



THE LOVING CHOICE

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Birth control patch OrthoEvra linked to increased risk for stroke and blood clots.

As Dr. Janet Smith highlighted in her talk “Cracking the Contraceptive Myths” use of hormonal birth control does not come without risk to the woman.

The dangers of the hormonal birth control patch OrthoEvra, which were brought to light by an investigative report on the Today Show on NBC, came on the heels of Dr. Smith’s talk at the 2010 NFP conference at Sacred Heart Major Seminary this past July. See page 2 of this newsletter for more details on her talk.

The Today Show report stated that documents dated between 2002 and 2004 show that women have a twelve times greater risk for stroke and eighteen times greater risk for blood clots when using the patch over the

pill. The reason cited for this was that the patch releases 60% more estrogen into a woman’s system. 2,400 injuries and two dozen deaths have been blamed on the patch resulting in \$68 million dollars in settlements paid out to victims by Johnson & Johnson (the makers of OrthoEvra), only a fraction of the \$1.6 billion dollars they make in sales of the drug. The Today Show investigation also presented startling documents that suggested that Johnson & Johnson knew about the dangers of OrthoEvra for years but allowed sales anyway.

Reports such as these along with numerous other studies exposing the dangers of hormonal contraception bring to light a troubling double standard in the American mentality. We are a nation that is becoming increasingly concerned by the pesticides sprayed on our food; the amount of mercury in our vaccines; the antibiotics given to livestock and hormones given to increase a cow’s milk production; yet, we turn a blind eye to the dangers of the hormones we willingly put into our body every day in the form of a pill or a patch

or a shot. It is time to question the status quo of how we “control birth” in this country and wake up to the completely organic and natural way that NFP helps families control birth!

The full Today Show report can be viewed at [#39303345](http://www.msnbc.msn.com/id/21134540/vp=39303345).

"Called & Gifted"

AOD Women's Conference

November 12th & 13th
at the Best Western Sterling Inn and Convention Center in Sterling Heights

October 21, 2010

Fertility 101

is a series of 3 classes with information on how physiology, nutrition, and environment can affect fertility. To register call 313.237.4679 or email nfp@aod.org.

Seating is limited so register early to secure a seat. Sherry Weddell is our keynote speaker for Saturday and Margie and Fr. Alex Kratz are the speakers for Friday evening.

On-line registration is available at www.aodwomensministry.org

The Women's Conference is an interactive gathering that will be especially helpful for those:

- Beginning high school, college or graduate school
- Considering religious life
- Seeking to integrate marriage, family life and parish /community service
- Entering or reverting back to the Catholic faith
- Returning to the marketplace after raising children
- Nearing the 'empty nest' phase or retirement

Please email topics, articles, questions, and suggestions to TLC at jndorsten@gmail.com



Cracking the Contraceptive Myths

On July 20, 2010 at Sacred Heart Major Seminary Dr. Janet Smith addressed doctors, priests, seminarians, educators and parents about the ways that contraception attacks a woman's fertility, and destroys the relationship of couples.

The birth control pill was seen as women's savior – liberating them from the “bondage of fertility”. Most women do not know how the pill affects their bodies.

In addition to suppressing a woman's natural hormone levels, the pill “affects how she responds to the world and how the world - especially males - responds to her”.

At some time during their lifetime 98% of women in the United States aged 15-44 have used some type of contraception. By age 40, 40% of women have been sterilized. Currently 62% of women use contraception: 19% use the Pill, 11% the condom, 3% Depo-Provera, 2.5% natural family planning, 17% of women and 6% of men choose to be sterilized.

Dr. Smith explained eight myths about the Pill.

- **Myth 1: The pill will help teenagers become more responsible.**

The fact is that by age 19 70% of girls are sexually active while 65% of boys are sexually active. These numbers have decreased since 1968, mostly because of Abstinence Based programs. There is a 48% failure for cohabiting teenagers using the pill. Teenagers using the condom have a 70% failure rate while middle-aged

married women have a 6% failure rate. Our culture has separated sex and having babies. Young girls believe that pregnancy occurs by accident! Women in their twenties have the highest number of unexpected pregnancies, not teens.

- **Myth 2: The pill will decrease the number of abortions.**

Numerous studies have verified that as contraceptive use increases so does the abortion rate. Of those seeking abortion 51% were using contraception; 49% had used contraception in the past, but not during the act that resulted in pregnancy.

- **Myth 3: The pill will improve couples' sex life because there is less fear of pregnancy.**

In the U.S.A. forty million couples do not want to divorce; yet, they live in a sexless marriage. One woman commented that, “Sex feels like work.” The pill decreases a woman's interest in sex. “Pink Viagra” pill is used to increase the woman's desire to engage in sex. Couples who change from the use of contraceptives to natural family planning tell of their improved sex life! Today, Evangelical Protestants are the largest group of people who are learning to use natural family planning.

- **Myth 4: The pill will liberate women.**

Forty percent of babies are born out of wedlock. Single moms are the largest group of people at the poverty level.

Pornography has skyrocketed since the invention of the pill. Those viewing pornography are not interested in sex with a real woman. Dr. Smith spoke of several different studies involving monkeys, models, pheromones, and T-shirts that showed how the pill changes the way a person chooses a mate. A woman's preferences for men change over the woman's cycle dependent on whether she is fertile or not. Men produce more testosterone when around women who ovulate.

- **Myth 5: The pill will make for happier marriages.**

Within the first ten years of marriage there is a 43% divorce rate.

- **Myth 6: The pill has no health risks.**

There are many health risks. Johnson and Johnson has paid 68.7 million dollars to settle hundreds of cases involving women who experienced side effects like blood clots, strokes, and heart attacks from the use of the pill. This is not advertised.

- **Myth 7: NFP doesn't work.**

Success of NFP depends on the motivation of the couple. A study of 19,840 women comprised of Muslims, Hindus, and Christians taught by Mother Teresa, resulted in a pregnancy rate near 0%.

- **Myth 8: Sex is just sex-what's the big deal.**

This is the biggest lie of all. Sex is for love making! Unmarried couples have sex.

Married couples make love. Contraceptive sex says that I want to have sex with you without commitment and without babies. Real sex is a language that says, “I want to make love with you, and bring up our children together with you.” That results in real bonding!

Dr. Smith cautions us to choose our words carefully. NFP couples don't just have sex – they make love! Words are powerful! Real sex is scary – it requires a lifetime relationship that is open to having children.

The Church teaches responsible parenthood. Pray and ask God if at this time in your life, a child would be an undue burden. There are many benefits of NFP other than pregnancy:

- No physical side effects
- Mutual sacrifice
- Self-mastery
- Better communication
- Stronger marriage

Dr. Smith also mentioned that in some circles the Pill is known as the “Divorce Pill”.

God is a healing God. Couples who repent, ask forgiveness and change their behavior, find grace flowing in their marriage as never before.

Couples who have not experienced sex without contraception have “no clue” about the power of sex as God intends it to be - a life giving act in the context of a committed relationship.

Patterns in our society show that most married couples who use NFP remain married for life!