

## Hormonal Birth Control Increases the Risk of Reproductive Organ Cancer

The use of HBC is associated with a significant increase in cancer of the cervix.<sup>14</sup> It is likely that this follows infection with Human Papilloma Virus (HPV) which is sexually transmitted infection.

## Hormonal Birth Control Increases the Risk of Liver Tumors

There is some evidence that oral birth control increases the risk of certain benign and malignant liver tumors.<sup>15</sup>

## Hormonal Birth Control Increases the Risk of Heart Attacks

First and second generation oral birth control formulations have been linked to an increased risk of heart attacks (myocardial infarctions) and ischemic strokes.<sup>16</sup> Third generation oral birth control pills are associated with increased risk of ischemic stroke.<sup>17</sup> A 2015 analysis of multiple studies showed that women using combined oral contraceptives pills have a 1.6-fold increased risk to suffer heart attack or stroke.<sup>18</sup>

## Harmful Effects of Hormonal Birth Control on Marriage and Society

Hormonal birth control fosters the mentality that men and women are incapable of self-control and are thus not able to abstain from sexual intercourse. The introduction of HBC was the catalyst for the sexual revolution with dramatic increases in premarital sex, adultery, divorce, abortion, and out-of-wedlock births. HBC has played an indirect role in the dramatic increase in single-parent families, poverty and associated social ills in the U.S.<sup>19,20</sup>

## Natural Family Planning is an excellent way to plan your family

NFP is free of the harmful side effects to women and families, and when used for just and serious reasons, can be very good for married couples.<sup>21</sup>

### Where can you learn more about Natural Family Planning?

Billings Ovulation Method Association-USA  
(888) 637-6371 [www.Boma-usa.org](http://www.Boma-usa.org)

Couple to Couple League  
(800) 745-8252 [www.ccli.org](http://www.ccli.org)

Family of the Americas Foundation  
(800) 443-3395 [www.familyplanning.net](http://www.familyplanning.net)

FertilityCare Centers of America  
(402) 390-6600, ext. 117 [www.fertilitycare.org](http://www.fertilitycare.org)

Marquette Model  
(414) 288-3854 [www.NFP.Marquette.edu](http://www.NFP.Marquette.edu)

Natural Family Planning International  
[www.NFPandmore.org](http://www.NFPandmore.org)

Northwest Family Services  
(503) 215-6377 [www.nwfs.org](http://www.nwfs.org)

US Conference of Catholic Bishops  
(202) 541-3240 [www.usccb.org](http://www.usccb.org)

One More Soul  
(800) 307-7685 [www.OneMoreSoul.com](http://www.OneMoreSoul.com)

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# Problems associated with Hormonal Birth Control



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## Health Problems associated with Hormonal Birth Control

Oral birth control (and all other hormonal birth control—HBC) is typically used to prevent pregnancy, but is sometimes prescribed for other medical conditions. HBC causes many potential adverse effects: medical, social and spiritual. The vast majority of HBC prescriptions are given by physicians to healthy women, including adolescents with no known disease. Some women are prescribed hormonal birth control for only one reason—to prevent the completely normal condition of pregnancy.

Since all medications have potentially unwanted side effects, some of them serious, it is important that a physician weigh the risks and benefits when prescribing any medication. It follows that it is unethical to expose healthy women to health risks in order to prevent a normal condition. The mistake of exposing women to these risks is quite grave since other methods of family planning exist, like Natural Family Planning (NFP), which have no side effects.

**As physicians, we do not prescribe hormonal birth control. The medical reasons for this decision are as follows:**

## Hormonal Birth Control Treats Women's Fertility and Childbearing as a Disease

Although there can be legitimate medical and personal reasons for avoiding pregnancy, female fertility and the possibility of pregnancy itself are not diseases, and therefore do not need a pill (or patch, shot, IUD) for “treatment.”

## Hormonal Birth Control Causes Abortion

When HBC fails to suppress ovulation and other mechanisms of action that impede fertilization in a sexually active woman, conception may occur. HBC interferes with the implantation of a new human being by reducing the thickness of the lining of the uterus and altering implantation molecules and factors.<sup>1</sup>

Typical low dose HBC formulations only prevent the release of the female egg in about 65-75% of cycles.<sup>2,3</sup> For this reason, if a woman has intercourse in her fertile phase, pregnancy and subsequent chemical abortion is possible in approximately 30% of the cycles.

## Hormonal Birth Control Contributes to an Anti-Life Mentality

HBC (whether the Pill, patch, IUD or Shot) underpins the practice of abortion. People unwittingly conclude: “If birth control fails, abortion is the solution.” A nationwide survey indicated that 54% of the women who had an abortion were using birth control the month before.<sup>4</sup>

## Hormonal Birth Control Increases the Risk of Breast Cancer

Women face an increased risk of developing breast cancer while taking HBC and for at least ten years after the use of HBC is stopped. According to a very large and recent (2017) study published in The New England Journal of Medicine women using hormonal contraception showed a slight increase in the risk of breast cancer compared to women who had never used it, and the risk increased with longer use. The study also showed that IUDs that release hormones also increase the risk for breast cancer.<sup>5</sup> If the Pill is taken for four years before a woman’s first pregnancy,

there is a 52% increased risk of breast cancer.<sup>6</sup> An analysis of multiple studies noted that 21 out of 23 retrospective studies showed an increased risk of premenopausal breast cancer in women who took oral contraceptives prior to the birth of their first child.<sup>7</sup>

## Hormonal Birth Control Increases the Risk of Blood Clots

A study of 1524 patients in the Netherlands concluded that hormonal contraceptives increased the risk of venous thrombosis five-fold compared with non-use.<sup>8</sup> The risk is highest for HBC-using women who are overweight, smoke, or are over 35 years of age.<sup>9</sup>

A recent systematic review reported that the use of combined oral contraceptives increased the risk of venous thrombosis fourfold compared to women who never used oral contraceptives.<sup>10</sup>

## Hormonal Birth Control Increases the Risk of Suicide and Causes Changes in Healthy Body Metabolism

The study of almost half a million Danish women (2017) followed on average of 8.3 years concluded that there was a 1.97 increased risk of suicide attempts and a 3.08 increased risk of suicide in women using HBC.<sup>11</sup> A recent study reported that the use of oral, vaginal or transdermal HBC induced an increase in markers of chronic inflammation, a risk factor for cardiovascular disease. The use of combined contraceptives also impairs insulin sensitivity in young healthy women, which is a risk factor for diabetes mellitus.<sup>12</sup> Additionally, HBC can produce migraine headaches, weight increase, moodiness, and loss of libido. It contributes to early increased bone loss.<sup>13</sup> The use of HBC is associated with infertility after prolonged use, and even to some extent with short-term use.