

The Complete Guide to Fertility Awareness



Fertility Awareness is key to understanding and making decisions about sexual and reproductive health at all life-stages. It can be used to plan or avoid pregnancy. Fertility Awareness Methods (FAMs) are in demand from women for ecological, medical, cultural, religious and moral reasons and as a lifestyle choice. They are highly effective when motivated couples are taught by trained practitioners. The Complete Guide to Fertility Awareness provides the science, methodology and teaching skills to support health professionals. The text covers the physiology of male and female fertility, the fertility indicators: temperature, cervical secretions and cycle length calculations plus home test kits and devices. It explores factors which affect fertility, ways to optimise conception naturally and to manage conception delays. It includes evidence-based guidelines for avoiding pregnancy in all fertility circumstances. Case studies and self-assessment exercises are included throughout. The Complete Guide to Fertility Awareness offers:

- evidence-based information for general practitioners, practice nurses, school nurses, midwives, and sexual health doctors and nurses
- a unique perspective on subfertility for gynaecologists and fertility nurses
- an authoritative source of reference for medical, nursing and midwifery students
- a balanced source of information for complementary therapists
- a straightforward and practical reference for new and experienced FAM users
- the core text for the FertilityUK Advanced Skills Course in Fertility Awareness

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