



## Christian Voices for Life

### Weekly Pro-Life

#### Education

#### Prayer

#### Action

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### Birth Control Pills - Not Safe!

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**Education:** In 2002, a study showed that Hormone Replacement Therapy (HRT) for post-menopausal women could cause breast cancer. 15 million women stopped HRT that same year. By 2007, the incidence of breast cancer in women over 50 was down 11%.<sup>(1)</sup> Birth control pills have the same hormone as HRT – but in much higher doses. In the 1970's, 1 in 12 women got breast cancer. By the 1990's, it was 1 in 8.

One doctor noticed that here breast cancer patients were getting younger –in their 30's rather than their 50's.

(1) In 2006, a meta-analysis was done of 23 studies, showing a clear connection between the Pill and breast cancer. The risk is greatest for women who take the pill for 4 or more years before ever having children.<sup>(2)</sup>

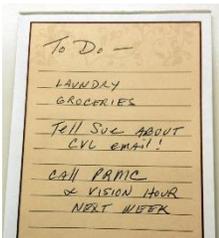
The risk of blood clots also doubles the risk of heart attack or stroke in healthy women, and in smokers, or those with high blood pressure, high cholesterol, or diabetes, the risk is increased by 5 - 20 times. (4, 5) The patch causes exposure to 60% more estrogen than the pill (6) and would presumably caused increased risk.

The fact that hormones increase cancer risk should not be a surprise. Male athletes are not allowed to enhance their muscles with steroids because of the health risks involved, so why should it be acceptable for young women to take hormones, possibly for decades which have been proven to be a risk to their health?

1. Ferrisi, Sabrina Arena, "Oral Deception", Legatus Magazine, April 2013. Accessed 5/02/2019 at <http://www.legatus.org/oral-deception/>
2. Kahlenborn, C et al "Oral contraceptive use as a risk factor for premenopausal breast cancer: A meta-analysis" 2006 Mayo Clinic Proc 2006 81(10): 1290-1302
3. Tanis, BC et al "Oral Contraceptives and the risk of myocardial infarction," NEJM 2001; 345: 1787-1793
4. Gillum, LA "Ischemic stroke risk with oral contraceptives", JAMA July 5 2000; 284: 72-78
5. Ortho-McNeil Pharmaceutical. Ortho Evra. Product labeling. Revised November 2005.



**Prayer:** Dear Jesus, Please help women to be informed about the serious health risks of contraceptives. Raise up media personnel who are willing to ruffle feathers to publicize the danger. Please help doctors to be informed themselves of both the risks of contraceptives and the effective alternative of fertility awareness based methods such as Natural Family Planning. Help all women to understand your plan for sexuality, to be an expression of committed love within marriage, open to the creation of life. Help married couples to learn about the natural way to manage the size of their family with Natural Family Planning.



**Action:** Spread the word to young women you know who may be on the pill. Encourage your church or ladies group to sponsor classes on Natural Family Planning for married couples, as well as promoting abstinence among singles. Ask your doctors if they are informing their patients of the risks of hormonal contraceptives as well as the nature of those products to sometimes end a life already conceived. Brochures and presentations outlining the various physical risks of contraception are available [here](#).