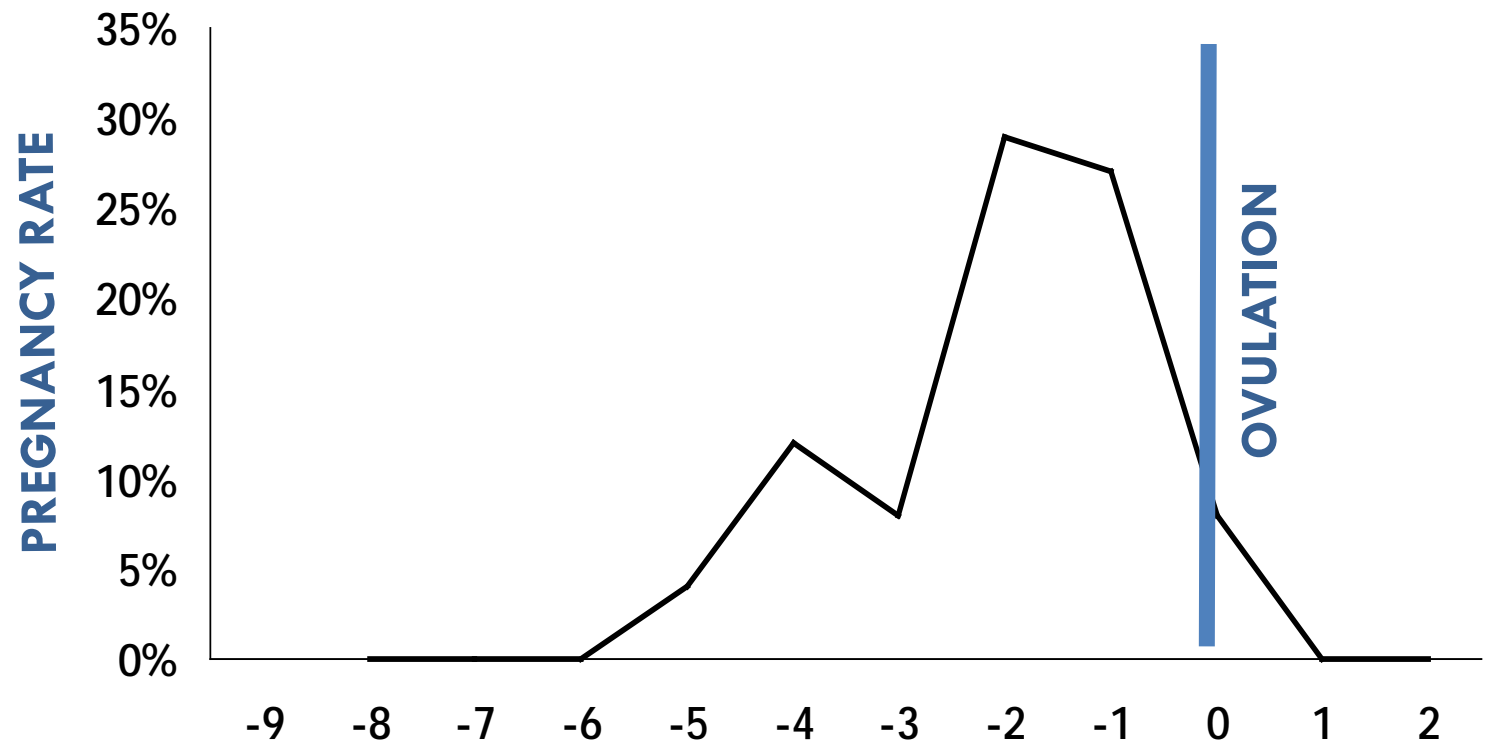
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# VARIABLE FERTILITY DURING THE MENSTRUAL CYCLE

- A woman has a number of fertile days during her menstrual cycle.
- The fertile time is based on
  - timing of ovulation
  - lifespan of sperm

**PROBABILITY OF PREGNANCY FROM INTERCOURSE ON DAYS RELATIVE TO OVULATION**



# WAYS TO IDENTIFY FERTILE DAYS

## Calculation Approach

- Woman knows beforehand when her fertile days will be (based on data, individual or population-based)
- She keeps track of days to know when she is on those fertile days

What day am I on today?

## Symptoms Approach

- Woman identifies fertile days in “real time”, based on one or more symptoms (indicators of fertility)

What do I feel or observe today?

# STANDARD DAYS METHOD



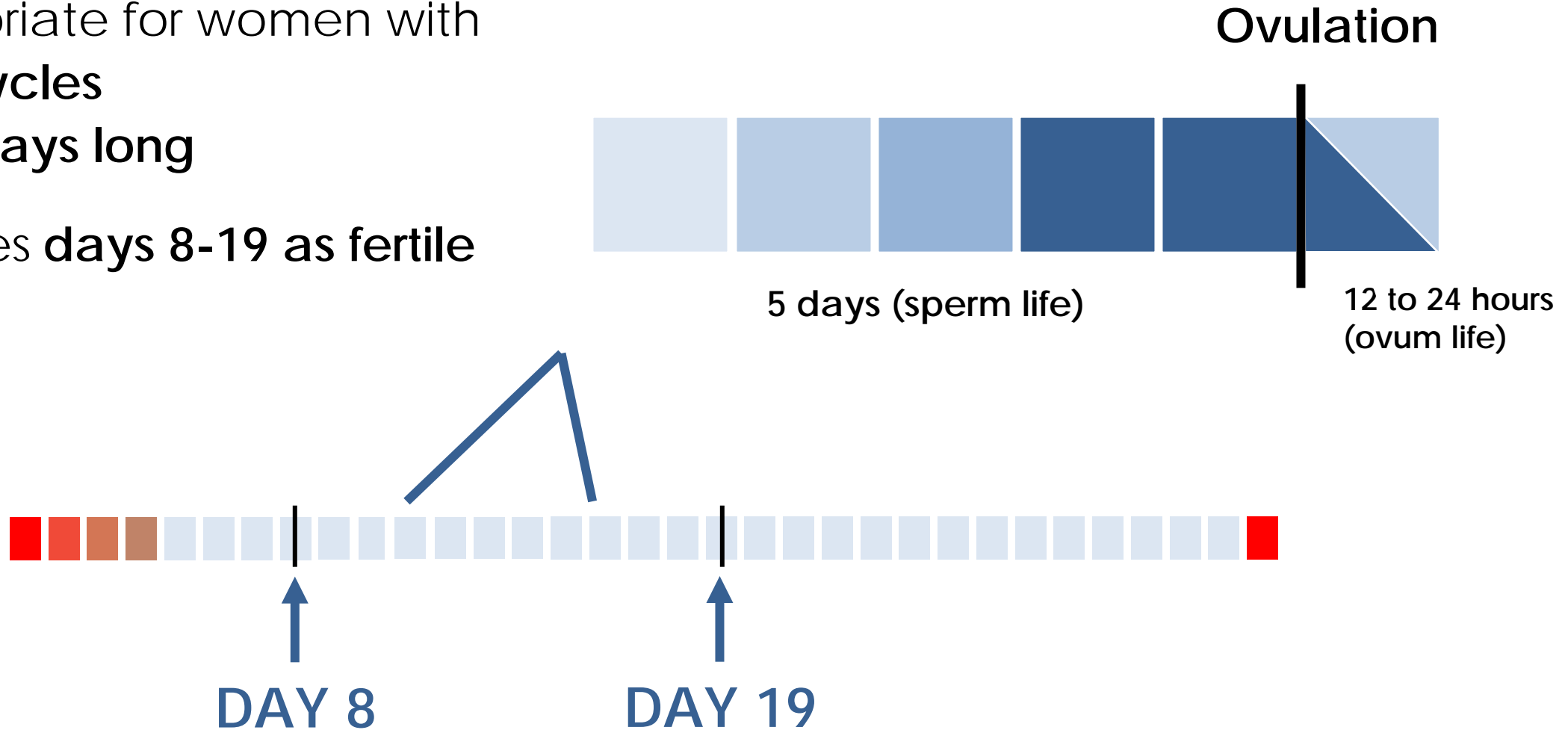
## FAILURE RATE

Perfect: **95%**

Typical: **88%**

# STANDARD DAYS METHOD

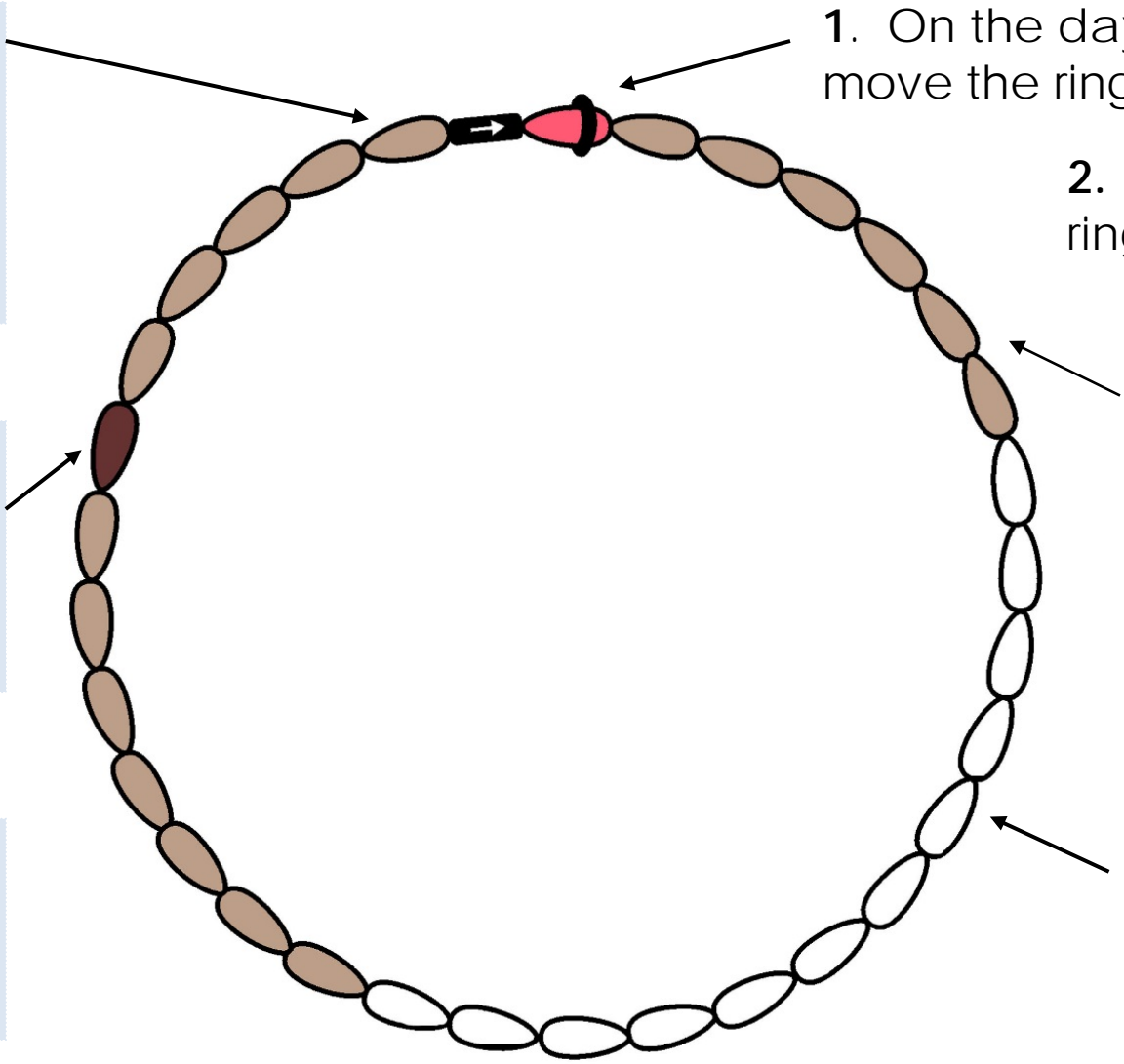
- Appropriate for women with most **cycles**  
**26-32 days long**
- Identifies **days 8-19** as fertile



If you have not started your period by the day you put the ring on the last brown bead, your cycle is longer than 32 days. Contact Provider.

If you start your period before you put the ring on the darker brown bead, your cycle is shorter than 26 days. Contact Provider.

When you start your next period, move the ring directly to the red bead and start again.



1. On the day you start your period, move the ring to the **RED** bead.

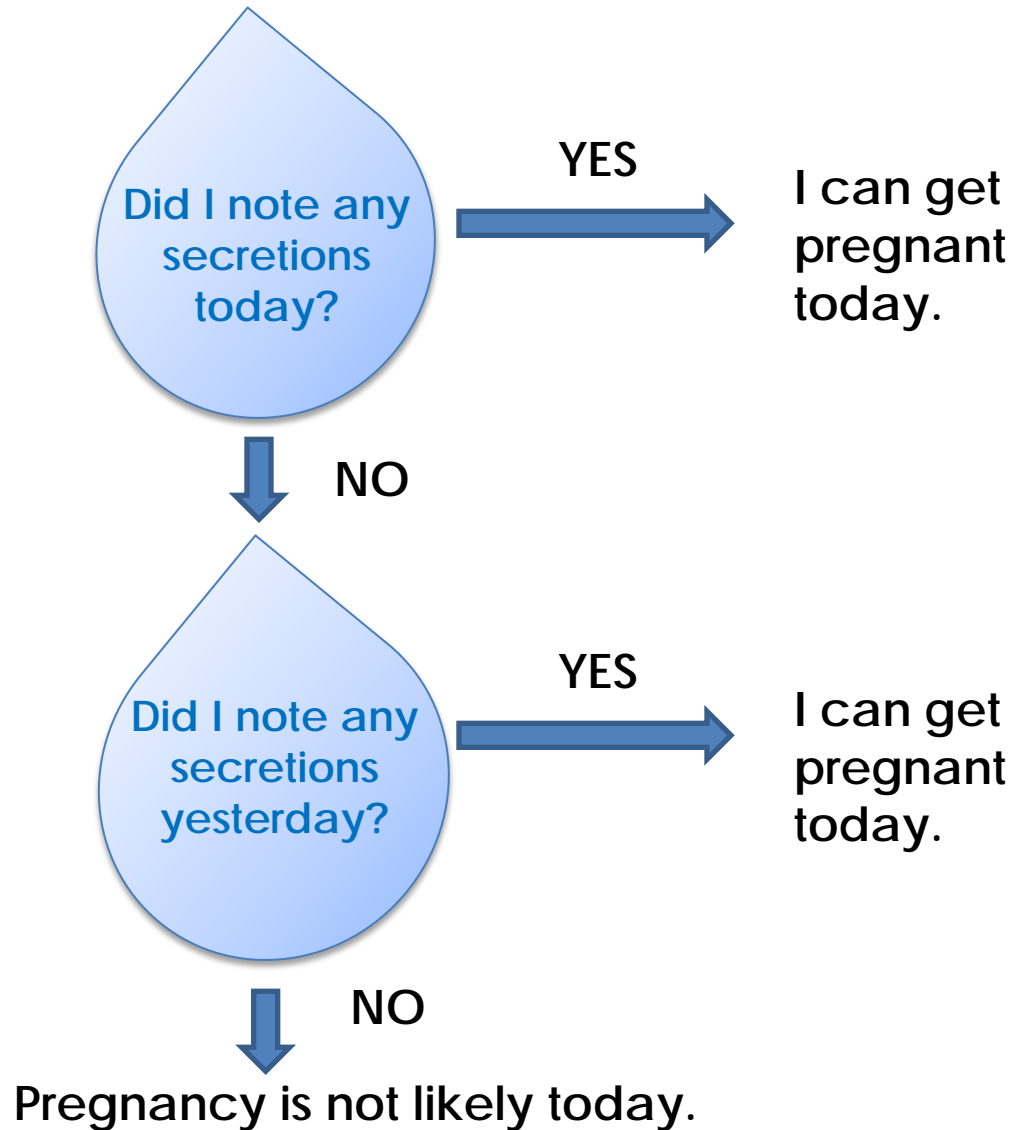
2. Every morning move the ring to the next bead.

3. On **BROWN** bead days you can have intercourse with very low chance of a pregnancy.

4. On **WHITE** bead days you can get pregnant. Avoid unprotected intercourse to prevent a pregnancy.

# Standard Days Method with CycleBeads

# TWODAY METHOD



## FAILURE RATE

Perfect: **96%**

Typical: **86%**

# How does TwoDay Method work?

- It uses cervical secretions as an indicator of fertility.
- The woman checks daily for the presence or absence of secretions (of any type).
- If she notes secretions **TODAY** or **YESTERDAY**, she is considered to be fertile **TODAY**. To prevent pregnancy, abstain **TODAY**.





# 2016

## TWO-DAY MARKING CALENDAR

JULY						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# Recording Secretions



EACH DAY, MARK ONE SYMBOL:	
For bleeding (period)  , mark 	
No secretions present  , mark 	
Secretions present  , mark 	


YOU ARE **FERTILE** ON ALL DAYS WITH SECRETIONS

Yesterday	Today
4 	5 



YOU ARE ALSO **FERTILE** IF YOU HAD SECRETIONS YESTERDAY, EVEN IF YOU HAVE NO SECRETIONS TODAY

Yesterday	Today
4 	5 






YOU ARE **NOT FERTILE** ON BLEEDING (PERIOD) DAYS.

Yesterday	Today
4 	5 



YOU ARE **NOT FERTILE** IF YOU DID NOT HAVE SECRETIONS YESTERDAY AND DO NOT HAVE SECRETIONS TODAY

Yesterday	Today
4 	5 



# Lactational Amenorrhea Method

- LAM is a family planning method based on the physiological infertility experienced by breastfeeding women
- A “gateway” to help women transition to another modern method



## FAILURE RATE

Perfect: **99.5%**

Typical: **98%**



NERVE IMPULSES IN  
THE BRAIN AFFECT  
HORMONES

NIPPLE  
STIMULATION

SUPPRESSION OF  
OVULATION

# LAM Mechanism of Action

1



**Period has not returned**

2

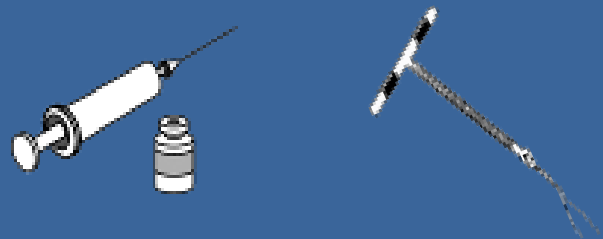


**Breastfeeding only**

3



**Baby is less than six months old**



**Transition**



# COMMON MISCONCEPTIONS ABOUT FAM

SDM is just  
the  
rhythm  
method.

FAM doesn't  
really work—  
why would we  
offer it?

There's no  
demand for  
methods  
like these.

Do you want  
people to stop  
using other  
methods?

LAM is the  
same as  
breastfeeding.

FAM IS MODERN  
AND EFFECTIVE

**NEW! ARTICLE****COMMENTARY**

## Fertility Awareness Methods: Distinctive Modern Contraceptives

Shawn Malarcher,<sup>a</sup> Jeff Spieler,<sup>b</sup> Madeleine Short Fabric,<sup>a</sup> Sandra Jordan,<sup>a</sup> Ellen H Starbird,<sup>a</sup> Clifton Kenon<sup>a</sup>

**Fertility awareness methods—the Lactational Amenorrhea Method, the Standard Days Method, and the Two Day Method—are safe and effective, and they have important additional benefits that appeal to women and men. Including these modern contraceptives in the method mix expands contraceptive choice and helps women and men meet their reproductive intentions.**

*This peer-reviewed commentary represents the technical position of the Office of Population and Reproductive Health of the United States Agency for International Development.*

# Failure Rate of Family Planning Methods

% of women who became pregnant during 1<sup>st</sup> year of use

	Correct Use	Typical Use
Implant	.05	.05
IUD	.6	.8
Injectable	.2	6
OCs	.3	9
Condom	2	18
Standard Days Method	5	12**
TwoDay Method	4	14*
Diaphragm	6	16
No Method	85	85

*6 month pregnancy rate*

	Correct use	Typical Use
LAM	1.0	2.0



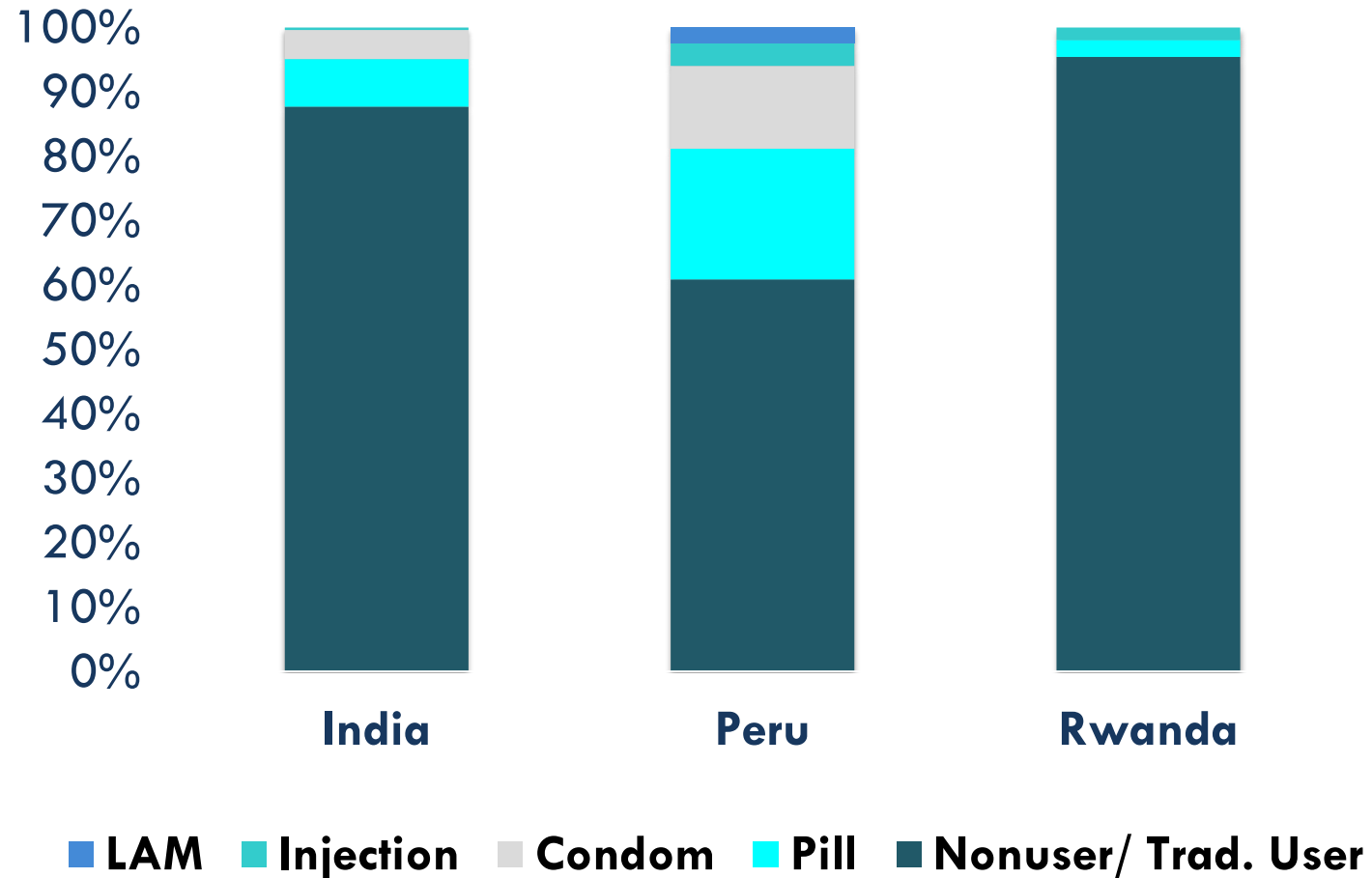
FAM IS ACCEPTABLE AND  
BRINGS NEW USERS TO FP

FAM addresses women's concerns about family planning and helps fill a critical gap in family planning programs.



REASONS FOR CHOOSING SDM	SIX COUNTRIES
DOESN'T AFFECT HEALTH	70%
NO SIDE EFFECTS	20%
ECONOMICAL	30%
EASY TO LEARN/USE	10%

# ATTRACTS FIRST-TIME USERS: PREVIOUS METHOD USE BY SDM CLIENTS



# FAM: GUIDING PRINCIPLES

## WOMEN'S EMPOWERMENT

- FAM offered within framework of **informed choice**
- Emphasis on **couple communication** and shared decision-making
- Fertility-awareness and **body literacy** as empowerment

## EQUITABLE ACCESS

- **Underserved** geographic areas
- **Low-literacy** materials
- **Non-traditional** service delivery channels

## QUALITY

- **Ensuring provider competency**
- Providing clients **practical tools** to support method use
- **Ensuring stock** of CycleBeads, condoms
- **Implementing quality assurance strategies to monitor** provider competency, informed choice, correct use of method

# COMMUNITY-BASED SOLUTIONS

## CHWs



CHWs can offer FAM alongside other FP methods to expand choices available at the community

## Social Marketing



CycleBeads sales through pharmacies, kiosks, boutiques

## Group Learning



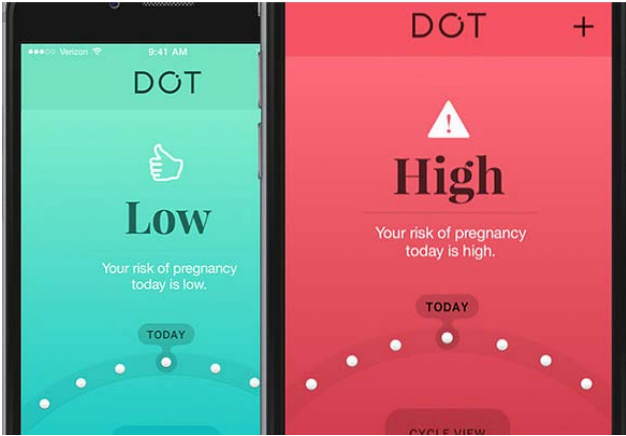
- Group counseling for couples
- Non-health volunteer community provider (facilitator)
- Community-wide sensitization on family planning
- Health service linkages

# TECHNOLOGY SOLUTIONS

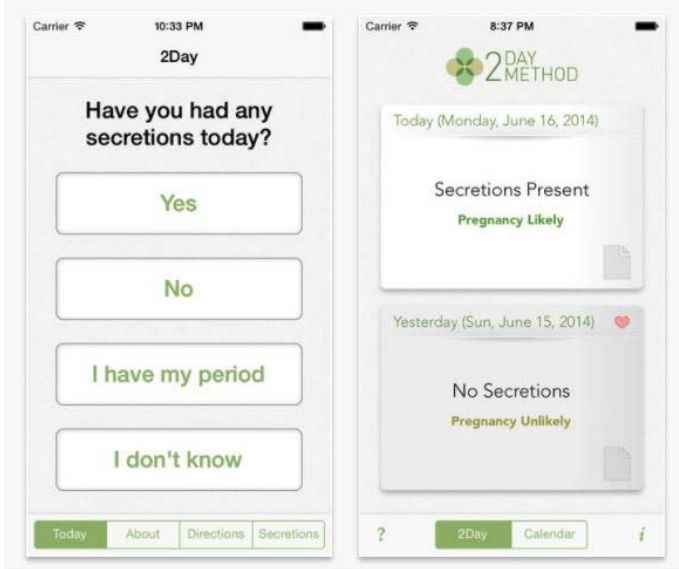
## CycleBeads™ app



## Dot



## 2day app



[StandardDaysMethod.org](http://StandardDaysMethod.org)

[KnowYourBod.org](http://KnowYourBod.org)

[DotTheApp.com](http://DotTheApp.com)

[k4health.org/toolkits](http://k4health.org/toolkits)



[irh.org](http://irh.org)