

# CALIFORNIA RIGHT TO LIFE EDUCATION FUND

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## **Medical Health Risks Of Contraception**

By Margaret Datiles Watts

Source: Culture-Of-Life.org

*With the re-election of the Obama Administration we continue the defense of Religious Freedom against the Affordable Care Act (aka Obama Care). Perhaps this would be a good time to review the health risks of the various methods of contraception.*

*It has been shown that contraceptives increase the incidence of sexually transmitted diseases. Our office also has a wonderful brochure on Safe Sex (spoiler: It's not) that we will send to anyone requesting a copy.*

Below is a summary of the medical data presented in the "Women Speak for Themselves" amicus brief:

### **Oral Contraceptives**

**Heart Attack and Stroke** – According to the New England Journal of Medicine, oral contraceptive pills double the risk of heart attack in women. The risk increases for women with hypertension (5x), who smoked (12x), with diabetes (16x), and with high cholesterol (23x).<sup>1</sup> The British Journal of Medicine reported that oral contraceptives cause an increased risk of ischemic stroke (3x) as well as an increased incidence of blood clots and pulmonary embolism.<sup>2</sup>

**Breast, Cervical and Liver Cancers** – The Mayo Clinic reported that oral contraceptives increase the risk of breast cancer by 44%.<sup>3</sup> The World Health Organization's International Agency on Research of Cancer (WHO IARC) officially categorized "the Pill" as a Group 1 carcinogen for breast, cervical and liver cancers.<sup>4</sup> The Cancer Epidemiology, Biomarkers & Prevention journal reported a 320% increased risk of the most dangerous kind of breast cancer – triple negative breast cancer – in women taking oral contraceptives.<sup>5</sup> The Centers for Disease Control (CDC) reported that there is a 4x greater risk of breast cancer than uterine and ovarian cancers in women taking oral contraceptives.<sup>6</sup> According to the National Cancer Institute, use of oral contraceptives triples the

risk of cervical cancer in women. The NCI also recognized studies showing oral contraceptives increase the risk of liver cancer and rupturing benign liver tumors in women.<sup>7</sup>

**HIV and STDs** – Women taking oral contraceptives also have a 2x increased risk of contracting genital human papillomavirus (HPV) which leads to cervical cancer, the British Journal of Cancer reported.<sup>8</sup> According to the Journal of Acquired Immune Deficiency Syndrome, oral contraceptives cause a 60% increased risk of HIV infection.<sup>9</sup>

### **Long-Acting Contraceptives**

**HIV** – Injectable contraceptives, implants and intrauterine devices (IUDs), such as ParaGard, Mirena, Implanon and Depo-Provera, have also been scientifically shown to increase health risks. The prestigious Lancet Infectious Diseases Journal published a study showing that "biological properties" of injectable contraceptives double the risk of HIV infection in women. Furthermore, male partners of infected women have a 2x risk of HIV infection than if no contraception was used at all.<sup>10</sup> These alarming, breakthrough findings appeared on the front page of the New York Times in October 2011.

**Other health risks** – Studies also show that long-acting contraceptives also cause an increased risk of uterine perforation, ovarian cysts, pelvic inflammatory disease (PID), possible permanent loss of fertility, ectopic pregnancy, pulmonary emboli, strokes and loss of bone mineral density.

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2. Gillum, LA. Ischemic stroke risk with oral contraceptives. JAMA July 5 2000;284:72-78.

3. Kahelnborn C, et al. Oral contraceptive use as a risk factor for premenopausal breast cancer: A meta-analysis. 2006 Mayo Clinic Proc 2006;81(10):1290-1302

4. IARC 2007 Monograph 91. Combined estrogen-progestogen contraceptives and combined estrogen-progesten menopausal therapy.

5. Dolle J, et al. Risk factors for triple negative breast cancer in women under the age of 45. *Cancer Epidemiol Biomarkers Prev* 2009;18(4):1157-65

6. Cancer Statistics by Cancer Type, Centers for Disease Control. Available at: <http://www.cdc.gov/cancer/dccp/data/types.htm>

7. National Cancer Institute: Oral Contraceptives and Cancer Risk (March 21 2012) citing Moreno V, Bosch FX, Munoz N, et al. Effect of oral contraceptives on risk of cervical cancer in women with human papillomavirus infection: the IARC multicentric case-control study. *Lancet* 2002;359(9312):1085-1092.

8. Francesci S, et al. Genital warts and cervical neoplasia: an epidemiological study. *Br J Cancer* 1983;48:621-28

9. Wang CC, et al. Risk of HIV infection in oral contraceptive pill users: a meta-analysis *JAIDS* 1999;May 1 21(1):51-58

10. Hefforn R., et al. Use of hormonal contraceptives and risk of HIV-1 transmission: a prospective cohort study. *Lancet Infect Dis* 2012;12:19-26

See WSFT amicus curiae brief footnotes for list of references at <http://p0.vresp.com/pZg1sR>

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## Election Reflections – What next?

As I'm writing this, it is a few days after the election, and there is a lot of "Monday morning quarterbacking" going on. We lost big time – from the top of the ballot to the state and local issues. In the California State Assembly, the 28 pro-life votes have been reduced to 23; in the State Senate, 15 pro-life seats have been reduced to 12. However, we must not lose hope; we must not give up. *As Winston Churchill once said, "When you are going through hell – keep going."*

There are many things you can do to help further the pro-life mission. Here are some ideas:

- Wear a Precious Feet pin every day. (To get one, contact our office, or they are also available from Heritage House at <http://www.hh76.org/>)
- Wear a pro-life t-shirt or put a pro-life bumper sticker on your car.
- Plan to attend the San Francisco Walk for Life on Saturday, January 26 or the 40<sup>th</sup> March for Life in DC on January 25, 2013, or another pro-life event in your local area,

- Go to yard sales and buy baby clothes, maternity clothes and other baby items and donate them to a local Birthright or Pregnancy Center.
- Organize a diaper drive by asking churches and others to collect diapers, then donate them to your local pregnancy center.
- Encourage your pastor or priest to preach about abortion.

**Do you know someone who might be considering abortion?  
Make sure they get the facts first!  
A LIFE depends on it...  
1-800-712-HELP (4357)**

- Educate yourself by subscribing to pro-life newsletters and reading pro-life books.

- Arrange for a pro-life speaker to do a presentation at your church or civic group.
- Vote for pro-life politicians only and write letters to your representatives, both state and federal, on legislation concerning life issues (Once again, if you don't know who your representatives are in the state legislature and Federal Congress, contact our office and we will assist you.)
- Write letters to the editor of your local newspaper about life issues.
- Volunteer at a crisis pregnancy center or other pro-life organization.
- Share pro-life news, stories, images, blogs and videos online via Facebook, Twitter, etc.
- Show your love and concern to someone who has lost a baby to abortion by sending a personal note or e-card. <http://www.lifeissues.org/eCard/index.html>
- Watch pro-life TV programs, such as Facing Life Head-On (<http://www.facinglife.tv/>) or Defending Life <http://www.priestsforlife.org/defendinglife/>, and share the episodes with others.

- Offer to babysit for a single parent or parents of a handicapped child.
- Complete a Durable Power of Attorney for Health Care to protect your own life and the lives of your family members when you cannot speak for yourselves. For further information see <http://www.patientsrightscouncil.org/site/>.
- Make a one-time or monthly donation to a pro-life organization. California Right to Life Educational Fund exists solely through your donations (and right now our funds are especially low.)
- Talk about the issues with friends, family, neighbors and co-workers.
- Commit time to praying for those impacted by abortion, including post-abortive women, abortionists, those considering abortion and all unborn babies.

As Gene Kranz, Mission Director of Apollo 13, told his team, ***“Failure is NOT an option.”*** We too are involved in a life saving mission. Let us take counsel from Teddy Roosevelt who, when leading the troops in Cuba said, ***“Do what you can, where you’re at, with what you have.”*** Even if a situation looks hopeless or impossible, we should ALWAYS do the best that we can. Who knows when that extra effort may result in an extraordinary result?

## Stewardship Report

As we approach the end of another year, we would like to give you an update of our ongoing activities and finances. The short of it is, Cecelia and the cadre of volunteers have done marvelous things with very little funding; however, even Jesus started with a few fish and some loaves of bread... we need fish and bread!

Our volunteers logged numerous hours staffing information tables, sometimes several in one week; from high school and college quads, to workplace campaigns, to shopping malls, county fairs and even farmers’ markets, these dedicated volunteers have done it all! They have handed out over 500 precious preborns and hundreds of precious feet pins, as well as thousands of bookmarks and pamphlets, covering everything from fetal development to stem cells to end

of life issues, including our extensive “abstinence program” that we had an opportunity to present in several schools this past year.. While we try and buy materials in bulk to keep the costs as low as possible, it still costs several hundred dollars a month for materials, A few examples: 10-12 week fetal model that we know has saved babies from abortion costs 60 cents, most bookmarks and pamphlets are 10-25 cents; however, when you multiply that by over 500 precious preborns and thousands of bookmarks, it is a substantial sum of money.

We continue to provide materials for students starting pro-life groups in their schools; these “start up kits” contain about \$150 worth of supplies. We also invite our mall table student volunteers to take any leftover materials at the end of the event for their quad tables.

We also supply literature to a sidewalk counseling group, and occasionally groups doing county fairs, health fairs, farmers markets, conferences and other special events.

Several of our members have had the opportunity in the past year to present the life message to their church youth groups and religious education and Bible Study gatherings in their churches. We provide the literature, loan out our fetal models, share videos and DVDs and assist in any way we can.

We publish a newsletter that goes out to almost 350 members each month, at a cost of \$400 per issue for printing and postage. Our phone bill is about \$100 a month, internet access is \$45.

Our dedicated administrator, Cecelia, answers the phone, at all hours of the day and night, including when most other organizations are closed. She recently received a call at 9AM on a Sunday morning from a Conservative Rabbi looking for assistance for a congregation member whose mother’s IV hydration tube had been removed. We were the listening ear that tried to find resources that could go to court and reverse the dehydration of the mother ... yes, a Terri Schiavo of 2012!

A family called and the doctor had told them their preborn baby had a handicap that was “incompatible with life” and was pressuring the distraught parents into aborting; however, they wanted to give life a chance. We were able to support this family in their life-giving choice.

Cecelia also logs numerous hours researching requests for information on such topics as stem cell advances and studies available for age related macular degeneration, and other requests we receive via phone and e-mails.

Your donations make it possible for us to be there, to educate, to counsel and to just offer a listening ear and list of resources.

We do all this on a budget of about \$30,000 a year. However, we are somewhat short of funds right now. Please consider California Right to Life Educational Fund in your year-end giving. We would like to continue to be there: for students, for information tables, for families facing critical life decisions. We need your "few small fish and a loaf of bread" to multiply in order to be there to feed the needs of you our members and the general public, who hunger for guidance and education on all facets of respect for the life and dignity of every person from fertilization to natural death.

## 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 1920 Monument Blvd #309, Concord, CA 94520.

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.

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## Ninth Annual Walk for Life West Coast

**Saturday January 26, 2013  
CIVIC CENTER PLAZA**

(Polk Street across from City Hall)

- Info Fair: 11:00
- Rally: 12:30 to 1:30 pm
- Walk: 1:30 pm - will be walking on Market Street to Justin Herman Plaza

For other activities around the West Coast Walk for Life see

<http://walkforlifewc.com/event.htm>

