

taking charge of your fertility chart

Taking Charge of Your Fertility Chart: A Guide to Empowered Family Planning

Taking charge of your fertility chart is an empowering step for anyone looking to understand their body better, whether trying to conceive or simply wanting to track reproductive health. Fertility charts provide invaluable insights into your menstrual cycle, ovulation, and fertile windows, turning abstract hormonal changes into clear, actionable information. By learning how to read and interpret these charts, you're not just passively tracking—you're actively engaging with your body's natural rhythms.

In this article, we'll explore how to take charge of your fertility chart effectively, uncover essential tips for accuracy, and discuss how this knowledge can transform your approach to conception and reproductive wellness.

Understanding the Basics of Fertility Charting

Before diving into the specifics of taking charge of your fertility chart, it helps to understand what a fertility chart actually represents. At its core, a fertility chart is a daily record of your basal body temperature (BBT), cervical mucus, and sometimes other indicators like cervical position or hormone levels. These factors change throughout your menstrual cycle, providing clues about when ovulation occurs and when you're most fertile.

Key Components of a Fertility Chart

- **Basal Body Temperature (BBT):** Your resting body temperature measured first thing in the morning before any activity. After ovulation, progesterone causes a slight increase (about 0.5°F or 0.3°C), which signals that ovulation has likely occurred.
- **Cervical Mucus:** Changes in consistency and amount signal fertility. Around ovulation, mucus becomes clear, stretchy, and egg-white-like, indicating peak fertility.
- **Cycle Days:** Tracking the length and regularity of your cycle helps predict fertile windows.
- **Additional Signs:** Some people track cervical position, ovulation test results, or symptoms like ovulation pain or breast tenderness.

Taking charge of your fertility chart means consistently monitoring these signs and understanding what they reveal about your unique cycle.

Why Taking Charge of Your Fertility Chart Matters

Many women rely on apps or calendar methods that estimate fertile days based on averages, but these can be imprecise. Taking charge of your fertility chart puts you in control by focusing on your individual body's signals rather than generic data. This approach is particularly helpful for women with irregular cycles, those recovering from hormonal imbalances, or anyone who wants a natural and hormone-free way to plan or prevent pregnancy.

Benefits of Fertility Awareness

- **Personalized Fertility Insights:** No two cycles are exactly the same. Tracking your own signs gives tailored information.
- **Natural Family Planning:** Fertility charting can be used to either avoid or achieve pregnancy without hormonal contraception.
- **Health Monitoring:** Changes in your cycle or cervical mucus can indicate health issues like thyroid problems or luteal phase defects.
- **Increased Body Awareness:** Becoming attuned to your body's rhythms enhances overall wellness and confidence.

How to Take Charge of Your Fertility Chart Effectively

Taking charge of your fertility chart requires more than just jotting down temperatures. It involves a mindful, consistent approach, and understanding how to interpret the data.

Step 1: Choose Your Tracking Method

You can chart fertility signs manually with a paper chart or notebook, or use digital tools like fertility tracking apps and BBT thermometers that sync with your phone. Some popular apps include Kindara, Clue, and Fertility Friend. The key is to select a method you'll use consistently and that allows detailed input of multiple fertility indicators.

Step 2: Measure Basal Body Temperature Accurately

- Use a basal thermometer with at least two decimal points for precision (e.g., 97.32°F).
- Take your temperature at the same time every morning before getting out of

bed.

- Avoid measuring after interrupted sleep, alcohol consumption, or illness, as these can skew results.
- Record your temperature daily to identify the subtle rise after ovulation.

Step 3: Observe Cervical Mucus Daily

Pay attention to the texture, color, and amount of mucus throughout your cycle. Make notes on days when it's sticky, creamy, watery, or egg-white. Peak fertility usually coincides with the most stretchy and clear mucus.

Step 4: Combine Multiple Signs for Accuracy

The symptothermal method combines BBT and cervical mucus observations for a more reliable prediction of ovulation. Some women also track cervical position or use ovulation predictor kits alongside charting.

Step 5: Learn to Interpret Patterns

After a few cycles, you'll notice patterns like:

- When your temperature rises and stays elevated, ovulation has likely occurred.
- The days leading up to this temperature shift are your fertile window.
- Changes in mucus provide clues about approaching ovulation.

Understanding these patterns allows you to plan intercourse effectively or identify when conception is most likely.

Common Challenges and How to Overcome Them

Taking charge of your fertility chart isn't always straightforward. Hormonal fluctuations, stress, illness, and lifestyle factors can impact your cycle, making charting feel confusing.

Dealing with Irregular Cycles

If your cycle varies significantly in length, don't get discouraged. Fertility charting is especially useful here because it tracks your body's actual signs rather than relying on calendar estimates. Over time, you may identify your unique patterns despite irregularity.

Managing Inconsistent Data

Factors like disrupted sleep or travel can affect basal temperature readings. When this happens, mark those days as “unreliable” and focus on mucus and other signs. Consistency over months is more important than perfection daily.

Seeking Professional Support

If charting reveals abnormal patterns—like no confirmed ovulation or very short luteal phases—consider consulting a healthcare provider or fertility specialist. They can help interpret your chart medically and suggest appropriate interventions.

Using Fertility Charting to Enhance Your Fertility Journey

Taking charge of your fertility chart can be a game-changer when trying to conceive. By identifying your fertile window precisely, you maximize your chances of conception without unnecessary stress or guesswork.

Planning Intercourse Around Fertile Days

Sperm can survive in the reproductive tract for up to five days, but the egg is only viable for about 12-24 hours after ovulation. Knowing when you ovulate enables you to time intercourse during your most fertile days for the best odds.

Monitoring Cycle Health for Early Detection

Regular charting helps detect subtle changes that might signal underlying health issues affecting fertility, such as polycystic ovary syndrome (PCOS) or luteal phase defects. Early detection allows for timely medical advice and treatment.

Empowerment Through Knowledge

Tracking and understanding your fertility chart fosters a sense of empowerment over your reproductive health. It's a natural, drug-free method that puts you in the driver's seat, reducing anxiety and increasing confidence throughout your fertility journey.

Integrating Fertility Charting into Your Lifestyle

Taking charge of your fertility chart doesn't mean it has to dominate your life. With a few simple habits, you can seamlessly incorporate charting into your daily routine.

Establish a Morning Ritual

Set your alarm for the same time each day and keep your thermometer by your bedside. Measuring temperature first thing can become a quick, effortless habit.

Stay Mindful of Influencing Factors

Note any medications, illnesses, travel, or stress that might impact your cycle. This context helps make sense of anomalies in your chart.

Track Your Cycle Holistically

Combine fertility charting with healthy lifestyle choices like balanced nutrition, regular exercise, and stress management to support optimal reproductive health.

Taking charge of your fertility chart is more than just a method—it's a journey toward self-awareness, informed decision-making, and holistic well-being. By embracing this approach, you open the door to a deeper connection with your body and a more confident, proactive path to your fertility goals.

Frequently Asked Questions

What does 'taking charge of your fertility chart' mean?

Taking charge of your fertility chart means actively tracking and interpreting your menstrual cycle data, such as basal body temperature, cervical mucus, and ovulation signs, to better understand your fertility patterns and optimize your chances of conception or avoid pregnancy naturally.

How can I start tracking my fertility chart effectively?

Begin by recording daily basal body temperature, observing cervical mucus changes, and noting any ovulation symptoms. Use a fertility charting app or paper chart to log this data consistently over several cycles to identify your fertile window accurately.

Which fertility signs are most important to track on a fertility chart?

The most important fertility signs to track include basal body temperature (BBT), cervical mucus consistency and appearance, cervical position, and any ovulation pain or spotting. These indicators help pinpoint ovulation and fertile days.

How accurate is fertility charting for predicting ovulation?

When done consistently and correctly, fertility charting can be up to 80-90% accurate in predicting ovulation. However, factors like irregular cycles, illness, or stress can affect accuracy, so it's best combined with other methods if precise timing is needed.

Can taking charge of my fertility chart help with natural family planning?

Yes, fertility charting is a key component of natural family planning. By identifying your fertile window, you can either time intercourse to achieve pregnancy or avoid unprotected sex during fertile days to prevent pregnancy naturally.

What tools or apps are recommended for managing my fertility chart?

Popular fertility tracking apps include Clue, Flo, Ovia, and Natural Cycles. These apps help record symptoms, analyze cycle patterns, and predict fertile windows, making it easier to take charge of your fertility chart.

How long should I track my fertility signs before I understand my fertility pattern?

It is recommended to track your fertility signs for at least three to six menstrual cycles to establish a reliable pattern and understand your individual fertility signals effectively.

Can fertility charting help identify reproductive health issues?

Yes, fertility charting can reveal irregularities such as anovulation, luteal phase defects, or hormonal imbalances. Sharing your chart data with a healthcare provider can assist in diagnosing and managing reproductive health concerns.

What are common mistakes to avoid when taking charge of your fertility chart?

Common mistakes include inconsistent daily tracking, not waking up at the same time for BBT measurement, ignoring cervical mucus observations, and not accounting for external factors like illness or medication that can affect fertility signs. Consistency and attention to detail are key.

Additional Resources

Taking Charge of Your Fertility Chart: Empowering Reproductive Health Through Data

Taking charge of your fertility chart represents a growing movement among individuals and couples aiming to understand and optimize their reproductive health through informed decision-making. The fertility chart, a tool traditionally used in natural family planning, has evolved into a comprehensive resource backed by technology, biology, and personalized health data. This article explores the nuances of fertility charting, its benefits and limitations, and how contemporary users can leverage this method to gain greater control over their fertility journey.

The Role of Fertility Charting in Modern Reproductive Health

Fertility charting involves tracking physiological signs throughout the menstrual cycle to predict fertile windows and ovulation. Historically, it has been a cornerstone of natural family planning methods, but with advancements in health technology, the practice has become more accessible and precise. At its core, taking charge of your fertility chart means actively engaging with your body's natural rhythms rather than passively relying on external interventions.

The menstrual cycle typically spans 21 to 35 days, varying significantly among individuals. Fertility charting helps identify the ovulation period – usually around the midpoint of the cycle – when conception chances peak. By monitoring basal body temperature (BBT), cervical mucus consistency, and other biological markers, individuals can map fertile days with increasing

accuracy.

Key Fertility Signs to Track

Understanding the fundamental indicators is crucial in taking charge of your fertility chart:

- **Basal Body Temperature (BBT):** A slight increase in BBT occurs after ovulation, signaling the luteal phase.
- **Cervical Mucus:** Changes in texture and volume, from dry or sticky to clear and stretchy, often indicate approaching ovulation.
- **Cervical Position:** The cervix becomes higher, softer, and more open during fertile days.
- **Other Symptoms:** Some women experience mittelschmerz (mid-cycle pain), breast tenderness, or heightened libido.

These markers, when recorded systematically, provide a personalized fertility profile, enabling better family planning or conception efforts.

Technological Advances Amplifying Fertility Charting

The integration of digital tools into fertility tracking has revolutionized the scope of taking charge of your fertility chart. Smartphone applications, wearable devices, and home hormone testing kits now assist users in collecting, analyzing, and interpreting fertility data with enhanced ease and reliability.

Fertility Apps and Wearables

Apps such as Clue, Flo, and Ovia allow for detailed logging of symptoms and physiological data, applying algorithms to predict fertile windows. Some devices, like the Ava bracelet or Tempdrop sensor, continuously monitor temperature and physiological signals during sleep, increasing the precision of BBT measurements.

These technologies reduce human error inherent in manual charting, provide visual data trends, and can flag irregularities that warrant medical consultation. However, reliance on apps should be balanced with an

understanding of their limitations, as algorithmic predictions may not account for unique cycle variations or external factors like stress and illness.

Hormonal Monitoring Kits

Ovulation predictor kits (OPKs) measure luteinizing hormone (LH) surges in urine, indicating imminent ovulation. When combined with fertility charting, OPKs can confirm predictions and improve accuracy, particularly for individuals with irregular cycles.

Benefits of Taking Charge of Your Fertility Chart

Empowerment is a central theme in fertility awareness. Rather than depending solely on hormonal contraceptives or fertility treatments, tracking fertility signs fosters bodily awareness and autonomy.

- **Improved Cycle Awareness:** Users gain a detailed understanding of their unique menstrual patterns and reproductive health.
- **Natural Family Planning:** Enables pregnancy avoidance or conception without pharmaceuticals.
- **Early Detection of Health Issues:** Irregularities in the chart can indicate hormonal imbalances, polycystic ovary syndrome (PCOS), thyroid dysfunction, or other health concerns.
- **Cost-Effectiveness:** Fertility charting is a low-cost alternative compared to medical fertility assessments or contraceptive methods.

Challenges and Considerations

Despite its advantages, taking charge of your fertility chart is not without challenges. Accurate tracking requires daily commitment, attention to detail, and often, initial education. Factors such as irregular cycles, shift work, medications, and stress can complicate readings.

Medical professionals caution that fertility charting should not be the sole method of contraception for individuals seeking high efficacy, as typical-use failure rates can be higher compared to hormonal methods. Additionally, users should be aware that certain health conditions or life stages (e.g.,

perimenopause) may make charting less reliable.

Comparative Analysis: Fertility Charting vs. Other Methods

In the landscape of reproductive health management, fertility charting sits alongside various interventions:

1. **Hormonal Contraceptives:** Offer high reliability but come with potential side effects and require medical prescriptions.
2. **Barrier Methods:** Such as condoms, provide protection against sexually transmitted infections but may be less convenient or preferred by some users.
3. **Assisted Reproductive Technologies (ART):** Include IVF and IUI, which are expensive and invasive, often used for infertility treatment rather than prevention.
4. **Fertility Charting:** Non-invasive, hormone-free, and cost-effective, but requires diligence and may have a higher margin of error.

Taking charge of your fertility chart can complement or serve as an alternative to these methods depending on individual goals, lifestyle, and medical advice.

Best Practices for Effective Fertility Charting

Success in fertility charting hinges on consistency, education, and sometimes, professional guidance. Here are key tips for those committed to this approach:

- **Maintain a Daily Log:** Record BBT, cervical mucus, and other symptoms at the same time each day.
- **Use Reliable Tools:** Invest in a quality basal thermometer and consider digital apps or wearables for enhanced accuracy.
- **Understand Your Cycle:** Learn about the phases of the menstrual cycle to interpret data meaningfully.
- **Consult Healthcare Providers:** Especially if irregularities arise or if

using charting for contraception.

- **Be Patient:** It may take several cycles to recognize patterns and become confident in chart-based decisions.

Taking charge of your fertility chart is an evolving process that integrates self-awareness with technological support. As reproductive health continues to be a priority for many, fertility charting offers a personalized pathway aligned with natural biology and informed choice.

In an era where data-driven health insights are increasingly valued, embracing fertility charting reflects a proactive stance toward reproductive wellness, blending traditional knowledge with modern innovation. Whether for conception, contraception, or health monitoring, taking charge of your fertility chart empowers individuals with knowledge that can influence life's most intimate decisions.

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taking charge of your fertility chart: How To Take Charge Of Your Fertility Kaida Grant, 2024-08-24 How to Take Charge of Your Fertility is a detailed guide that will help you understand and manage your fertility. This book guides you through the intricate journey of conception, providing expert advice and real-life anecdotes. Understanding your menstrual cycle and fertility symptoms is the first step towards gaining control of your fertility. This book explores the intricacies of your reproductive system and offers practical advice on how to diagnose and treat underlying fertility concerns. You'll learn how nutrition, lifestyle, and stress management all play a role in achieving optimal fertility, as well as natural techniques for increasing fertility and overcoming obstacles. For those who require medical intervention, this book offers a clear and succinct reference to assisted reproductive technology. You'll understand your options, including IVF and surrogacy, and be able to make informed decisions about your reproductive path. However, fertility is more than simply a medical process; it is also an emotional journey. This book provides emotional support and information for developing resilience, allowing you to manage with the ups and downs of fertility issues. By taking control of your fertility, you will obtain the confidence and information necessary to make informed decisions regarding your reproductive health. Whether you're trying to conceive, having difficulties, or simply looking for information, this book gives you the tools and support you need to realise your dream of parenthood. With How to Take Charge of Your Fertility, you'll be able to take charge of your reproductive journey and start the family you want.

taking charge of your fertility chart: *Taking Charge of Your Fertility* Toni Weschler, 2003 Are you unhappy with your current method of birth control? Or are you demoralized by your quest to have a baby? Do you also experience confusing signs and symptoms at various times in your cycle,

but are frustrated by a lack of simple explanations? This invaluable resource will provide the answers to the questions while giving amazing insights into your own body. Taking Charge of Your Fertility has helped hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, or simply gain better control of their health and their lives. This book thoroughly explains the empowering Fertility Awareness Method, which in only a couple of minutes a day allows you to---Maximise your chances of conception before you see a doctor, or expedite your fertility treatment by quickly identifying impediments to pregnancy achievement--Enjoy highly effective and scientifically proven birth control without chemicals or devices--Gain control of your sexual and gynaecological health

taking charge of your fertility chart: Taking Charge of Your Fertility Toni Weschler, 2015-07-14 This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—along with updated information on the latest reproductive technologies Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to: Enjoy highly effective and scientifically proven birth control without chemicals or devices Maximize your chances of conception before you see a doctor or resort to invasive high-tech options Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement Gain control and a true understanding of your gynecological and sexual health This new edition includes: A fully revised and intuitive charting system A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause An expanded sixteen-page color insert that reflects the book's most important concepts Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of

taking charge of your fertility chart: Take Charge of Your Fertility Today! J.D. Rockefeller, 2015-07-18 Women today want to have it all; they not only want to have their own lives outside of the home and the workplace, but they want a healthy, stable relationship, to excel in their careers, and some also want to become mothers. This change in our cultural outlook, and the expansion of options for women, has led to record numbers of women deciding not to have children at all, or to wait until later in life to get married or to start trying to conceive a child. For those who decide that they want to wait, the options for birth control are many and varied, and while there is certainly nothing wrong with waiting to have children, it can be more difficult for women to conceive the longer that you wait. With more women waiting to conceive, there is a greater need for women to understand their options and for doctors to provide solutions to the problems that these women are facing. That said, if you are considering waiting to have children, or are getting ready to start trying, you'll want to get a good idea of how your body and its cycles work, how you can use your body's natural cycle to help you prevent pregnancy, and also how you can use your body's cycle to your advantage when trying to conceive. So, let's get started!

taking charge of your fertility chart: The Impatient Woman's Guide to Getting Pregnant Jean M. Twenge, 2012-04-17 Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. The Impatient Woman's Guide to Getting Pregnant is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned

sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging— that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman's Guide to Getting Pregnant* is the bedside companion to help you through it.

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taking charge of your fertility chart: *The Book of Womanhood* Amy F Davis Abdallah, 2016-06-30 There are many questions that surround Christian womanhood: What does it mean? When does it happen; at a certain age, status, or maturity? How do we know we're no longer girls? And when we've figured that out, how will others know how to recognise us as a woman rather than a girl? After all, Christian women don't usually get a rite of passage in which they are named a woman. Seeing this need, Amy Davis Abdallah has created such a rite, and this book accompanies it; there is no need to go through her rite of passage, however, to name yourself a woman. *The Book of Womanhood* creates a path through the confusion that surrounds the identity of women by its flexible framework, developing the reader's understanding of a woman's relationship with God, their self, others and creation. Amy writes simply as one perhaps further along in her journey of womanhood than most, and she doesn't write alone; she includes the stories of Biblical women, of friends young and old, and even more. The diverse voices come together as a cloud of witnesses encouraging us in our individual journeys. *The Book of Womanhood* is about recognition, reaching out not only to women, but also to men who seek to understand and empower their wives, daughters, and friends to be the women God has formed them to be. Read for empowerment; read for transformation. Read and become the woman of God you were created to be.

taking charge of your fertility chart: *The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility* Lisa Hendrickson-Jack, 2019-01-21 MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. *The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility* brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you'll learn: -What a normal cycle looks like; -The best way to chart your cycle and increase your fertility awareness; -How best to manage critical aspects of your health, including better sleep, exercise and a healthier diet; -Natural methods for managing period pain and PMS; -How to successfully avoid pregnancy without the pill; and -How to plan ahead if you do want to get pregnant. *The Fifth Vital Sign* aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you're ready to have a baby. READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. ABOUT THE AUTHOR Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily

from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.

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taking charge of your fertility chart: Catholic Witness in Health Care John M. Travaline, Louise A. Mitchell, 2017-09-15 Catholic health care is about ethics but also ethos – not only what we shouldn't do but a vision for what we should do with love. The issues it faces don't just concern academic bioethicists – they concern every faithful Catholic doctor, nurse, practitioner, and even patient. Modern medical practitioners on the ground, day-in, day-out, wrestling with medical moral matters, witnessing what is happening in American medicine today, while also striving to witness to their Catholic faith in living out their medical vocation – these are the primary authors of this unique book, and these are the readers it hopes to serve. Catholic Witness in Health Care integrates the theoretical presentation of Catholic medical ethics with real life practice. It begins with fundamental elements of Catholic care, touching upon Scripture, moral philosophy, theology, Christian anthropology, and pastoral care. The second part features Catholic clinicians illuminating authentic Catholic medical care in their various medical disciplines: gynecology and reproductive medicine, fertility, pediatrics, geriatrics, critical care, surgery, rehabilitation, psychology, and pharmacy. Part three offers unique perspectives concerning medical education, research, and practice, with an eye toward creating a cultural shift to an authentically Catholic medical ethos. Readers of this book will learn essential elements upon which the ethics of Catholic medical practice is founded and gain insights into practicing medicine and caring for others in an authentically Catholic way.

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orientation, gender identity, mental health, and overall wellbeing—changed the women's health movement around the world and remains as important and relevant as ever. Providing detailed and empowering information on women's reproductive health and sexuality, this latest edition of *Our Bodies, Ourselves* shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them. Including the latest vital information on: -Changes in the health care system—especially how health care reform affects women and how to get the care you need. -Safer sex—how to engage in pleasurable, satisfying sexual experiences while protecting your health and the health of your partner. -Environmental health risks—including minimizing exposure to everyday pollutants that endanger reproductive health. -Body image—resisting negative media stereotypes and embracing healthier approaches to looking and feeling good. -Local and global activism—using social media and organizing tactics to build community and advocate for policies that improve women's lives. -As well as crucial information about gender identity, sexual orientation, birth control, abortion, pregnancy and birth, perimenopause, and sexuality and sexual health as we age. Together with its companion website, OurBodiesOurselves.org, *Our Bodies, Ourselves* is a one-stop resource that belongs on the bookshelves of women of all ages.

taking charge of your fertility chart: *The Baby Wait* Lyn Sharkey, 2013-02-22 The author of *The Baby Wait* has struggled with fertility issues for the past eight years. She believes that every woman needs to educate herself about her own fertility and has written this book to be the guide she wished she had when she began her conception journey. Experts are predicting that, within ten years, one in four couples will face fertility challenges. *The Baby Wait* is written in a frank, open manner from the perspective of a woman who has had fertility challenges for many years. In *The Baby Wait*, Lyn Sharkey advises women, from her own personal experience, what they can do to ready their bodies for conception, how to increase their chances of conceiving and what steps to take if they encounter fertility challenges. The book covers diverse topics such as diet and healthy living, as well as providing an explanation of key medical terms and phrases. It also deals with the emotional impact of trying to conceive and how to help a friend who has fertility challenges.

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