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 Fertility Care 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 NaPro Technology as an alternative medical approach to infertility. This November, I will present during grand rounds at a Catholic hospital in Chicago on NaPro Technology 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

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
Medellin, 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

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NaPro Technology 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 NaPro Technology, the first Polish NaPro baby was born. It is NaPro Technology 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 NaPro Technology, to address the issue of premature birth in a debate with leading specialists of IVF in Poland. Perinatal NaPro Technology, a subspecialty of the new health science of NaPro Technology 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 “NaPro Technology is the right direction in curing infertility.”

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On July 1st, 2011, the fourth class of fellows graduated from the Pope John Paul II Postgraduate 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.”

Fellows are post-graduate obstetric-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).

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 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. 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?**
- 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.
- 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
- You do not need the additional income necessitated by the minimum required distribution, OR
- 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
- You do not itemize deductions.

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

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, “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.