

## 8 If hormonal contraceptives are so dangerous, what options do couples have?

Natural Family Planning (NFP) methods are available and do not require chemicals or surgery and cause no increase in breast cancer risk. Not to be confused with the “rhythm method,” NFP is based primarily on observations of a woman’s cervical mucus. One of the largest research studies of NFP (involving 19,843 women and performed in India by the World Health Organization) showed a pregnancy rate of 0.2 pregnancies per 100 women yearly.<sup>11</sup>

Natural Family Planning methods have been used to diagnose and treat a variety of female reproductive disorders including infertility. Various medical problems (e.g., excessive menstrual cramping and bleeding), which are sometimes treated with contraceptive hormones, can often be treated by giving magnesium/calcium supplements and ibuprofen products after the onset of menses.

## 9 How can I find out more about breast cancer risk from the Pill?

Anyone may download the entire Mayo Clinic meta-analysis article by going to: [www.MayoClinicProceedings.com](http://www.MayoClinicProceedings.com) and accessing the October 2006 archives. In addition, eleven of the seventeen chapters in the book *Breast Cancer, Its Link to Abortion and the Birth Control Pill* deal with cancer risks from birth control pills.<sup>6</sup>

## 10 Where can I find information about Natural Family Planning?

Natural Family Planning information is available from a number of national organizations:

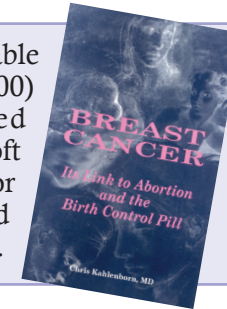
Billings Ovulation Method Association	<a href="http://www.Boma-usa.org">www.Boma-usa.org</a>	(888) 637-6371
Couple to Couple League	<a href="http://www.ccli.org">www.ccli.org</a>	(800) 745-8252
Family of the Americas Foundation	<a href="http://www.familyplanning.net">www.familyplanning.net</a>	(800) 443-3395
Marquette Model	<a href="http://wwwNFP.Marquette.edu">wwwNFP.Marquette.edu</a>	(414) 288-3854
National Conference of Catholic Bishops	<a href="http://www.usccb.org">www.usccb.org</a>	(202) 541-3240
Natural Family Planning International	<a href="http://www.NFPandmore.org">www.NFPandmore.org</a>	(740) 457-9663
Northwest Family Services	<a href="http://www.nwfs.org">www.nwfs.org</a>	(503) 215-6377
One More Soul	<a href="http://www.OneMoreSoul.com">www.OneMoreSoul.com</a>	(800) 307-7685
FertilityCare Centers of America	<a href="http://www.fertilitycare.org">www.fertilitycare.org</a>	(402) 390-6600 ext.117

Many Catholic dioceses have NFP offices or Family Life offices that can supply NFP information. Local parishes and Catholic hospitals may also be good sources.

Please see references for this brochure at <http://onemoresoul.com/contraception-abortion/risks-consequences/breast-cancer-risk-from-the-pill-new-and-revised.html>

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This book (BBCL) is available from One More Soul at (800) 307-7685 for a suggested donation of \$9.95 for the soft cover edition and \$12.95 for the hardback, and can be read at [www.OneMoreSoul.com](http://www.OneMoreSoul.com).



### Other resources from Dr. Kahlenborn:

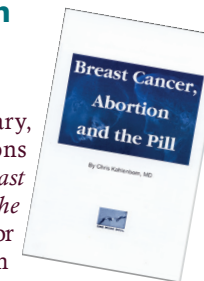


#### Breast Cancer Risk from Abortion PBCA (pamphlet) \$0.35

Information from the book *Breast Cancer, Its Link to Abortion and the Birth Control Pill*, presented in a short and highly persuasive format. We have received letters and phone calls about babies saved from abortion when their mothers read this pamphlet.

#### Breast Cancer: Abortion and the Pill KBCL (booklet) \$1.00

This booklet presents the summary, conclusions, and recommendations from Chapter 17 of the book *Breast Cancer, Its Link to Abortion and the Birth Control Pill*. A great resource for explaining just how dangerous abortion and contraceptive pills are.



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#### PBCP

1+	\$ .35 each
10+	\$ .28 each
100+	\$ .25 each



<http://onemoresoul.com/catalog/the-pill-and-breast-cancer-p711.html>  
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# The Pill and Breast Cancer



by Chris Kahlenborn, MD



## 1 How could the Pill cause breast cancer?

Two of the most important types of hormones that control reproduction are estrogens and progestins. Birth control pills are made from synthetic estrogens and/or progestins. Experiments have shown that these hormones cause women's breast cells to divide more rapidly.<sup>1</sup> Cells that divide more rapidly are more prone to develop into cancer cells.

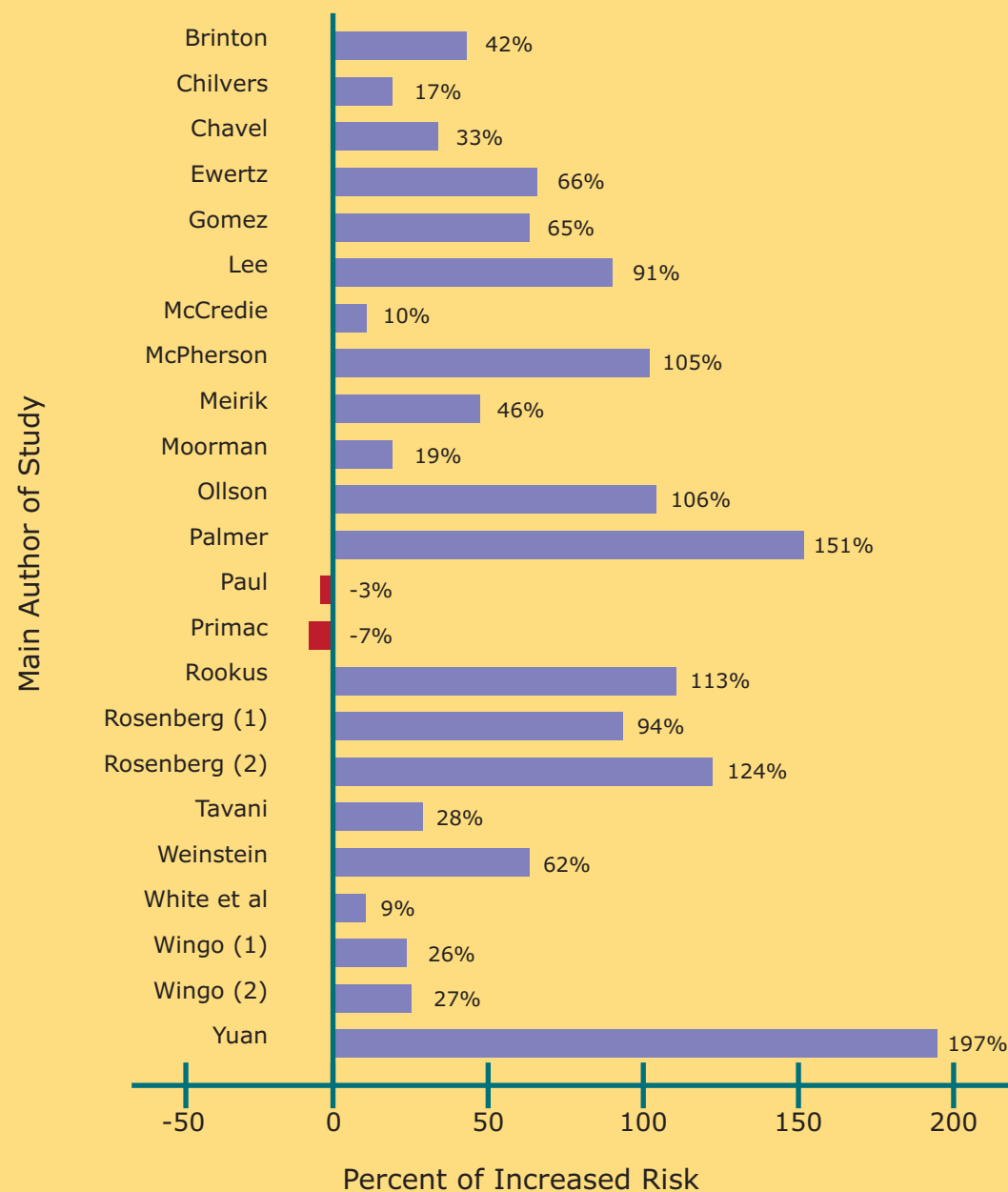
## 2 What is the evidence that the Pill and breast cancer are connected?

In 2005, the World Health Organization classified oral contraceptives as a Group I carcinogen—the most dangerous classification known.<sup>2</sup> Also, a comprehensive meta-analysis<sup>3</sup> published in the Mayo Clinic Proceedings in October 2006 found that 21 out of 23 retrospective studies done since 1980 showed that women who took oral contraceptives prior to the birth of their first child sustained a 44% average increased risk of developing premenopausal breast cancer (see research chart inside). This risk rose to 52% for women who took the Pill for at least four years prior to the birth of their first child.

## 3 How serious of a problem is breast cancer?

Breast cancer is the most common cause of cancer death in the United States in women ages 20-59. About one in eight women will develop breast cancer at some time in her life. In the U.S. about 231,840 women are diagnosed annually, and over 40,200 die from this disease.<sup>4</sup> More than one in five women who are diagnosed with breast cancer (i.e., 47,000 women annually) will develop it before menopause. This risk is increased even higher when combined with other breast cancer risk factors such as induced abortion, hormone treatment (such as estrogen supplementation), family history of breast cancer, and other factors.

### Increased Risk of Breast Cancer in Studies of Pre-Menopausal Women Who Took Oral Contraceptives Prior to Their First-Term Pregnancy\*



\*Data taken from *Mayo Clinic Proceedings* (Kahlenborn et al. 10/06). Included studies were published between 1980-2002. The individual studies show the change from parous non-oral contraceptive users.

## 4 Do some contraceptives cause more risk than others?

Yes. Research studies show that breast cancer risk is almost tripled for women who used Depo-Provera for 3 years or more before age 25.<sup>5</sup>

## 5 Are other types of cancer affected by oral contraceptive pills?

Oral contraceptives decrease the risk of ovarian and uterine cancer, while they increase the risk of liver, cervical and breast cancer.<sup>6</sup> Since breast cancer is far more prevalent than the other three types of gynecological cancers, the Pill's overall effect is detrimental to women.

## 6 Are there other risks from contraceptives?

Yes. Well known side effects of the Pill include an increased frequency of blood clots, high blood pressure, and heart attacks, as well as migraines, depression, loss of libido, and a variety of other disorders. Less well known is that oral contraceptives and injectable progestins (such as Depo-Provera) significantly increase the risk of contracting and transmitting HIV (the AIDS virus).<sup>7,8</sup> **In addition, medical studies strongly suggest that oral contraceptives work at times by causing an early abortion.**<sup>9</sup>

## 7 How can I protect myself?

Many of the known risk factors for breast cancer can be avoided, such as hormone exposure (including hormonal contraceptives), induced abortion, heavy alcohol use, obesity, and radiation exposure. In addition, there is a significant reduction of risk with each child a woman bears. Every month of breastfeeding reduces breast cancer risk, as does bearing a child at a younger age. Some medications (e.g., raloxifene), which are taken after menopause to help strengthen bones, have been shown to markedly reduce the risk of post-menopausal breast cancer and should be considered by all women at high risk.<sup>10</sup>