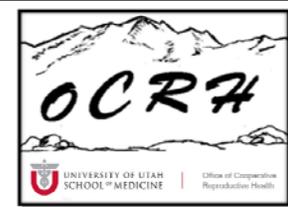


# Interim Results from the international NaProTechnology Evaluation and Surveillance of Treatment (iNEST)

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## Background

- Natural Procreative Technology (NPT) is a systematic approach for reproductive health that can be applied to infertility.
- The goal of NPT is to optimize normal reproductive function so pregnancy can occur *in vivo*.
- NPT is based on
  - Women's observation of fertility biomarkers for ovulation and fertile days (Creighton Model charting)
  - Medical protocols for evaluation and improvement of reproductive function
- NPT is delivered by physicians in several different countries, in a variety of practice settings.

## Aim

- To document key baseline characteristics, treatments used and birth outcomes of participants in the iNEST study.

## Methods

### • Multi-site study

- 6 clinics
- USA, England, Canada
- Couples presenting for help to conceive or maintain pregnancy are eligible.

### • Longitudinal cohort design

- Cumulative pregnancies
- Cumulative live births
- 3-year follow-up

### • Tracking all types of fertility treatments

- Outcomes assessed for all couples regardless of treatment used

### • Treatments from clinics from each visit

- Other treatments from yearly online follow-up questionnaires (women's and men's versions)

### • Tracking pregnancies and outcomes

- Ascertained from clinical records
- Identified from yearly online follow-up questionnaires to participants

## international NaProTechnology Evaluation and Surveillance of Treatment



### Interim Results

Result	N		
Women's age, mean	363	Mean	34 (23-46)
Ever pregnant in past	261	Proportion ever pregnant	38%
Previous months trying	261	Mean	82
Prior ART	261	Proportion with prior ART	58%
Pregnant in study (crude proportion)	363	Proportion	51%
Time to pregnancy (months)	261	Mean (SD)	8 (1-56)
		Median	7

Figure 1: Types of treatment received among enrolled couples, based on completed qnrs

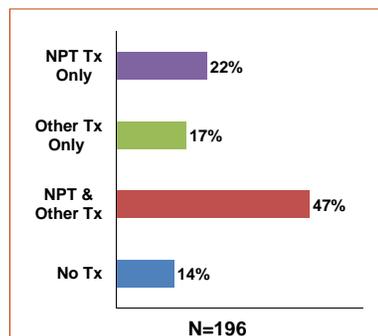
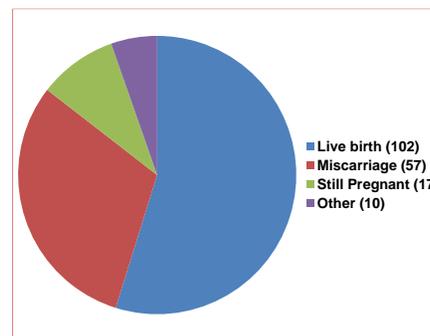


Figure 2: Pregnancy Outcomes



## Results

- 363 couples have enrolled in the study.
- Participants have substantial risk factors for difficulty conceiving)
  - Mean age 34 years
  - Mean time trying 82 months
  - Prior ART treatment 58%
- 51% of couples have achieved a pregnancy.
  - Unadjusted for loss to follow-up
- Follow-up questionnaires, both postal and online, have had a 43% return rate. Online questionnaires have doubled response rate.

## Conclusions

- Crude pregnancy rates for iNEST study are similar to those in two previously published, single clinic studies.
- In this population, it is common to use multiple types of fertility treatment; detailed evaluation of treatment outcomes will require longitudinal analytic methods with time-varying treatment exposures.

## Acknowledgements

International Institute for Restorative Reproductive Medicine  
 Women's Reproductive Health Foundation, Des Moines, IA  
 University of Utah Department of Family and Preventive Medicine, Health Studies Fund

- MorningStar Family Health Center, Pittstown, NJ, USA
- Sugar House Family Health Center, Salt Lake City, UT, USA
- In His Image Family Medicine, Gardner, MA
- Baton Rouge General Medical Center, Baton Rouge, LA, USA
- Life Fertility Clinic, Leamington Spa, UK
- Etobicoke Urgent Care Center, Etobicoke, Ontario, Canada

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