

NEW BUSINESS FEATURE

New center offers pregnancy counseling

By Michael Popke
Special to The Star

When Kristin Dvorsky was a kindergarten teacher, she and her fiancé (now husband), Brian, participated in a fertility awareness program. Before long, Kristin realized a career change was in order.

"Teaching was my passion, but I also had a strong desire to explore this area," said Dvorsky, 27. "We are seeing more women struggle with infertility than ever before, and I wanted to help them. So I combined my love of teaching with women's health issues."

That's why Dvorsky became a FertilityCare practitioner, affiliated with the Creighton Model System of natural family planning. The model uses standardized observation and charting of biological markers.

When Brian began his job as data manager with the Sun Prairie Area School District in Fall 2016, Kristin (who previously worked at a physician's office in Kansas) decided to open her own FertilityCare center in Sun Prairie and operate out of her home.

Faustina FertilityCare Center, which recently became a member of the Sun Prairie Chamber of Commerce, promotes a natural and holistic approach to women's healthcare. Its mission is to provide "quality care and education that empowers women and couples with the knowledge of their fertility, [and] to then enhance their reproductive health."

The Creighton Model System was developed by Dr. Thomas Hilgers, founder and director of the Pope Paul VI Institute for the Study of Human Reproduction in Omaha, Neb. It uses a standardized observation technique and charts biological markers that are essential to a woman's health and fertility. By observing such markers — including bleeding, mucus and dryness — women are thus able to determine when they are fertile, approaching ovulation and past the time of fertility, according to Dvorsky.

Dvorsky also uses NaProTECHNOLOGY, shorthand for Natural Procreative Technology, which focuses on finding the cause of infertility. Based on techniques used in the Creighton Model System, NaProTECHNOLOGY helps women and couples identify and interpret signs the body provides.

It's worth noting that Wisconsin is home to one of only 20 physicians in the country — Dr. Melissa



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Weidert at the St. Gianna Clinic in Green Bay — who is medically and surgically fellowship-trained in NaProTECHNOLOGY from the Pope Paul VI Institute.

The name of Dvorsky's FertilityCare center honors St. Faustina Kowalska, a Polish Roman Catholic nun who is known as the "patron of mercy." "What better saint to walk through the fertility journey with," she said.

Despite the religious affiliation, Dvorsky stressed that clients need not be Catholic or belong to any other religion to follow the Creighton Model. The beauty of the system, she added, is in its scientific foundation, which is based on more than 40 years of researching the human reproductive system. "People who use it are seeking natural options for family planning to achieve pregnancy, avoid pregnancy or monitor fertility," she said.

Many of Dvorsky's clients were previously referred to an infertility specialist, who might have recommended a procedure with which they were not comfortable.

"Infertility is not a disease," Dvorsky said. "It is a symptom of an underlying disease, and the goal is to help women become healthier. And if pregnancy results from that, fantastic."

Faustina FertilityCare Center

Phone: 608-618-4637
Website: www.faustinacare.com
Facebook: www.facebook.com/faithfulcare

At Faustina FertilityCare Center, a 90-minute introductory session reviews basic anatomy and physiology, explains charting situations and explores the method's effectiveness of achieving and avoiding pregnancy. Eight follow-up consultations are based on a customized program based on each woman's body and reproductive category.

All sessions are held in Dvorsky's Sun Prairie home, but she also offers online sessions for long-distance clients. Pricing and pay-in-advance discount details can be found on the center's website, www.faustinacare.com.

"Knowledge of fertility awareness methods are on the rise. People don't realize there are more options for family planning methods," said Dvorsky, adding that some existing options are unproven while others have fallen out of date.

She suggested women and

couples research available methods, which is why Faustina FertilityCare provides a free 15-minute phone consultation with prospective clients to help determine if the Creighton Model System is right for them.

More than 80 percent of women and couples who participate in an introductory session continue with the program, Dvorsky said. She also recommended partners be actively involved in learning the Creighton Model by charting the woman's biological markers.

"We are taught as a society to use invasive devices and take pills rather than trust our own bodies," Dvorsky said. "I understand how people can be skeptical, but I can help them become confident using the Creighton Model."

Through a marriage prep program, Kristin and Brian Dvorsky learned that they were likely to struggle with infertility and addressed that concern through the Creighton Model. As proof the approach works, look no further than the Dvorsky's first child, a 16-month-old boy named John Paul.

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