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New Natural Family Planning Method Enables Women To Manage Their Fertility
Standard Days Method™ included in latest edition of respected reproductive health reference

Washington, D.C. Scheduled to appear later this month, the 18th edition of *Contraceptive Technology*, includes for the first time in the history of the publication, presentation of the Standard Days Method™, a new inexpensive, highly effective, and easy-to-use natural family planning method developed by researchers at Georgetown University's Institute for Reproductive Health to enable women to manage their own fertility. *Contraceptive Technology* is the standard reference manual used by physicians and other reproductive health providers in the United States

Based on sophisticated computer modeling of reproductive physiology data and field studies by the Georgetown researchers, the Standard Days Method and CycleBeads™, the simple visual aid used by most women who follow the Standard Days Method, identify the 12-day "fertile window" of a woman's menstrual cycle. These 12 days take into account the life span of the woman's egg (about 24 hours) and the viable life of sperm (about 5 days) as well as the variation in the actual timing of ovulation. In a clinical trial, the Standard Days Method proved to be more than 95% effective with correct use, similar to other user-directed methods. Because the method identifies all the fertile days, it also helps couples who want a pregnancy to achieve their goal.

“With the inclusion of the Standard Days Method in the latest edition of *Contraceptive Technology*, we anticipate that many more providers across the country will offer it, thereby increasing women's access to this new natural family planning option. And because explaining how to use the Standard Days Method is so simple, providers will be able to use the information contained in *Contraceptive Technology* to fully explain it to interested women,” said Victoria Jennings, co-developer of the Standard Days Method and Director of the Institute for Reproductive Health.

To use CycleBeads a woman moves a black rubber ring over a series of color-coded beads that represent her fertile and low fertility days. The day a woman starts her period she puts the rubber ring on CycleBeads' red bead. Each day she moves the ring one bead, always in the direction of the arrow. When the ring is on the red bead or a dark bead, there is very low likelihood of pregnancy, so she can have intercourse on these days without getting pregnant. When the ring is on a glow-in-the-dark white bead - Days 8 through 19 - there is a high likelihood of getting pregnant if a woman has unprotected intercourse.

Information on the Standard Days Method and CycleBeads appears in the reference book's updated chapter on fertility awareness. Additional information, including details for on-line training for healthcare providers is available from the Institute for Reproductive Health at www.irh.org. In addition to being available from a growing number of reproductive health providers, CycleBeads can be purchased at retail outlets or over the internet at www.cyclebeads.com.

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The Institute for Reproductive Health is dedicated to helping women and men make informed choices about family planning and providing them with simple and effective natural options. As part of Georgetown University's School of Medicine, the Institute conducts research to develop natural methods of family planning and test them in service delivery settings