

Fertility awareness: back to basics

European Congress on Fertility awareness-based Methods

Friday November 15th 2024

*Irish College
Jansenusstraat 1
Leuven, Belgium*

In Antwerp, NFP-Vlaanderen organized a successful European Congress on Fertility Awareness Methods (FAM) in 2008, with the collaboration of several Flemish Universities.

Meanwhile the world is not standing still and times have changed. In Europe the public opinion is becoming more aware of the symptom-thermal method sensiplan®. Women and couples have a growing interest in taking natural fertility back into their own hands. Beside strict medical aspects there is a perceived psychosocial need of more specific information about fertility and its management. New perspectives concerning their fertile years can help couples to strive for a more holistic approach in the autonomous decision-making process of family planning.

The European Congress on Fertility Awareness-based Methods, organized by NFP-Vlaanderen and the German 'Sektion Natürliche Fertilität' of the 'Deutsche Gesellschaft für Gynäkologische Endokrinologie und Fortpflanzungsmedizin e.V.' in collaboration with the departments of gynaecology of the Flemish universities presents the results of new scientific studies on several topics about FAM. The congress offers also a forum for discussing and integrating new medical and psycho-social scientific insights in fertility knowledge and experience.

University experts from Europe and the US will participate at the debates. Special attention is paid to a forum for young scientists.

Preliminary meetings can be organized on Thursday.

More information: Pierre Hernalsteen + 32 3 455 16 97 or info@nfp.be

www.sensiplan.be

<https://vruchtbaarheidsbewustzijn.be/wetenschap/>



Provisional program

8.30	Welcome	
9.00	Official opening	
9.30	Scientific basis of Fertility Awareness-based Methods (FAM)	
9.45	Treatment of infertility and FAM	
10.00	Socio-psychologic aspects of FAM	
10.15	Testimonies	
10.30	<i>Coffee break</i>	
11.00	Session 1 Effectiveness of FAM	Session 4 FAM and health care professionals
12.30	<i>Lunch</i>	
14.00	Session 2 FAM postpartum and irregular cycles	Session 5 Fertility Education for Youth
15.30	<i>Coffee break</i>	
16.00	Session 3 Meeting Young Scientists	Session 6 Cycle apps and New Technologies
17.00	Round Table	
17.55	Final conclusion	
18.00	<i>End of the day</i>	