

5 PRACTICAL TIPS FOR BETTER FERTILITY CARE

1. Track your menstrual cycle

Women with greater knowledge of the workings of their own menstrual cycle have an easier time identifying irregularities and getting the fertility care they need.

<https://cycles.app>

<https://flo.health>

2. Work with a Gianna Center doctor, a FEMM practitioner, or similar provider

These doctors are interested in getting to the root of any fertility issue. They typically assess menstrual cycle data, conduct comprehensive hormonal testing, and treat, as needed.

St. Peter's Gianna Center of New Jersey

[https://www.saintpetershcs.com/locations/saint-peter-s-gianna-center-\(nj\)](https://www.saintpetershcs.com/locations/saint-peter-s-gianna-center-(nj))

The Gianna Center of Manhattan

<https://www.catholichealthli.org/locations/gianna-center-womens-health-fertility-manhattan>

The Gianna Center of Long Island

<https://www.catholichealthli.org/gianna-center>

The Gianna Center of Albany

<https://www.giannaofalbany.com>

FEMM (Remote practitioners)

<https://femmhealth.org>

3. Conduct vaginal microbiome testing

A healthy vaginal microbiome with sufficient protective bacteria is conducive to improved fertility outcomes. Certain medications and supplements can be prescribed depending on test findings.

Evvy

<https://www.evvy.com>

Juno

<https://www.juno.bio>

4. Work with a NaProtechnology doctor or surgeon

Unlike contemporary fertility care, NaProtechnology does not take a suppressive or artificial approach. NaPro surgeons also perform procedures for diagnostic and treatment purposes, including but not limited to HSG testing, endometrial biopsies, cyst removal, uterine receptivity testing, endometriosis excisions, laparoscopic surgery, and reconstructive surgery.

<https://fertilitycare.org/find-a-mc>

<https://naprotechnology.com/surgical/>

5. Pray and advocate for what you need

<https://www.usccb.org/prayers/prayer-those-hoping-conceive-or-adopt-child>

Prepared by the Public Policy Office of the Archdiocese of New York 2024
