Comments on review of
Fertility and Conception

Thank you for publishing a review of
Fertility and Conception in the January
2011 issue of the Journal. I was glad that Dr Wilkes found the
book well written and easy to read. I was therefore puzzled and disappointed by his misunderstanding of my inclusion
in the chapter on ‘Fertility Awareness’ of a full explanation of the role of mea-
surement of basal body temperature, as an essential part of successful fertility
awareness for contraception. As clearly stated, the awareness of fertility sig-
nals can be used both to help increase the chance of conception and to avoid
pregnancy until ready to conceive. In the section on using fertility awareness
to conceive I clearly state “Because the (BBT) temperature rise is caused by pro-
gesterone secreted by the corpus luteum after ovulation, it occurs too late to be
used as a fertility signal”.

Dr Wilkes is critical of the section dis-
cussing possible methods that have been
tried to affect the outcome of the baby’s
gender. I would like to point out that although I discuss some popular theo-
ries on sex determination, I clearly state:
“While putting these theories into prac-
tice is harmless there is no good scientific
evidence that they work . . . Remember,
any method has a 50% chance of ‘work-
ing’ for you”.

I hope that the Journal’s readers will
read Fertility and Conception and judge it for themselves.

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Competing interests None.

REFERENCE
1 Wilkes S. Fertility and Conception [Book Review]. J Fam Plann Reprod Health Care
2011;37:58.