

## Fertility Awareness-Based Methods (FABM)

- ♦ The term “fertility awareness-based methods” (FABM) refers to different ways of determining fertile and infertile phases of the menstrual cycle and can be used to facilitate conception.
- ♦ All fertility awareness-based methods rely on women understanding and recognizing their menstrual cycle and how it affects their fertility. Fertile and infertile days in a woman’s cycle are defined using natural physiological signs, and FABM provide couples with the exact information they need in order to identify the days in each cycle when a woman is most likely to conceive.
- ♦ There are various different methods women can use to determine their fertility based on a range of indicators including temperature and cervical mucus, along with other approaches such as the symptothermal and symptohormonal methods.

## Opportunities and challenges of FABM

- ♦ The most important benefit of fertility awareness-based methods is that they are 100 % natural while also helping women better identify and understand physical changes.
- ♦ Based solely on observation of an individual’s body and cycle, FABM methods meet the needs of women who value a natural lifestyle. It requires pronounced cycle awareness and sophisticated body literacy.
- ♦ In order for FABM to be effective, a prior period of practice and continuity in observing the monthly cycle is required. By regularly using fertility tracking tools such as the medical device, Daysy, women can achieve a very high level of precision with regards to knowledge of their menstrual cycle.
- ♦ Daysy is the only fertility tracker which combines the temperature method with a sophisticated algorithm and uses statistical calculations to ensure accurate forecasting.

## Daysy: a precise FABM

- ♥ As a reliable lifestyle fertility tracker, Daysy calculates the fertile phase of the woman's cycle based on a highly sensitive and precise, computer-assisted basal body temperature measurement, obtained directly after waking up.
- ♥ Daysy's integrated thermometer enables a particularly precise temperature measurement, setting Daysy apart from other methods, which require a separate basal thermometer. This latter approach leaves the user to select the device with which to take measurements and means that, consequently, there can be no guarantee that the thermometer used meets required standards. As a result, measurement inaccuracies and rounding errors can occur due to the thermometer itself or when readings are entered into the app.
- ♥ Thanks to an intelligent algorithm based on scientific research, years of use by more than 500,000 women, and sophisticated technology, Valley Electronics products offer the highest quality, precision, and reliability for menstrual cycle tracking.

Daysy is to be used to facilitate conception and track the cycle..

## Press contact

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