

LADY-COMP®

Natural family planning

..... the intelligent fertility computers



LADY-COMP®



..... Important for Every Healthy Woman. . .

**Natural family planning
has a dual purpose:**

**Plan or Prevent
Pregnancy Naturally**

Safe

Natural

Simple

Fast

No side-effects

..... Reliable

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No hormone: no side effects

There are only six days in every cycle when a woman can get pregnant: five days before ovulation and on the day of ovulation.

In order not to become pregnant in this relatively short period of time, many women accept day in, day out considerable impairments of their well-being, they put a heavy strain on their health and their sex life with contraceptive measures.

Does it have to be that way? We say: no!

LADY-COMP® has a Dual Purpose

LADY-COMP® can be used for natural pregnancy control but can also be used to achieve pregnancy.

The LADY-COMP® can be upgraded with a special planning software.

LADY-COMP®^{BABY} assists with family planning and reduced fertility.

How does a fertility computer work?

Based on your morning temperature, taken orally, the fertility computer determines your fertile days and shows you when you are ovulating by recording, analyzing and storing your menstrual cycle data. It monitors your daily status of fertility and will alert you on the days when intercourse may lead to pregnancy: on the day you ovulate – and five days before ovulation.

LADY-COMP® is programmed with all natural family planning research data. It contains a database of more than 900 000 cycles and uses biomathematical forecasting calculations as well as the very latest computer techniques. It is a personal fertility monitor which learns and adjusts to your individual cycle no matter of irregularities or cycle length. LADY-COMP® is a onetime purchase without any follow up costs. Several clinical studies confirm its 99.3% accuracy.

Medical basics

The data the computers use to differentiate between fertile and infertile days is based on a few biological facts underlying the female monthly cycle.

- Every woman ovulates only once in each cycle. An egg will grow in the right ovary one month and in the left one the next month, always alternating.
- After ovulation, the egg can be fertilized for a maximum of 18 hours.
- After having sexual intercourse the male sperm will remain active and fertile in the female body for a maximum of 120 hours (five days).
- This means that there are six days in every cycle when a woman can get pregnant: five days before ovulation and on the day she ovulates.

I like my body and I know what I have to do
to stay healthy and feel good.

I exercise, I eat healthy most of the time and
I enjoy a fulfilling sex life.

This is however only possible if I am
not afraid to become pregnant ...
and if nothing interferes with my health and
body balance!





LADY-COMP® monitors Fertility

LADY-COMP® monitors your daily status of fertility and will alert you on the days when intercourse may lead to pregnancy: on the day you ovulate – and five days before ovulation. In this time you are free to choose whether you abstain from intercourse or if you use a barrier method of contraception.

LADY-COMP® planning software, LADY-COMP® BABY assists with family planning and reduced fertility. It is not only highly accurate in forecasting your most fertile days, it also registers if you don't ovulate or if you have a hormonal imbalance (CLI). Polls taken among our customers showed that 75% of women, who were unintentionally childless before, finally became pregnant with the help of LADY-COMP® BABY.

If you initially choose LADY-COMP® for pregnancy prevention and want to become pregnant later, you can upgrade your fertility computer with the LADY-COMP® BABY program.

The Revolution

Since 1986, scientists from Valley Electronics have been revolutionizing the field of natural family planning. Nowadays, the Lady-Comp is an approved contraception method in Europe and an FDA approved fertility monitor in the US. The highest degree of safety in family planning and pregnancy prevention can finally be reached without any chemical interference on the female body. There is no environmental impact by artificial hormones.

Our team of gynecologists, software specialists, electronics engineers and designers improve the fertility computers.

With Valley Electronics' fertility computer you do not only acquire a high-quality electronic device, but also the combined knowledge brought together of over 25 years of development and research.

20 years ago birth control pills were synonymous with safe contraception. Feedback from many users has shown that fertility computers are far more than just a means to the end. They are a reflection of women taking a proactive, informed and sensible approach to their own body awareness, which includes effective contraception.

Effectiveness is most important

The daily fertility display of LADY-COMP® has a Pearl-Index of 0.7 which means it is 99.3 % accurate.

Comparison: The pill has a Pearl-Index from 0.1 to 0.9, the coil from 1 to 3. That is to say that the fertility computers are the leaders in natural pregnancy prevention and family planning.

Pearl-Index of 0.7

What does that mean?

In the medical field, the Pearl-Index is used to report the effectiveness of a certain birth control method.

Example: if 100 women use a particular birth control method for one year and one woman becomes pregnant, the Pearl-Index of this method is 1.0.

And how is the Pearl-Index certified?

Through independent clinical studies from specialized institutions.

In order to determine the Pearl-Index of a contraception method approx. 10,000 cycles must be observed and evaluated. When LADY-COMP® was developed and tested, Valley Electronics researchers could build on the information and charts of thousands of women who have been using this temperature method for years. The data was stored and integrated with data of particularly difficult cycles from technical literature and research institutes.

The program evaluates the collected cycles again and again. By January 2003, it had been more than 900,000 cycles of ten thousand users.

Clinical trials confirm effectiveness!

In the recent study* conducted under the Chief Physician Dr. med. G. Freundl, Düsseldorf, 686 users in Germany, Switzerland and in Mexico were questioned in a time period of more than 2 years. Result: Pearl-Index of 0.7 (method safety).

Medical Evaluation

Results: 'very high degree in Method-Security, which clearly stands out from competitive devices'.

Dr. Andreas Marx – ClevaMed, Sept. 20th, 2007

* A retrospective study on reliability, acceptance and safety of mini-computer LADY-COMP® in family planning – 1997.

Temperature reading

You will be woken up at your desired alarm time. Take your temperature immediately after waking up. While still in bed, place the thermometer under your tongue. Your so-called wake-up or basal body temperature is stored in the computer.

Important: Only if you take your temperature immediately after waking up, while still in bed and lying down, do you receive your wake-up or basal body temperature required by the computer for evaluation. As soon as you get up or become active, your body temperature is influenced.

However, who gets out of bed directly after the wake-up call?

“Can I sleep in on the weekends?”

Of course you can! You have a six-hour window to take your wake-up temperature. The sensor symbol indicates whether you are within that window. If it is illuminated, press the button and take your body temperature. And then simply turn around and go back to sleep.

“Are there temperature reading errors?”

No, the temperature cannot be misread because the computer monitors the process. This means that the computer knows when the temperature deviates from the expected level and will report this with a flashing light.

“What happens if I party all night, or if I have a cold?”

LADY-COMP® will calculate the cycle based on the available information and then determine fertility. A cold, flu, lack of sleep, too much alcohol and/or medication with thermal effects will skew the results. The computer will know this and will not take this information into consideration to analyze the temperature curve.

If the temperature reading indicates that you might have a fever, it will even show this by displaying the letter “F”.

It is recommended, however, that you do not take your temperature if you have a cold and a fever, if you take medication or after a night out so as not to enter too much conflicting information in the computer.

Wake up – measure – done !!

1 Take your temperature (BBT) every morning immediately after you wake up by placing the thermometer sensor under your tongue for 50 to 60 seconds – still lying down and relaxing. The fertility computer needs this so-called wake-up or basal body temperature for its calculations.

2 If you are menstruating press the **+** key. Otherwise, press **-**.

3 Based on extensive data collected during more than 25 years of research and development and your daily body temperature, the computer uses a bio-mathematical projection method to calculate your individual cycle and provide you with a reliable forecast for the next 24 hours.

- means “infertile”
- means “fertile”
- means that the computer is still in its learning phase

Basic knowledge on life and fertility capabilities of egg cells and spermatoc cells are programmed. All Lady-Comp needs is your morning temperature readings.

LADY-COMP® can do so much more

On the level “cycle statistics” of the LADY-COMP® you will find valuable information on your individual cycle.

The longer you use the device, the better the device gets to know your personal data and the more you know about your cycle.





Love is the most beautiful feeling in the world.

In order to enjoy sex fully two conditions must be fulfilled, your contraception method must be reliable and it should not interfere with your physical and emotional well-being.

Because only when you are in tune with your body and soul, pleasure can begin.

Is LADY-COMP® appropriate for me?

LADY-COMP® is appropriate for every woman at any time. If you want to stay healthy and in tune with your body LADY-COMP® is perfect for you. Once you have realized the pleasure of knowing your individual cycle, you will realize the freedom and harmony in your love life. If you want to achieve this, then LADY-COMP® is for you.

I would like to start right now. Is that possible?

Yes! Depending on which contraception method you used before. Please read the following instructions.

LADY-COMP® after the pill

If you have taken the pill up to now, you have to stop taking it before you can start with LADY-COMP®. The pill prevents ovulation, so that no temperature increase occurs. The bleeding in the 7-day break is through a hormone controlled sequence and not your natural one.

The first bleeding after stopping the pill is not a real menstruation, but a withdrawal bleeding, same as in the 7-days pill break. Wait for the first “real” menstruation which occurs approx. 4-8 weeks after stopping the pill.

After stopping the pill you can start with LADY-COMP®. If you have taken the pill for many years, you will be astonished and excited to see the difference. You will get to know yourself with LADY-COMP®!

Can I continue using an IUD ?

An IUD is placed inside the uterus to prevent pregnancy. The IUD prevents sperm from joining with an egg. Any IUD (the copper or the hormonal IUD) is a foreign body for the female organism and this is why it produces leucocytes – similar to an inflammation. These small pockets of inflammation in the uterus, which under normal circumstances would not even be detected, can cause a change in the wake-up temperature. Therefore, to obtain accurate results, it is recommended to have the IUD removed before using the fertility computer.

What if I want to become pregnant later on?

LADY-COMP® reliably displays the fertile and infertile days. You can upgrade your LADY-COMP® at any time with the planning program.



Life takes its course,
partnership works out fine,
only a child is missing
to be completely happy.

But what can be done
if it does not want to come -
the dream of a family?

LADY-COMP® BABY can help

When a couple has reduced fertility, it is important that sexual intercourse takes place at the time of optimum fertility.

LADY-COMP® planning software, LADY-COMP® BABY, reliably indicates the most fertile days – and thus helps you to get pregnant faster.

The information about your cycle can serve as a valuable diagnostic tool. You can plan for your baby.

*A study by Barrett and Marshall has shown that random acts of intercourse achieve a 24% pregnancy rate per cycle. That study also found that timed intercourse based on information from a basal body temperature method increased pregnancy rates to 31%-68%.

LADY-COMP® BABY looks for you into the future and predicts ovulation by emphasizing • red flashes • on the display.

Planning with LADY-COMP® BABY

LADY-COMP® BABY has specifically proven itself for more than 25 years for couples having difficulties with conception. With LADY-COMP® BABY you can enter when sexual intercourse took place which is another valuable function of the fertility monitor.

- forecasts your most fertile days.
- recognizes if you don't ovulate or if you have a hormonal imbalance (CLI).
- can be used by women with irregular cycles.
- indicates monophasic cycles and ovulation fluctuation.
- recognizes a Corpus Luteum Deficiency.
- contains an Integrated Pregnancy Test.
- keeps track of all your data. No graphs needed. You can access your own data easily at any time.
- A free Clinical Print-Out Analysis can also be obtained upon request.

LADY-COMP® BABY's "boy/girl" display

LADY-COMP® BABY can also assist you in planning for a much desired boy or girl! Although Gender Selection is not guaranteed with LADY-COMP® BABY, the theories are commonly accepted to bring success.



After approx. four cycles a print-out makes sense. Our experienced team in the US or Germany would be pleased to consult with you individually.

Research status sex prognosis

The child's sex is determined by the sperm which reaches and fertilizes the egg cell first. If it is a sperm with an X chromosome, it will be a girl, if it is a Y chromosome, then it will be a boy. In the man's spermatic fluid are approximately as many X chromosomes as Y chromosomes. Initially the chances are 50:50. According to a hypothesis the child's sex is also dependent on whether the sexual intercourse which leads to fertilization occurs on the day of ovulation or before.

Meanwhile practical experience is available on apt predictions of such calculations. According to this, the hypotheses made by Prof. John T. France, University of Auckland, New Zealand (and member of the "Medical Advisory Board of the New Zealand Association of Natural Family Planning" 1988-93) prove to be more correct than reports to the contrary.

Now everything is focused on the baby

If you have entered sexual intercourse – LADY-COMP® BABY will immediately inform you if you are pregnant. Its integrated pregnancy test will detect initial indications as early as after 4 days, initial indications of pregnancy as early as after 4 days. After 15 days it will report a probable pregnancy and on the 18th day it will know for sure.

This early information about a pregnancy is not only beautiful, but also very valuable from a medical point of view, because earlier than other women you can begin to take better care of your body to prepare for your child's arrival.



When will the child be born?

This is one out of two questions which will be asked frequently in the next months. LADY-COMP® BABY automatically calculates the date of birth from the determined fertilization day – much faster and more precise than the usual calculation using the first day of the last menstruation. And what is the second question? Right:

What will it be – a boy or a girl?

LADY-COMP® BABY cannot answer this question. Nevertheless, it makes a sex prognosis during the fertile days based on documented research results on the determination of sex.

During the pregnancy

If LADY-COMP® has shown a pregnancy, you should continue the temperature reading for a period of six to twelve weeks. Afterwards you can store your fertility computer until after birth.

After birth

The first six weeks after child birth you are infertile for physiological reasons. We recommend you start using the device as soon as contraception begins to play a role again (when ovulation and menstruation return). LADY-COMP® has stored all your past data and can be used again.

During breastfeeding

Since the concept of natural pregnancy prevention is based on recognizing the moment of ovulation, it makes sense to start using the device once you are ovulating again. This means that you can begin using the device once you've had your first menstruation.

“I wanted to know it – preferably immediately! I really had the feeling that it worked out this time! When LADY-COMP® BABY showed a probable pregnancy after the 15th day I was indescribably happy.”

Difficulties to conceive

It is absolutely normal if you do not get pregnant directly on the first fertile days when having sexual intercourse without contraception. Only if you have tried for more than six months without having success, is it called difficulty to conceive. One of the reasons of today's increasing difficulties to conceive is our stressful and hormone polluted environment.

About 15-20 percent of couples have difficulties conceiving. Typically, these problems don't become evident until the couple decides to have children. Today this is rather later the case than in the past. However, in many cases failure to conceive is not due to an irreversible state of infertility, but to reduced fertility, which may be caused by a wide variety of factors.

LADY-COMP® planning software, LADY-COMP® BABY, reliably indicates the most fertile days – and thus helps you to get pregnant faster. Polls taken among our customers showed that 75% of women who were unintentionally childless before, finally became pregnant with the help of LADY-COMP® BABY. The information about your cycle can serve as a valuable diagnostic tool for your gynecologist.



Understand your individual cycle

LADY-COMP® BABY answers the fundamental questions of your gynecologist:

1. When and/or does ovulation occur?
2. Are your hormones in balance?

Temperature readings and data documentation of the LADY-COMP® BABY provide reliable information to successfully plan a child.

This is also confirmed by a study, presented by Prof. S. Dessole on the occasion of the “International Meeting on infertility and supportive reproduction technology” in Porto Cervo in Sardinia in 1997.

You can order the original text of the study (in English) from our company or visit our homepage.

Help in case of reduced fertility

It can be of great help that a couple deals with their own fertility in a conscious way.

In all cases of reduced fertility it is important that sexual intercourse happens at the point of time of highest fertility. Because LADY-COMP® BABY exactly indicates the coming ovulation 6 days in advance, it is possible to get to know the optimum day for sexual activities.

Cycle and planning statistics

The knowledge of this information concerning your individual cycle is the result of our research and development work over 25 years in the field of natural family planning.

You have the possibility to obtain a print-out analysis of the last 250 days of your individual cycle data from Valley Electronics. This can be useful for your gynecologist.

“ Hope and despair –
It was a great relief
for my partner and me
to receive facts on the
cycle and to be able to
deal with it accordingly.”

The woman's cycle

The length of the monthly cycle varies from woman to woman. The example cycle presented here serves only the purpose to explain the method. LADY-COMP® recognises your personal cycle by means of temperature reading in the morning and by data reconciliation.



Display •green•

Infertile days.

Display •red•

Fertile days, conception is possible.

Display •red flashes•

indicates the expected ovulation. The display •red flashes• is a prognosis. For closed cycles •red flashes• indicates the ascertained ovulation.

Display •yellow•

Learning and transition area or missing temperature reading values (e.g. at the beginning of application or use interruption).

Fertility

Probability that sexual intercourse leads to pregnancy.

Display LADY-COMP® BABY



Duration of cycle phases

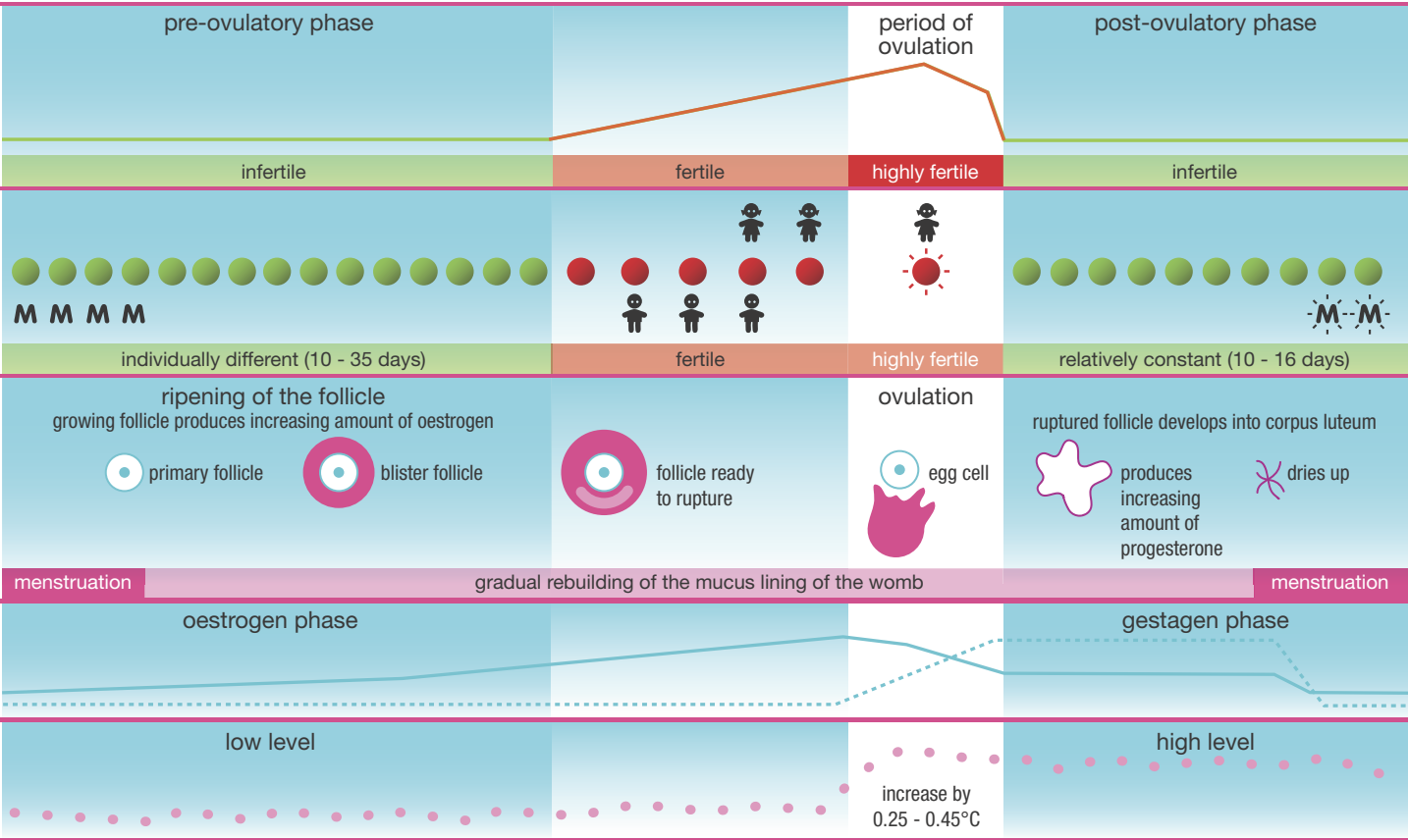
Processes in the ovary

Processes in the uterus

Hormones in the blood

1. oestrogens
2. progesterone

Basal body temperature course



	Pearl Index	PRO	CONTRA		Pearl Index	PRO	CONTRA
<p>PILL</p> <p>There are about 100 different kinds. The body obtains hormones (estrogen, progesterone) each cycle day tricking the body into believing it is pregnant. Due to the controlled hormonal intake menstruation occurs only during the monthly pill brake.</p>	0.1 – 0.9	Effective	Serious side effects. Increased health risk when smoking or consuming alcohol. One-sided contraception - partner is not involved. Environmentally damaging - water pollution.	<p>IUD</p> <p>"T-shaped" device inserted into the uterus to prevent pregnancy. Made of flexible plastic containing synthetic hormones or copper. Copper acts as a foreign body, producing antibiotics to stop sperm.</p>	1.0 – 3.0	Effective	Risks of infection and ectopic pregnancy. Painful insertions regular checkups required. Not suitable for women who want to have children.
<p>MINI-PILL</p> <p>Based on progesterone only. Progesterone slows down the build up of the endometrium, causing the cervical mucus to thicken and for the Fallopian tubes to become immobile, making it difficult for any sperm to trespass.</p>	0.4 – 2.5	Fairly effective. In comparison to the pill ovulation is not prevented.	Requires discipline. An intake fluctuation of only 2 hours already decreases its effectiveness significantly. Further side effects include spotting and hormonal body pollution.	<p>DIAPHRAGM</p> <p>The diaphragm is a relatively big latex cup with a flexible rim. It is inserted into the vagina and is positioned over the cervix.</p>	4.0	Voluntary applicable	The cup must fit exactly over the cervix. Difficult to put in. Spermicide cream has to be used in addition.
<p>3 MONTH – SHOT</p> <p>A directly injected high dosage of hormones prevents ovulation and therewith fertilization.</p>	0.2 – 0.4	Effective	Serious side effects. Just for women who do not ever want to become pregnant again.	<p>SPERMICIDES</p> <p>Gels, creams, film, foams, suppositories destroy the sperms and makes them sterile.</p>	3.0 – 25.0	Voluntary applicable	Has to be inserted minutes before intercourse. Irritation, itching are side effects. Not very safe.

CONDOM

Made of latex or plastic. It is soft and expandable. Worn on the penis.

Pearl Index	PRO	CONTRA
1.0	No side effects, usable anytime.	On fertile days discipline is needed.
–		
5.0	Prevents sexually transmitted diseases.	
>		
1.0	Natural, no side effects. Women learn a lot about their body. Very effective.	Discipline required. High user failure. Needs experience in the evaluation of graphs and symptoms.
0	Absolute effective	Surgery needed, it is permanent. Only recommended for women who do not want to ever become pregnant.

NFP

Every morning the Basal Body temperature (BBT) is measured with a thermometer. Additionally, the cervical mucus is tested and evaluated.

STERILIZATION

Sterilization of the man or woman.

PEARL-INDEX

Number of unintended pregnancies in 100 women when using one method. The lower the value, the higher the safety.

METHOD SAFETY

Experts distinguish between “method reliability” and “user reliability”. Differences in Pearl-Index result from this.

LADY-COMP®

Once a day ca. 60 sec (before getting up) the BBT is measured under the tongue with a very effective sensor. One click on key, display shows “green”= infertile, “red”= fertile. All needed data of ovulation prediction is stored and analyzed. Intelligent Computer software. LADY-COMP® can be upgraded with a special planning program for planning a child. (LADY-COMP® BABY)

Pearl Index	PRO	CONTRA
0.7	Natural, very effective, easy to use, environmentally compatible, healthy pregnancy prevention method.	A few fertile days during which abstinence is required or condoms to be used.
	By request the planning program can be integrated (retrofitted) No impact on the body, no hormones, no side effects. One time investment, no follow up costs.	

“In the long run only natural contraception is healthy and without hormonal burden on the environment.”

Whenever you have questions concerning your LADY-COMP®, please contact us at any time. Some of the most frequently asked questions concerning how to handle our fertility computers can be found here:

“I already have documentation on my cycle. Can I use it?”

Yes. You can enter your past menstruation data before measuring the first time. The instruction manual provides you with detailed information.

“Can I check my past data?”

Yes you can! With a simple press of the buttons, Lady-Comp displays your temperature reading value for the previous 180-250 days.

“What happens if I delete my stored data unintentionally?”

That hardly happens. In order to delete data you have to follow a correct key code which was consciously chosen in such a way that data cannot be deleted unintentionally.

“Will my data be lost in case of power failure?”

No. LADY-COMP® is protected against power interruptions and voltage fluctuations. Your data will remain saved indefinitely. The date, time and year continue.

LADY-COMP® is delivered with an integrated battery and a AC power supply for recharging.

“I am planning to travel to Australia. When should I take my temperature?”

For an extended stay in a time zone with more than six hours time difference, set your fertility computer to the local time immediately after you arrive and activate the alarm. Do not take your temperature on that day or the next day. On the day after, start taking your temperature again, as usual. If the time difference is less than six hours you can take your temperature, as always, right after you wake up, because the time is within the acceptable window.

“I work shifts. Can I use LADY-COMP®?”

Yes. You can use our devices without any problem. Further information can be found in our comprehensive instruction manual or on our website under FAQ.

“I often have to get up in the night, because the baby cries. When shall I take my temperature?”

If you are already in the temperature reading time, take your temperature immediately. Otherwise take your temperature reading as planned in the morning.

“I think the idea of a fertility computer is great, however I am afraid of the costs!”

When you first look at it you might think this is very expensive. But: The purchase of a fertility computer is worth it because you have a one-time payment and no follow-up costs – with a lifespan of ten or more years!

Comparison: Even with health insurance, the average cost of birth control pills is \$10 to \$50 per month, or \$120 to \$600 a year!

Information on service, repair and quality control

Please contact us by Email or call for any inquiries concerning product servicing. Most problems can be solved without having to send the product in. We are here for you if you have any questions concerning the product, your cycle or simply to share your thoughts and feelings.

We do not rely on sample audits when it comes to quality control, we control each individual device carefully before it is put on the market. So it can be guaranteed that only completely functioning devices are put on the market.

With LADY-COMP® you acquire a small computer with a high-quality thermometer and an impressive inner mechanism that will fit in any handbag.

Studies, clinical tests and reports

The following tests can be ordered from us:

- Advances in Contraception, 1998; Prof. Dr. med. habil. G. Freundl Test zur Verhütungssicherheit von LADY-COMP® und BABY-COMP®
- Sassari, 1997; Prof. S. Dessole Test an Frauen, die seit 3-8 Jahren als unfruchtbar galten
- Erlangen, 1994; Prof. Dr. med. L. Wildt Test: Klinische Befunde verglichen mit BABY-COMP®
- Fertilität, 1992 Klinische Tests im Vergleich mit den Fruchtbarkeitsanzeigen von BABY-COMP®, LADY-COMP®
- Barcelona Kongress, 1992; Prof. Dr. med. habil. G. Freundl Test klinische Parameter verglichen mit BABY-COMP® bei fruchtbaren Frauen
- Amsterdam, 1992; Prof. S. Martinez, v. Hoof, Achoute, v.d. Meer Klinische Tests und Forschung zu Hormonen und Temperaturveränderung
- Rhodos, 1988; Prof. Dr. med. habil. G. Freundl Test zur Messgenauigkeit, Planung und Verhütungssicherheit

Precautions

- This device identifies days of increased fertility.
- If you do not become pregnant after six months, consult with your physician.
- In no way does Lady-Comp® provide protection against sexually transmitted diseases.
- Lady-Comp® can be used by women with menstrual cycles lasting between 19-39 days. (The menstrual cycle begins on the first day of menstruation and ends on the last day before the next menstruation.)
- You should not use the Lady-Comp® if you are breastfeeding or menopausal, taking hormonal treatments and/ or birth control hormones.
- Lady-Comp® may be less effective in identifying fertile days with irregular menstrual cycles.



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LADY-COMP® is an FDA Approved Fertility Monitor.
The FDA has not approved LADY-COMP® as a Contraceptive Device.
Consult with your Physician if Pregnancy is Suspected.