

# Building a Culture of Life in Women's Health Care

A newsletter of the **Pope Paul VI Institute** for the Study of Human Reproduction

Volume 2, Number 2.2 | Fall 2011

## From the Founder...

Welcome to the fall 2011 issue of *Building a Culture of Life in Women's Health Care* newsletter! This summer, I presented my 31 years of research on the use of progesterone in pregnancy at the 30th annual meeting of the American Academy of FertilityCare Professionals. It is the largest study of its kind in the world, and I am now preparing it for publication.

This fall I will be giving presentations in Poland (see below), Costa Rica, and Chicago. Costa Rica is the only country in the Caribbean that has not approved IVF. I have been invited to present NaProTechnology as an alternative medical approach to infertility. This November, I will present during grand rounds at a Catholic hospital in Chicago on NaProTechnology and the Creighton Model FertilityCare™ System. The

Institute is preparing for our 34th Education Program with students from at least 21 states and from at least 12 other countries. Keep us in your prayers!

Blessings to you this fall,

**Thomas W. Hilgers, MD**  
Director of the Pope Paul VI Institute



Dr. Hilgers at the 30th annual meeting of the AAFCP in July

## MARK YOUR CALENDAR...

September 22-29, 2011

**Polish Society of Perinatal Medicine**  
Poznan, Poland — Thomas W. Hilgers, MD

October 1-8, 2011

**34th Annual Education Program & Love & Life Unlimited Conference**  
Omaha, Nebraska

October 5-7, 2011

**Institute for Marriage & Family  
Pontifical University of Medicine**  
Medellion, Colombia — Catherine E. Keefe, MD

October 28, 2011

**Inaugural Address  
Fifth Pro-Life World Congress**  
San Jose, Costa Rica — Thomas W. Hilgers, MD

November 16, 2011

**Grand Rounds (Physician Clinical Meeting)**  
Sts. Mary and Elizabeth Medical Center  
Chicago, Illinois — Thomas W. Hilgers, MD

## AVAILABLE NOW...

...a new Pope Paul VI Institute DVD. Contact [suehilg@aol.com](mailto:suehilg@aol.com) to obtain your copy.

Like us on **FACEBOOK** by visiting [www.popepaulvi.com](http://www.popepaulvi.com) today!

## NaProTechnology Goes to Poland

Seven years after the introduction of *in vitro* fertilization into Poland, the first IVF baby was born. Two years after the introduction of NaProTechnology, the first Polish NaPro baby was born. It is NaProTechnology that is emerging in Poland as a new hope for the future.

Renowned neonatologist Professor dr hab. Janusz Gadzinowski of the Polish Society for Perinatal Medicine invited Thomas W. Hilgers, MD, the discoverer of NaProTechnology, to address the issue of premature birth in a debate with leading specialists of

IVF in Poland. Perinatal NaProTechnology, a subspecialty of the new health science of NaProTechnology has a particular focus on high-risk pregnancies, prematurity reduction, and progesterone support.

Gadzinowski has observed “negative implications connected with pregnancy and newborn pathologies as a result of the *in vitro* method” and believes “NaProTechnology is the right direction in curing infertility.”

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Sue Hilgers meeting with FertilityCare™ professionals and supporters in Poland, July 2011

## Now in a Region Near You!



L-R: Dr. Slonkosky, Dr. Woodman, Dr. Hilgers, and Dr. (Garnett) Pakiz (2009-2010 fellows)

On July 1st, 2011, the fourth class of fellows graduated from the Pope John Paul II Post-graduate Fellowship in Medical and Surgical NaProTechnology. Dr. Jillian Stalling, one of the two graduating

fellows, said that the program taught "great anti-adhesion surgical techniques; how to perform a thorough, complete diagnostic laparoscopy; how to recognize and treat endometriosis lesions; how to perform tubal reanastomosis (reversals); ...causes of infertility and recurrent miscarriages."

Nickole R. Bazger, DO, is excited to offer medical and surgical NaProTechnology as she establishes her OB-GYN practice in Mishawaka, Indiana, near to the University of Notre Dame. Jillian C. Stalling, MD, will be joining a practice in Peoria, Illinois. She said, "It provided me with the ability to care for women and couples in a scientifically and medically solid manner without compromising my own or my patients' conscience. ...The fellowship program is necessary... so [physicians] can provide the comprehensive health care that women deserve."



L-R: Dr. Stalling (2011 fellow), Dr. Hilgers, Dr. Keefe (2007 fellow)

Fellows are post-graduate obstetrician-gynecologists who undertake a one-year program, affiliated with Creighton University School of Medicine to learn the entire medical and

surgical spectrum of NaProTechnology. Additionally, the Pope Paul VI Institute continues to train medical consultants in medical NaProTechnology every year through its education programs.

Two fellows were accepted into the 2011-2012 class.

**Christine Cimo Hemphill, MD**, graduated from Medical University of South Carolina and Brody School of Medicine at East Carolina University/Pitt County Memorial Hospital residency. She said, "A Catholic internet friend I knew during medical school received treatment for infertility by Dr. Hilgers...[and] let me know [about the fellowship]. ...I have a particular interest in polycystic ovarian syndrome, so I hope to learn more about management of those patients for both infertility and overall gynecologic health."



**Kathryn Karges, MD**, who graduated from The Methodist Hospital/St. Joseph Hospital in Houston Texas, said, "I am Catholic and didn't want to have any role in abortions or contraception. I was doing some research online and found out about the PPVI Institute. ...As I am beginning to learn, the principles of NaProTechnology are more than simply providing medical care in accordance with principles of the Catholic Church. NaProTechnology offers a way to treat the underlying disease—a concept often overlooked in today's medical realm. I am very grateful..."



Former graduates include Catherine E. Keefe, MD, Omaha, Nebraska (2007); Kyle A. Beiter, MD, New Brunswick, New Jersey (2009); Theresa L. Stigen, MD, Fallbrook, California (2009); Kristina A. Pakiz, MD, Omaha, Nebraska (2010); Courtney E. Slonkosky, MD, Sidney, Ohio (2010); and Megan E. Woodman, MD, Parker, Colorado (2010).

### NaProTechnology Goes to Poland *Continued from page 1*

Therefore, Hilgers is scheduled to debate a leading proponent of IVF at the Polish Society of Perinatal Medicine conference in front of an estimated 400 doctors, mostly obstetrician-gynecologists. For the first time, the debate between NaProTechnology and IVF will take place in a professional venue. Check our web site, [www.popepaulvi.com](http://www.popepaulvi.com), to **link to the live webcast of the debate.**

Starting in 2007, Hilgers introduced NaProTechnology to Poland with the help the first Polish FertilityCare™ medical consultant, Dr. Piotr Klimas. FertilityCare™ Educator and pharmacist Janina Flipczuk, a native of Poland who resides in Canada, directed a FertilityCare™ Practitioner training program in Poland in 2009. Currently, there are (trained or in-training) 22 medical consultants and 48 practitioners.

In the fall of 2012, the Institute will be taking its entire education programs to Warsaw in order to train more FertilityCare™ Practitioners and FertilityCare™ medical consultants and, more importantly, European FertilityCare™ Educators, who can then set up more practitioner training programs throughout Europe.

To provide scholarship funds or help underwrite tuition costs for participants of the 2012 Europe education program, please contact Institute Advancement at [suehilg@aol.com](mailto:suehilg@aol.com) or (402) 505-8949.

Pope John Paul II financially supported the Institute for several years. He, in fact, said to the archbishop of Omaha at the time, Elden Francis Curtiss, that the Institute gave him great hope for the future. Now, Blessed John Paul II's hope for the future is beginning to flourish in his beloved Poland!

**It is a shame...** that our society has such little respect for life and the gift of reproduction.

We wanted a sibling for our six-year-old son; someone for him to grow with and share experiences and support. However, we were not going to sacrifice our beliefs and God's will to have another child. Eventually, we had a daughter whose life we celebrated only for half an hour. After Madeline's passing, we prayed for another baby. After two years of frustration while trying to conceive, my doctor said, "You know we can get you pregnant any time you want."

That was supposed to be a doctor with Catholic values! I instantly said no, because God creates life and it is His decision whether He will choose us to carry it. I'd heard of NaProTechnology and wanted to try it before giving up and deciding to



*Samuel Ortmeier, seven weeks*

simply adopt. Surprisingly, I found myself fighting with several doctors to prove that NaProTechnology works and is a superior method to anything else I was offered.

Exhausted and upset, I finally came to the Pope Paul VI Institute. Dr. Hilgers and his staff were able to uncover the underlying reasons of my condition so that it could be treated appropriately. Two months later I was pregnant with Samuel, who is now 8 weeks old.

I am glad that there is a place where couples can get help without sacrificing their beliefs.

Please keep up the good work. We need more families to put their faith before their desires. Thank you again for your service.

*By: Kim Ortmeier  
Tampa Florida*

## How to Make a Year-End Gift for 2011 and Support the Institute

The Tax Relief, Unemployment Insurance Reauthorization and Job Creation Act of 2010 extended the IRA Charitable Rollover for 2010 and 2011. The IRA Charitable Rollover allows individuals age 70½ and older to make direct transfers totaling up to \$100,000 per year to 501(c)(3) charities, without counting the transfers as income for federal income tax purposes.

- **Who qualifies?** Individuals age 70½ or older at time of contribution.
- **How much can I transfer?** \$100,000.
- **Can I complete an IRA charitable rollover for 2010?** Because Congress acted late, individuals can complete IRA Charitable Rollover through January 31, 2011 and count it as 2010 IRA Charitable Rollover. For transfers to count in 2011, the window closes Dec. 31, 2011.
- **From what accounts can I make transfers?** Transfers must come from your IRA directly to Pope Paul VI Institute. If you have 401(k), 403(b) etc. retirement assets, funds must first roll into an IRA, and then the IRA provider can transfer funds from the IRA to Pope Paul VI Institute.
- **To what charities can I make gifts?** Tax exempt organizations that are classified as 501(c)(3) charities, including Pope Paul VI Institute, to which deductible contributions can be made.
- **How will Pope Paul VI Institute count the gift?** We will give you full credit for the entire gift amount.

- **What are the tax implications to me?**
  - o Federal – Transfer to Pope Paul VI Institute is not recognized as income provided it goes directly from the IRA provider to us. You are not entitled to an income tax charitable deduction for your gift.
  - o State – States have different laws so consult with an advisor. Some states have income tax and include this transfer as income.
- **Does this transfer qualify as my minimum required distribution?** At age 70½, you are required to take minimum distributions from your retirement plans each year according to a federal formula. IRA charitable rollovers count towards your minimum required distributions for the year.
- **How do I know if an IRA charitable rollover is right for me?** You are age 70½ + and
  - o You do not need the additional income necessitated by the minimum required distribution, OR
  - o Your charitable gifts already equal 50% of your adjusted gross income so you do not benefit from an income tax charitable deduction for additional gifts, OR
  - o You do not itemize deductions.

For more information, contact Sue Hilgers: (402) 505-8949 or suehilg@aol.com.

## Breaking Research Emerging from Dr. Hilgers

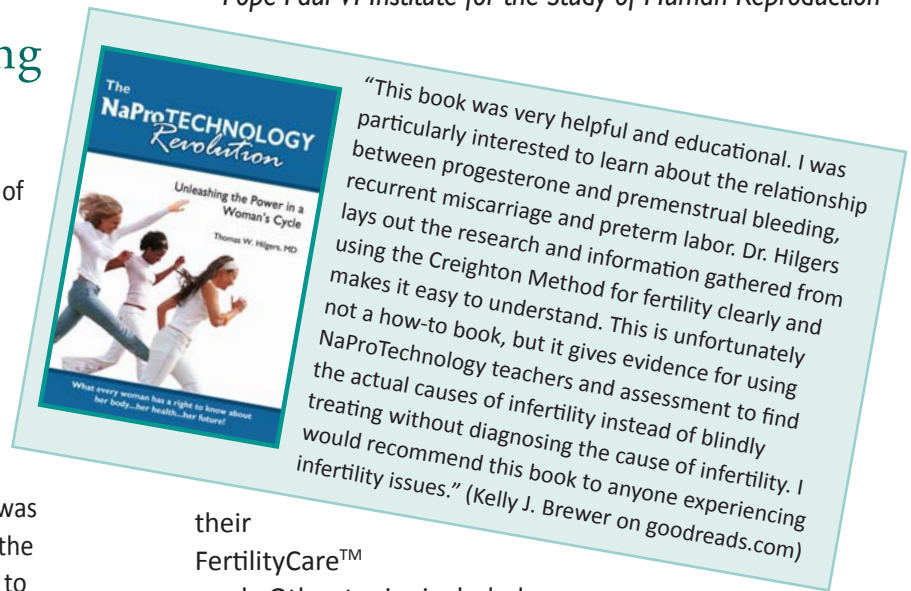
At the 30th annual meeting of the American Academy of FertilityCare Professionals, Thomas W. Hilgers, MD, founder and director of the Pope Paul VI Institute, presented his latest research on the fetal safety of progesterone in pregnancy. This was the culmination of 20 years of research on the use of progesterone in pregnancy. It is the largest study of its kind. Currently, Hilgers is preparing the study for publication.

The American Academy of FertilityCare Professionals was founded by Hilgers and others, who were honored at the annual meeting. Its purpose is to provide certification to FertilityCare Practitioners, thus ensuring that quality, standardized FertilityCare education is provided to clients learning to use the System. The AAFCP also accredits education programs for practitioners and medical consultants. Because of the AAFCP, the Creighton Model System and NaProTechnology have emerged as a *professional* new allied health science.



Employees from the Pope Paul VI Institute's FertilityCare™ Center of Omaha who attended the annual meeting in Duluth, Minnesota, July 2011.

Exciting presentations filled the four-day meeting in Duluth, Minnesota to support practitioners and medical consultants in



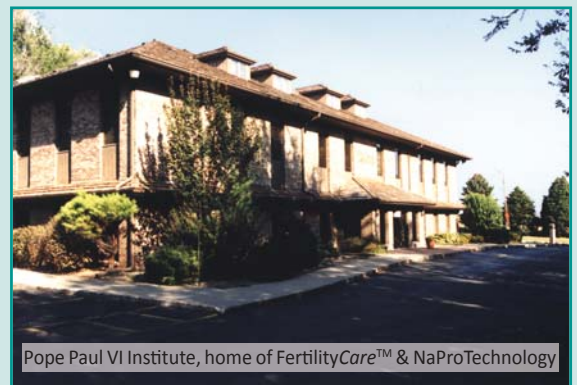
their FertilityCare™ work. Other topics included effective communication skills (Lori Jacobwith, BA), effects of sleep disorders on health and fertility (Lynn Keenan, MD, CFCMC), importance of good nutrition (Kathleen Kobberman, MD), presenting the language of the body to young adults (Fr. Michael Schmitz, M. Div), and Planned Parenthood's contraceptive push and provider rights of conscience (Susan E. Wills, JD, LLM).

Additionally, the AAFCP awarded Dr. James B. Brown posthumously with the AAFCP Outstanding Research Award for his studies on the types of ovarian activity in women. He authored the ground-breaking paper published in a 2010 Human Reproduction Update, "Types of ovarian activity in women and their significance: the continuum (a reinterpretation of earlier findings)", which has illumined NaProTechnology research.

For more information or to order recordings of the meeting, visit [www.aafcp.org](http://www.aafcp.org).

## A Gift that Changes Lives!

To enhance and expand the mission of the Pope Paul VI Institute, an anonymous donor gave the Institute a \$500,000 challenge gift. Women's health care needs change. Families and physicians need to be educated about the alternatives for treating reproductive health issues. The Institute is changing the face of women's health by providing ways to diagnose and treat health problems while building the culture of life and fostering greater respect for the dignity of the human person. **Join us in this mission.** This is your opportunity to have your gift matched and your impact doubled. By accepting this donor's challenge, you are becoming an integral force in changing lives.



Pope Paul VI Institute, home of FertilityCare™ & NaProTechnology

**Matching Gift Challenge:** The Institute has \$500,000 matching-funds gift challenge.