transmission of the virus is more easily to women who are taking the Pill if their
the risk of breast, liver and cervical cancer. It increases the risk of ovarian and uterine cancer, it increases the risk of developing premenopausal breast cancer in women who had taken the Pill prior to the year.
the results of two major world studies have shown that women who take Depo-Provera for two years or more before age 25 have at least a 190% increased risk of developing breast cancer. In addition, Depo-Provera may reduce a woman’s risk of having an abortion. A study found that women who had received injectable progestin (i.e., usually Depo-Provera or norlestrinone enanthate) for at least five years suffered a 430% increased risk of developing cervical cancer. Several studies have shown that women who receive injectable progestins have a much higher rate of contracting the AIDS virus if their partner is infected, with one study showing a 240% increased risk. Other Hormonal Contraceptives The same artificial hormones used in the Pill and Depo-Provera are packaged in a variety of other delivery systems: the patch, the “Morning After Pill,” hormone impregnated IUDs and vaginal inserts, and others. More are in development. Most are so new that their side effects have not been well researched. They use similar hormones as the Pill which is expected to have generally the same cancer-producing risks. Barrier Methods: The Condom and the Diaphragm The condom and diaphragm are latex devices used to prevent sperm from reaching the ovum, thus preventing fertilization. The Condom and the Diaphragm are latex devices used to prevent sperm from reaching the ovum, thus preventing fertilization.

Medical side effects: The condom has a failure rate for avoiding pregnancy that is estimated to be between 10-30%. There are several reasons: breakage or slippage during use, manufacturing defects, and defects caused by shipping and storage in a hot or very cold place. A comprehensive review of condom effectiveness in preventing sexually transmitted diseases, sponsored by the U.S. Institute of Health, published in 2001, concluded that use of condoms reduces, but does not eliminate transmission of the AIDS virus and other STDs.

The IUD (Intrauterine Device) This is a T-shaped device made of hard plastic. It may also contain other hormones or progestin hormones. A doctor inserts it into a woman’s uterus. It works by irritating the lining of the uterus and obstructing sperm transport. The IUD is the most effective method of contraception available.

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have a divorce rate that is less than 5% to hormonal contraceptives. Couples who use NFP increased risk of cancer or other diseases as opposed to hormonal contraceptives. Natural Family Planning International, Institute for Natural Family Planning, Fertility Family of the Americas Foundation, Northwest Family Services, (800) 307-7685, www.onemoresoul.com

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20,000 Indian women)—sponsored by the WHO (World Health Organization)—found an unintended pregnancy rate of less than 0.2%.

One obvious benefit of NFP is that there is no increased risk of cancer or other diseases as opposed to hormonal contraceptives. Couples who use NFP have a divorce rate that is less than 5%—far lower than the national rate of about 50%.

For more information on Natural Family Planning, contact:

Billings Ovulation Method Asia (USA) (653) 699-8139 www.bova-asia.com

The Couple to Couple League (800) 724-2382 www.cell.org

Family of the Americas Foundation (800) 443-3395 www.familyplanning.net

Fertility Care Centers of America (402) 390-6600, ext.117 www.fcancers.org

Institute for Natural Family Planning (414) 288-3854 www.mmu.edu/nursing/NFP

Natural Family Planning International (740) 457-9666 www.nfpandmore.org


One More Soul (800) 507-7685 www.onemoresoul.com

For a directory of NFP-Only physicians and NFP teachers, please visit www.onemoresoul.com.