

FOR IMMEDIATE RELEASE

Women in Control: Keeping a Cycle Diary Has Healthy Side Effects

BOCA RATON, Fla., Jan. 30, 2009 – When women think of a menstrual cycle diary, more than likely, they equate it to fertility efforts. However, a cycle diary can reveal serious health problems and also help in planning social activities. That's why Fertility Tech, Inc. OvaTel, a company that sells ovulation-detection kits, announces their new free printable cycle diary that helps women to take control of their bodies and their health.

So, what exactly is a cycle diary? It is simply a take anywhere paper chart, equivalent to the size of a checkbook ledger, which helps women to chart their menstrual cycle. It provides areas for women to enter the first day of their period; the length of their period; flow; pain; and ovulation time.

All women are different when it comes to their menstrual cycle, but understanding and recognizing those differences is important to a woman's overall health and lifestyle.

While keeping a cycle diary may seem like another thing to add to the "to-do" list, it can have a large impact. Irregular periods can actually signal a more serious underlying medical problem.

Each menstrual cycle has the following parts and should be charted: menstruation; follicular phase; ovulation; and luteal phase.

"Charting your cycle today will lead to a healthier tomorrow," Gerard Gontier, president of OvaTel, says. "Each part of the cycle has a certain average duration and while all women are somewhat different, their cycle should be regular and consistent."

Many women tend to make excuses for missed or irregular periods. They may chalk it off to stress, a prescription medication, or even a change in weather. While some of these may be valid reasons for an irregular cycle, keeping a cycle diary for three consecutive months, right before an annual checkup, is recommended. The healthcare provider can then review the chart and determine if any further testing is necessary.

A cycle diary can help healthcare providers to identify underlying medical conditions. Many serious medical conditions can go undiagnosed for years because women did not mention changes in their cycle; this is where the cycle diary can help. For instance, endometriosis; a pituitary tumor; hormone imbalance; or polycystic ovarian syndrome are all conditions that may be detected from an irregular cycle.

Cycle diaries can also help in family planning. It will identify when a woman is ovulating and

reveal the best days to conceive. If conception does not happen within a few months, the cycle diary can help a healthcare provider to get to the root of the problem.

Finally, a cycle diary can be helpful when it comes to planning social activities. For example, not many women would choose to go on a four-day camping trip if she was expecting her period. A cycle diary, can predict when a woman is scheduled to get her period so she can plan romantic getaways and outdoor adventures, worry free.

For more information, visit: www.OvaTel.com.

Media Only Contact:

Camie Gontier

of Fertility Tech, Inc. OvaTel

+1-561-922-5960

camie@ovatel.com