

Going Organic: Women's Health in the 21st Century

Americans have never had higher standards for what we put into our bodies. As we strive for higher purity for our food, water and air, Our Lady of Hope Clinic is proud to apply those same standards to medicine. That's why we consult on natural methods of family planning (NFP), free of the dangerous side effects and environmental harm caused by hormonal contraception.

Still, most people aren't familiar with NFP, and many who are have received incorrect information. Here's a bit of background on the cutting-edge development in women's health:

What is NFP?

Women are only fertile about one week a month. NFP is the science of charting biomarkers that accompany fertility and pursuing or abstaining from



NFP Practitioner Leah Stader and Our Lady of Hope Clinic Physician Dr. Anne Volk Johnson

marital relations depending on the couple's intention of achieving or preventing pregnancy.

My doctor said NFP doesn't work. Is that true?

Unfortunately, many doctors' knowledge of NFP is limited to the "Rhythm Method," which has been obsolete for decades. Current methods, like the Creighton, the Sympto-thermal and the Marquette models have proven to be more than 98% effective.

But I read a study that said NFP is only 50% effective!

Many studies lack a good sample

of NFP users. So any use of periodic abstinence to avoid pregnancy is considered NFP—even if the subjects misuse or fail to use a method! Studies using sound methodology show typical use is 98% effective—no less effective than artificial means.

I'm single. Why should I care about NFP?

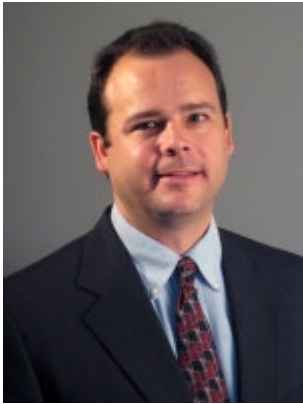
The biomarkers observed using NFP are also extremely effective at diagnosing and treating a wide range of women's health problems, including PMS, menstrual cramps, and ovarian cysts as well as infertility, repeated miscarriage, and postpartum depression.

For more information on NFP and its health benefits, call Steve Karlen at 608-445-2063 or visit ourladyofhopeclinic.org/nfp.

Our Lady of Hope Clinic Doctors Go the Extra Mile
 OLHC physicians Michael Kloess and Anne Johnson have served hundreds of uninsured patients since last June, but that's not the full extent of their work to serve those in need. Dr. Kloess spent the second week of April in Haiti caring for those affected by the recent earthquake. Upon his return, he and Dr. Johnson volunteered at the Touched Twice event, which provides a full spectrum of services for those in need!

Our Lady of Hope Clinic
 6425 Odana Road
 Madison, WI 53719
 608-819-8544
www.ourladyofhopeclinic.org

A Message from Our Lady of Hope Clinic President Dr. Michael Kloess



Over the past year, one of the most frequent questions Dr. Anne and I have been asked is how President Obama’s attempt to reform health care will affect our efforts to provide compassionate care for the uninsured at Our Lady of Hope Clinic. Will there still be a need for local people to step up to the plate and work together to provide medical care to the less fortunate?

It’s an important question—and one that had been difficult to answer because so many complicated proposals have been floated since last summer. But now that the final legislation is in place, we have a few more answers on exactly how health care reform will impact Our Lady of Hope Clinic.

One thing the new law will not do is establish “universal” health care. While projections indicate the legislation could cover close to 30 million more Americans, it will not take full effect for nearly a decade. If you have ever found yourself without insurance, you know those without access to care simply cannot wait that long to see a doctor. And according to the Centers for Medicare & Medicaid Services, 24 million residents will still find themselves uninsured even after the health care legislation is fully implemented in 2019.

However the law may or may not help those in need, it remains clear that there will continue to be plenty of uninsured men, women and children that need Our Lady of Hope Clinic for their care. And given that this law will have to overcome legal challenges and other obstacles before it is fully implemented, local solutions will remain as necessary as ever. I remain a firm believer that the local community is the best resource for aiding those in need.

Another frequently asked question is whether this new legislation will affect the status of our patient-benefactors. It will not. Our Lady of Hope Clinic does not bill insurance and will not become part of the new federal insurance exchange. Therefore, important health care decisions will remain in the hands of patients and their doctors and out of the hands of insurance company executives and regulators in Washington. Our Lady of Hope Clinic remains the premier choice for individuals and families who prefer to retain control over the medical choices that they alone are qualified to make.

Our Lady of Hope Clinic remains the premier choice for individuals and families who prefer to retain control over the medical choices that they alone are qualified to make.

DID YOU KNOW?

As a patient-benefactor, your personal physician is on call for you 24 hours a day, 7 days a week—all for just a few dollars a day!