



Dr Helvia Temprano Alonso, M.D.

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Born in Valladolid (Spain). Goes through Medical School in this same city.

Dr Temprano specialised in Obstetrics and Gynaecology in Barcelona (1969-1972), at the Municipal Maternity Institute, directed at the time by the prestigious Dr Mr José María Dexeus, M.D.

She has worked for over 16 years on Human Reproduction, at the Obstetrics and Gynaecology Service of the Teresa Herrera Maternal and Infant Hospital in La Coruña, which is the University Hospital since 2.000.

Training, Internships and Professional Stays in:

- Paris, with Dr Pier Vellay, International Secretary for *Acouchement sans douleur*. On returning from this stage, Dr Temprano, together with other gynaecologists and mid-wives, worked on establishing at her hospital the first Maternal Education Centre in Galicia, training mid-wives as instructors, with the special aim of reaching the rural areas.

- Lyon, Hôpital de Monplaisir, with Dr. Cognat. After a training on microsurgery applied to the treatment of infertility, these techniques were used for the first time in Galicia in the treatment of the pathology of the Fallopian Tubes, achieving good results in the way of pregnancies and childbirths.

- Umea. University of Sweden. Prof Erik Odeblad. Visiting teacher and preparatory research for her Ph.D. on "*Optical and Electronic Crystallography of Cervical Secretion*". Thesis read at the University of Santiago in 1990, which received the highest grade with *cum laude* distinction.

- Lithuania, 2007. Natural Fertility Course Trainer and Lecturer.

- Peru. Piura University:

Natural Fertility Instructors Teacher. 2008.

Research internship, at the University Medical Centre. 2011.

- Vice-president of the Organizing Committee for the III *Congress on Fertility Awareness* (Lima, 2012).

Dr Temprano pioneered the use of Fertility Awareness-based Methods in Cuba (1990),

organizing and participating in congresses, courses and meetings of this speciality, such as:

Course held at the Gonzalez Coro Hospital González in La Habana (January, 2005), invited by the President of the Obstetrics and Gynaecology Cuban Society, Dr Blanca Manzano, M.D.

I Congress on Assisted Reproduction, with the lecture “*Fertile Phase Characteristics.*” (La Habana, May 2009)

Current Professional Activities

Clinical Manager of the Obstetrics and Gynaecology Service, at the University Hospital Complex in La Coruña. Until June 2009.

Director of the University Institute for Women Studies, dependant on Instituto de la Mujer (Women’s Institute), of the Spanish Ministry of Health, Social Policies and Equality.

Associate Teacher in the University of La Coruña, directing Master’s Degree final dissertations.

Member of the Spanish Association of Natural Fertility Regulation Instructors (Asociación Española de Profesores de Regulación Natural de la Fertilidad, RENAFAER.)

Galician Regional Delegate for MATRES MUNDI, Non-for-profit Organization working in the promotion of good practices in obstetrics, gynaecology and paediatrics, and mother and infant care, in the poorest countries in Africa. November 2011 - currently.

Other Activities:

Promoter of pre-birth swimming courses at the Municipal Pool in La Coruña, held for the first time in Spain on public facilities.

Co-founder of ProVida Foundation in Coruña, a private pro-life association.

Adviser for *Asociación Española de Profesores de Regulación Natural de la Fertilidad (RENAFAER)*, the Spanish Association of Natural Fertility Regulation Instructors.

Member of the Billings Method World Organization in Spain.

Leader of a Research Group at the Health Sciences Institute in La Coruña, presenting results achieved at several Ph.D. preparatory courses for Medical Residents.

Speaker of the Research Commission of the University Hospital Complex in A Coruña (CHUAC), from 1998 to 2006.

Speaker of the Teaching Commission of the CHUAC, from 2008 to 2009.

Ph.D. courses lecturer, research and teaching supervisor, scientific presentations at congresses on her speciality.

Researcher on “Cervical and uterine secretion under optical and transmission and scanning electronic microscopy, with identification of crystallographic elements using X-Ray technique (EDS)”.

Organizer and coordinator of the “*Cinema and Science*” *Film Series*, held annually since November 2003, as part of the *Science Week* events, at the University Hospital Complex and Nursing School in La Coruña. Topics addressed: “Women and Research” (2005), “Motherhood. Social issues” (2006), “Family and Health” (2009), “Science on the (Santiago) Way” (2010) and “Important Anniversaries” (2011).

Organizer of Coaching and Anti-Ageing topic related courses, at the Medical Association in La Coruña (March, 2013).

Publications

- Proceedings Editor. II International Symposium “*Advances on Natural Fertility*” La Coruña, November 1990. Proceedings writer for Symposiums III to VIII.
- *Infertility: Basic Handbook on Natural Family Planning*. ESIN, S.A. Barcelona, 2001.
- Scientific Articles, in collaboration with Prof Erik Odeblad. *Acta Scandinava*. 2003.
- Odeblad, E.; Temprano, H.; Menárguez, M.; & Barbas, C. *Some Investigations on Cervical Z-Secretions*. Bulletin of OMR&RCA. July 2011. Vol. 88: 2, 2-7.
- López Teijón, M.; Barceló, D.; Farré, M.; Martínez, E.; Temprano, H.; and G. Alvarez, J. (2011). *Relación entre la exposición a disruptores endocrinos durante el período fetal y perinatal y la tasa de oligospermias*. Revista Internacional de Andrología, 9(2):41-49.

Awards and Recognitions

- Felipe Soto Award to the documentary film: “*We have a baby.*”
- Best Foreign Research Work Award, with the Study “*Fertility indicators in the Woman.*” Santiago de Cuba 1990.
- Prof Novo 1999 Award to Research in Gynaecology, with the study “*Endometrial crystallization under scanning electronic microscopy.*”
- 2nd Research Award of the American Academy, with the study “*Determination of cervix-uterine crystallographic elements with X-ray Energy.*” El Salvador, 2008.

La Coruña, May 2015