Taking Charge of Your Fertility
A few words from Toni Weschler, MPH

Welcome to all who are interested in learning more about the Fertility Awareness Method as a means of natural pregnancy achievement and avoidance as well as basic gynecological health.

I hope you will find this site to be one of the most practical women's health communities on the web. I encourage you to explore the site, and visit our incredibly active and dynamic community forum.

What is the Fertility Awareness Method?

*Taking Charge of Your Fertility* Software has not been cleared for use in the United States as a method of birth control. It is intended to be used for pregnancy achievement purposes only. While this discussion mentions FAM as a method of birth control, it is intended only as background information on the method itself, it does not describe features of the software.

In Short: The fertility awareness method is a natural method of pregnancy achievement that requires no drugs or hormones. It relies on various body signs to identify a woman's fertile period and to estimate her day of ovulation. Because of its ability to accurately identify days of high fertility, it is also effective in helping couples achieve pregnancy.

The fertility awareness method (FAM) was originally established as a scientific and medically based method of natural birth control that relied on signs from a woman's body to indicate when she was fertile. It is not, and never has been, the "rhythm" or "calendar rhythm" method.

All birth control methods are evaluated based upon their use- and method-effectiveness. Method-effectiveness assumes "perfect use" and isn't quoted here because it only serves to confuse. For comparison's sake, the birth control pill has a use effectiveness of 97%. FAM, on the other hand, has a use-effectiveness of up to 90%, which is about the same as that of the male condom. What this 90% use-effectiveness figure means is that 1 out of 10 women who use this as their only method of birth control will experience an unintended pregnancy during the course of a year. If you were to use it as your only form of birth control for 10 years, you could expect one unintended pregnancy.

Because FAM can accurately identify days of highest fertility, increasing numbers of couples seeking pregnancy have also used it.
An Introduction to the Fertility Awareness Method (FAM)

The Fertility Awareness Method (FAM) is a natural method of determining whether a woman is fertile or infertile by observing simple body signs and applying a few rules of interpretation.

FAM has been used for over 30 years as a natural method of birth control by hundreds of thousands of couples around the world. With the Internet, its practice has spread even more quickly among those trying to conceive, since it pinpoints when a woman is most fertile, when ovulation has most likely occurred, and when you might be pregnant. Because of its efficacy in identifying fertility, FAM can reduce the time it takes to successfully conceive from an average of 6 months to 2-3 months.

FAM is based upon the fact that certain simple body signs change with changes in a woman's menstrual cycle. Specifically, waking temperature (also referred to as basal body temperature) and cervical fluid (also referred to as cervical mucus) change predictably and identifiably with changes in the hormonal cycle that accompanies ovulation during each cycle. Users of Taking Charge of Your Fertility Software simply observe and record these changes and the software then analyzes them to determine your fertility, to estimate your date of ovulation, and to determine if you might be pregnant.