


LOVE YOUR HEART DON'T USE THE PILL.



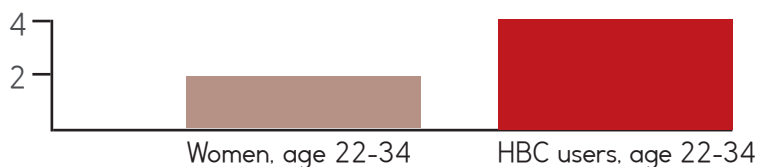
FACT: Heart disease is the #1 cause for death of women in America.



FACT:  Heart disease kills **one in three** American women, killing approximately one woman every minute.



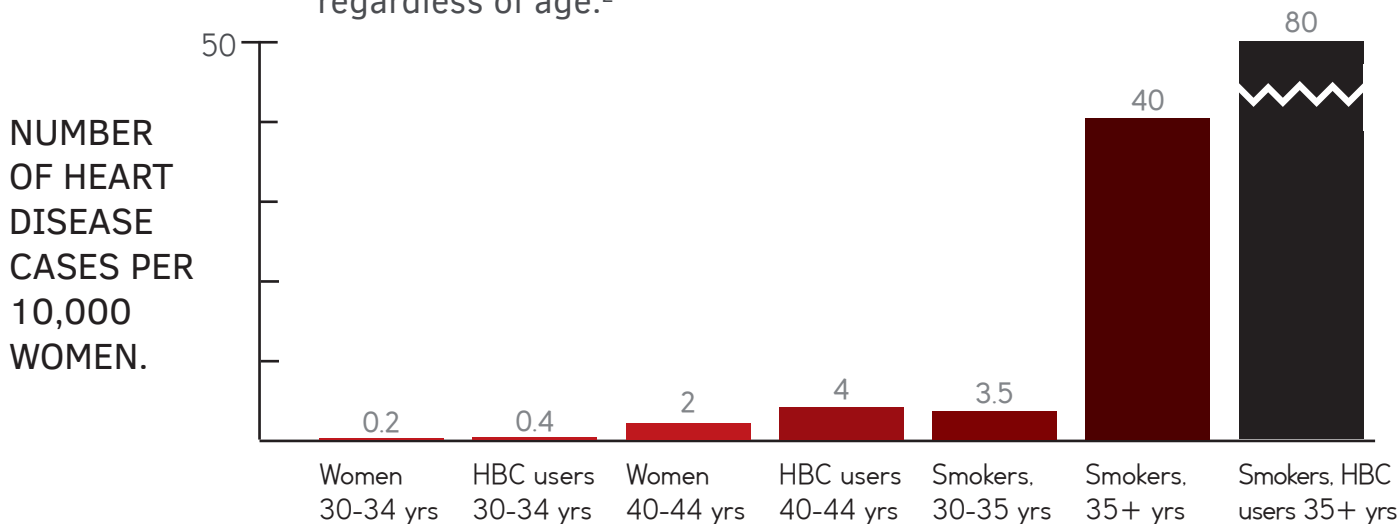
FACT: Women who use hormonal birth control, such as the pill or patch, are **at least twice as likely** to develop heart disease than women who do not use hormonal birth control (HBC).¹



This graph shows the incidence of heart disease per every 100,000 American women aged 22-34.



FACT: When women have other risk factors and use hormonal birth control, their chance of getting heart disease increases dramatically. The FDA advises women who smoke not to use hormonal birth control at all, regardless of age.²



Why does the pill increase risk of heart disease?

A: One of the common side effects of the pill is an increase in blood pressure, which puts strain on your heart. Hormonal birth control also inhibit your metabolism of lipids, or fats, which is another risk factor. Recent studies have also shown that hormonal contraceptives increase insulin resistance, which can lead to Type II diabetes. Type II diabetics have a significantly increased risk of heart disease.³



What can I do to limit my risk of heart disease?

A: Schedule yourself for a physical exam at least once a year. If you are a smoker, consider quitting or cutting down. If you don't smoke, don't start. Consider switching to a healthier form of family planning like Natural Family Planning (NFP). NFP has no side effects, no chemicals, and is 99% effective in postponing pregnancy. And, of course, **don't use the pill or other hormonal forms of birth control!**

1. Practice Committee of American Society for Reproductive Medicine. Hormonal contraception: recent advances and controversies. *Fertil Steril* 2008 Nov; 90(5 Suppl): S103-13.
 2. Vessey M, Painter R, Yeates D. Mortality in relation to oral contraceptive use and cigarette smoking. *Lancet* 2003 Jul 19; 362(9379): 185-191.
 3. Tanis BC. Oral contraceptives and the risk of myocardial infarction. *Eur Heart J* 2003 Mar; 24(5): 377-380.