

**Ovulation Method Research & Reference Centre of Australia Ltd**  
**2A/303 Burwood Highway, East Burwood 3151 Telephone 03) 9802 2022**

**Billings Ovulation Method and the Achievement of Pregnancy.**

This study, conducted by Research Team of Ovulation Method Research and Reference Centre of Australia Ltd. included all couples aiming to achieve a pregnancy who enrolled at any one of 17 Australian Billings Ovulation Method™ clinics within the required time frame. All couples were included regardless of age, cycle length, or pre-diagnosed sub-fertile indicators of either partner.

Of the initial enrolment of 449 participants, the outcome was known for 358, (non-responders totalled 91) and showed a **pregnancy rate of 78% (278/ 358)**. Of the 449 participants, 65 were not included in final Study analysis as insufficient data was provided although it was known 38/65 (58%) had achieved a pregnancy. The final Study analysis detailed below is of 384 participants (449-65).

**Study Results of evaluable data of 384 participants.**

**Billings Ovulation Method and the Achievement of Pregnancy 1/1/1999– 31/12/2003**

Participants	384
Outcome known	320
Outcome unknown: did not respond	64*

\* Significant data of non-responders was available and included in this Study, despite lack of information of final outcome.

- **Total pregnancies of Study participants** **63% (240/384)**  
**Note: Pregnancies of 320 respondents was 240/320 or 75%**
  
- **Known Live Birth rate** **70% (169/240)**  
14 still pregnant at end of study and pregnancy outcome unknown for 24
  
- **Known Miscarriages 31 + 2 Ectopic Pregnancy** **14% (33/240)**
  
- **Average months trying to achieve before coming to Billings clinic** **15 months**
  
- **Average months from initial instruction to conception** **4.7 months**
  
- **Couples who were childless** **60%**
- **Prior knowledge of signs of fertility** **18%**
  
- **207/384** of all subjects were classified as sub-fertile – trying to achieve for more than 12 months (e.g. 20 couples had been unsuccessful with IVF/AI – 7 achieved pregnancy)

Outcome known for	<b>83%</b>	<b>172/207</b>	(61/207 did not achieve)
Non-responders	<b>17%</b>	<b>35/207</b>	
Known pregnancy rate			<b>65% (111/172)</b>
  
- **65/384** women were over 38 yrs old.

Outcome known for	<b>74%</b>	<b>48/65</b>	(16/65 did not achieve)
Non-responders	<b>26%</b>	<b>17/65</b>	
Known pregnancy rate			<b>66% (32/48)</b>
  
- **93%** stated they were satisfied and would recommend Billings Ovulation Method to others
- **95%** stated that the Billings Ovulation Method gave an understanding of fertility and infertility