

CALIFORNIA RIGHT TO LIFE EDUCATION FUND

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Contraception use makes women more likely to be clinically depressed: New study

Women who use hormonal contraception are more likely to be diagnosed as clinically depressed – and to take antidepressants along with their daily birth control pill, according to a new study.

Researchers reviewed the medical histories of 1,061,997 Danish women from 1995 to 2013, found that some forms of contraception doubled women's rate of depression – and tripled the chances of teenage girls being prescribed antidepressants.

“We have to realize among all the benefits, external hormones [also] may have side effects. And the risk of depression is one of them,” said the study's co-author, Dr. Øjvind Lidegaard, a clinical professor in obstetrics and gynecology at the University of Copenhagen.

Teens who used the progestin-only pill were twice as likely to use antidepressants as young women who used no form of birth control.

Adolescents aged 15-19 were especially susceptible, per the study published September 28 in *JAMA Psychiatry*.

Those who used a “non-oral” form of long acting reversible contraceptives (LARCs), such as the patch or a vagina ring, suffered “a three-fold increased risk for first use of antidepressants.”

The patch and the levonorgestrel IUD (such as Bayer's Mirena) tied as the most dangerous, both making teenage girls 310 percent more likely to use mood-altering drugs to manage depression; the IUD increased the risk of “diagnosis of depression at a psychiatric hospital” by 320 percent.

A woman becomes most likely to begin using antidepressants six months after she starts using contraceptives, the researchers found.

"This is simply one more confirmation of the negative consequences of medicating healthy, fertile women as if they were sick," Dr. Joseph Meaney, director of outreach and expansion at Human Life International (HLI), told LifeSiteNews.

Depression joins a panoply of other health risks experienced by women who use artificial contraception. In 2005, the World Health Organization declared the estrogen-progestogen pill a Group One carcinogen that has been shown to increase the chance of developing breast, uterine, and liver cancer, as well as glaucoma and life-threatening blood clots.

"In fact, the complete list of all the documented side effects of hormonal birth control is so long that it would take an entire page front and back in very small print just to list them all. Some manufacturers are

honest enough to do just this, or simply want to reduce their liability when women suffer strokes, blood clots, etc.," said Dr. Meaney.

Previous studies had found varying correlations between mental health and contraceptive usage.

“It has been clear for years that the birth control pill, chemicals that do not treat a condition but are taken specifically to avoid accepting responsibility for one's actions, is dangerous to women and deadly for preborn children," Judie Brown,

president of American Life League (ALL.org), told LifeSiteNews. "This latest study linking the pill to the possibility of depression simply confirms' that "the pill is not and has never been a good idea" for mothers or babies.

To review the actual study, visit:

<http://archpsyc.jamanetwork.com/article.aspx?articleid=2552796>

***(S)ome forms of
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Do Assisted Suicide Laws Promote Suicide?

by Life Legal Defense Foundation

It has been questioned what the relationship, if any, is between legalizing “Physician Assisted Suicide” and the change in incidence of what is commonly termed “suicide.” As we remember the first anniversary of the death of Brittany Maynard by Physician Assisted Suicide (in Oregon, because at the time it wasn’t legal in California) our friends at Life Legal Defense Foundation in Napa have provided several facts showing that as a society legalizes assisted suicide, the occurrence of all suicides increases.

1. Assisted suicide laws communicate the message that under especially difficult circumstances, some lives are not worth living. This message will be heard by not only those with a terminal illness but also any person struggling with the temptation to end his or her life.
2. Suicide rates constitute a public health crisis. According to the Centers for Disease Control, suicide is currently the third leading cause of death among adolescents and young adults and the tenth leading cause of death overall for individuals over the age of ten. Legalizing assisted suicide will worsen this crisis. It sends a message to teens and young adults that suicide is an appropriate response to difficult life circumstances.
3. In October 2015, a study was published in the Southern Medical Journal showing that legalizing physician assisted suicide was associated with a 6.3% increase in total suicides, including assisted suicides.^[1] The increase in total suicides among individuals 65 years and older was 14.5%. This is contrary to the assertions of Judge Richard Posner of the U.S. Court of Appeals for the Seventh Circuit, who suggested that legalizing assisted suicide “might actually reduce the number of suicides and postpone the suicides that occur.”^[2]
4. The “Werther Effect,” which refers to the increase in clusters of suicides after publicized cases of suicide, is well validated. The U.S. Centers for Disease Control and Prevention, the World Health Organization and the U.S.

Surgeon General have published strict journalistic guidelines for reporting on suicides to minimize this effect. Unfortunately, these guidelines were ignored in the case of Brittany Maynard, whose suicide was portrayed in the media as inspiring and even heroic.

5. The number of deaths from assisted suicide in Oregon was 37% percent higher in October than the 2014 average. After Maynard’s death on November 1, 2014, deaths from assisted suicide spiked in November, rising 71.4% above the 2014 average.
6. The overall suicide rate in Oregon has risen dramatically following the legalization of assisted suicide there. As of 2010, suicide rates were 35% higher in Oregon than the national average.
7. Studies show that when an individual receives intervention during a crisis—for example, during the months of difficult adjustment after a new diagnosis of a serious or terminal disease—his or her risk of suicide is substantially decreased.
8. Belgium and Switzerland, where assisted suicide is practiced, have the highest and second-highest suicide rates in Western Europe.
9. In contrast to the “Werther Effect,” the publication of cases that convey a message of hope and perseverance in the face of adversity is associated with decreased suicide rates. This is known as the “Papageno Effect.”
10. In the midst of suffering and decline we can still find courage, hope and even beauty. True compassion and mercy involve walking this difficult journey with our loved ones — a journey in which there simply are no shortcuts.

[1] Jones, DA and Paton, D. How Does Legalization of Physician-Assisted Suicide Affect Rates of Suicide? South Med J. 2015; 108(10):599-604.

[2] Posner, RA. *Ageing and Old Age*. Chicago: University of Chicago Press, 1997.

Human heart may start beating As early as 16 days

When does our heart first start to beat? Until now, researchers thought that the first time our heart muscle contracted to beat was at eight days after conception in mice, which equates to around day 21 of a human pregnancy.

Now, a team funded by the British Heart Foundation (BHF) at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as 16 days after conception.

For full article see: <http://www.ox.ac.uk/news/2016-10-11-first-our-three-billion-heartbeats-sooner-we-thought>

Around the Office

REMINDER: Payroll deduction charity drives are in progress in the "working world." Please consider California Right to Life Educational Fund when filling out your pledge card. **If you are a federal employee, our Combined Federal Campaign agency number (CFC) is 49743.** If you need any assistance in filling out your card, contact our office at 925-944-5351.

Do we have your e-mail address? Sometimes there are late breaking opportunities, and we send out an e-blast. If we don't have a current e-mail for you, you may be missing out on some great opportunities. To send us your e-mail, or any other e-correspondence, write to callife@calright2life.org.

Mustard Seed Letter Writing Project – What are you doing to stop the funding of Planned Parenthood? Thousands of people participate in the Mustard Seed Project, writing a letter to one corporation per month that currently supports Planned Parenthood. If you would like to join us, send your e-mail address to callife@calright2life.org and we will add you to our list. No meetings, no dues, we even provide suggested letter template. If you have any questions, please contact our office at 925-944-5351. To date at least 337 corporations have agreed to stop funding Planned Parenthood, which has kept an estimated \$42.5 million out of its coffers. Best of all, those corporate officials who continue to fund the world's chief pro-abortion advocacy group will be doing so without your cooperation.

- A few facts about Planned Parenthood** from their Annual Report (to consider using your letter writing)
- During fiscal year 2014-2015, Planned Parenthood received nearly \$554 million in taxpayer funding; that is more than \$1.5 million per day in the form of government grants contracts, and Medicaid reimbursements. Taxpayer funding is up nearly 5% from the previous fiscal year (\$528 million.). Taxpayer funding accounts for 43% of Planned Parenthood's overall revenue.
 - Abortions made up 94% of Planned Parenthood's pregnancy services, while prenatal care and adoption referrals accounted for only 5% (17,419) and 0.6% (2,024), respectively.
 - Planned Parenthood committed 323,999 abortions, a 1% decrease over the previous year (327,653).
 - Over the past three reported years (2012-2014), Planned Parenthood has committed nearly one million abortions (978,818).
 - For every adoption referral, Planned Parenthood performed 160 abortions.

Combined Federal Campaign, United Way and other "Give at Work" Payroll Charity Drives are now in progress. Please remember California Right to Life Educational Fund when the payroll pledge card comes around this fall. If you need any assistance in designating us as your charity of choice, contact our office 925-944-5351 e-mail at callife@calright2life.org **(For Federal employees our CFC number is 49743)**

Calendar of Events

For the latest updates of events, see www.calendarforlife.org

40-DAYS FOR LIFE – Through Nov. 6, 2016
See: <http://40daysforlife.com/> for a location near you.

WALK FOR LIFE – WEST COAST

San Francisco – Saturday January 21st 2017 Speakers include * Pam Tebow, mother of Heisman Trophy winner, Tim Tebow, * Reggie Littlejohn, Women's Rights Without Frontiers * Melissa Ohden, abortion survivor * Rev. Childress, Black Genocide.org
See: <http://www.walkforlifewc.com/>

STUDENTS FOR LIFE NAT'L CONFERENCES –
Born to Win: Abolishing Abortion in Our Lifetime
West Coast – Sunday January 22, 2017 – St. Mary
Cathedral Event Center, San Francisco
For Further Information see: <http://sflalive.org/>
East Coast – Saturday January 28, 2017 – SBC
Glenarden Event Center, 600 Watkins Park Drive
Upper Marlboro, MD

MARCH FOR LIFE – Washington D.C. Friday
January 27, 2017 12 Noon Rally, 1:00PM March
<http://marchforlife.org/mfl-2017/>

Election Day is Tuesday
November 8th 2016

DO YOUR DUTY...
WOTE!

WHO IS CALIFORNIA RIGHT TO LIFE?

This is the newsletter of **California Right to Life Education Fund**, a 501-c-3 organization established to educate the public about pro-life issues. Donations to the EDUCATION FUND are **tax-deductible** and can be sent to P.O. Box 4343, Walnut Creek, CA 94596-0343.

California Right to Life **Committee, Inc.** is a 501-c-4 organization providing information on legislative issues affecting the right to life, and pro-life political advocacy. **CRLC, Inc. is not permitted**, under IRS regulations, to offer a tax deduction for donations. \$24.99 annually is requested for a subscription to the CRLC legislative email updates list and can be sent to 2977 Ygnacio Valley Rd #243, Walnut Creek, CA 94598 (NOTE new address).

Both are affiliates of American Life League, headed by Judie Brown, and share the same “no-exceptions, no excuses” beliefs and the same dedication to promoting the Culture of Life, respecting all innocent human life from the single-cell stage to natural death.