

# SHOULD YOU CONTRACEPT?



**There are consequences. Be sure to educate yourself before you decide.**

## Unpleasant Side Effects Include:

- Weight Gain
- Headaches
- Mood Changes
- Dizziness
- Depression
- Nausea
- Breakthrough Bleeding
- Breast Tenderness

## Serious Health Risks Include:

- The World Health Organization has classified combined hormonal contraceptives (the Pill) as Group 1 carcinogens. (Cancer causing)
- Side effects include susceptibility to the AIDS virus.
- WHO research also identifies an increased risk of cervical/breast cancers, stroke, blood clots, death, heart attack, liver cancer, ectopic pregnancy, and infertility for women using hormonal contraceptives.
- It provides no protection against sexually-transmitted diseases (STDs).
- IUD's can perforate your uterus, cause infection, and have been known to come out.

**IS IT WORTH THE RISK?.....▶**

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# How Contraception Works

Hormonal contraceptives disrupt your fertility in three ways:

- They prevent ovulation, which is the release of an egg from the ovary into the fallopian tube.
- They cause mucus in the cervix to change so that if sperm reaches the cervix, it is more difficult for them to enter.
- They thin the lining of the uterus so that if the first two actions fail and a new human being is created, the baby will die before he/she can attach to the lining of the uterus. **In other words, it leads to an abortion.**

## DID YOU KNOW? . . .

### **CONTRACEPTION FAILS - A LOT!**

Over half the women who go into the clinic for an abortion were using some kind of contraceptive method the month they became pregnant.

Considering the high fail rate, the many risks and serious side effects (see the other side), contracepting is NOT worth the risk.

In addition, hormonal birth control can decrease your fertility, making it more difficult to get pregnant when you are ready to have a baby.

**When you are ready to have children, there is a natural and healthy way to plan your family. LEARN MORE:**

**[pulseforlife.org/nfp](http://pulseforlife.org/nfp)**

**Download our Women's Reproductive Health Resource book for sources at [pulseforlife.org/resources](http://pulseforlife.org/resources)**

