

Dr Catherine Peterson & Dr Antonia Turnbull

NaProTECHNOLOGY™, FertilityCare® Medical Consultant, FEMM™

Seacombe Medical Centre 44 Miller Street, Seacombe Gardens, SA 5047 Ph: 82960122

Thank you for making an appointment with me to discuss your fertility needs. I look forward to walking with you on this journey to understand your health and fertility better and to help you achieve your goals.

I use a unique, evidence-based approach to gynaecological health and fertility treatments called **Restorative Reproductive Medicine**. These treatments will significantly improve your chances of a natural conception. It is an alternative to IVF, helping you conceive naturally, at a fraction of the cost. I am a certified Medical Consultant in NaProTECHNOLOGY™, which is a successful US derived women's health and fertility science used worldwide. This process includes both male and female assessments. It is also useful in multiple other conditions including recurrent miscarriage, hormonal and menstrual problems, Pre-menstrual syndrome.

An essential and unique element of my service is that all women being assessed and treated are taught **fertility awareness charting**. This charting is essential to both you and I because:

- it is the most accurate way for timing intercourse to achieve a pregnancy which is vital especially if conception is not happening easily.
- I use it to diagnose underlying problems, and to allow correct and accurate timing of investigations in your cycle

Apps and ovulation predictors are not sufficient for me to work with as they miss vital information about your individual cycle and gynaecological health.

I can arrange a referral for your charting education at our initial consultation.

Alternatively, if you wish to fast-track your assessment process, please commence charting before your initial consultation with me by contacting the provider below to start to accurately chart your cycle.

Contact details for Creighton FertilityCare® Charting Education in Adelaide:

Alison Fleming

Ph: 0412 309 279

E: alisonjfleming@gmail.com

Kiara Ryan

Ph 0422733720

E: Kiara.ryanfcp@gmail.com

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If you already chart your cycle with Billings, or the Sympto-Thermal Method, you do not need re-training in Creighton. All other patients will need to learn Creighton Charting for me to assist them with their fertility.

Your first appointment is a 45-minute appointment. Please bring your partner if possible. Also, please bring any previous investigation results you may have that are relevant.

Resources for extra information on Restorative Reproductive Medicine:

www.fertilityfundamentals.org.au

www.airrm.org.au

www.fertilitycare.com.au

www.femmhealth.org