

4<sup>th</sup> International Conference on

# Obstetrics and Gynecology

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## Sr Renee Mirkes

*Saint Paul VI Institute, USA*

### NaProTechnology: Healthcare women really need

NaPro Technology is a dynamic, universal women's health science developed by Dr Thomas W Hilgers and his colleagues at the Pope Paul VI Institute. Evolving over forty years of clinical research, Natural Procreative TECHNOLOGY (NPT or NaPro for short) applies a harmonized and prospective system of cyclic charting whose biofeedback is critical in helping women understand their health and fertility. One abiding hallmark distinguishes NPT's 45-year history: A woman's healthcare goals—the regulation of fertility or the identification and treatment of reproductive abnormalities—are realized in cooperation with her natural procreative cycle. Here I bring the defining concepts and accomplishments of NPT into dialogue with those of the Women's Health Movement (WHM), a major U.S. healthcare initiative that, since the 1960s, has continued to gain momentum in American mainstream medicine. Speaking for the former will be a representative group of female patients who will recount their experiences in taped soundbites taken from their personal testimony included in the book *Women Healed*. Personifying the latter are the initial architects and contemporary leaders of the WHM. What you are about to discover is how a comparative conversation between these two contemporary healthcare phenomena elegantly sets the power of NPT in bold relief. First, NaPro embodies all that is worthy in the WHM. Second, NaPro eclipses the best of

what the WHM has to offer. And, third, NaPro excludes any Women's Health Movement proposal/practices that fail to realize health in either female patients or the culture.

#### Speaker Biography

Sister Renee Mirkes is a member of the Franciscan Sisters of Christian Charity, Manitowoc, WI. She serves as director of the Center for NaProEthics [the ethics division of the Saint Paul VI Institute, Omaha, NE] and was editor of its ethics publication, *The NaProEthics Forum*, from 1996 to 2002. In her current position, she deals with procreative and birth ethics through consultations, publications, and public speaking. To these commitments she brings experience in clinical ethics as well as broad experience in bioethics as a research fellow from 1987-1990 with the National Catholic Bioethics Center (formerly the Pope John Center: Houston, TX). She was appointed to the Nebraska Bioethics Advisory Commission by University of Nebraska President L. Dennis Smith in 2000. She is a founding member and serves on the board of Nebraska Coalition for Ethical Research. She has also been appointed chair of the Legislative Committee of the American Academy of Fertility Care Professionals and spearheads its website focus on protecting healthcare rights of conscience in reproductive medicine. She has published articles in *The Journal of Philosophy and Medicine*; *Ethics & Medics*; *New Black friars*; *The Thomist*; *Linacre Quarterly*; *The American Catholic Philosophical Quarterly*; *Catholic Answer*; *Our Sunday Visitor*; *The NaProEthics Forum*; *National Catholic Bioethics Center Quarterly*; *Ethics and Medicine*, and *The Catholic Response*.

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