



**Prevent Pregnancy Naturally.  
Plan your Family with Insight.  
The intelligent fertility computer.**

**LADY-COMP®**

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IMPORTANT TOPICS THAT CONCERN EVERY WOMAN:

***Pregnancy Prevention and Family Planning.***



**LADY-COMP®**

**SAFE - NATURAL - SIMPLE - FAST -  
RELIABLE - WITHOUT SIDE-EFFECTS.**

# What is Lady-Comp?

## **No hormones = no side-effects.**

A woman can only get pregnant on six days during each menstrual cycle: five days before ovulation and on the day she ovulates.

This is a relatively short period of time and bears no relation to the considerable health damages many women expose their body to day in and day out, only to prevent a pregnancy during those six days. Does it have to be this way? We say NO!

## **The Natural Choice.**

Lady-Comp is a high-performance fertility computer that allows you to plan or prevent pregnancy in a natural way. For those who are interested in a more active role in planning their pregnancy, Lady-Comp can be upgraded with the Lady-Comp Baby planning software. This software upgrade can be done at any time to assist with family planning and cases of reduced fertility.

Lady-Comp's dual purpose adapts perfectly to your current life situation: from just starting out with prevention, to the planning of each of your children, and back to prevention when your family is complete.

## **How does the 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 determines 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 bi-mathematical forecasting calculations as well as the very latest computer techniques.

Your daily temperature readings are calculated and then shown on a display. It could not be any easier:

The **«green»** light indicates that you are infertile. The **«red»** light that you are fertile. The **display** is reliable from day one.

## **Medical basics.**

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

- Every woman ovulates only once in each cycle. If in rare occasion two or more ovulations occur, they will occur within 24 hours.
- 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 only six days in every cycle when unprotected sex can lead to pregnancy: On the five days before ovulation and during the 12–18 hours after ovulation.



**«I am a health conscious person and I know what to do to stay healthy and in tune with my body. I exercise, I eat well and I enjoy a fulfilling sex life - this is only possible as long as I do not have to be afraid of an unwanted pregnancy ... AND if nothing interferes with my health.»**

## **The Revolution.**

Since 1986, scientists from Valley Electronics have been revolutionizing the field of natural family planning.

The Lady-Comp family of fertility computers are approved contraceptive and planning devices in Europe, and in the U.S., the ovulation prediction function has been approved by the FDA.



**Lady-Comp**  
Convenient and easy to use at home and on the road.  
No follow-up costs.  
Lady-Comp runs on an internal rechargeable battery.

The highest degree of safety in family planning and pregnancy prevention can finally be achieved without exposing the female body to harmful chemicals. Nor is there a negative environmental impact caused by artificial hormones.

Our team of gynaecologists, software specialists, electronic engineers and designers are continuously working to improve our fertility computers. With Valley Electronics' fertility computer you do not only acquire a high-quality electronic device, but also the combined knowledge brought together from over 25 years of development and research.

## **Lady-Comp monitors your 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.

During your fertile time you are free to choose whether you abstain from intercourse or use a barrier method of contraception.

Lady-Comp planning software, LADY-COMP® BABY, assists with family planning and reduced fertility by accurately forecasting your most fertile days in order to conceive fast. Moreover, it also detects if you do not ovulate or whether you suffer from a hormonal imbalance.

Polls taken among our customers show that 75% of women, who were unintentionally childless before, finally became pregnant with the help of Lady-Comp Baby (planning software).

If you initially choose Lady-Comp for pregnancy prevention and want to become pregnant later, you can easily upgrade your fertility computer with the Lady-Comp Baby program at anytime.

# Safe and reliable from day one with 99.3% accuracy.

## **Reliability is most important.**

The daily fertility display of Lady-Comp has a Pearl-Index of 0.7, meaning it is 99.3 % accurate.

The pill, for example, has a Pearl-Index ranging from 0.1 to 0.9, while the coil's is between 1 and 3. Consequently, our fertility computers are the leaders in natural pregnancy prevention and family planning, with an accuracy equal to the most popular contraceptive methods. With Lady-Comp you can achieve this security 100% naturally and side-effect free.

*With a Pearl-Index of 0.7  
our fertility monitors are the  
uncontested leaders in terms of  
accuracy and safety.*

## **Pearl-Index of 0.7 – What does that mean?**

The Pearl-Index is a value in the medical field that is used to determine the level of accuracy of a given birth control method.

### **Example:**

When the same birth control method is used by 100 women during the course of one year, and one in 100 women becomes pregnant within this time, the Pearl-Index of this method would be 1.0.

## **How is the Pearl-Index certified?**

In order to determine the Pearl-Index of a contraceptive method, specialized institutions conduct independent studies in which approx. 10,000 menstrual cycles must be observed and evaluated. During the initial development and testing phase of Lady-Comp®, Valley Electronics' researchers could refer to the charts and information base of thousands of menstrual cycles of women who had been using the temperature method for years. This data was combined with that of more difficult and

irregular cycles taken from technical literature and research institutes to develop our sophisticated software programs.

The software constantly re-evaluates the collected data and compares it to the cycle-input of the Lady-Comp user. By January 2003 our software already held a database of over 900,000 collected menstrual cycles of tens of thousands of women.

## **Clinical trials confirm accuracy!**

In a study\* conducted under the supervision of Chief Physician Dr. med. G. Freundl of Düsseldorf, 686 Lady-Comp users in Germany, Switzerland and Mexico were questioned during a period of over 2 years.

The result: With a Pearl-Index of 0.7, Lady-Comp was found to have a 'very high degree in method safety, clearly standing out from competitive devices' (Dr. Andreas Marx – Clevea Med. September 20, 2007).

\* A retrospective study on the reliability, acceptance and safety of Lady-Comp® mini-computer in the family planning field – 1997

## ***It doesn't get any easier!***

### ***Temperature reading.***

The integrated alarm will wake you at the time you desire. Take your temperature immediately after waking up. Place the attached temperature sensor under your tongue while still in bed, before getting up. Your so-called waking or basal body temperature (BBT) will then be stored by the device and used for its calculations.

### ***Important:***

It is absolutely vital to take your temperature when you are still fully at rest in order to obtain your basal body temperature required for evaluation. Your body temperature is influenced by movement and activity.

### ***Go ahead and sleep in!***

You have a six hour window in which you can take your waking temperature, making Lady-Comp the ideal partner even for shift-workers, on holiday, or when you simply wish to sleep in on the weekends.

The sensor-symbol indicates whether you are still within the time window. If the symbol lights up, simply press the button and take your temperature. You can then easily turn around and fall back to sleep.

### ***Intelligent software prevents measurement errors.***

Measurement errors cannot occur, seeing that the software controls and monitors the readings. Should the temperature deviate from the expected level it will acknowledge this via a flashing symbol.

### ***What happens when I party all night or have a cold?***

Lady-Comp bases its calculations on all of the information available to determine your fertility levels.

A cold, flu, lack of sleep, too much alcohol and/or the intake of medication with thermal effects will skew the results.

However, the computer checks any unusual temperature against its vast database, and disregards any abnormal readings from its evaluation. Should you run a fever the computer will display the letter "F."

Nonetheless, in order to keep incoherent measurements to a minimum you should not take your readings on days you run a fever, take medication with thermal effects or have been out all night partying.



## Step by step.

Lady-Comp is easy to use. When you receive your personal monitor, it is already pre-programmed to display the current time and date. All you have to do before you start using it is to set the time of the integrated alarm clock to when you want to get up.

## Wake up – Measure – Done!


- 1 Take your temperature orally every morning by placing the thermal sensor under your tongue for 30 to 60 seconds.
- 2 With a simple press of a button you can confirm menstruation.
- 3 The fertility computer evaluates your data and then displays a green or red light, accurate for the next 24 hours.

Basic knowledge of life and fertility capabilities of egg cells and spermatoc cells are pre-programmed.

Lady-Comp already holds a vast database of reproductive knowledge and requires nothing more than your daily temperature input for its accurate calculations:

- green means: «infertile»
- red means: «fertile»
- yellow means: «the computer is still in its learning phase».

The longer you use your device, the better it gets to know you and your individual menstrual cycle, while simultaneously increasing your own body-awareness. The compiled cycle statistics further help you find valuable information on your individual fertility rhythm.

A close-up, high-angle photograph of a woman lying on her back in a field of tall green grass. She is smiling widely, showing her teeth, and her eyes are closed. Her dark hair is spread out on the grass around her head. She is wearing a dark-colored top. The lighting is bright and natural, suggesting an outdoor setting.

**«Making love can be the most beautiful thing in the world, but for that I need a contraception that I can rely on and which will not interfere with my health or love life. I found this with Lady-Comp and I can now fully surrender myself to the joys of love making.»**

# Natural Pregnancy Prevention with Lady-Comp.

## **Lady-Comp - The perfect choice.**

Lady-Comp is suitable for any woman at any age. Are you looking to stay healthy and be in tune with your body? Then Lady-Comp is the perfect partner for you!

Once you start using the Lady-Comp fertility computer you will discover a new sense of freedom and harmony in your love life and you will come to understand and appreciate your individual fertility pattern like never before.

Women's bodies are wonderfully perfect creations; every aspect has its reason. With Lady-Comp you can work with your body naturally without interfering in its biological functions.

## **Lady-Comp: ready for you at any time.**

Depending on the type of contraception you used before, there are various points to be considered as you can read in the detailed outline below.

## **Lady-Comp - After the Pill.**

If you have been using the contraceptive pill you must discontinue its use before starting with Lady-Comp. The pill inhibits ovulation and thus no natural temperature increase occurs. The controlled 7-day pill break causes a menstruation-like bleeding that has been artificially induced due to the hormonal intake. The initial bleeding after you stop taking the pill is not a "real" menstruation, but can be compared to "aftershocks" due to the artificial hormones remaining in your system.

Before starting with Lady-Comp you should wait for your first natural period. Lady-Comp helps you get to know yourself and puts you in control!

## **Lady-Comp - After the hormonal IUD.**

If you are using a hormonal IUD, you will have to get it removed before starting with Lady-Comp as the artificial hormones influence your natural body functions just like the contraceptive pill (please also read details on the use of Lady-Comp after the pill for further information). You can start using your Lady-Comp as soon as your first natural period arrives.

## **Lady-Comp - After a copper IUD.**

If you are currently using a coil made of copper you can start with Lady-Comp right away!

However, we recommend having the coil removed since both the hormonal and copper IUD can tamper with your natural cycle. The coil is a foreign body to the female organism. In order to deal with this "intruder," an IUD-induced inflammation in the uterus makes your body produce leukocytes, which then prevent the sperm from uniting with an egg. These inflammatory pockets may cause the waking temperature to be altered, which is why it is recommended to remove the coil before starting with the all-natural Lady-Comp experience.

## **If you want to become pregnant later.**

Lady-Comp reliably displays both your fertile and infertile days. If you want to use it to get pregnant you can simply make love on „red“ days.

But you can also upgrade your Lady-Comp at a later time with all the extras of the Baby planning software. More on this in the following pages.



***Life is taking its course and your relationship is wonderful but a child is missing to make it all complete. But what to do when the dream of a happy family just won't come true?***

# Natural Family Planning with Lady-Comp Baby.

## Babies can be planned - Lady-Comp Baby helps make families.

For almost three decades Lady-Comp Baby has proven to be a valuable diagnostic and planning tool, especially for couples with conception difficulties.

Lady-Comp planning software, Lady-Comp Baby, is designed specifically for women trying to conceive. When a couple has reduced fertility it is important that sexual intercourse takes place at the time of optimum fertility.

Not only does Lady-Comp Baby determine your fertile days based on your morning temperature and alert you on your most fertile days: the five days before ovulation and the day of ovulation, but it can also do much more. Lady-Comp Baby uses statistical methods to detect various causes of infertility, thus helping to solve individual problems of conception.

Lady-Comp Baby also looks into the future for you and emphasizes your predicted ovulation with a „red“ flashing light. This is especially important as it is vital for couples with reduced fertility to plan sexual intercourse on the day of optimum fertility.

## Planning and more with Lady-Comp Baby.

With the cycle and planning statistics compiled by Lady-Comp Baby, at a press of a button you get direct access to all information needed to plan your baby. Lady-Comp Baby:

- forecasts your most fertile days and indicates them to you reliably
- recognizes when you do not ovulate or when you have a hormonal imbalance
- indicates monophasic cycles (without ovulation) and fluctuating ovulation patterns

- recognizes a Corpus Luteum Deficiency
- does all the work for you by keeping track of all your data without the need for graphing or charting – and you can access the data easily at any time
- allows you to enter when sexual intercourse takes place to evaluate the probability for pregnancy
- has an integrated pregnancy test
- calculates the expected delivery date of your baby
- assists with gender forecasting (by indicating on which days intercourse is most likely to help you conceive a boy or girl)
- can be used with irregular cycles.

After approx. four cycles, a print out and analysis of your data makes sense. Our experienced teams in the US or Germany are specialists and would be pleased to consult with you regarding your individual cycle.

# ***Stress-free Natural Family Planning.***

## ***Hormonal imbalances are recognizable.***

The Corpus Luteum (Latin for “yellow body”) hormone, progesterone, is an important hormone in the female body that develops right after ovulation. The Corpus Luteum is the tissue that surrounds the egg released from the ovary and produces the necessary hormones, so that by the time the fertilized egg reaches the uterus, the uterine lining is ready to receive the fertilized egg and it can implant.

Once the fertilized egg has been embedded in the uterus, the placenta will take over the progesterone production and continues doing so for the duration of the pregnancy.

The corpus luteum produces progesterone which maintains the uterine lining. It is therefore a vital hormone in order to get and stay pregnant.

The presence of hormones and fluctuation in their levels do not go unnoticed by Lady-Comp Baby, as each hormone brings about a temperature change, even if only ever so slightly. Due to its highly

sensitive thermometer (the most accurate in the world) Lady-Comp Baby can recognize increased temperature levels and also evaluates the length of such fluctuations, allowing it to detect a corpus luteum deficiency or any other hormonal imbalance.

With Lady-Comp Baby you are in good hands – and it can serve both you and your gynaecologist as a valuable diagnostic tool in the evaluation of your hormonal balance as this is crucial to getting pregnant and maintaining a pregnancy.

## ***From now on it's all about your baby.***

With Lady-Comp Baby you know when you are pregnant right away. Lady-Comp Baby detects the temperature increase that occurs due to the hormones produced during pregnancy.

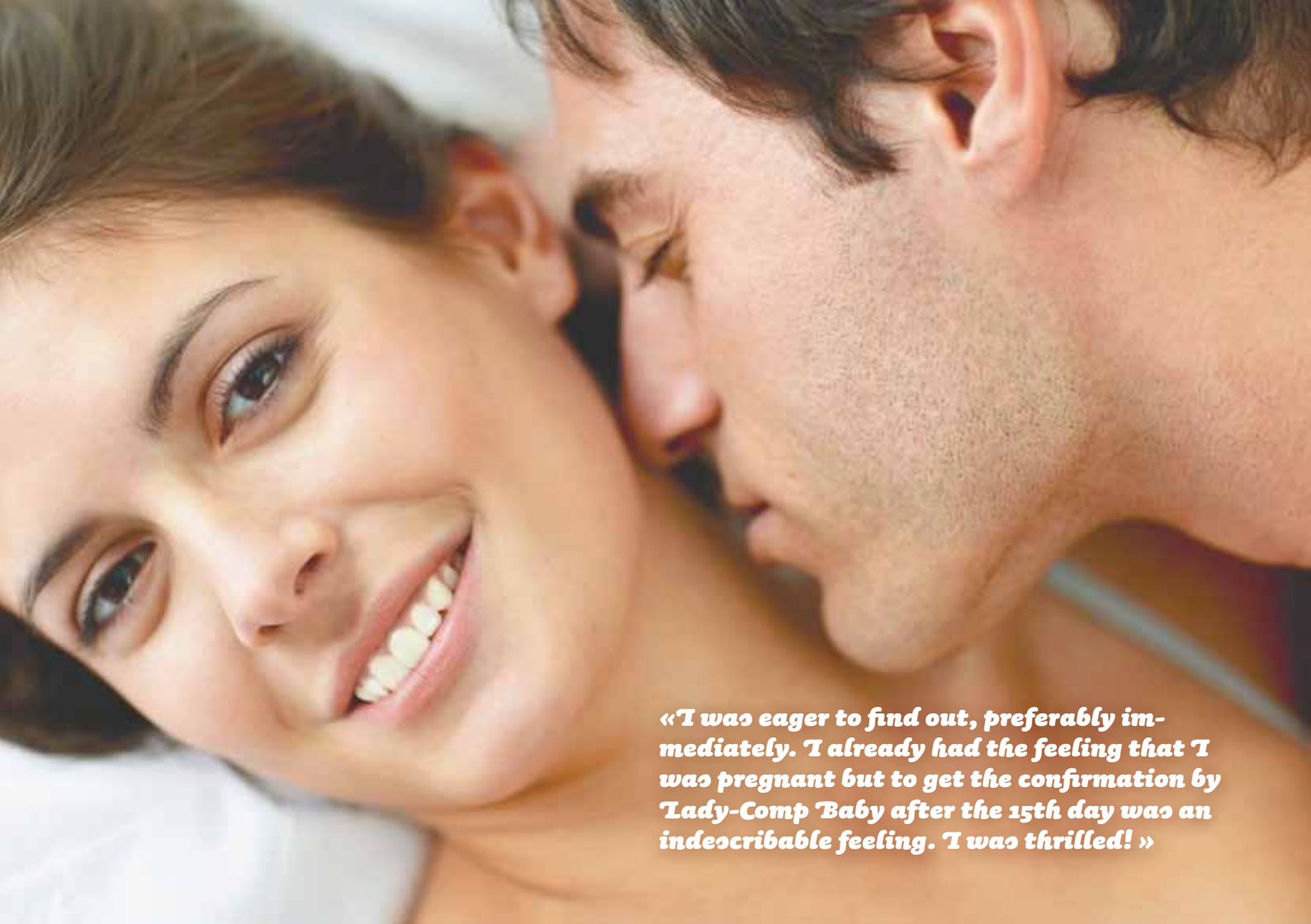
Lady-Comp Baby detects a probable pregnancy just 15 days after conception and by the 18th day Lady-Comp Baby will confirm your pregnancy with

certainty. This early knowledge is not only exciting, but also very valuable from a medical point of view. Knowing so quickly will allow you to prepare your mind, body and home for your new baby.

Lady-Comp Baby takes the stress away and helps you focus on the most important thing: YOUR BABY!

## ***When to expect your Baby's arrival.***

Lady-Comp Baby automatically calculates the expected date of birth from the determined fertilization day - this is faster and more precise than the usual calculation based on the first day of the last menstruation.



***«I was eager to find out, preferably immediately. I already had the feeling that I was pregnant but to get the confirmation by Lady-Comp Baby after the 15th day was an indescribable feeling. I was thrilled! »***

### **Gender Prediction.**

Lady-Comp Baby cannot tell with certainty whether you are pregnant with a boy or a girl. It does give you gender predictions during your fertile days based on documented research results undertaken by independent institutions on the determination of sex.

Lady-Comp Baby's "boy/girl" display can therefore help you plan for a specific gender.

Furthermore, our experienced team of analysts will be happy to assist you individually.

### **Current state of research on gender prediction.**

The sperm which reaches the female egg first and fertilizes it will be the main factor in determining your child's sex. Male sperm can contain either a Y-chromosome for male offspring or an X-chromosome for a female offspring. Both types of chromosomes are present in about equal parts in the male sperm, initially leaving chances for either sex at about 50-50.

However, the day when intercourse takes place in relation to ovulation is thought to influence the child's gender as well, according to a theory established by Prof. John T. France from the University of Auckland, New Zealand, and former member of the Medical Advisory Board of the New Zealand association of Natural Family Planning. Independent studies that applied his theory to the practical field underline his findings and confirmed it multifold, which is why we at Valley Electronics have opted to include this feature in the Lady-Comp Baby.

### **During Pregnancy.**

When Lady-Comp Baby has detected that you are pregnant, you should still continue with the readings as normal for six to twelve weeks into the pregnancy. You can then store the device until after the birth of your child.

### **After Birth.**

The first six weeks after giving birth you are infertile for physiological reasons. We therefore recommend you start using your Lady-Comp as soon as pregnancy prevention begins to play a role again. We do recommend that you erase all previous data as your new cycle pattern may be different.

### **During breastfeeding.**

Breastfeeding can inhibit ovulation depending on the frequency at which your child is nursing. You can begin using your Lady-Comp while breastfeeding. It will initially show "yellow" lights until ovulation is detected. At this point it will begin to show "green" and "red" lights indicating infertile and fertile days. Until your first menstruation, we recommend the use of an additional barrier method.



# Maximize your chances of conceiving.

## Timing your love.

In a recent American study, 276 women who had experienced difficulties conceiving, but then began using a fertility monitor were surveyed. Half of these women conceived after one month of using a fertility computer. After just three cycles, 90% of the women had successfully conceived.

On average, a woman would have already spent \$6,500 on fertility treatments, and in some cases even up to \$150,000.

More than 60% of these women had already been treated elsewhere, exposing their bodies to often harmful and costly procedures such as hormone treatments or artificial insemination.

You can prevent much of this stress and despair by observing your cycle and taking advantage of the fertile days.

Organizing romance with your partner around your most fertile days will insure that your dream quickly becomes your reality.

## Reduced Fertility.

In all cases of reduced fertility it is important that sexual intercourse happens during the time of highest fertility. Because Lady-Comp Baby indicates the coming ovulation 6 days in advance, it is possible to plan your sexual activities for the optimum day of fertility, maximizing your chances of conceiving.

## Cycle and Planning statistics.

With Lady-Comp Baby you receive a top fertility monitor with the latest family planning software which is the result of over 25 years of research and development in natural family planning conducted by our specialized team.

At the press of a button you receive valuable information concerning your individual cycle and the successful planning of your future baby. All in the comfort of your own home!



**Lady-Comp Baby**  
helps create your Family. Reliable modern family planning. A natural way to conceive for all couples.

Source «ve news» 02/07 – Available upon request.

# *Fertility is measurable.*

## *Conception difficulties.*

It is absolutely normal if you do not get pregnant right away. Only after trying for a baby unsuccessfully for over six months is it considered reduced fertility.

## *Influences on Fertility.*

Contributing factors to decreased fertility are age, stress, smoking and alcohol consumption. Another cause is the growing hormonal pollution in our environment that is making news headlines. Today, 15 to 20 percent of couples have trouble conceiving. Typically, these problems do not become evident until the couple actively tries to have children. With couples waiting longer to begin their families, it is important to be able to identify and correct any potential issues. With Lady-Comp Baby these issues can be identified in your very

first cycles, saving you valuable time by alerting you and allowing you to act accordingly.

The diagnosis of infertility can only be given after many expensive tests in specialized clinics. 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. With a print out from your Lady-Comp Baby you gain all the necessary insight about your cycle, which serves as a valuable diagnostic tool for you and your gynaecologist.

## *Understanding your cycle.*

The first step in dealing with reduced fertility is the observation of your cycle.

- Do you have a regular cycle or a long and irregular cycle?
- Does ovulation occur? Is ovulation normal?
- When does ovulation occur and how regularly?
- How long is your postovulatory phase?

Lady-Comp Baby provides reliable ovulation and cycle information. This has been confirmed in a study presented by Dr. Prof. S. Dessole at the "International Meeting of infertility and supportive Reproduction Technology" in Porto Cervo in Sardinia in 1997. (The full text of the study in English can be ordered via our website, or you can contact us directly.)

Polls taken among our customers, who were unintentionally childless before, show that 75% of women finally became pregnant with Lady-Comp Baby.



**«It was a great relief for my partner and I to learn the facts about my cycle with the Lady-Comp Baby. First I thought it's rather unromantic to plan a child, but Lady-Comp Baby actually put me in control of my own fertility. And yes, then I planned my child by making love on red days. »**

# Medical Basics.

## The Woman's Cycle.

The length of every woman's menstrual cycle differs from individual to individual. The example cycle presented here serves only the purpose of explaining the method. Lady-Comp recognizes your personal cycle by means of temperature readings in the morning and by data reconciliation.

## Understanding the Display.

- ● "green" indicates infertile days
- ● "red" indicates fertile days
- 🌞 "flashing red light" indicates a prognosis of ovulation during the current cycle . In completed cycles the flashing red light is the confirmed day of ovulation.
- ● "yellow" indicates learning and transition or missing temperature readings (e.g. at the beginning or after an interruption in use).

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### Fertility

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### Display Lady-Comp/Lady-Comp Baby

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### Duration of cycle phases

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### Processes in the ovary

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### Processes in the uterus

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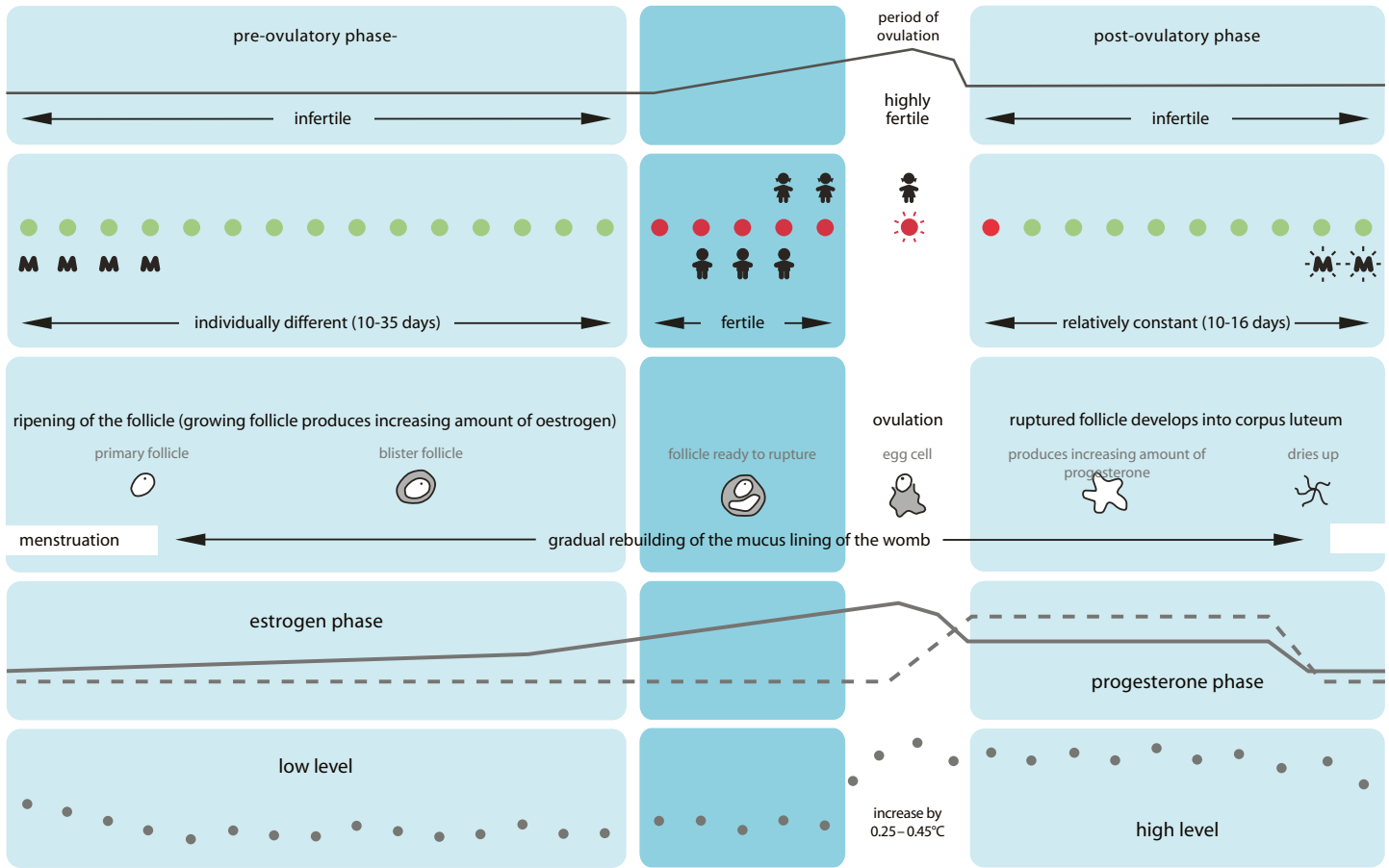
### Hormones in the blood

1. estrogens
2. progesterone

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### Basal body temperature course

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# Comparison of the Methods of Pregnancy Prevention.

## PILL

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 break.

Pearl Index

0.1 to 0.9

### PRO

Effective

### CONTRA

Serious side effects. Increased health risk when smoking or consuming alcohol. One-sided contraception - partner is not involved. Environmental damage - water pollution.

## MINI-PILL

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.

0.4 to 2.5

Fairly effective. In comparison to the regular pill ovulation is not prevented.

Requires discipline. An intake fluctuation of only 2 hours already decreases its effectiveness significantly. Further side effects include possible skin irritation and hormonal pollution of the body.

## 3 MONTH SHOT

A directly injected high dosage of hormones prevents ovulation and therefore fertilization

0.2 to 0.4

Effective

Serious side effects. Only recommendable for women who do not ever want to become pregnant again.

Pearl Index

1.0 to 3.0

### PRO

Effective

### CONTRA

## IUD

"T-shaped" device that is inserted into the uterus to prevent pregnancy. There are two types of IUD. Hormonal: Releasing synthetic progesterone. Copper: Particles of copper are released, creating a type of antibody to stop the sperm.

Risk of infection and ectopic pregnancy. Serious side effects, as well as possible allergic reaction to the copper. Painful insertion. Regular checkups required. Not suitable for women who wish to have children one day.

## DIAPHRAGM

The diaphragm is a relatively big latex cup with a flexible rim. It is inserted into the vagina shortly before intercourse and is positioned over the cervix.

4.0

Applicable spontaneously

The cup must fit exactly over the cervix. Difficult insertion. Additional spermicidal chemicals are necessary.

## SPERMICIDES

Chemical gels, creams, film, foams and suppositories destroy the sperm and thus make them sterile.

3.0 to 25.0

Spontaneous application

Has to be inserted only minutes before intercourse. Can cause vaginal irritation and itching. Not very effective.

### CONDOM

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

| Pearl Index       | PRO  | CONTRA   |
|-------------------|--|--|
| 1.0<br>bis<br>5.0 | No side effects, usable anytime. Prevents sexually transmitted diseases.       | On fertile days discipline is needed.  |
| >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                 | Permanent  | Surgery needed - it is permanent.  |

### 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 | PRO   | CONTRA   |
|-------------|---|--|
| 0.7         | Natural, very effective, easy to use, environmentally compatible and healthy contraceptive method. The planning program can be integrated (retrofitted) on demand. No hormonal impact on the body. One time investment. No follow-up costs. | View fertile days during which abstinence is required or condoms to be used. |
| 0.7         |   |  |

### Lady-Comp

Once a day about 60 sec (before getting up) the BBT is measured under the tongue with a very sensitive temperature sensor. At a simple push of a button the monitor displays either "green" for infertile or "red" for fertile days. All of the ovulation data required has been pre-programmed. Intelligent Computer software. Lady-Comp can be upgraded with a special planning program for planning a child. (Lady-Comp Baby)

### 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 effectiveness rates result from this.

## Frequently Asked Questions.

Should you have any questions with regards to Lady-Comp or Lady-Comp Baby, please feel free to contact us directly at anytime. Some of the most frequently asked questions concerning 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 taking your first temperature reading. The instruction manual provides you with detailed information.

### «Can I check my past data?»

Yes, you can! At the press of a button Lady-Comp allows you to review your data of the past 180-250 days. If you like, you can also have us print and analyze your data for you.

### «What happens if I miss a temperature reading in the morning?»

That is not problem for the Lady-Comp. Since the Lady-Comp is an intelligent computer and in tune

with your individual data, it knows even when you miss a reading where in your cycle you are right now and will give you an accurate red or green light.

### «What happens if I delete all of my stored data unintentionally?»

That is almost impossible! Lady-Comp is programmed in such a way that in order to delete data, a specific code must be entered, making it virtually impossible to delete your entries by mistake.

### «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 an AC power supply for recharging.

### «I will be traveling. When should I take my temperature»

Whenever you are going to take a trip to a country in a time zone with more than 6 hours time difference, make sure to set the clock on your fertility computer to the local time immediately after arrival 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 in shifts. Can I use Lady-Comp?»

Yes. When beginning your new shift, simply reset your alarm and your temperature measuring time window will be automatically adjusted to your new wake-up time.



**«I often have to get up in the middle of the night to tend to my baby. When shall I take my temperature?»**

If by the time you wake up to tend to your baby you are already within the six-hour time window you can take your temperature immediately. Otherwise you take your temperature in the morning as usual.

**«I like the idea of a fertility monitor, but it seems very expensive.»**

Lady-Comp may appear rather costly at first, but the purchase of a fertility monitor is a one-time expense with no follow-up costs. Even with health insurance, contraceptives can cost \$10 - \$50 per month, amounting to \$120 to \$600 a year. With a lifespan of ten years or more, Lady-Comp quickly pays for itself.

## **PRECAUTIONS**

- This device identifies days of increased fertility.
- If you do not become pregnant after six months, consult with us and 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 Lady-Comp if you are taking hormonal treatments and/ or birth control hormones.

***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:**

- Trial of contraceptive effectiveness of Lady-Comp®; published by the Polish Gynecological Society, 2010. Results: User Pearl-Index 0.64.
- Medical Evaluation, EG-Instruction 93/42 EWG and MEDDEV.2.7.1. Results: 'very high degree in Method-Security, which clearly stands out from competitive devices'. ClevaMed, Sept. 20th, 2007
- Trial of contraceptive effectiveness of Lady-Comp®; test of 686 women Field study in Switzerland, Germany and Mexico. Results: User Pearl-Index 0.7. Düsseldorf 1998, Dissertation Bachhofer, Prof. Freundl, Frank-Herrmann, Prof. Godehardt, Klemm
- Test on women sterile for 3 - 8 years. Lady-Comp Baby compared with general clinical tests. Results: 100% match on luteal deficiency, anovulatory cycles and pregnancies. Clinical tests found 86% of ovulations, Lady-Comp Baby- 80%. Sassari 1997, Prof. S. Dessole, Fadda, Rosas, Scapinelli, Inaudi, Ambrosini
- ISO Certified, FDA

For more information visit [www.lady-comp.com](http://www.lady-comp.com)

# Lady-Comp Software Comparison:

| TIME LEVEL (LEVEL 1)                                    | Lady-Comp | Lady-Comp Baby |
|---|-----------|----------------|
| - Time, date, year                                      | ✓         | ✓              |
| - Time zone and shift work                              | ✓         | ✓              |
| - Alarm time – Alarm clock                              | ✓         | ✓              |
| FERTILITY LEVEL (LEVEL 1)                               |           |                |
| - Fertility display                                     | ✓         | ✓              |
| - Display of ovulation day                              | ✓         | ✓              |
| - Data reading alternating with cycle day               | ✓         | ✓              |
| - Data readings of previous days (in days)              | 180       | 250            |
| - Predicted future data readings (in days)              | 6         | 6              |
| CYCLE STATISTICS  |           |                |
| - Body Mass Index                                       | ✓         | ✓              |
| - Number of stored cycles                               | ✓         | ✓              |
| - Average cycle length                                  | ✓         | ✓              |
| - Average temperature increase after ovulation          | ✓         | ✓              |
| - Average fluctuation of ovulation day                  | ✓         | ✓              |
| PLANNING STATISTICS                                     |           |                |
| - Average length of high level                          | —         | ✓              |
| - Display of monophasic cycles (without ovulation) in % | —         | ✓              |
| - Planning hits of the last 20 cycles                   | —         | ✓              |
| - Pregnancy Test  | —         | ✓              |

| <b>PLANNING STATISTICS</b>                           | <b>Lady-Comp</b> | <b>Lady-Comp Baby</b> |
|--|------------------|-----------------------|
| - Display of possible pregnancy after 4-5 days       | —                | ✓                     |
| - Display of probable pregnancy after 15 days        | —                | ✓                     |
| - Display of confirmed pregnancy after 18 days       | —                | ✓                     |
| <b>OTHER FUNCTIONS</b>                               |                  |                       |
| - Computer self test and trial reading               | ✓                | ✓                     |
| - Measuring time window +/- 3 hours of preset alarm  | ✓                | ✓                     |
| - Menstruation input, automatic menstruation inquiry | ✓                | ✓                     |
| - Input of past menstruation data (in days)          | 180              | 250                   |
| - Cycle printout (in days)                           | 180              | 250                   |
| - Possible data deletion and input                   | ✓                | ✓                     |
| - Possible upgrade with the planning statistics      | ✓                | ✓                     |
| - Clinically tested Pearl Index                      | 0.7              | 0.7                   |
| - Product Life Expectancy (in years)                 | ca. 10           | ca. 10                |
| - Extra costs and expendable items                   | —                | —                     |
| - Size (in cm)                                       | ø 14             | ø 14                  |
| - Weight (in g)                                      | 200              | 200                   |



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.

## LADY-COMP NORTH AMERICA, MANUFACTURER'S DISTRIBUTOR

VALLEY ELECTRONICS LLC

25505 Collins Wharf Rd.

Eden, MD 21822 / USA

Tel. +1 877 925 LADY (5239)

Fax +1 877 925 5239

[info@lady-comp.com](mailto:info@lady-comp.com)

[www.lady-comp.com](http://www.lady-comp.com)

## DEVELOPMENT, MANUFACTURER, WORLD-WIDE DISTRIBUTION



VE VALLEY ELECTRONICS GMBH

Breite 2

D-82418 Murnau

Tel.: +49 (0) 8841 48928-0

Fax: +49 (0) 8841 48928-24

[info@lady-comp.de](mailto:info@lady-comp.de)

[www.lady-comp.de](http://www.lady-comp.de)

[info@valley-electronics.com](mailto:info@valley-electronics.com)

[www.valley-electronics.com](http://www.valley-electronics.com)