
FertilityCare Pregnancy Story shared by YT & G, a couple who benefitted from the FertilityCare & NaproTechnology Programme (23rd July 2012)

We had our child with the help of NaproTechnology under the guidance of the FertilityCare Team of Dr John Hui and Andy Wee. We were in our late thirties at the time and had been married for close to ten years.

NaproTechnology is scientifically and medically based; and had enabled us to understand and overcome our own fertility issues to achieve natural conception where current mainstream conventional medical practices had failed.

After trying to conceive for a few years, we consulted with a gynaecologist who indicated that both of us were, for most part healthy. We were then recommended to do SO-IUI which failed and was subsequently asked to consider IVF. The fact that we were seemingly healthy but unable to conceive was a terribly disheartening and frustrating experience. We discussed on undergoing IVF, but had our reservations largely due to our religious beliefs.

It was during these very trying periods of searching and reading up on the Catholic teachings on IVF and trying to find ways to achieve natural conception (on the world wide web no less!) that we stumbled upon NaproTechnology and FertilityCare. We desperately wanted to have a child and were glad that there is a FertilityCare team in Singapore. We met up regularly with the team. Andy taught us to chart our fertility cycles using the Creighton Model System (similar to the Billings charting method except that it is much more detailed) and Dr John provided us with the medical support and interventions.

I went through “the works” in the medical work-ups – going through post-ovulation blood tests, ultrasound scans and laparoscopy. It was through the blood tests that we discovered that I have luteal phase defect (which was not previously discovered). (It also explained the regular pre-menstrual terrible headaches I had.) I was then prescribed with HCG injections at specific intervals post ovulation which I learnt to administer on myself to address this issue. Through the laproscopy surgery recommended by Dr John, I learnt that I have mild endometriosis, adenomyosis and had two tubal cysts removed during surgery.

In the third month after the surgery, we found that we have successfully conceived a child. Whilst very happy with the news, we were also very cautious as I was found to have very low progesterone levels. Dr John had me do my blood tests fortnightly to monitor my progesterone level and I had progesterone support during pregnancy until my third trimester.

NaproTechnology does not promise instantaneous and fast results or outcomes (I went through treatments for more than a year.) because time is required to allow ourselves and the FertilityCare team (Dr. John and Andy) to track our biomarkers and understand the patterns of our fertility cycles. Based on the results of our fertility cycle charts, Dr John then recommended the necessary medical interventions. However, NaproTechnology treatments aim to optimize our own natural fertility potential as a couple and through these treatments we have a better understanding of our own bodily functions and the root causes of our infertility issues.

We are really thankful to God for the blessing of our child, conceived naturally through the help of NaproTechnology; and the FertilityCare team of Dr John Hui and Andy Wee who not only provided medical but also emotional support during the process of undergoing treatments.

To couples who are trying to conceive but had been unsuccessful, we would recommend seeking medical interventions through NaproTechnology.

By,

YTG