

GIANNA CENTER OF LONG ISLAND CENTER FOR WOMEN'S HEALTH AND FERTILITY

A natural, restorative,
scientifically-based approach to
managing your health and fertility



**Catholic
Health Services**
of Long Island
At the heart of health

TESTIMONIAL



Front row from left: Zachary (5), Caitlyn (7), Leah (3). Back row: Proud mom Jennifer holds Michael who will be 2 in September with husband Ryan Harrington.

Jennifer and Ryan Harrington

There is perhaps no greater disappointment than that of a couple planning and hoping for children who are never born. Month after month, they navigate the frustration, the hope, and the exhausting letdown of not achieving a longed-for pregnancy.

For Jennifer Harrington and her husband Ryan, having children was a priority. For more than a full year after getting married, they tried to get pregnant with no success. The stress weighed on them. “There is so much sadness that goes along with trying, and failing, to get pregnant. It’s a lot to handle for a year. It’s hard,” says Jennifer.

A physical therapist with a science background, Jennifer knew that she and her husband were at a crossroads. They

could have sought medical intervention, which for Jennifer may have led to in vitro fertilization. But they wanted to stay true to their strong Catholic beliefs. Was there a way to find help and not sacrifice their core values?

“Through our Pre-Canva marital preparations, we were introduced to the Creighton Model of natural family planning,” recalls Jennifer. “We knew that would make sense for us throughout the process of trying to conceive as it was what we were already familiar with, so we started looking for a doctor who would adhere to Catholic teachings.”

The Creighton Model FertilityCare™ System uses NaProTECHNOLOGY™ (NaPro), relying upon the observation and charting of a woman’s biological markers to either become pregnant or avoid pregnancies by showing when she is fertile in her cycle. It is approved by the church as the acceptable method of family planning.

“We found Dr. Paul Carpentier, who had a practice in Gardner, Mass., and he was able to identify some red flags for me, some possible causes of why I wasn’t getting pregnant. That’s the thing with NaPro and the Creighton Model—they try to fix the underlying problem so you can get pregnant in a more natural way,” says Jennifer. “I had blood tests, labs, and I was charting my menstrual cycle. Every appointment was booked for a full hour with the doctor. Dr. Carpentier really tries to understand the entire picture. They really care about the whole person and approach it holistically, looking at diet, exercise, everything.”

Dr. Carpentier, now the medical director of the Gianna of Long Island Center for Women’s Health and Fertility, suspected Jennifer had polycystic ovarian syndrome (PCOS) and endometriosis, two common gynecologic disorders that can affect pregnancy success. With careful charting of her cycle every month, Dr. Carpentier,

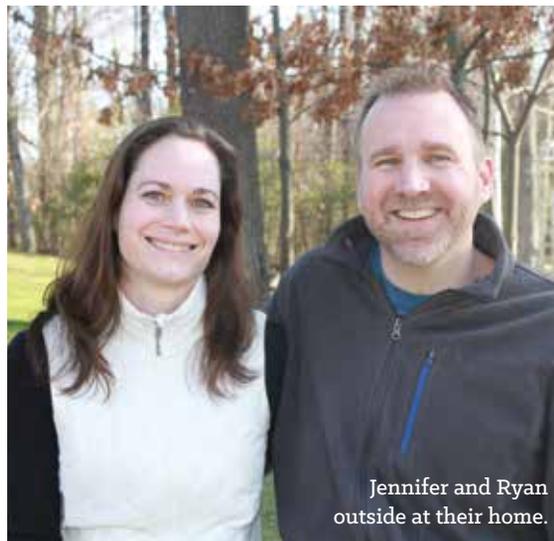
Jennifer, and Ryan were able to pinpoint her most fertile days. With simple treatment and after just three months, Jennifer conceived. Nine months after that, the couple’s first child, Caitlyn, was born in 2009.

“It was awesome,” says Jennifer. “When Caitlyn was nine months old, we tried to do it on our own and did get pregnant, but miscarried. So we went back to Dr. Carpentier. And we soon had Zachary. Then we had Leah. And then Michael, who



Baby Michael Harrington on his birthday – September 12, 2014

“If people are having trouble, please don’t wait that recommended full year. The really awesome thing with NaPro is that because of the charting, the doctors are confident in you, and so they can start treatment after you’ve been trying and charting for three months. It can save couples from an extra six months of heartache.”



Jennifer and Ryan outside at their home.

is now one-year-old. We have four beautiful children.”

“We have loved working with the doctors and nurses who use NaPro. What’s been hugely important is that we never had to worry about our faith. They’d never do anything to compromise your Catholic morals. It’s a beautiful relationship with the doctors. They pray with you, they care. You’re united in faith,” says Jennifer. “Dr. Carpentier was an answer to our prayers. He’s truly living his vocation. I mean, people come from Canada to see him and be treated! His compassion and sensitivity to the process is amazing. He truly is a special person.”

Now, with 4 children ages 7, 5, 3, and 1, Jennifer and

Ryan feel that they are ready for a fifth child, should they be able to conceive again. After each pregnancy, Jennifer’s underlying gynecologic issues have become more pronounced, making conception more and more difficult. In fact, Jennifer, who is 37, is hoping laparoscopic surgery will permanently correct her diagnoses from Dr. Carpentier. “Part of me is excited to fix these issues. We’re praying for another baby. We have four children and I have a lot of confidence in these doctors and nurses.”

Jennifer, who homeschools her children in their Pelham, N.H. home, need only look to their faces to see that all of her and her husband’s

efforts paid off, with the help of a committed, compassionate medical community that supported their beliefs. Her fervent wish is that young women and their spouses not hesitate to begin their journey with NaProTECHNOLOGY™.

“If people are having trouble, please don’t wait that recommended full year. The really awesome thing with NaPro is that because of the charting, the doctors are confident in you, and so they can start treatment after you’ve been trying and charting for three months. It can save couples from an extra six months of heartache,” she said. “It’s so much unneeded suffering and it takes such a psychological toll. These care givers provide so much hope. They bring a light so many couples need.” ■



From left: Caitlin (7), Michael (1), Zachary (5), & Leah (3).

For more information about the Gianna Center or an appointment with Dr. Carpentier, please call 631.376.3232 or visit www.chsli.org/gianna-center-long-island

Gianna of Long Island Center for Women's Health and Fertility

Across the country, there has long been a desire and vision to provide women with a natural means for achieving or avoiding pregnancy. The National Gianna Center for Women's Health and Fertility™ delivers the ideal solution. Established to offer pro-life, authentically Catholic health care centers for women and families that specialize in the Creighton Model FertilityCare™ System and NaProTECHNOLOGY™, Gianna centers exist in Manhattan, Syracuse, Albany, New Jersey, Pennsylvania, Louisiana and now, through collaboration between the diocese and Catholic Health Services, on Long Island.

The Gianna Center is based at Good Samaritan Hospital in West Islip and coordinated by Medical Director Paul Carpentier, MD, CFCMC. Certified Fertility Care Practitioner Jamey Hutchinson, BSN, CFCP, joins Dr. Carpentier in meeting women's health needs. Together, they provide women with natural, restorative approaches to their health challenges and their fertility

or as Dr. Carpentier describes it, Restorative Reproductive Medicine (RRM).

"RRM helps women and couples treat reproductive disorders in a way that reveres their fertility and the sacrament of marriage," explains Dr. Carpentier. "It is also used to treat various gynecologic problems; identifying and resolving the underlying issues."

RRM is improving the quality of care for women and couples; treating reproductive disorders and various gynecologic problems using the best in current medical care. The Pope Paul VI Institute for the Study of Human Reproduction and the International Institute for Restorative Reproductive Medicine has developed a truly comprehensive, dignified and successful approach to treating these sophisticated hormonal and procreative issues. By applying diagnostic and therapeutic techniques in a way that benefits the natural functions of the body, the gynecologic problems are resolved rather than suppressed. The resulting

treatments are morally acceptable and attractive, but equally important, have excellent results.

"These methods are not a step backward, but rather a step forward," says Dr. Carpentier.

More effective, involving less invasive treatment, less expense and less time to symptom resolution for a variety of conditions, RRM, according to Dr. Carpentier, when compared to the standard gynecology approach, shows favorable results in all of these instances:

- Infertility
- Prematurity rate
- Live newborn rates in infertility due to:
 - Endometriosis
 - Polycystic ovarian disease
 - Tubal occlusion
 - Previous or recurrent miscarriage
- Rate of multiple births: twins, triplets
- Postpartum depression
- Premenstrual dysphoric disorder (PMDD)
- Postmenopausal symptom management
- Hysterectomy rate for chronic pelvic pain
- Avoiding pregnancy
- Polycystic ovary syndrome (PCOS)

- Ovarian cysts
- Irregular cycles
- Chronic fatigue
- Adolescent well-being
- Future healthy relationships

Restorative Reproductive Medicine has a proven ability to reduce the need for in vitro fertilization services, neonatal intensive care unit stays and gynecologic surgery.

Providing this quality of medical care for women and couples while respecting the dignity of the woman, improves the well-being of neonates and strengthens the family. The couple is very involved in the process. It is care for the entire person: body, soul and relationship.

This evolving science has already helped thousands of women and couples across the U.S. and in several other nations. Through these techniques, the Gianna Center provides comprehensive women's health care inspired by Catholic values, yet is accepting all faiths and in full conformity with the Ethical and Religious Directives. ■



(Pictured above) Thanks to a collaboration between the Diocese and Catholic Health Services (CHS), the system established the Gianna of Long Island Center for Women's Health and Fertility at Good Samaritan Hospital in West Islip. Pictured: Jim Spencer, CHS Senior Vice President for Mission & Ministry; Theresa Cornish, CHS pregnancy support line; Tom Ockers, Executive Vice President and Chief Administrative Officer; Bishop Robert Brennan, Auxiliary Bishop of the Diocese of Rockville Centre; Bishop William Murphy, Bishop of the Diocese of Rockville Centre; Paul Carpentier, MD, medical director, Gianna Center; Allison O'Brien, Director Respect Life Office, Diocese of Rockville Centre; Jamey Hutchinson, BSN, Gianna FertilityCare™ coordinator.

For more information about the Gianna Center call 631.376.3232 or visit www.chsli.org/gianna-center-long-island



CHS's Gianna Center and Pregnancy Website

www.chsli.org/gianna-center-long-island

Catholic Health Services (CHS) now offers a dedicated, interactive website section for the Gianna Center and its pregnancy support services. The Gianna Center based at Good Samaritan Hospital Medical Center offers highly specialized restorative reproductive medicine in accordance with Catholic teaching, under the medical direction of Paul Carpentier, MD, CFCMC. Also, assistance is available for anyone with unexpected or crisis pregnancy through a one-call outreach program connecting to community resources.

At www.chsli.org/gianna-center-long-island, extensive information is provided on the Gianna Center, which was inspired by St. Gianna Beretta Molla, a wife, mother and physician who heroically chose to preserve the life of her unborn child. Site visitors can become informed on the Creighton Model FertilityCare™ System and NaProTECHNOLOGY™, both of which are central to the scientifically-based restorative reproductive medicine treatment. There are also testimonials, background on staff, additional resources and more.

Having an online presence will help to ensure that women across the region have access to these vital services, enabling them to get treatment that upholds the sanctity of life and honors the dignity of procreation. At the Gianna Center, exceptional, holistic medical care is given to women of all ages, and male infertility is successfully treated, as well.

Available to women and couples of all faiths, the Gianna Center is located at CHS's Good Samaritan Hospital, 1000 Montauk Highway, West Islip, and can be reached at 631.376.3232. Directions and a map to this location are available online by visiting www.chsli.org/gianna-center-long-island and navigating to "Contact the Gianna Center of Long Island."

For anyone with an unexpected or crisis pregnancy, the crisis pregnancy support social worker/navigator can be reached at 1.855.301.4CHS 8 a.m. to 4 p.m., Monday through Friday and is supported 24/7 by a team of trained professionals evenings, weekends and holidays. All conversations are confidential. Assistance is offered before, during and after delivery, including medical referrals, transportation and material assistance. More information can be found at www.chsli.org/gianna-center-long-island on the "Pregnancy Support Services" page. ■

Paul A. Carpentier, MD, CFCMC

Medical Director

**Gianna of Long Island
Center for Women's Health and Fertility**



A *magna cum laude* graduate of Assumption College and a 1986 graduate of St. Louis University School of Medicine with honors in medical ethics and high-risk obstetrics, Dr. Carpentier is board certified in family practice medicine. He graduated as a FertilityCare™ medical consultant from the Pope Paul VI Institute for the Study of Human Reproduction in Omaha, Neb., in 1991 and

returns for updates at least biannually. Certified as a fertility care medical consultant by the American Academy of FertilityCare™ Professionals, Dr. Carpentier was also honored with the 2004 Outstanding Natural Family Planning Medical Consultant Award—the fifth doctor in the world to receive this recognition. Dr. Carpentier has sworn the Hippocratic Oath and signed the Code of Ethics of the American Academy of FertilityCare™ Professionals. This means that he supports the dignity of each and every person, both born and unborn. He recently served as president of that academy and is currently a director for the International Institute for Restorative Reproductive Medicine. He speaks nationally and internationally on the merits of restorative reproductive medicine. He also serves as north east regional director for the Catholic Medical Association. He and his wife are parents of four young professional men. ■

Jamey Hutchinson, BSN, CFCP

FertilityCare™ Coordinator

**Gianna of Long Island
Center for Women's Health and Fertility**



A graduate of Truman State University with a bachelor of science degree in nursing, Ms. Hutchinson is a certified FertilityCare™ practitioner, having earned certification from American

Academy of FertilityCare™ Professionals. She has instructed more than 200 women/couples in fertility care and has served as a Diocese of Rockville Centre marriage preparation facilitator for natural family planning since 2012. In addition, she is a certified breastfeeding counselor and childbirth educator. Before joining Catholic Health Services, Ms. Hutchinson was a women's health registered nurse and FertilityCare™ coordinator in New York City and New Brunswick, New Jersey, for the first Gianna centers. ■

Anne Nolte, MD

Family Physician and Medical Director

Co-founder of the National Gianna Center for Women's Health and Fertility



Dr. Nolte is a board certified family physician with an area of concentration in women's health and fertility. She is a certified FertilityCare™ medical consultant and FertilityCare™ instructor.

She is the co-founder of the National Gianna Center for Women's Health and Fertility, the first pro-life, faith-based women's medical center in New York

City. She is also the co-founder of the John Paul II Center for Women, a nonprofit organization dedicated to educating women, couples and teenagers about the Christian vision

of the dignity of women, the meaning of human sexuality and the benefits of natural family planning. She serves as the president of the New York Guild of the Catholic Medical Association, chair of the Pro-life Commission of the Archdiocese of New York, and the representative to the United Nations for the World Federation of Catholic Medical Associations.

She is a graduate of Jefferson Medical College in Philadelphia, Pa., and completed her undergraduate studies at Villanova University.

She currently lives with her husband, Joe, in New York City. ■





The Dionne Family
 – standing from left:
 Jacob (15 ½), Jonah
 (12), JohnPaul (7 ½),
 Joseph (18), Joshua
 (20), in front, Jordan
 (3 ½), Kristine
 and Andre.

Kristine and André Dionne

Twenty-three years ago, Kristine Dionne and her fiancé André had little idea that the family planning method they learned about in marriage preparation classes would have such an impact on their lives.

Today, the couple has six children as a result of careful application of the Creighton Model of natural family planning and NaProTECHNOLOGY™. It's possible that without the method of charting biomarkers in Kristine's menstrual cycle over the years and the help of Paul Carpentier, M.D., now medical director of Gianna of Long Island Center for Women's Health and Fertility, their family would look very different.

"Two of our earliest pregnancies were lost to miscarriage,"

says Kristine, of Milford, N.H. "Probably through a progesterone deficiency. We chose to see Dr. Carpentier at his former practice in Massachusetts because he supported our Catholic values and his practice used the family planning methods we learned in our Pre-Cana classes. It was very important for us to be in accordance with church teaching."

NaProTECHNOLOGY™ (or natural procreative technology) uses the Creighton Model FertilityCare™ System of charting combined with modern medical, nutritional

and sometimes surgical interventions to help a woman reach her optimal state of reproductive health. The Creighton Model is a natural fertility tracking program that generates standardized information about women's reproductive health and enables couples to achieve or avoid pregnancy effectively. It is the only system that can be used with NaProTECHNOLOGY™ and is used to help diagnose and treat reproductive health problems.

“Our pregnancy losses were a painful reminder that children are a gift, not something owed to us,” she remembers. “The first miscarriage at 13 weeks was a real eye-opener for us. We found that our baby had died when we went in for an ultrasound. It was the hardest thing we ever heard. We wondered how it was possible, as my body had not (as of yet) naturally miscarried. We sought counsel from our dear, parish priest on how to validate this dead life (our sweet baby) that needed to be removed from my body surgically. The medical language had reduced our baby to a blob of necrotic tissue. Our fertility care practitioner was a source of strength, support and comfort during our grieving process.”

Kristine was so impressed by the care she received by the fertility care practitioners that she decided to devote her career to helping others going through the same issues. “I went through the practitioner education program of the Pope Paul VI Institute for the Study of Human Reproduction in 2006 as a desire to give back and enlighten others with this wonderful information that had so blessed our marriage and family life,” she says. “Also, the teachers and practitioners that Andy and I had as newlyweds impressed upon us a beautiful example of how this method would and could bless our marriage. It was contagious!”

From 2006 to 2014, she lived and worked as a practitioner in the Archdiocese of Boston, counseling women from all walks of life, and helping them with their reproductive health. “NaPro is applicable to all women, whether they’re single and living a chaste life, or engaged, or married,” says Kristine, who recalls treating one woman in the process of discerning a vocation to religious life. “Undertaking this program is a journey that travels with you for your whole reproductive life. I’ve helped treat so many amazing people, even couples who are skeptics but try this. Then they have a conversion of heart. We had doctors and nurses come and visit us to learn more about NaPro, and they were blown away when they saw what we were doing, learning about biomarkers for things like stress and P.M.S. and how they can affect fertility.”

“Our own faith was challenged and strengthened over all of these years as we navigated the Creighton Model in many different seasons of marriage and reproductive life,” admits Kristine. “We used the method before, during, and after



André and Kristine as newlyweds in 1994.

“NaPro is applicable to all women, whether they’re single and living a chaste life, or engaged, or married ... [it’s] a journey that travels with you for your whole reproductive life. I’ve helped treat so many amazing people, even couples who are skeptics but try this. Then they have a conversion of heart.”

pregnancies and while nursing all of our boys for more than two years each. The Creighton Model is applicable in all of these seasons, and through changes in our twenties, thirties, and now mid-to-late forties.”

In the 12 years Kristine was a teacher and practitioner of the method, she was able to bear witness to the journeys of many patients, a role she calls humbling.

“We found so many people would come in with fertility issues. Many had been given birth control pills or medicine that would ultimately just be masking symptoms,” she says. “Those are sometimes the people who have problems conceiving later on. But many times we were able to help. I’ve seen couples who, after an extremely long period of time, got on NaPro and were able to get pregnant quickly. I’ve also had couples who went on to adopt. And I don’t consider that a failure. I’d consider that an openness to a different path.”

As a former teacher of NaPro, as well as a personal practitioner, Kristine knows that one of the most crucial keys to success in the program is partner participation. “The idea of planning and spacing this family—that’s important, too. These decisions need to be discerned within the couple: Are we or are we not open to procreating a new life?”

She urges all couples to work as a team. “You need to make the decision together, and it’s very empowering. It doesn’t work unless you’re both fully aware. It’s supposed to be a shared program, with willingness and openness. And, we have our six precious boys. They’re the biggest blessing in our life and our marriage.” ■

For more information about the Gianna Center or an appointment with Dr. Carpentier, please call 631.376.3232 or visit www.chsli.org/gianna-center-long-island

Assisting pregnant women in crisis

Call 1.855.301.4CHS for assistance

A woman or couple facing an unexpected pregnancy may feel anxious and overwhelmed, with a multitude of worries. It may be a single woman who had very different plans for her future, a teenager wondering how she will tell her family, or a couple already struggling to make ends meet. All too often, those in this situation feel pressure from friends, family members and others to terminate their pregnancy.

In these circumstances, it may seem as if abortion is the only option. Organizations offering pro-life alternatives are currently less coordinated than abortion providers, who extend what appears to be an easy solution. However, the truth is that there are many resources available to help expectant mothers and their families.

To provide assistance for an unexpected or crisis pregnancy, Catholic Health Services (CHS) has established a one-call outreach program with access to resources in the community. Services are given both to uphold the unborn baby's right to life and help sustain mother and baby following birth. In this collaborative program, CHS's trained professionals offer expectant mothers encouragement and an array of practical support at this critical time and beyond, in the hope of helping the mother to continue the pregnancy.

Through this outreach program, a social worker/health care navigator is available by phone from 8:00 a.m. to 4:00 p.m., Monday through Friday, supported 24/7 by a team of trained professionals evenings, weekends and holidays. All conversations are confidential and follow HIPAA guidelines. Referrals to medical appointments can be scheduled and transportation arranged. If social or immediate material assistance (food, shelter and clothing) are required, CHS's navigator can provide information or connect callers with persons at agencies in the local area. Women and families in distress receive the respect and care they need to bring their baby safely to term.

Since needs exist beyond pregnancy, the comprehensive resources made available to callers will be beneficial after the baby's delivery. The goal is to provide nonjudgmental support and guidance, with an emphasis on education regarding all the assistance within reach to continue the pregnancy. Couples or single women who are experiencing challenges should not feel alone.

Crisis Pregnancy Outreach of Catholic Health Services

Call 1.855.301.4CHS if you or someone you know needs assistance with an unexpected or crisis pregnancy.

- Professionally staffed referral line
- 24 hours a day/7 days a week
- Confidential and nonjudgmental
- Guidance in connecting with available resources
- Assistance following a life-limiting prenatal diagnosis
- Post-abortion healing resources

Catholic Charities Crisis Pregnancy and Maternity Support Services

Women, Infants and Children (WIC) Program

- Serves infants, children under the age of five, and pregnant, postpartum or breastfeeding women who meet income guidelines.
- Provides vouchers for healthy foods as well as nutrition assessment, education, counseling and breastfeeding support.

Regina and Mary's Residences

- Serves single, pregnant and parenting young women and their children.
- Provides safe housing, emotional support, counseling, parenting guidance, educational support, child care assistance and life skills training to help young women become confident, loving, working mothers.

Mentoring of Mom's Program

- Serves single, pregnant and parenting young women.
- Provides one-to-one relationships with role models who encourage and support these young women to develop into effective parents and workers.



In addition, this one-call outreach assists expectant parents who have received a prenatal diagnosis of a life-limiting illness such as anencephaly, severe chromosomal anomalies, inoperable cardiac abnormalities or Potter's syndrome.

Gabriel's Courage

Through Gabriel's Courage—CHS's family-centered perinatal program—obstetricians, registered nurses, social workers, chaplains, child life specialists and bereavement specialists work together to offer compassionate support, education and birth planning services. Through the development of a birth plan, parents are able to determine the care they want for their baby and make decisions for their newborn prior to birth. An important component of the program is taking memory-building photos, footprints and handprints, reaffirming the precious life of this special infant. For more than a year after the child's birth, the team will remain in contact with the family to help bridge the feelings of loss, while validating the role of the parents.

Post-Abortion Healing

Affirming the sanctity of life from the moment of conception, Catholic Health Services respects the dignity of each person and continues Christ's healing mission. Recognizing that abortion is prevalent on Long Island, this program is designed to be part of the solution, providing expert medical, social, economic, emotional and spiritual resources to those in crisis.

Post-abortion healing resources are also offered for those in need, providing the opportunity to experience the loving

mercy of God in a safe and sacred space, without judgment, and information is kept strictly confidential. There are Project Rachel Days of Prayer and Healing throughout Long Island, led by the Sisters of Life. Regardless of faith, number of abortions or other issues, all are welcome to attend. Participants will not be asked to discuss their abortion, and privacy is always a priority.

One-call Outreach

While these services are offered from the Catholic tradition, CHS's one-call outreach program is intended to serve individuals from any walk of life. Our staff are prepared to assist people of all religions or persons of no particular faith tradition. It's not necessary to identify your faith, but doing so may help in obtaining spiritual support or connecting with clergy or chaplains (if requested or needed).

Many who are suffering alone take great comfort in sharing their burden. CHS counselors are available to meet with women individually, in person or over the phone, whether in a single conversation or in ongoing meetings. This outreach allows women, couples and families the opportunity to respond with courage to what may be their life's most difficult moments.

The confidential, dedicated telephone number for this program is 1.855.301.4CHS, supported by the availability of multilingual interpretive services. Anyone of any faith may call or refer to this support line, including representatives of parishes, colleges and crisis pregnancy centers, to facilitate safe, nonjudgmental companioning for women and couples in a crisis pregnancy. ■



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