

**LADY-COMP**<sup>®</sup>  
**BABY-COMP**<sup>®</sup>

Natural contraception

..... the safe cycle computers .....

Natural family planning



## LADY-COMP<sup>®</sup> BABY-COMP<sup>®</sup>



..... a topic which is important to women ..

Contraception

Family planning

safe

natural

simple

fast

without side-effects

reliable

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## ..... What are Lady-Comp and Baby-Comp? .....

### Women's nature: the measure of things

On average a woman can become pregnant on six days per cycle - 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 or their sex life with contraceptive measures.

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

### The natural alternative

Lady-Comp and Baby-Comp are powerful cycle computers which enable contraception and family planning in a natural way.

### How does a cycle computer work?

The temperature reading in the morning is taken as basis. The convenient cycle computers Lady-Comp and Baby-Comp are programmed in such way that they accurately recognise and show the ovulation in the woman's cycle by taking the temperature in the morning when placing a thermometer under the tongue. The evaluation of hundreds of thousand of cycles of umpteen thousand women is part of the basic knowledge of their programmes.

The temperature reading values are calculated and shown on a daily display - it could not be easier: green means infertile, red means fertile. You can rely on the display right from the beginning!

### The medical basics

- Every woman has only one ovulation per cycle. If in rare cases two or several ovulations occur, they occur within 24 hours.
- After ovulation the egg cell is fertilisable for a maximum of 18 hours.
- After having sexual intercourse the sperms are mobile and fertilisable in the woman's body for a maximum of 120 hours.
- That is to say: Only on six days out of an average of 28 days pregnancy can occur.

I like my body and I know what I have to do to stay healthy and feel comfortable.  
I do a lot of sports, most of the time  
I eat healthy and I enjoy a fulfilled sex life.

However, that is only possible when I am not afraid of becoming pregnant ....  
and without interference with my body balance!





### The velvet revolution

Since 1986 scientists from Valley Electronics have been revolutionising the field of contraception in a soft, but steady way. Highest degree of safety in family planning and contraception can be reached without any chemical burden on the female body. There is no environmental impact by artificial hormones.

Our team of gynaecologists, software specialists, electronics engineers and designer continually work on the improvement of our cycle computers.

With Valley Electronics' cycle computer you do not only acquire a high-quality electronic device, but also the concerted knowledge brought together over 15 years of development work by a highly committed research team.

### Baby-Comp or Lady-Comp – which is the right one?

What is the difference between the two cycle computers? Easy to say:

Baby-Comp was specifically developed for couples who like to plan for a baby. It is equipped with a series of miscellaneous functions which increase the prospects to successful conception.

Lady-Comp is primarily used for contraception.

Both cycle computers reliably show the fertile and infertile days, so they can be used for contraception and family planning.

If you decide for Lady-Comp first and want to become pregnant later, you can upgrade your cycle computer with the Baby-Comp programme.

### Safety is most important

The daily fertility displays of Lady-Comp and Baby-Comp have a Pearl-Index of 0.7 or to explain it more easily of 99.3 %.

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 cycle computers – when safety is concerned – is top.

### Pearl-Index of 0.7

#### Fine – but what does that mean?

The Pearl-Index is a value with which the safety of a contraception method is ascertained in medicine.

Example: If 100 women have contraception for one year and one of them becomes pregnant, this corresponds to a Pearl-Index of 1.0.

### And how is the Pearl-Index ascertained?

In order to determine the Pearl-Index of a contraception method in a reliable way, approx. 10,000 cycles must be observed and evaluated. When Baby-Comp – and later Lady-Comp – was developed and tested, Valley Electronics' researchers could build on the information and tables of thousands of women who have been using this temperature method for years. This data was stored together with those of particularly difficult cycles from technical literature and research institutes.

The programme evaluates the collected cycles again and again. Until January 2003 it had been more than 700,000 cycles of ten thousands users. In so doing, the requirement on the Pearl-Index was fulfilled.

### Clinical tests confirm safety!

In the recent study\* conducted under the direction of Prof. Dr. med. habil. Günther Freundl, chief physician of the Frauenklinik des Städtischen Krankenhauses Düsseldorf-Benrath, 686 users in Germany, Switzerland and in Mexico were questioned in a time period of more than 2 years. In so doing, this resulted in a Pearl-Index of (method safety) 0.7.

\* A retrospective study on reliability, acceptance and safety of mini-computers Lady-Comp and Baby-Comp in family planning – 1997.

### Temperature reading

You will be woken up at the time entered by you. Take your temperature immediately after waking up, when you doze off and when lying, placing 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, when you doze off and when lying, 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 have a lie-in at the weekend?”

Of course! You have a leeway of six hours. In the specific case the sensor symbol indicates whether you are in the temperature reading time limit. When it is illuminated, press the button and take your temperature. Then you can continue sleeping.

### “Are there temperature reading errors?”

No, temperature reading errors are not possible, since the temperature reading is supervised by the system in an intelligent way. If the value does not meet the expectations, this is immediately recognised and the display flashes.

### “And if I have a cold or celebrated all night long?”

The devices calculate the future cycle course from the available values – and resulting from this the fertility.

Temperature variations caused by a cold, flu, lack of sleep, extensive consumption of alcohol and/or medication with thermal effect, however are “abnormal”.

The devices control each temperature reading value whether “normal” or whether it was changed by one of the mentioned interruptions. Accordingly it is taken into consideration when any further evaluation of the temperature curve is made – or not. If the temperature reading value would suggest that there is fever, an “F” appears on the display.

In general, it is recommended to interrupt the daily temperature reading in case of feverish cold, intake of medication or if you celebrated all night long in order not to enter “abnormal” values.

### Step by step

Lady-Comp and Baby-Comp are really user-friendly. When you receive the device, time, date and year are already preset. You only have to set the time when the alarm clock should ring.

1 Every morning you take your temperature by placing the thermometer under your tongue for 50 - 60 seconds.

2 By pressing a button you enter when you are menstruating.

3 The cycle computer evaluates the data for you and reliably gives green or red light for the next 24 hours.


Basic knowledge on life and fertility capabilities of egg cells and spermatoc cells are programmed. If Lady-Comp and Baby-Comp require additional information on your individual cycle, it can be calculated by analysing the morning temperature readings:

- •green• means “infertile”
- •red• means “fertile”
- •yellow• means learning and transition area

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 greatest, trivial pursuit in the world. Sometimes when you are in love or when you start to feel frisky, it is even the most beautiful pursuit in the world.

In order to enjoy sex in a relaxed way 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 agree with your mind and your instinct, pleasure can begin.

#### Is Lady-Comp appropriate for me?

Yes! Lady-Comp is appropriate for every woman and at any time. In particular, if you attach importance to a good body sensation, when you get to know your cycle and want to bring your sexuality in accordance with nature – then Lady-Comp is a good choice.

#### 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 starting temperature readings. Namely, the pill prevents the ovulation, so that no temperature increase occurs. The bleeding in the 7-days intake break has nothing to do with your cycle.

The first bleeding after stopping the pill is no real menstruation, but a withdrawal bleeding, same as in the 7-days pill break. In most women the first “real” menstruation 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, it can be very exciting to get to know your own cycle with Lady-Comp!

#### Lady-Comp after the coil

Though you can start right away with Lady-Comp if you have a copper coil, it is highly recommended to remove the coil before. If you have a hormone coil, this has to be removed before at any rate. Afterwards you can normally start with your daily temperature readings.

#### What if I want to become pregnant later on?

All our cycle computers reliably show the fertile and infertile days. If you want to use Lady-Comp to become pregnant, do without contraceptives on “red” days. However, you can upgrade Lady-Comp subsequently with a great deal of valuable extras, the sort of which Baby-Comp is equipped with. More information on the following pages.



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 along -  
the domestic bliss?

#### Baby-Comp can help

Many women would like to get to know their body and want to pay attention to natural signs. Baby-Comp is really a big help for them.

Baby-Comp is equipped with a specific programme for natural family planning. Basically you should take your temperature as regularly as possible, so the device gets to know your individual cycle and receives data to determine the fertile days.

Baby-Comp emphasises the predicted ovulation day with the display

- red flashes • !

#### Planning with Baby-Comp

Baby-Comp has specifically proved itself for more than 15 years for couples having difficulties with conception. Its "boy/girl" display during fertile days provide additional valuable information for planning. So you know exactly when ovulation is expected. This additional information allows you for having sexual intercourse e.g. on the third and on the first day before ovulation or on the day of ovulation - depending on the present individual conception problem.

#### Hormones on display

Further helpful information can be read in the print-out of the saved data:

- ovulation
- corpus luteum function
- fertilisation
- probable date of birth

Apart from the exact ovulation recognition in the woman's cycle a hormonal balance is the second decisive precondition for a successful planning.

After approx. four cycles a print-out makes sense. Our experienced teams in Germany and world-wide would be pleased to consult you individually.

*The child's sex is determined by the sperm which reaches and fertilises 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 spermatid 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 fertilisation 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 are pregnant, you are immediately informed by Baby-Comp, as Baby-Comp recognises and shows the deviation of the temperature course of your calculated normal curve which is characteristic for a pregnancy.

Baby-Comp can – if you have entered sexual intercourse – point out to a possible pregnancy right after the 4th day. After the 15th day Baby-Comp shows a probable pregnancy and starting from the 18th day you can be sure!

This early information about a pregnancy is not only beautiful, but also very valuable from medical point of view, because earlier than other women you can do without alcohol, cigarettes and medication. Namely most damage and deformation is caused in the first weeks of pregnancy, when most women have no clue!



### When will the child be born?

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

### What will it be – a boy or a girl?

Baby-Comp cannot answer this question. Nevertheless, it makes sex prognosis during the fertile days which are based on the documented research results on the determination of the sex.

### During the pregnancy

If Baby-Comp has shown a pregnancy, you should continue the temperature reading for a period of six to twelve weeks. Afterwards you can put away the cycle computer until birth.

### After birth

The first six weeks after child birth you are infertile for physiological reasons. We recommend to use the device again as soon as contraception begins to play a role again. Baby-Comp has stored all your data and can begin to work again immediately.

### During lactation period

The return of fertility will be shown by temperature fluctuations approx. one month before ovulation occurs again. You will receive respective information provided by Baby-Comp.

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

*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, it is called difficulty to conceive. The most important reason is the growing, also hormonal environmental pollution.*

*About 15-20 percent of all couples have such difficulties to conceive. These difficulties will only be noticed if a child is planned. Today this is rather later the case than in the past. With Baby-Comp you do not waste valuable time because you recognise possible problems very fast and you can act accordingly.*

*It is called factual infertility of woman or man if diagnosed by relatively comprehensive tests in a hospital. In all other cases of unwanted childlessness there is no infertility but only a more or less reduced fertility which can result from various reasons.*

*With Baby-Comp print-outs of the stored data and our evaluation programme we can ascertain them and we will inform the user.*



#### Observing the cycle

The first step to face these difficulties to conceive is to observe the cycle:

- When does ovulation take place?
- Does it occur anyway and with what regularity?

Temperature readings and data documentation of the Baby-Comp provide reliable information and help to plan.

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 Baby-Comp exactly indicates the forthcoming ovulation, it is possible to get to know the optimum day for sexual activities.

#### Cycle and planning statistics

The query of this information concerning your individual cycle is the result of our research and development work over 15 years in the field of natural family planning.

You will receive valuable information concerning planning a child immediately when pressing a button on the display of the Baby-Comp at home.

*“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. Baby-Comp and Lady-Comp recognise your personal cycle by means of temperature reading in the morning and by data reconciliation.

#### Display •green•

Infertile days.

#### Display •red•

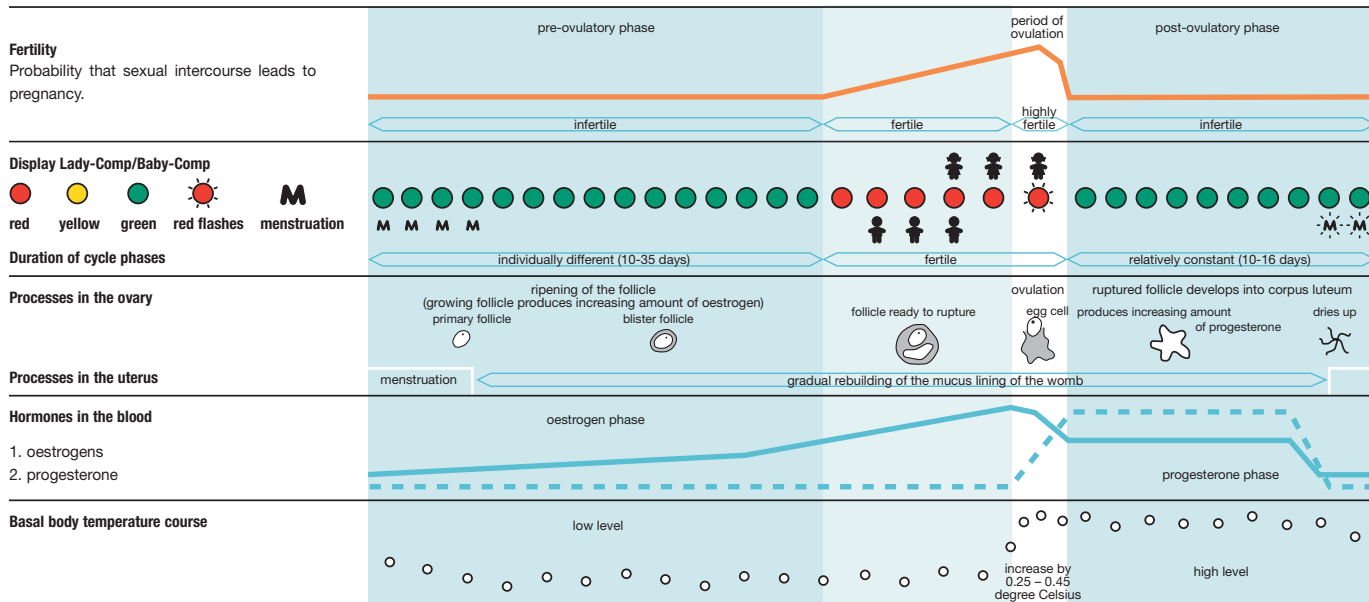
Fertile days, conception is possible.

#### 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).



	Pearl Index	PRO	CONTRA
<b>PILL</b>			
There are approx. 100 different preparations. The body receives hormones dosed by cycle days (oestrogens and progesterone), which simulate a pregnancy. The menstruation is caused by the sudden hormone decrease in the pill break.	0.1 – 0.9	Very reliable.	Serious side-effects in various forms. Higher risk when smoking and drinking alcohol. One-sided contraception; the partner is not integrated.
<b>MINI-PILL</b>			
The hormone progesterone slows down the building of the uterine mucosa, ensures that the cervical mucus remains impermeable and the ovarian canal immobile.	0.4 – 2.5	Quite reliable. Contrary to the pill the ovulation is not prevented.	Requires discipline. Even two hours variations when taking the pill indicate reduced reliability. Often spotting and inter-menstrual bleeding occur. Hormonal influence.
<b>THREE-MONTHLY INJECTIONS</b>			
It prevents fertilisation and ovulation.	0.2 – 0.4	Very reliable.	Serious side-effects. Only for women "at mature age" with closed family planning.

**IMPLANON**

An Implanon-rod is inserted under the skin in the upper arm (by the doctor). Fertilisation and ovulation is prevented.

**COIL**

The coil is inserted into the uterus. Consists of plastics surrounded by copper wire. The copper makes sperm immobile and acts as foreign body against which immune cells are produced.

**DIAPHRAGM**

The Diaphragm is a relatively big latex cap inserted via the vagina and placed in front of the cervical os.

**CHEMICAL CONTRACEPTIVES**

Gel, creme, suppository destroy the coating of the sperm by means of chemical substances and make it sterile.

	Pearl Index	PRO	CONTRA
	0.2 – 0.4	Very reliable.	Serious side-effects. New method, not comprehensively researched so far.
	1.0 – 3.0	Quite reliable. Depending on the model the coil can be used for two to five years.	Risk of inflammations and tubal pregnancies. Painful insertion, regular gynaecologic controls required. Not suitable for women who want to have a child later on.
	4.0	Can be inserted spontaneously.	The cap must be individually adapted and inserted with a spermocidal creme. Insertion technique must be learned.
	3.0 – 25	Can be spontaneously inserted.	Must be inserted immediately before having sexual intercourse. Sometimes itching, reddening possible. Not very reliable.

**CONDOM**

Condom consists of thin latex (gum). It is soft and elastic and should be placed over the penis before having sexual intercourse.

**TEMPERATURE METHOD**

in combination with **OBSERVING CERVICAL MUCUS**  
Every morning before getting up temperature is taken. Additionally consistence of the mucus is controlled and evaluated by fingers at the orifice of the vagina.

**STERILISATION**

of the man or the woman

**PEARL INDEX**

Number of pregnancies if contraception in 100 female cycles is made with this method. The lower the value, the higher the safety.

	Pearl Index	PRO	CONTRA
	1.0 – 5.0	No side-effects, can be used at any time. Protects against infections, such as aids.	On highly fertile days particularly disciplined usage required.
	> 1.0	No side-effects, natural way. Women get to know their body. Very reliable.	Requires discipline. Many application and evaluation regulations. It requires experience to interpret the curves and signs in a correct way.
	0	Absolutely reliable.	Operation which can hardly be made undone.

**METHOD SAFETY**

Experts distinguish between "method safety" and "safety under life practice". The spans of the Pearl Index result from this.

**LADY-COMP**

1 x daily approx. 60 seconds (after waking up) temperature is taken by placing the thermometer under the tongue. By pressing the button, the display is illuminated  
•green = infertile,  
•red = fertile.  
All data for exact recognition of ovulation is programmed.

**BABY-COMP**

Same as Lady-Comp, but equipped with a special programme for the planning of a pregnancy.

	Pearl Index	PRO	CONTRA
	0.7	Natural, very reliable, easy-to use, environmentally appropriate and healthy contraception.	There are a few days when abstinence or the use of a condom is required.
		If desired, programme can be upgraded later on.	
	0.7	No burden on the body by intake of chemistry. One-time investment, no follow-up costs. There are a few days when abstinence or the use of a condom is required.	

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

Whenever you have questions concerning your Lady-Comp or Baby-Comp, please contact us at any time. Some of the most frequently asked questions concerning how to deal with our cycle computers can be found here:

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

Yes. You can enter when you are menstruating before starting the device. The instruction manual provides you with information on this.

**“Can I look at the data from the past?”**

You can call past temperature reading values up to 180 days or 250 days by pressing the buttons. If you would like to, you could also let the values be printed out at our company.

**“What happens if I delete my stored data inadvertently?”**

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

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

No. Lady-Comp and Baby-Comp are protected against power interruptions and voltage fluctuations. Your data will remain saved indefinitely, date, time and year continue.

Lady-Comp and Baby-Comp are delivered with an integrated battery and a mains power supply for recharging.

**“I travel to Australia. How should I take my temperature?”**

In case of longer journeys with more than six hours of time shift, please adjust your cycle computer to the local time there. Temperature reading on the same day or on the following day does not apply. On the following day proceed as usual. In case of shorter time shifts your next temperature reading is within the 6-hours temperature reading time limit anyway.

**“I work shifts. Can I use Lady-Comp or Baby-Comp?”**

Yes. You can use our devices without any problem. Further information can be seen in our comprehensive instruction manual.

**“I often have to get up in the night, because the baby cries. Will there be no temperature reading because of this?”**

No. If you are already in the temperature reading time, take your temperature immediately. Otherwise take your temperature reading normally in the morning.

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

When you first look at it you might think so. But: The purchase of a cycle computer is worth it. Because you have a one-time payment and no follow-up costs – with a life cycle of ten or more years! Comparison: all other methods on contraception cost approx. Euro 150.— to Euro 180.— per year. So, you save money already after a few years.

**Information on service, repair and quality control**

If your device is damaged contrary to all expectations, our service team takes care of it. It may help if you call first or send an email before sending the device. A great deal of problems can be easily dealt with.

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 intact devices are put on the market.

With Baby-Comp or Lady-Comp you acquire a small computer with a high-quality thermometer, an impressive inner mechanism in the format of a 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