



**Painful Periods**

By : Teresa Kenney, APRN, CFCP

Cramping and pain with the menstrual period is a common experience among young menstruating women. The medical word for pain with periods is dysmenorrhea. Young women can develop cramps with their period within a few years after starting their cycles. Chemicals called prostaglandins, which stimulate uterine contractions and bleeding, leads to menstrual cramping. A woman will usually have cramps for the first 24 to 36 hours of her menses and then it subsides. Areas where she may feel the pain include the lower abdomen, lower back and tops of the thigh. Other symptoms that may accompany cramping include nausea, diarrhea, dizziness, fatigue and headache. Descriptions of the pain can range from mild to severe, from easy to manage to debilitating.

including ibuprofen (Advil) and naproxen (Alleve) work the best for period pain because the medicine suppresses the chemicals called prostaglandins that cause uterine cramping. It is best to take the medicine around the clock during the first 2 days of the menses so that the pain and the cramping stay suppressed. This means that skipping doses or only taking the medicine once or twice is not very effective for helping cramps. For ibuprofen take 400mg every 4 hours or 600mg every 6 hours. You can take 1 naproxen every 8-12 hours to reduce cramping. If you have history of stomach problems, kidney problems or a blood clotting disorder you should talk to your doctor before taking non-steroidal anti-inflammatory medicines.

Other treatments for cramps include heat/cold packs, acupuncture, exercise, and dietary changes such as reducing caffeine, sugar and carbohydrates.

For women who experience severe, debilitating pain with their periods or pelvic pain *Continued on page 3*

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Usually the first step to treating painful cramps is to try over the counter medicines. Non-steroidal ant inflammatory medicines

**DID YOU KNOW????**

**Fertility Facts about Twins**

Basically there are two different types of twins: identical (monozygotic - MZ) or fraternal (dizygotic - DZ). Monozygotic twins develop when a single egg is fertilized by a single sperm and at some stage in the first two weeks the developing embryo splits in two, with the result that two genetically identical babies develop.

Dizygotic twins occur when two separate eggs are fertilized by two different sperm. These two fertilized eggs then develop independently. Dizygotic twins share the same type of genetic relationship as non-twin siblings, hence the term fraternal, meaning brotherly.

**National Multiple Birth Data for 2008**

Number of twin births: 138,660	Number of quintuplet/higher order: 46
Number of triplet births: 5,877	17% of twins are result of fertility treatments
Number of quadruplet births: 345	40% triplets are result of fertility treatments

From: Births: Final Data for 2008, tables H, 27

A newsletter dedicated to helping young women

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between their periods, the next step is to see a physician. The most common disease that causes severe cramping is called endometriosis. Endometriosis is a disease where tissue from the inside of the uterus becomes implanted outside the uterus in places including the ovaries, bladder, rectum, pelvic walls, fallopian tubes, and on the outside of the uterus.

There is not a clear explanation of what causes endometriosis, but we do know that you are more likely to have it if your mother, a sister or maternal aunt had endometriosis. A doctor may suspect you have endometriosis due to the severity of pain you have with your period, if you have pain in between your periods, painful bowel movements or urination especially with the menses, or difficulty getting pregnant.

The best way to diagnose endometriosis is to have a surgical procedure done called a laparoscopy. This is an outpatient procedure where a doctor will make small incisions in your abdomen and look inside your pelvis

to see if endometriosis is present. The best way to treat endometriosis is to remove it completely. Using a laser or surgical dissection, a trained physician can remove all the endometriosis tissue that is visible. If the physician removes all of the affected tissue the chance of reoccurrence is low. Once a woman is recovered after surgery the symptoms of pain and cramping should reduce dramatically.

It is important to find a physician who is properly trained in diagnosing and treating the disease endometriosis. Many physicians use the birth control pill and other suppressive hormones to suppress endometriosis instead of surgically treating the disease; therefore, it can be difficult to find a good surgeon.

At Pope Paul VI Institute, our physicians are specially trained to treat endometriosis extremely effectively. Contact us to find out more about endometriosis diagnosis and treatment. Call 402-390-6600 or email us at [ppvinurses@gmail.com](mailto:ppvinurses@gmail.com).

Prayer is the  
best weapon  
we have;  
it is the  
key to God's heart.

You must speak  
to Jesus with  
not only your lips  
but with your heart.

In fact  
on certain occasions  
you should  
speak to Him  
only with your  
heart..."

— Saint Pio of Pietrelcina

## The Truth and Meaning of Human Sexuality...

As the image of God, man is created for love. This truth was fully revealed to us in the New Testament, together with the mystery of the inner life of the Trinity: "God is love (1 John 4:8) and in himself he lives a mystery of personal loving communion. Creating the human race in his own image... God inscribed in the humanity of man and woman the vocation and thus the capacity and responsibility, of love and communion. Love is therefore the fundamental and innate vocation of every human being". The whole meaning of true freedom, and self-control which follows from it, thus directed towards self-giving in communion and friendship with God and with others.

The person is thus capable of a higher kind of love than concupiscence, which only sees objects as a means to satisfy one's appetites; the person is capable rather of friendship and self-giving, with the capacity to recognize and love persons for themselves. Like the love of God, this is a love capable of generosity. One desires the good of the other because he or she is recognized as worthy of being loved. This is a love which generates communion between persons, because each considers the good of the other as his or her own good. This is a self-giving made to one who loves us, a self-giving whose inherent goodness is discovered and activated in the communion of persons and where one learns the value of loving and of being loved.

# CrMS is for Every Woman

By: Victoria Sage, BSc

May you  
acquire  
the custom  
of concerning  
yourself  
every day  
about others,  
and give  
yourself  
to the task  
so much  
that you forget  
you even exist.

— Saint Josemaria Escriva

If you talk to someone who uses or has used the Creighton Model FertilityCare™ System, they will most likely tell you that they learned the Creighton Model System (CrMS) during marriage preparation. The CrMS, which is a completely standardized system, is “an extremely reliable family planning system.” It can be used both to avoid and to achieve pregnancy. Its many benefits include its comparative low costs, its medical safety for fertility regulation, its cooperation with a couple’s natural fertility cycles, its shared participation of both spouses, and its non-invasiveness and moral soundness fostering respect for the dignity of marriage and the dignity of women. But, fertility regulation is one dimension of the CrMS’s application.

Young, single women can also greatly benefit from the CrMS. A young woman learns the CrMS with instruction from specially-trained FertilityCare™ Practitioners. Learning begins with an introductory session and eight follow-up sessions and it continues with once- or twice-a-year long-term follow-up sessions.

The CrMS teaches a woman to chart her menstrual and fertility cycles. This charting “records the ‘language’ of her health and fertility” (see *Language of a Woman’s Body* in Issue 6) and is also called “NaProTracking” the cycle. A woman’s FertilityCare™ Practitioner can help her to identify problems using the CrMS charts and can refer her to NaProTechnology-trained physicians.

So, what is NaProTechnology?  
NaProTechnology is “a new women’s health


science that is designed to cooperate with the menstrual and fertility cycles. It has as its spectrum of application the reproductive-age woman... [and it] has medical, surgical, and perinatal applications. NaProTechnology is the first system to fully network family planning with procreative and gynecologic-health monitoring and maintenance” (Hilgers, *The NaProTechnology Revolution*, p. 25).

NaProTechnology uses the CrMS to look for the underlying causes of a woman’s health problem and then to treat the diseases. When women seek medical evaluation, NaProTracking and other symptoms that the woman is experiencing are evaluated by physicians who are specially trained in NaProTechnology. By identifying the exact cause of a woman’s health problem, a treatment approach can be implemented that corrects that specific problem.

NaProTechnology has proven effective in the treatment of infertility, menstrual cramps, premenstrual syndrome, ovarian cysts, irregular or abnormal bleeding, polycystic ovarian disease, repetitive miscarriage, postpartum depression, prematurity prevention, hormonal abnormalities, chronic discharges, and other health problems. In fact, its effectiveness is on a par or often better than mainstream gynecological approaches to treatment. To treat women’s health problems, NaProTechnology physicians employ “targeted hormone surveys, expert ultrasound evaluation and various surgical approaches that utilize laser technology, microsurgical applications and anti-adhesion strategies” (Hilgers, p. 26).

Women like NaProTechnology and its foundation, the CrMS, because with this approach to health monitoring and maintenance, the “root cause of their problem [is] identified and treated [and] they can be a true partner in their own health care and they can be educated with the principles of how their body works” (Hilgers, p. 30).

Victoria Sage is a scientific & technical communications assistant at the Pope Paul VI Institute.



“Even before a word is on my tongue, Lord, you know it all. Behind and before you encircle me and rest your hand upon me.”

— From Psalm 139

# Resources

[www.popepaulvi.com](http://www.popepaulvi.com)  
[www.DrHilgers.com](http://www.DrHilgers.com)  
[www.fertilitycare.org](http://www.fertilitycare.org)

<http://www.chastity.com>  
<http://vocation-network.org>  
[www.onemoresoul.com](http://www.onemoresoul.com)  
[www.ewtn.com](http://www.ewtn.com)

## SNAPSHOT: Blessed John Paul II (1920-2005)

### Quick Facts about John Paul II

- Karol Jozef Wojtyla was born May 18, 1920.
- On November 1, 1946 he was ordained to the priesthood.
- On July 4, 1958, he was nominated Auxiliary Bishop of Cracow and Titular Bishop of Ombi.
- He was ordained Bishop on September 28, 1958.
- On January 13, 1964, he was nominated as Archbishop of Cracow by Pope Paul VI, who later made him a Cardinal on June 26, 1967.
- On October 16, 1978 he was elected pope and received the name John Paul II.
- During his pontificate he set many firsts. He was the first non-Italian pope in 455 years. He was the first Polish pope in the history of the papacy. He was the youngest pope since Pius IX (1846-1878).
- He was the first pope to use the Wednesday audiences for ongoing catechesis. His first ongoing catechesis was the Theology of the Body which he gave from 1979 - 1984.
- During his pontificate, John Paul II declared 1,338 blessed and canonized 482 saints. All of his twentieth century predecessors combined canonized a total of 98 saints.
- Among the saints he canonized was St. Faustina Kowalska. Leading him to declare the day of her canonization to henceforth be known as "Divine Mercy Sunday."
- He added five new mysteries, the "Mysteries of Light" to the Rosary.
- He traveled to 129 countries in 104 trips outside of Italy including seven trips to the United States.
- On May 13, 1981, Pope John Paul II was shot. This was the feast of Our Lady of Fatima and also the day he planned to announce the creation of the John Paul II Institute on Marriage and Family.
- He was the first Pope to hold a world youth day. The first world youth day was held at a diocesan level in 1986. The first international world day was held in 1987 in Buenos Aires, Argentina.
- In 1994 Time magazine chose Pope John Paul II as Man of the Year.
- During his pontificate he wrote 14 Encyclicals, 15 Apostolic Exhortations, 11 Apostolic Constitutions and 45 Apostolic Letters and 5 books.
- The Catholic Church and her faithful will continue to remember Blessed Pope John Paul II in a special way on his feast day October 22nd.



Beatification image of John Paul II

### The Beatification of Pope John Paul II

*"Totus Tuus Maria"*

"Dear brothers and sisters, today our eyes behold, in the full spiritual light of the risen Christ, the beloved and revered figure of John Paul II. Today his name is added to the host of those whom he proclaimed saints and blessed during the almost twenty-seven years of his pontificate, thereby forcefully emphasizing the universal vocation to the heights of the Christian life, to holiness."

*Pope Benedict XVI during the homily at the Beatification of Blessed John Paul II May 1st 2011.*

### Prayer for the Intercession of Pope John Paul II

*"Blessed are you, beloved Pope John Paul II, because you believed! Continue, we implore you, to sustain from heaven the faith of God's people. You often blessed us in this Square from the Apostolic Palace: Bless us, Holy Father! Amen."*

*Pope Benedict XVI during homily at Beatification of Blessed John Paul II May 1st 2011.*

O Holy Trinity, we thank you for having given to the Church Pope John Paul II, and for having made him shine with your fatherly tenderness, the glory of the Cross of Christ and the splendor of the Spirit of love. He, trusting completely in your infinite mercy and in the maternal intercession of Mary, has shown himself in the likeness of Jesus the Good Shepherd and has pointed out to us holiness as the path to reach eternal communion with You.

Grant us, through his intercession, according to your will, the grace that we implore, in the hope that he will soon be numbered among your saints. Amen.

## Pope Paul VI Institute

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