



# Professional Development

NFNZ Fertility Educators

July 2023

# Case Study

Young couple recently married

Not sexually active before marriage

Client Category - FAB

Brethren and using Lady Comp to record daily BBT <https://lady-comp.com/us/en/>

Gives green, orange or red lights to indicate: safe, caution or not safe - you will see this on the chart she provides.



# Case study continued

Taking Epilim which is an anti convulsant medication for epilepsy

<https://www.medsafe.govt.nz/consumers/cmi/e/epilim.pdf>

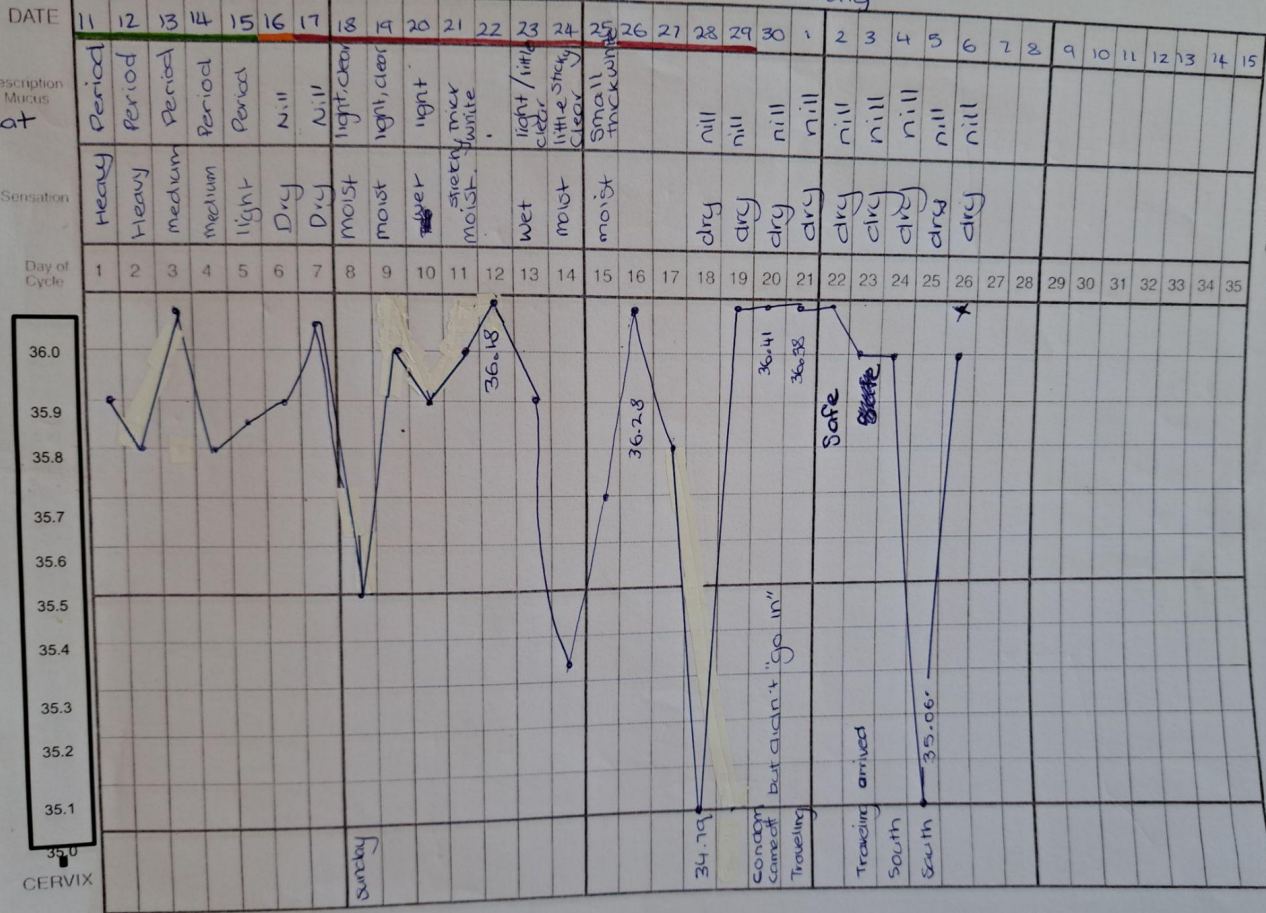
Epilim is not advised for women of child bearing age and not if trying to conceive or pregnant. This has been discussed extensively with the client as have the risks of condom failure in the fertile phase. Client is under the care of a specialist and risks have been discussed with them. Epilim seems to be the only anticonvulsant that keeps her seizures at bay.

Not wanting to conceive for at least a year.



Month June 2023

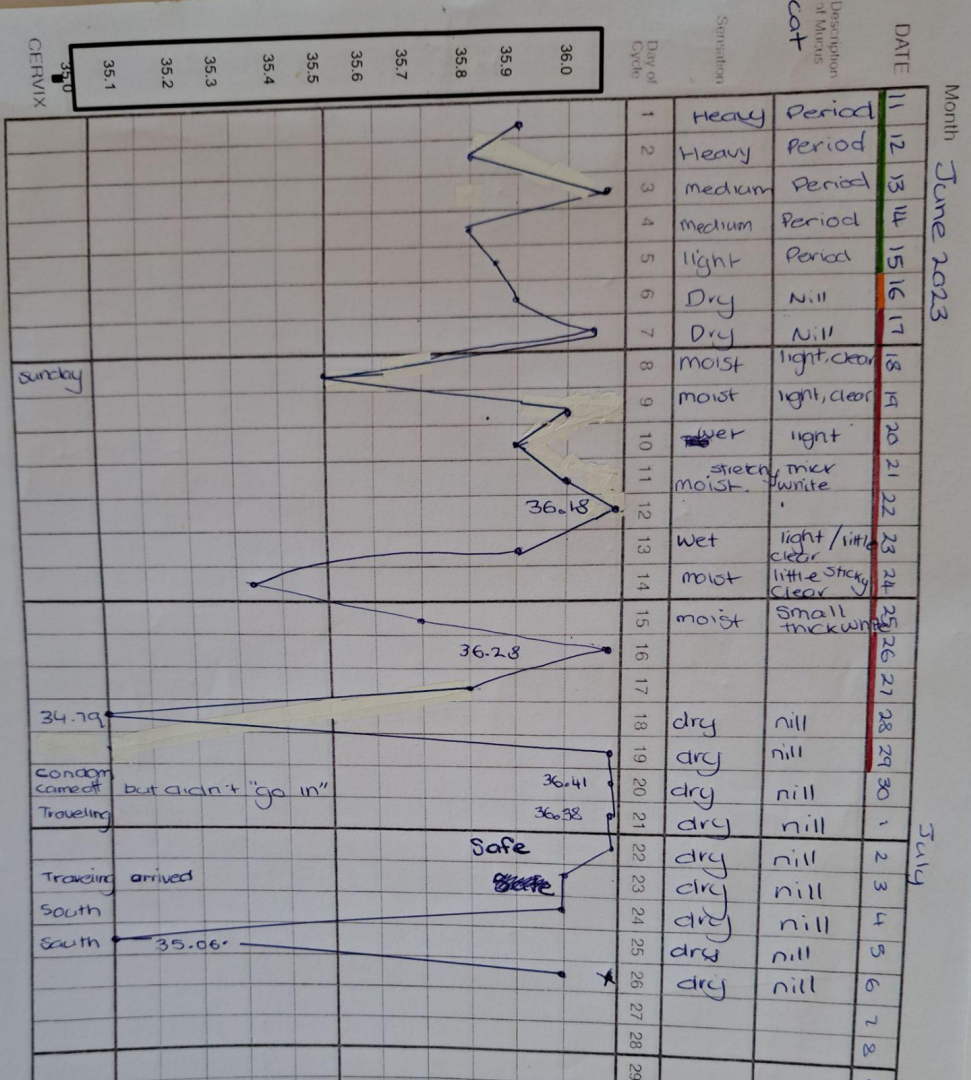
July



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This is her June July chart. We changed the scale for this cycle as her temps were in a lower range in previous charts. Note her coloured markings under the dates of green, orange and red which are her Lady Comps interpretation of where she is in her cycle regarding fertility.



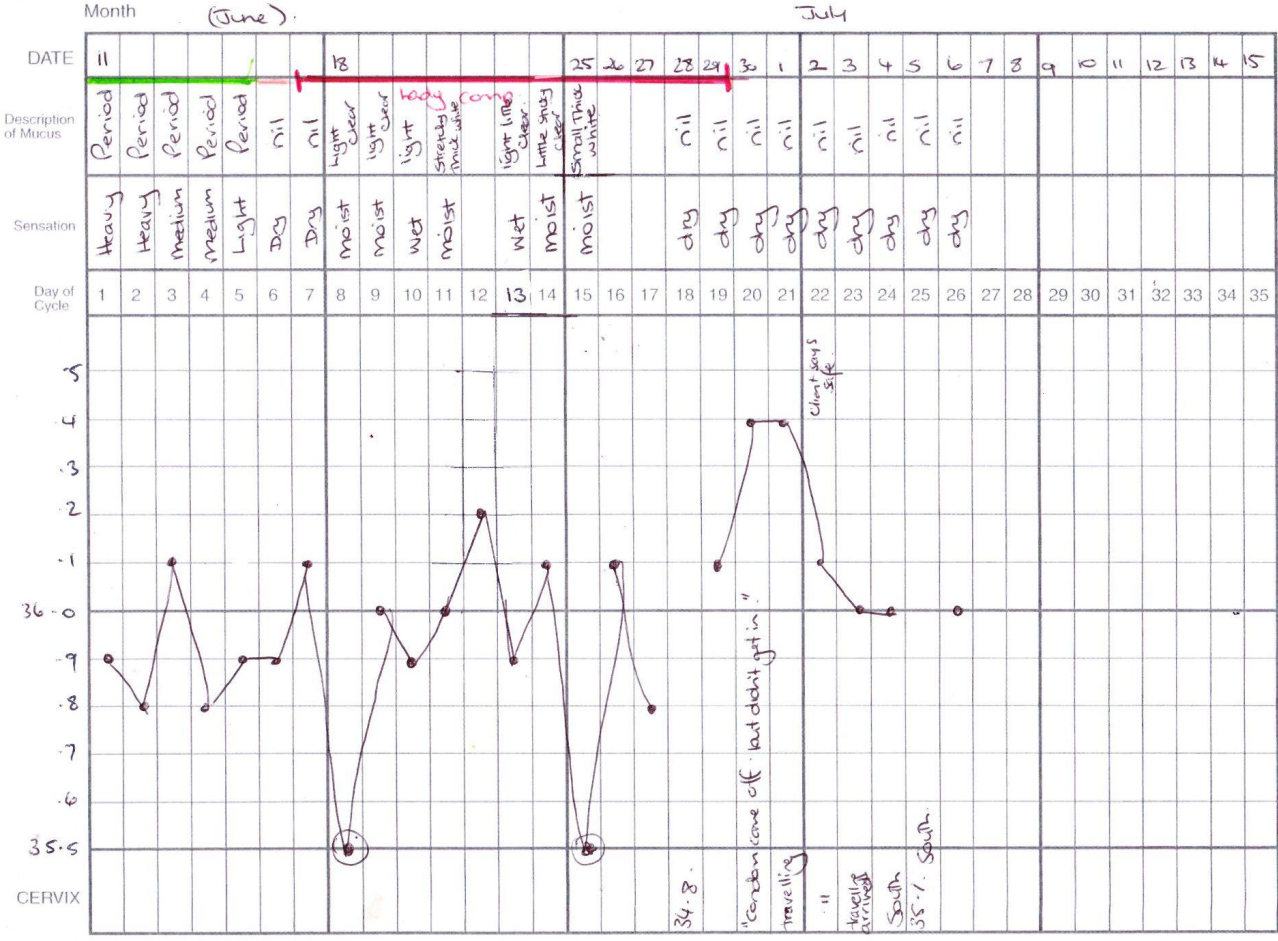
Same chart rotated so that you can read fertility descriptions.

The client sends you this chart wanting to know if she is safe for unprotected intercourse.

What are your thoughts?

What would you advise?



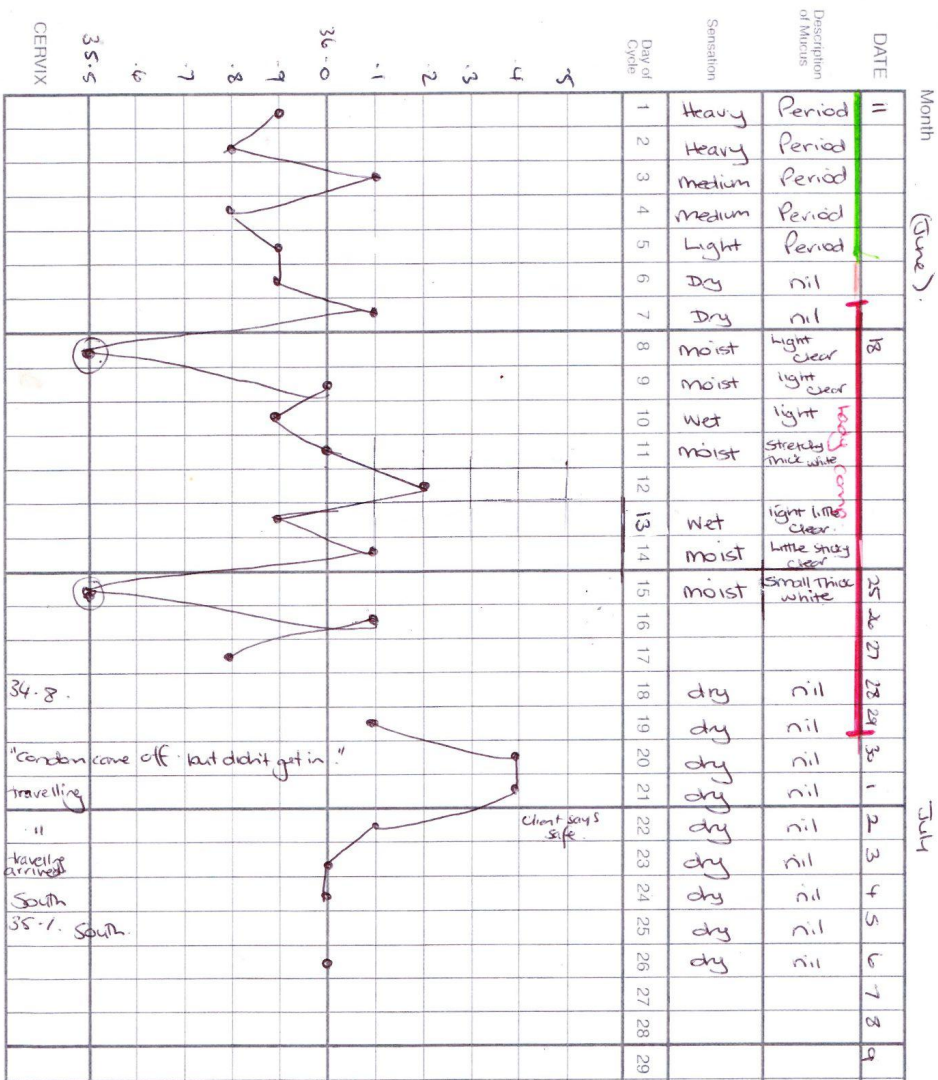


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body Comp  
 — red — not safe  
 — green — safe  
 — orange — caution

This is the same chart but I have rewritten it and re scaled it.  
 Does this change your previous decision about her being safe or not for unprotected intercourse?  
 See next slide which is rotated to easier read fertility descriptions.



Same chart but rotated to make it easier to read descriptions.

Does the Lady Comp predictions (colours under the dates of the cycle) match with the guidelines that we would teach?

Her S-21 = 10

# Action

Post your answers to the questions on the Educators Facebook page

<https://www.facebook.com/groups/979517842070828>

You can claim an hour for doing this activity towards your ongoing professional development

