

# THE HARMS OF THE PILL

## AND OTHER HORMONAL CONTRACEPTIVES

*By Jenn Giroux*



## What is contraception?

**Contraception:** Intentional prevention of conception or impregnation through the use of various devices, agents, drugs (i.e., artificial hormones), sexual practices, or surgical procedures.<sup>1</sup>

## What is a hormone?

A hormone is a substance (or agent), usually a peptide or steroid, produced by one tissue and conveyed by the bloodstream to another to effect physiological activity, such as growth or metabolism; A hormone can also be a synthetic compound that *acts* like a hormone in the body.<sup>2</sup>

Hormonal contraception refers to birth control methods that act on the endocrine system.<sup>3</sup>

## Q. Which methods of birth control are hormonal contraceptives?

There are several different hormonal methods of birth control. The differences depend on: the amount of hormone, the type of hormone, and the way the hormone enters a woman's body.

Hormonal contraception can be taken by mouth ("The Pill"), implanted into body tissue ("The Rod"), absorbed through the skin ("The Patch), Injected under the skin (Depo-provera), or placed inside the vagina (Nuvaring).<sup>4</sup>

## Are hormonal contraceptives harmful to my body?

Use of hormonal contraceptives place a woman at risk for some side effects. These physical side effects range from mild to deadly. Some of these include headaches, dizziness, breast tenderness, nausea, break through bleeding, decreased libido, mood swings, strokes, deadly blood clots, breast, cervical, and liver cancers.<sup>5</sup>



The International Agency for Research on Cancer (IARC) is an intergovernmental agency forming part of the World Health Organization of the United Nations. According to their classifications "The Pill" and other similar hormonal contraceptives used by women are now included as a group 1 carcinogen. This is listed among other cancer causing agents such as asbestos and cigarettes.<sup>6</sup>

## Something to think about:

Hormonal Contraceptives (including the Pill) are steroids. In comparison, young boys and professional athletes are forbidden to take steroids yet every day doctors and parents are placing girls as young as 12 years old on the Pill for such things as acne and cramps.<sup>7</sup>

Women and girls who use a hormonal contraceptive for a minimum of four years prior to their first full term pregnancy have a 52% higher risk of developing breast cancer.<sup>8</sup>

Women who use a hormonal contraceptive for more than five years are four times more likely to develop cervical cancer.<sup>9</sup>

## What is a Chemical Abortion?

In order to understand what a chemical abortion is, first it is important to understand the meaning of the 'abortifacient' aspect of the Pill and other hormonal contraceptives.<sup>10</sup> The 'abortifacient action' in hormonal contraceptives is documented by pharmaceutical manufacturers themselves and can be found in package inserts of The Pill and other hormonal contraceptive methods.

## What does 'abortifacient' mean?

The answer lies in the depth of the uterus lining. When the Pill was first invented women experienced many unpleasant side effects, including breakthrough bleeding and other life threatening symptoms. In an effort to eliminate these side effects the manufacturing companies adjusted the hormone levels to make it more pleasant for women who were taking it. The pharmaceutical companies were, in fact, successful in decreasing many of the annoying side effects.

However, the dosage adjustments that were made to accomplish this had deadly results. These adjustments made it so that many of the new doses eliminated the undesired side effects but resulted in women continuing to ovulate. Presently, if sexual relations occur during the time that a woman is ovulating, even though she is taking the Pill or using another hormonal contraceptive, fertilization of the egg can occur and a baby can be conceived. The fertilized embryo, fully human at the moment the sperm and egg meet, then travels down to implant and grow in the uterus. Usually, under normal conditions of a woman's cycle (that means in a woman NOT using hormonal birth control) the uterine lining at the time of ovulation is thick and prepared to receive the newly fertilized egg. Under normal circumstances the egg would implant in the uterine wall (attaching to the wall like Velcro). The fertilized egg begins growing for nine months until the day of delivery. Unfortunately, many doses of the pill and other hormonal contraceptive cause a thinning of the uterus lining which makes implantation impossible. Scientists have discovered, that in order for the successful implantation of the fertilized egg to occur it is necessary for the lining of the uterus to be at least 8mm thick.<sup>11</sup> Many hormonal contraceptives have an effect on the uterus lining which keeps it below 6 mm. Therefore, a baby that is conceived cannot implant itself to grow and instead it slides right out of the uterus and the woman thinks she is just having a very heavy period. Women and young girls who are using hormonal contraceptives may be self-aborting their babies and do not even know it. **This is a chemical abortion and this is what is meant by the 'abortifacient' side effect of a hormonal contraceptive.**<sup>11</sup>

## Related stunning statistics:

- Since 1973 there have been over 55 million surgical abortions in the United States. Since its invention, it is now estimated that more than 250 million chemical abortions have occurred in the USA as a result of women taking "the pill" and other hormonal contraceptives.<sup>12</sup>
- Today, for every child born in the United States, there are an estimated 2 children killed in the womb from both surgical abortions or abortifacient contraceptives.<sup>13</sup>

## Summary and Conclusion:

- The Pill and other hormonal contraceptives are steroids.
- The Pill and other hormonal contraceptives are available in many forms and can cause chemical abortions.
- The Pill and other hormonal contraceptives are classified by the World Health Organization as a group 1 carcinogen (in the same class as cigarettes and asbestos) and can cause breast, cervical, and liver cancer.

- (1) (2) The American Heritage Dictionary of the English Language, 4th Edition, published by Houghton Mifflin Company; <http://www.answers.com>
- (3) [www.hormonesinc.com/estrogen-dominance-and-hormonal-birth-control/](http://www.hormonesinc.com/estrogen-dominance-and-hormonal-birth-control/)
- (4) [http://www.medicinenet.com/hormonal\\_methods\\_of\\_birth\\_control/index.htm](http://www.medicinenet.com/hormonal_methods_of_birth_control/index.htm)
- (5) <http://www.health.com/health/condition-article/0,,20326842,00.html>  
<http://www.cancer.gov/cancertopics/factsheet/Risk/oral-contraceptives#2>  
[http://www.bcpinstitute.org/steroid\\_brochure.htm](http://www.bcpinstitute.org/steroid_brochure.htm)
- (6) International Agency for Research on Cancer; Research arm of the World Health Organization 2010.  
<http://www.bcpinstitute.org>
- (7) <http://www.mayoclinic.com/health/performance-enhancing-drugs/SM00045>  
[http://www.bcpinstitute.org/steroid\\_brochure.htm](http://www.bcpinstitute.org/steroid_brochure.htm)
- (8) Kahlenborn et al., "Oral contraceptive use - as a risk factor for premenopausal breast cancer: a meta analysis", Mayo Clinic proceedings 2006, pp1290-1320, 2006
- (9) Bosch, et al., "Effects of Oral Contraceptives on risk of cervical cancer..." . International Agency of Research on Cancer (IARC) 2002
- (10) International Pharmacists for Life 2003; <http://www.prolifephysicians.org/abortifacient>
- (11) Rabe T etal The Effects of Monophasic and Triphasic Oral Contraceptives on Ovarian Function and Endometrial Thickness *Eura J Contra Reproductive Care* 1997 2; 39-51
- (12) Kuhar et al., "Infant Homocides through Contraceptives", International Pharmacists for Life, 5th Edition 2003
- (13) International Center for Health Statistics Division of Center for Disease Control 2003;

## Resources for alternative options to hormonal contraception:

Ovulation Method of Natural Family Planning  
[www.familyplanning.net](http://www.familyplanning.net)

Creighton Model FertilityCare™ System (CrMS)  
[www.creightonmodel.com](http://www.creightonmodel.com)

Billings Ovulation Method  
[www.woomb.org](http://www.woomb.org)

Couple to Couple League  
[www.ccli.org](http://www.ccli.org)

SPEAKING OF  
*Motherhood.com*

Additional copies may be purchased from:

### Life Cycle Books

USA 1-800-214-5849 [orders@lifecyclebooks.com](mailto:orders@lifecyclebooks.com)  
[www.lifecyclebooks.com](http://www.lifecyclebooks.com)

CANADA 1-866-880-5860 [orders@lifecyclebooks.ca](mailto:orders@lifecyclebooks.ca)  
[www.lifecyclebooks.ca](http://www.lifecyclebooks.ca)

Printed in Canada

8.11

Item #614