

# New England's First NaProTECHNOLOGY OB/GYN

Practice Opens in New Hampshire



Visit with Dr. Sarah Bascle,  
CMC's first NaPro OB/GYN

## FEATURE

By Gary Bouchard | Photography by Matthew Lomanno

**I**n this age of astonishing advances in medical treatments, not all progress comes in the form of pharmacological discoveries. Some innovations, in fact, are as old as time itself.

This is the case with Natural Procreative Technology (NaProTECHNOLOGY), a holistic approach to women's healthcare where diagnoses are made in concert with a woman's intimate understanding of her own body and where treatments do not disrupt or suppress natural reproductive function. NaProTECHNOLOGY uses the Creighton Model of Natural Family Planning to identify underlying causes and provide natural solutions for a range of gynecological issues, including infertility, miscarriages, ovarian cysts, premenstrual syndrome and postpartum depression.

In February 2017, a NaProTECHNOLOGY practice is opening at Catholic Medical Center (CMC) under the leadership of Dr. Sarah Bascle and assisted by Nancy Malo, a

Certified FertilityCare™ Practitioner, as well as a Registered Nurse (RN) and a Certified Nurse Midwife, who will all be dedicated to the philosophy. The practice will be the first, not just in New Hampshire but in all of New England and much of the east coast, that is solely dedicated to Natural Family Planning and NaProTECHNOLOGY.

Because NaProTECHNOLOGY is effective, science-based and in complete accord with the moral teachings of the Catholic Church, the staff at CMC is excited to welcome Dr. Bascle to their medical team to provide a regional natural procreative practice that will be able to serve patients from far beyond the West Side of Manchester.

Nicole Pendenza, RN, Director of

Maternal and Child Health at CMC, conveys the enthusiasm of her colleagues. "We have been looking to open a practice like this at CMC for many years now, but have had difficulty finding the right practitioner. Dr. Bascle kind of fell into our lap." Nicole, whose duties include the administration of Mom's Place, as well as CMC's Special Care Nursery and outpatient OB clinics, says that as an OB/GYN who will practice NaProTECHNOLOGY within the teachings of the Catholic faith, "Dr. Bascle is an amazing fit for what we've been seeking and what she does as a specialty." Nicole emphasizes that the new NaProTECHNOLOGY practice will be a regional program. "There is not a practice like this in all of New England," she says,

“The closest one currently is in New Jersey.”

In coming to CMC from Phoenix, Ariz., to establish a NaProTECHNOLOGY practice at CMC, Dr. Bascle is actually returning home as a New Hampshire native. Long before her pursuit of a medical education brought her to three different regions of the country, Dr. Bascle was born at St. Joseph Hospital in Nashua. Her family moved soon afterwards and she grew up in Natick, Mass., where, she says, her parents provided her and her siblings with 12 years of Catholic education. She was familiar with the tenets of Natural Family Planning, she recalls, “from a young age.”

After graduation from Montrose High School in Medfield, Dr. Bascle enrolled at the University of Notre Dame where she majored in Theology, while taking all of the requisite pre-med courses. “I knew I wanted to be a doctor and this was the perspective that I brought to my courses as I studied Theology of the Body,” she recalls. As a prospective practitioner, she says, she was deeply interested in “why does the Church teach what it teaches about the body and from where does it get these teachings?”

In her journey after graduating from Notre Dame, abstract theological principles and the realities of reproductive health would become ever more connected for Dr. Bascle, professionally and personally. That journey began at Maggie’s Place in Phoenix. “Maggie’s Place,” she explains, “is a community home for homeless pregnant women, started by a group of eight women who had just graduated from college and desired to live out their pro-life convictions in a tangible and impactful way.”

During that year, Dr. Bascle lived in the community among the residents and recalls, “This experience really gave me a realistic view of women’s health issues. It was an opportunity for me to see if I really wanted to practice medicine in a way that was consistent with the teachings of the Church. How, for example, do you tell a woman with five children, who is drug addicted and homeless, not to use birth control?”

What Dr. Bascle saw as she came to know many of these women and understand their suffering, is that “among other things, birth control was enabling them to continue in bad, often abusive relationships. Working

◆ For more information about NaProTECHNOLOGY, visit [naprotechnology.com](http://naprotechnology.com).

For more information about CMC’s NaProTECHNOLOGY OB/GYN practice, visit [cmc-womenswellness.org](http://cmc-womenswellness.org) or call 603.314.7597.



with these women who faced such significant challenges, and challenging them to respect their bodies, this gave me a lot of practical experience and an understanding that in urging life-affirming choices, we weren’t abandoning them.”

After that year, Dr. Bascle entered medical school at Tulane University, determined, she says “to do anything but OB/GYN. But of course,” she admits, “it was inevitable.” Once Dr. Bascle began her residency in OB/GYN, she says, “I began seeing that we weren’t really learning about alternatives to hormonal therapy and other treatments.” She requested that she be able to fulfill her residency “without having to leave my faith at the hospital door, and they accommodated this.” Dr. Bascle also began doing her own research and became acquainted with alternatives to birth control and hormonal treatment for fertility, respectively known as the Creighton Model FertilityCare™ System and NaProTECHNOLOGY.

The Creighton Model and NaProTECHNOLOGY was developed by Dr. Thomas Hilgers while working at the St. Louis University and Creighton University Schools of

Medicine. Dr. Hilgers, who is now currently a senior medical consultant in obstetrics, gynecology and reproductive medicine and surgery at the Pope Paul VI Institute and a clinical professor in the Department of Obstetrics and Gynecology at the Creighton University School of Medicine, published *The Medical and Surgical Practice of NaProTECHNOLOGY* in 2004. This past spring Dr. Bascle traveled to Omaha to complete a course in NaProTECHNOLOGY for medical providers offered by Dr. Hilgers.

Meanwhile, in New Orleans, Dr. Bascle’s own life unfolded even as she persisted in her medical studies. She met her husband, Nick, and the couple became part of what she describes as “a vibrant Catholic community in New Orleans.” They soon welcomed their first child, Liam, who at 10 months old developed brain cancer. This crisis and the subsequent treatments, besides delaying the completion of Dr. Bascle’s residency, affirmed for her and Nick the miraculous beauty of procreative life, as well as provided them the opportunity to experience what it means to receive exceptional medical care.

Liam is now cancer free, though the cancerous growth and its removal did leave him impaired. “He’s on the upswing,” Dr. Bascle says. “He’s not walking yet, but that will come.” What will also come soon in Liam’s life is a younger sibling. Their second child is due in December, and as the Bascle children begin their new journey this winter in the state where their mother was born, women from around New England can begin enjoying the holistic care of a physician with a new mother’s touch.

Since she first met Dr. Bascle several years ago, Nancy Malo, CMC’s Coordinator of FertilityCare™ Education, has anxiously been looking forward to welcoming a NaPro practice to the hospital. “In my 34 years as a FertilityCare™ Practitioner, I have seen how motivated Catholic couples are to access faith driven reproductive care, traveling as far as Nebraska, Pennsylvania, New Jersey and Virginia. Now we will host the only practice in the region with full service OB/GYN care that is couple centered and morally acceptable to people of all faiths. I’ve been told repeatedly by women ‘This is an answer to my prayers!’” ■