



HUMAN LIFE INTERNATIONAL'S

PRO-LIFE TALKING POINTS

Negative Effects of the Pill

1. Hormonal contraceptives have severe side effects:

Though the mainstream media and feminist groups typically present hormonal contraceptives as a boon for women, they overlook the serious side effects reported in mainstream scientific literature. Regularly taking powerful steroids, which are what hormonal contraceptives from the pill to injectable Depo-Provera are, has powerful effects on the human body. It should come as no surprise that they cause a long list of side effects, from minor ones like headaches to serious ones like severe depression and even death. **In fact, Hormonal Contraceptives such as the pill have been labeled as carcinogens by the World Health Organization (WHO).**¹ Everything said below about the pill applies to other female hormone-based contraceptives as well.

2. Standard side effects: Here are just some of the side effects of oral contraceptive pills listed by the major health website PDRhealth.com, which says “side effects cannot be anticipated”: “Depression, loss of menstrual periods, migraine, nausea, vomiting, water retention, weight gain, yeast infection.... Chest pain, coughing up blood, or shortness of breath (indicating a possible blood clot in the lung)... Crushing chest pain or heaviness (indicating a possible heart attack)... Sudden partial or complete loss of vision (indicating a possible blood clot in the eye); Breast lumps (indicating possible breast cancer or fibrocystic breast disease); Severe pain or tenderness in the stomach (indicating a possible liver tumor)....”²

3. Greatly increased risk of deep vein thrombosis:

One of the most serious side effects of the pill is the

increased risk of deep vein thrombosis, or blood clots that can potentially become fatal. According to the *Guardian* (March 6, 2009), Britain's most prominent left-wing newspaper, some versions of the pill increase the risk of deep vein thrombosis by 5 times, as reported by the British Medical Association and the Royal Pharmaceutical Society of Great Britain. The pill doubles the risk of having a stroke and increases slightly the risk of cervical cancer.

4. The pill causes long-term hormone regulation problems:

In the January 2006 issue of *The Journal of Sexual Medicine*, researchers reported that abnormally low amounts of unbound testosterone caused by pill use persist after women cease using it. Women's bodies use testosterone, as men's do, to regulate sexual function, though in far lower amounts. Said report author Dr. Irwin Goldstein, “This work is the culmination of 7 years of observational research in which we noted in our practice many women with sexual dysfunction who had used the oral contraceptive but whose sexual and hormonal problems persisted despite stopping the birth control pill.”³

5. The pill increases several cancer risks significantly:

The pill increases the risk of cancer in women of child-bearing age. When taking hormonal contraceptives, “teenagers are especially vulnerable to breast cancer risk because their breasts are growing,” says the Breast Cancer Prevention Institute. The World Health Organization (WHO) discussed the pill-breast cancer link in a 2005 report, as did the *New England Journal of Medicine* in January 2006.⁴ Though the pill lowers the risk

1 http://www.who.int/reproductivehealth/publications/ageing/cocs_hrt_statement.pdf

2 <http://www.pdrhealth.com/drugs/rx/rx-mono.aspx?contentFileName=Ora1310.html&contentName=Oral+Contraceptives&contentId=405>

3 Panzer, Wise, Goldstein, et al., “Impact of Oral Contraceptives on Sex Hormone-Binding Globulin and Androgen Levels: A Retrospective Study in Women with Sexual Dysfunction”, *Journal of Sexual Medicine*, Jan. 2006, Vol. 3 Iss. 1, 104-113.

4 Yager, Davidson, “Estrogen Carcinogenesis in Breast Cancer”,

of ovarian and endometrial cancers, “according to the American Cancer Society, out of [a random selection of] 100 women with cancer, 31 have breast cancer, 6 have endometrial cancer and only 3 have ovarian cancer, so it is not a good ‘trade-off’ in risk,” says the institute. The WHO’s panel of scientists concluded that the pill raised the risks of breast, cervical, and liver cancer.

6. The pill causes a loss in overall well-being: A Kinsey Institute study found that 40% of women who started the pill felt a drop in “well-being,” and 40% also felt a loss of sexual desire. *Elle*, a glossy women’s magazine found in stores coast-to-coast, reported, “Elizabeth Lee Vliet, MD, a women’s health specialist and the author of *It’s My Ovaries, Stupid!*, thinks that OCs’ [oral contraceptives] negative impact on moods—she especially blames high-progesterone formulations—might even bring about the need for antidepressants: The Pill screws up a woman’s mood and libido, and then she ends up on Prozac.”

7. The pill can help cause a woman to marry the wrong man: A study published in the August 2008 edition of the *Proceedings of the Royal Society B* found that when women smelled the T-shirts worn by men, they were attracted to more genetically dissimilar men before going on the pill. After going on it, they were attracted to men genetically similar to themselves. This means that a woman on the pill before marriage who later stopped taking it in order to have children could cease being attracted to her husband. Also, marriages between genetically similar people are more likely to produce children with genetic problems. Evolutionary psychologist Craig Roberts, one of the researchers, said, “Not only could [genetic] similarity in couples lead to fertility problems but it could ultimately lead to the breakdown of relationships when women stop using the contraceptive pill, as odour perception plays a significant role in maintaining attraction to partners.”

New England Journal of Medicine, January 2006, Vol. 354, No. 3, 270-282.

8. The pill is poisoning the environment: Much of the female hormone in the pill is excreted via urine and ends up in the world’s rivers and lakes. Scientists are finding ever-greater numbers of “intersex” animals in aquatic environments that could lead to a collapse in fish and other populations, followed by a collapse in the populations of animals dependent on them. The *Washington Post* reported on April 22, 2009, “More than 80% of the male smallmouth bass in the Potomac River are growing eggs.” The first intersex bass were discovered only in 2003, making the growth of this phenomenon extraordinarily rapid. In certain places, said the *Post*, “100% of the male fish had some female characteristics.” In the Feb. 8, 2008 *Post*, scientists said the cause “is probably some pollutant created by humans—perhaps a farm chemical, or treated sewage, which can contain human hormones or residue from birth-control pills.” The later *Post* article reported that scientists think the problem is caused by a mixture of hormone and hormone-mimicking pollutants, and have found negative effects on female fish as well. No one knows what effects such pollutants are having on children. Iain Murray, author of *The Really Inconvenient Truths*, wrote on National Review Online (April 22, 2008), “By any standard typically used by environmentalists, the pill is a pollutant. It does the same thing, just worse, as other chemicals they call pollution.”

9. The pill causes abortion in some cases: Though the pill appears to act the great majority of the time by preventing conception by suppressing ovulation and by inhibiting sperm transport through the woman’s body, at other times it causes abortion by preventing or disrupting the implantation of an already-conceived child. In some women, the pill suppresses ovulation completely. In those women in which it doesn’t, the pill may allow conception and cause the subsequent abortion of unborn children.

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