Side-effects of the oral contraceptive pill

A few dry facts first

**Spotting**, nausea, **headaches, mood changes**, your **appetite** may increase, and a few teens feel bloated. Some teens gain weight, some lose weight. (youngwomenshealth.org) Excess hair growth/loss. While some people have excess hair growth from using the pills others may develop hair loss. (keratin.com)

The most serious side effect associated with the birth-control pill is a greater chance of **blood clots, stroke, and heart attack**. Other serious side-effects are worsening of migraine headaches, gall bladder disease, increase in blood pressure, and an extremely rare liver tumor. Some birth-control pills may cause changes in the levels of fatty substances in the blood. The long-term consequences of these changes are not known.

**Contraceptive Pills Cautions**

Women who use contraceptive Pills have a higher risk of heart attack and stroke.

**Problems caused by Estrogen component**

- Nausea
- Breast swelling & tenderness
- Vaginal discharge
- High blood pressure
- Decreased libido (sex drive)
- Headaches
- Mood swings
- Fluid retention
- Permanent dark patches on face
- Drug interaction problems
- Eye or vision problems
- Gallbladder disease
- Embolism (rare)
- Heart attack (rare)
- Stroke (rare)
- Breast tumor growth (rare)

**Problems caused by Progestin component**

- Weight gain
- Depression
- Fatigue and tiredness
- Acne and/or oily skin
- Headaches
- High blood pressure
High cholesterol
Insulin resistance
Constipation
Bloating
Irregular menstrual bleeding
Breast tenderness
Suppression of immune system
Heart attack (rare)
Breast tumor growth (rare)

Contraceptive Injection (Medroxyprogesterone Acetate)
By a leading brand name manufacturer

Possible Side Effects

Dizziness
Breast tenderness
Acne
Fatigue
Nausea
Bloating and/or weight gain
Headaches
Stomach pain, cramps, or bloating
Weight changes
Depression
Nervousness
Decreased sex drive
Stomach pain, cramps such as missed periods or irregular or unpredictable bleeding or spotting
Occasional excessive or prolonged periods
Change in hair growth (no hair growth or hair loss)
Bone mineral changes (may increase risk of osteoporosis)

WARNING SIGNS - report to your health care provider IMMEDIATELY if you experience:

Shortness of breath
Sudden severe headache
Weakness of arms or legs
Dizziness or fainting
Yellowing of skin or eyes
Unusual swelling or pain in the legs
Lump in the breast
Sharp or crushing pain in the chest or coughing up blood
Severe pain or tenderness in the lower abdomen
Blurred vision, double vision, loss of vision
Unusually heavy vaginal bleeding
Hormonal – Non-Hormonal Methods

Intrauterine Devices (IUDs):
Possible Side Effects with the IUD

Progestin-releasing IUDs may cause:
Mood swings
Acne
Headache
Breast tenderness
Nausea

Non-hormonal (Copper T) IUDs may cause:
More cramping
Heavier periods
Increased risk of pelvic infection

Risks/Side Effects of the Vaginal Ring

Vaginal infection or irritation
Vaginal discharge
Spotting between periods
Elevated blood pressure
Darkening of skin color
Acne worsening
Depression
Breast tenderness
Headache
Weight gain or loss
Nausea

The contraceptive vaginal ring may be associated with blood clots in the legs or lungs, strokes, heart attacks, gallbladder disease, or liver tumors. These conditions rarely result in death. The risk of heart attack increases for women over 35 who smoke. To decrease the chance of developing serious problems, go to the Student Health Service, clinic, or emergency room if you have any of the following symptoms (note that the first letters of the words spell out the word ACHES):

Abdominal pain (severe)
Chest pain or shortness of breath
Headaches (severe)
Eye problems - blurred vision, flashing lights or blindness
Severe leg pain in the calf or thigh

Surgical Sterilization
Possible Side Effects of Sterilization

Some women may experience pain at the surgical site. Possible risk of ectopic (tubal) pregnancy. Some men may experience tenderness or swelling of the testicles. Psychological reactions are possible, including regret.

What are the possible side effects of the Cervical Cap?

Toxic Shock Syndrome (TSS) is a very rare but serious disorder. Risk of TSS may be decreased by avoiding use of the cervical cap during menstruation. Possible allergic reaction to the spermicide or to the rubber may occur. Some medical providers fear that continued contact of the cervix with the rubber and spermicide might cause the cervix to erode or to become irritated. Women with cervical erosion, laceration, or an abnormal pap smear should not use these methods until the conditions are resolved.

Another concern may arise due to the fact that cervical secretions build up in the cap or shield instead of bathing the vaginal wall. Some medical providers feel that free flow of cervical secretions is important in preventing infections. A repeat pap test is recommended 3 months after you start using the cap. If the Pap smear is abnormal, cap use is discontinued. If the Pap smear is normal, an annual pap test is recommended.

You may be aware that the side-effects of drug contraceptives do not stop only with affecting you physically; they go to affect your psychological wellbeing as well.

Science blog, Indiana University, 2001:

“BLOOMINGTON, Ind. -- Stephanie Sanders, associate director of the Kinsey Institute for Research in Sex, Gender and Reproduction at Indiana University and an IU faculty member in gender studies, directed the study of 80 women. The research team included John Bancroft and Jennifer Bass of the Kinsey Institute and Cynthia Graham of the IU Department of Psychology. The research pointed out that the birth control pill has a negative effect on sexuality and mood in some women - decrease in sexual thoughts, less frequent intercourse and negative mood changes.

“Depression as a side effect of the contraceptive pill” by Jayashri Kulkarni, “Millions of women worldwide use the combined oral contraceptive pill as an effective form of contraception. However, the focus on its side effects to date has mainly been on physical aspects, even though the most commonly stated reason for discontinuation is depression. There are surprisingly few large studies investigating depression related to oral contraceptive use. A pilot study was conducted showing
that women using the combined oral contraceptive pill were significantly more depressed than a matched group who were not..."

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**Abortion Side-Effects**  
**The Information Women Are Denied**

The Supreme Court, in 1986, ruled that women do not have to be informed about these risks before the abortion. As a result, 80% of women who have had abortions said their counselors gave "...little or no information about the potential health risks which might follow the surgery." and 68% felt "...the procedure was not described with any degree of depth of clarity." (Aborted Women: Silent No More by David Reardon, Crossway Books, 1987)

Abortion is an unnatural process that interrupts one of the primary functions of the human body. A woman's body naturally resists the abortion, causing physical and emotional problems.

**The Information Women Are Denied...:**

≥ "An abortion kills the life of a baby after it has begun. It is dangerous to your life and health." - Planned Parenthood Plan Your Children' pamphlet, 1963.

≥ "I surveyed 486 colleagues: 87% had hospitalized women with complications with legal abortion, 91% had treated patients with complications from legal abortions, and 24 doctors reported patients dying from legally induced abortions." - Anonymous obstetrician.

≥ "The occurrence of either induced or spontaneous abortions independently and significantly increased the risk of subsequent development of secondary infertility." - Study of 252 women at Harvard from the *Journal of Epidemiology and Community Health*. Feb 1993 issue.

≥ "Uterine bleeding occurred on the second or third day after RU486 intake in 1256 women (88.8 percent), and lasted 11.7 +/- 6.4 (SD) days, range 2-55 days. One subject had blood transfusions due to excessive bleeding." -Shangchun, W., et al., *Contraception*.

≥ "Prolonged bleeding/spotting lasting more than two weeks had been found in more than 20 percent of women who had complete abortion in this study [of RU486]." --Shangchun, W., et al., *Contraception*.

≥ Similar studies have supported this among women of other races, such as "Risk of Breast Cancer Among Young Women: Relationship to Induced Abortion" by Janet Darling, et al. in the *Journal of the National Cancer Institute*
Common Abortion Side Effects
Infertility, Cervical Laceration, Uncontrollable blood clotting, Severe hemorrhage, Seizures, Coma, Cancer, Death

Psychological Side Effects

≥ A survey was conducted of 1900 women who had had abortions. The survey asked "Were there any negative psychological effects... [caused] by your abortion?" 94% answered "Yes." 2% answered "No."

≥ Another study was conducted by Dr. Anne Speckhard at the University of Minnesota. She concluded, "After 5-10 years 54% of mothers choosing abortion had nightmares, 81% had preoccupation with their aborted child, 35% had perceived visitations with their child, and 96% felt they had taken a human life."

Abortion affects Every One of Us

Our society, and the children who have grown up in the abortion-filled world, have been negatively affected.

≥ Recent evidence indicates many women harbour strong guilt feelings long after their abortions. Guilt is one important cause of child battering and infanticide. Abortion lowers women's self-esteem and there are studies reporting a major loss of self-esteem in battering parents.

≥ Abortion hasn't helped couples. Researcher Emily Milling studied over 400 couples with women who had made a decision to have an abortion. 70% of the relationships ended within one month of the abortion.

≥ Abortion hasn't prevented children from being born into poverty. Since Roe v. Wade, the number of children relying on AFDC (Aid to Families with Dependent Children) has risen from 8.5 per cent (of all children) in 1970 to 11.9 per cent in 1990. The number of children living in poverty has increased, from 15.1 per cent (of all children) in 1970 to 20.6 per cent in 1990.

≥ Abortion has increased the number of single-parent families. Since Roe v. Wade, the number of births to unmarried women has increased, from 10.7 per cent (of all births) in 1970, to 28.0 per cent in 1990.

≥ Abortion has increased the number of unwanted pregnancies. Since Roe v. Wade, the number of pregnancies ending in abortion has increased, from 12.9 per cent (of total pregnancies) in 1972, to 24.6 per cent in 1990.

Abortion affects Males

Some people believe that men have no place acting in the abortion debate. They are affected by abortion in two very different and two very important ways.
Males are affected by abortion because boys can be aborted as easily as girls. Hundreds and hundreds of thousands of males are aborted every year in the United States. These are the boys with whom adult males can associate. Men were there once. They’ll protect their pasts to ensure their futures.

The second way is a more political reason. All of the laws in government today are created through the morals that make the most people happy. If one looks hard enough, it is possible to find someone who doesn't think murder as a hate crime should be against the law. But does that mean that hate crimes should be legal to protect the beliefs of that one person?

Laws, such as drug abuse prevention, are enforced to protect us; however we are basically free to do what we wish with our own bodies. A pregnant mother has this same right to do what she wants with her own body. Men and women who aren't pregnant don't have a say in what she does with herself. The difference between this and the murder law is that laws generally can't interfere with what people do to themselves, but they can interfere with how people negatively impact others.

This difference is very important in the abortion issue, because a fetus is its own being. The mother has a say over her own body, but there is a separate being inside of her. People other than the mother have a right to protect the fetus because they are affecting a different person. Non-pregnant females and males have a right and a responsibility to be involved in the issue.” - AbortionInfo.Net/Facts