

Billings Ovulation Method® References

Needs Assessment 2023-25 Triennium - RACGP

1. Marie Marshall, Marian Corkill, Mark Whitty, Adrian Thomas & Joseph Turner (2019): Stratification of fertility potential according to cervical mucus symptoms: achieving pregnancy in fertile and infertile couples. *Human Fertility*, DOI:10.80/14647273.2019.1671613
2. Turner, J.V., (2016, September 27). "Fertility-awareness practice and education in general practice". *Australian Journal of Primary Health*. <http://dx.doi.org/10.1071/PY16097>. <https://www.publish.csiro.au/py/PY16097>.
3. Turner JV, Fertility-awareness practice and education in general practice. *Aust J Prim Health* 2016. <http://dxdoi.org/10.1071/PY16097>
4. Hampton k, Newton J, Parker R & Mazza D (2016) A qualitative study of the barriers and enablers to fertility-awareness education in general practice. John Wiley and Sons Ltd.
5. Hampton KD, Mazza D (2015) Fertility-awareness knowledge, attitudes and practices of women attending general practice. *Australian Family Physician* 44, 840–845.

Published Literature:

1. Billings, E.L. & Westmore, A. (2011). *The Billings Method* (9th ed.). Melbourne, Australia: Anne O'Donovan Publishing.
2. Billings, J.J. (2002). *The Billings Ovulation Method In China*. Melbourne, Australia: Ovulation Method Research & Reference Centre of Australia (OMR&RCA)
3. Billings, E.L. (2001). *Teaching the Billings Method Part 1: The correlation of the physiological events of the female reproductive cycle with observations made at the vulva* (3rd ed.). Melbourne, Australia: OMR&RCA.
4. Brown, J.B. (2000). *Studies on human reproduction: ovarian activity and fertility and the Billings Ovulation Method*. Melbourne, Australia: OMR&RCA.
5. Billings, E.L. & Billings, J.J. (1997). *Teaching the Billings Method Part 2: variations of the cycle and reproductive health*. Melbourne, Australia: OMR&RCA.
6. Billings, E.L., Billings, J.J. & Catarinich, M. (1989). *The Billings Atlas of the Ovulation Method* (5th ed.). Melbourne, Australia: OMR&RCA.
7. Brown, J.B., & Blackwell, L.F. (1989). *Ovarian Monitor Instruction Manual*. Melbourne, Australia: OMR&RCA.
8. Billings, J.J. (1983). *The Billings Method* (7th ed.). Melbourne, Australia: Advocate Press.
9. Brown, J.B. (1981). *Correlation between the mucus symptoms and the hormonal markers of fertility throughout reproductive life*. Melbourne, Australia: Advocate Press.
10. *Proceedings of the International Conference on the Regulation of Birth and the Ovulation method of Natural Family Planning* (1978). Melbourne, Australia: OMR&RCA.

Seminar Presentation:

11. Billings, E.L. (1973). Study of pre-menopausal women. Report to the Workshop on the Ovulation Method. Sydney, Australia.

Published Articles:

Billings et al

12. Marie Marshall, Marian Corkill, Mark Whitty, Adrian Thomas & Joseph Turner (2019): Stratification of fertility potential according to cervical mucus symptoms: achieving pregnancy in fertile and infertile couples. *Human Fertility*, DOI:10.80/14647273.2019.1671613
13. Corkill, M., & Marshall, M. (2008, December 19). Natural fertility regulation – the Billings Ovulation Method. *Australian Doctor, How to Treat*. http://www.australiandoctor.com.au/htt/pdf/AD_HTT_DEC19_08.pdf
14. Billings, E.L., Billings, J.J., Brown, J.B., & Burger, H.G. (1972). Symptoms and hormonal changes accompanying ovulation. *Lancet*, 299 (7745), 282-284.

Brown et al

15. Blackwell LF, Vigil P, Cooke DG, et al. Monitoring of ovarian activity by daily measurement of urinary excretion rates of oestrone glucuronide and pregnanediol glucuronide using the Ovarian Monitor, Part III, variability of normal menstrual cycle profiles. *Hum Reprod* 2013 Dec; 28(12):3306-15.
16. Blackwell LF, Vigil P, Gross B, d'Arcangues C, Cooke DG, Brown JB. Monitoring of ovarian activity by measurement of urinary excretion rates of estrone glucuronide and pregnanediol glucuronide using the Ovarian Monitor, Part II; reliability of home testing. *Human Reproduction*. 2012 Feb; 27(2):550-7.
17. Brown, J.B. (2011). Types of ovarian activity in women and their significance: the continuum (a reinterpretation of early findings). *Human Reproduction Update*, 17(2), 141-158.
18. Blackwell, L.F., Brown, J.B., Vigil, P., Gross, B., Sufi, S., & d'Argangues, C. (2003). Hormonal monitoring of ovarian activity using the Ovarian Monitor. Part I. Validation of home and laboratory results obtained during ovulatory cycles by comparison with radio immunoassay. *Steroids*, 68(5), 465-476.
19. Blackwell, L.F., Brown, J.B., & Cooke, D.G. (1998). Definition of the potentially fertile period from urinary steroid excretion rates. Part II. A threshold value for pregnanediol glucuronide as a marker for the end of the potentially fertile period in human menstrual cycle. *Steroids*, 63(1), 5-13.
20. Cavero, C. (1995). Using an Ovarian Monitor as an adjunct to natural family planning. *Journal of Nurse Midwifery*, 40(3), 269-276).
21. Blackwell, L.F., & Brown, J.B. (1992). Application of time-series analysis for the recognition of increases in urinary estrogens as markers for the beginning of the potentially fertile period. *Steroids*, 57(11), 554-562.
22. Brown, J.B., Holmes J., & Barker G. (1991). Use of the home Ovarian Monitor in pregnancy avoidance. *American Journal of Obstetrics and Gynecology*, 165(6 Pt 2), 2008-2011.
23. Thornton, S.J., Pepperell, R.J., & Brown, J.B. (1990). Home monitoring of gonadotropin ovulation induction using the Ovarian Monitor. *Fertility and Sterility*, 54(6), 1076-1082.
24. Brown, J.B., Blackwell, L.F., Holmes, J., & Smyth, K. (1989). New assays for identifying the fertile period. *Supplement to international Journal of Gynecology and Obstetrics*, 1, 111-128.
25. Brown, J.B., Blackwell, L.F., Cox, R.I., Holmes, J., & Smith, M.A. (1988). Chemical and homogeneous enzyme immunoassay methods for the measurement of estrogens and pregnanediol and their glucuronides in urine. *Progress in Clinical and Biological Research*, 285, 119-138.
26. Brown, J.B., Harrison, P., & Smith, M.A. (1985). A study of returning fertility after childbirth, during lactation, by measurement of urinary oestrogen and pregnanediol excretion and cervical mucus production. *Journal of Biosocial Science Supplement*, 9, 5-23.
27. Brown, J.B. (1956). Urinary excretion of oestrogens during pregnancy, lactation and the re-establishment of menstruation. *Lancet*, 267(6925), 704-707.

Odeblad et al

28. Temprano, H. (2021). Photographic atlas of the different types of cervical mucus. Coruna, Spain. Codice.
29. Odeblad, E. (2010). Contributions of Cervical Mucus and Vestibular Factors to Peak Sensation. *Bulletin of OMR&RCA*, 37(2), 2-8.
30. Odeblad, E. (2009). Some Additional Aspects of the Physiology of the Mucus Symptom. *Bulletin of OMR&RCA*, 36((3), 2-7.
31. Odeblad, E. (2009). The Possible Existence and Role of Mucus-like Secretion in the Vulvar Region. *Bulletin of OMR&RCA* 36(2), 2-4.
32. Menarguez, M., Pastor, L.M., & Odeblad, E. (2003). Morphological characterization of different human cervical mucus types using light and scanning electron microscopy. *Human Reproduction*, 18(9), 1782-1789.
33. Odeblad, E. (2002). Investigations on the Physiological Basis for Fertility Awareness. *Bulletin of OMR&RCA*, 29(1), 27-32.
34. Menarguez, M. (1998). Studies on cervical mucus with scanning electron microscopy. Thesis, University of Murcia, Spain.
35. Odeblad, E. (1997). Cervical mucus and their function. *Journal of the Irish Colleges of Physicians and Surgeons* 26(1), 27-32.
36. Odeblad, E. (1994). The discovery of different types of cervical mucus and the Billings Ovulation Method. *Bulletin of the Natural Family Planning Council of Victoria*, 21(3), 3-34.
37. Odeblad, E. (1977). Physical properties of cervical mucus. In M. Elstein & D.V. Parke (EDS.), *Mucus in Health and Disease* (pp. 217-225). New York: Plenum Press.

38. Odeblad, E. (1968). The functional structure of human cervical mucus. *Acta Obstetrica et Gynecologica Scandinavica*, 47(S1), 57-79.
39. Odeblad, E. (1960). Discussion: The physics of the cervical mucus. *Acta Obstetrica et Gynecologica Scandinavica*, 39(S1), 126-127.
40. Odeblad, E. (1959). The physics of the cervical mucus. *Acta Obstetrica et Gynecologica Scandinavica*, 38(S1), 45-58.

Vigil et al

41. Vigil, P., Orellana, R.F., Cortes, M.E., Molina, C.T., Switzer, B.E., & Klaus, H. (2012). Endocrine Modulation of the Adolescent Brain: A Review. *Bulletin of OMR&RCA* 39(1) 2-17.
42. Vigil, P., Cortes, M., Zuniga, A., Riquelme, J., & Ceric, F. (2009). Scanning electron and light microscopy study of the cervical mucus in women with polycystic ovary syndrome. *Journal of Electron Microscopy* 58(1), 21-27
43. Vigil, P. et al. (2007). Analysis of Insulin Resistance, Glucose Tolerance and Testosterone in Young Women with Polycystic Ovary Syndrome grouped by Body Mass Index. *Bulletin of OMR&RCA* 34(1) 25
44. Vigil P., Ceric, F., Cortes, M., & Klaus, H. (2006). Usefulness of Monitoring Fertility from Menarche. *Journal of Pediatric and Adolescent Gynecology*, 19(3), 173-179.
45. Ceric, F., Silva, D., & Vigil, P. (2005). Ultrastructure of the human periovulatory cervical mucus. *Journal of Electron Microscopy*, 54(5): 479-484.
46. Vigil, P. (2003). Fertility disorders and the Billings Ovulation Method. *Bulletin of OMR&RCA*, 30(3), 4-10.
47. Vigil, P., Ceric, F., Pinto, E., Riquelme, R., Godoy, S., Kauak, S. (1999). Oestrogenic cervical mucus subtypes related to ovulation. *Proceedings of the 7th World Congress of Gynecological Endocrinology*. Buenos Aires, Argentina.
48. Vigil, P., Kolback, M., Aglony, M., Steinberger, E., Kauak, S., & Villarroel, L. (1998). Ovarian Dysfunction in Young Women. *Proceedings of the 16th World Congress on Fertility and Sterility*. 54th Annual Meeting of the American Society for Reproductive Medicine. San Francisco, California, USA.
49. Vigil, P., Rodriguez-Rigau, L., Palacios, X., Kauak, S., & Morales, P. (1993). Diagnosis of menstrual disorders in adolescence. In: G. Frajese, E. Steinberger & L. Rodriguez-Rigau (Eds.), *Reproductive Medicine* (pp 149-154). New York: Raven Press.
50. Morales, P., Rocco, M., & Vigil, P. (1993). Human cervical mucus relationship between biochemical characteristics and ability to allow migration of spermatozoa. *Human Reproduction*, 8(1), 78-83.
51. Vigil, P., Perez, A., Neira, J., & Morales, P. (1991). Post-partum cervical mucus: biological and rheological properties. *Human Reproduction* 6(4), 475-479.
52. Barros, C., Arguello, B., Jedlicki, A., Vigil, P. & Herrera, E. (1985). Scanning electron microscope study on human cervical mucus. *Gamete research*, 12(1), 85089.

Trials of Billings Ovulation Method®

53. Qian, S.Z., Zhang, D.W., Zuo, H.Z., Lu, R.K., Peng, L., & He, C.H. (2000). Evaluation of the Effectiveness of a Natural Fertility regulation Programme in China. *Bulletin of OMR&RCA*, 27(4), 17-22.
54. Indian Council of Medical Research Task Force on Natural family Planning. (1996). Field Trial of Billings Ovulation Method of Natural Family Planning. *Contraception*, 53(2), 69074.
55. Thapa, S., Wonga, M.V., Lampe, P.G., Piotojo, H., & Soejoenoes, A. (1990). Efficacy of Three Variations of Periodic Abstinence for Family Planning in Indonesia. *Studies in Family Planning* 21(6), 327-334.
56. World Health Organisation. (1984). Prospective multicentre trial of the Ovulation Method of Natural Family Planning IV. The Outcome of Pregnancy. *Fertility and Sterility*, 41, 593-598.
57. World Health Organisation. (1983). Prospective multicentre trial of the Ovulation Method of Natural Family Planning III. Characteristics of the Menstrual Cycle and of the Fertile Phase. *Fertility and Sterility*, 40, 773-778.
58. World Health Organisation. (1981). Prospective multicentre trial of the Ovulation Method of Natural Family Planning II. The Effectiveness Phase. *Fertility and Sterility*, 36, 591-598.
59. World Health Organisation Task Force on Methods for the Determination of the Fertile Period, Special Programme of Research, Development and Research Training in Human Reproduction. (1981). Prospective multicentre trial of the Ovulation Method of Natural Family Planning. I. The Teaching Phase. *Fertility and Sterility*, 36, 152-158.
60. Weissman, M.C., Foliaki, J., Billings, E.L., & Billings, J.J. (1972). A Trial of the Ovulation Method of family planning in Tonga. *Lancet*, 300, 813-816.

The Billings Ovulation Method® in China

61. Xu, J.H., Yan, J.H., Fan, D.Z., and Zhang, D.W. (1990). A preliminary report on the application of the Billings Ovulation Method for fertility regulation in Shanghai. *Reprod. Contracep. (China)* **10**(2), 53-6.
62. Xu, J.H., Yan, J.H., Fan, D.Z., *et al* (1993). Clinical effectiveness and laboratory study of the Billings ovulation method in 688 couples in Shanghai. *Reprod. Contracep. (China)* **13**, 194-200.
63. Qian, S.Z. (1999). Natural fertility regulation in "Reproductive health". Eds. S. G. Gu *et al.* [People's Publishing House: Beijing.]
64. Dou, F.B., Zuo, H.Z., and Qian, S.Z. (1996). Physiological consideration of natural fertility regulation. *J. Prac. Androl. (China)* **2** 196-8.
65. Zuo, H.Z., Dou, F.B., and Qian, S.A. (1997). Introduction to natural fertility regulation. *Reprod. Contracep. (China)* **17**, 188-90.