

Letter to share with medical professionals about the CDC's updated information on
Fertility Awareness-Based Methods.

COVER SHEET

This sample letter contains 2 copies of letters:

1. A letter on Natural Womanhood letterhead signed by Gerard Migeon
2. A letter draft with the same text that you are free to address and sign yourself.

To print out the first letter option, you may choose to print Page 2. To address and sign your own, you may choose to print only Page 3. To adjust the wording on a letter you sign yourself, copy and paste the second letter's text into a Word processor and make your edits from there.

**Thank you for your support in spreading this important information and helping to
#growfertilityawareness!**



May 2019

Dear Dr.

I am writing to let you know about the recent update by the Centers for Disease Control concerning the effectiveness of Fertility Awareness-Based Methods (FABMs), also known as modern methods of Natural Family Planning (NFP).

Until recently, the CDC reported that the failure rate of these methods was 24%, which would discourage most couples from using them and prevent doctors from recommending them.

Earlier this year, the CDC changed this posted rate to "2% to 23%," reflecting the fact that modern FABMs such as Sympto-Thermal or the Ovulation Methods have been scientifically proven to achieve high rates of effectiveness with both perfect use and typical use.

These modern methods are based on the daily observation of women's biomarkers and are being learned by an increasing number of women who can avoid pregnancy by knowing their fertility window during any cycle. It is important that couples learn from trained teachers to experience the full efficacy of these methods of pregnancy prevention, and many instructors now teach online.

The documented benefits of these methods are that they have no side effects, they help women better know and better understand their own fertility, and they promote closer couple relationships and communication.

We're excited about these changes and encourage you to read more about FABMs on these websites: FACTSaboutfertility.org and naturalwomanhood.org.

Best regards,

Gerard Migeon
Co-founder and CEO, Natural Womanhood

P.O. Box 780374, San Antonio, TX 78278

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