Frequently Asked Questions

Much of what you’re looking for can be found by doing a Google search.  Try it.

I hope you find the following helpful. Some of the items might be out of date.  If you find more up-to-date or better sources, please email me that information: chairs.stl@shms.edu

**Where can I get your CDs?**

* I have a website [http://www.janetesmith.org](http://www.janetesmith.org/)
* My new series is available at [My Catholic Faith](http://www.mycatholicfaith.org/)
* My webpage has most of my published materials: [Published Articles](http://www.archdioceseofdetroit.org/SHMS/Faculty%2B5819/Janet%2BSmith%2B9260/Dr.%2BJanet%2BSmith%2B-%2BPublished%2BArticles.htm)

**You can find many good resources regarding contraception at [Human Life International America](http://www.hli.org/%22%20%5Ct%20%22_blank)**

* There are also many good Catholic sites that have great articles: Google "[contraception Catholic](http://www.google.com/search?q=contraception+Catholic&rls=com.microsoft:en-us&ie=UTF-8&oe=UTF-8&startIndex=&startPage=1)" or "[Humanae Vitae](http://www.google.com/search?q=Humanae+Vitae&rls=com.microsoft:en-us&ie=UTF-8&oe=UTF-8&startIndex=&startPage=1)"

**Where can I find statistics about marriage and divorce?**

* [Google "government statistics"](http://www.google.com/search?hl=en&q=government+statistics)
* [National Center for Health Statistics](http://www.cdc.gov/nchs/index.htm)
* [The Heritage Foundation](http://www.heritage.org/)
* [Family Research Council](http://www.frc.org/)
* [The Marriage Project](http://marriage.rutgers.edu/)
* [Focus on the Family](http://www.focusonthefamily.com/), especially the work of Glenn Stanton

**Where can I find good discussion about how contraception has harmed relationships and marriage?**

* I have a  talk [Hormones R' US](http://www.mycatholicfaith.org/)
* Dawn Eden, "[The Thrill of the Chaste](http://www.amazon.com/Thrill-Chaste-Finding-Fulfillment-Keeping/dp/084991311X/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213212026&sr=8-1)"
* Lionel Tiger, "[The Decline of Males](http://www.amazon.com/Decline-Males-First-Unexpected-World/dp/0312263112/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213212145&sr=1-1)"
* Jennifer Roback Morse, "[Smart Sex](http://www.amazon.com/Smart-Sex-Finding-Life-long-Hook-up/dp/1890626589/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213212258&sr=1-1)"
* Anonymous, "[Unprotected](http://www.amazon.com/Unprotected-Psychiatrist-Political-Correctness-Profession/dp/1595230254/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213212310&sr=1-1)"
* Francis Fukuyama, "[The Great Disruption](http://www.amazon.com/Great-Disruption-Nature-Reconstitution-Social/dp/0684865777/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213212391&sr=1-1)"
* Chris and Linda Padgett, "[Not Ready for Marriage, Not Ready for Sex: One Couple's Return to Chastity](http://www.amazon.com/Not-Ready-Marriage-Sex-Chastity/dp/0867167459/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213212466&sr=1-1)"
* Fletcher Doyle, "[Natural Family Planning Blessed Our Marriage: 19 True Stories](http://www.amazon.com/Natural-Family-Planning-Blessed-Marriage/dp/0867167602/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213212529&sr=1-1)"
* S. Joseph Tham, "[The Missing Cornerstone: Reasons Why Couples Choose Natural Family Planning](http://www.amazon.com/Missing-Cornerstone-Reasons-Planning-Marriage/dp/096516019X/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213212607&sr=1-1)"
* Robert E. Rector, Kirk A. Johnson, Ph.D., Lauren R. Noyes, Shannan Martin, ["Harmful Effects of Early Sexual Activity and Multiple Sexual Partners Amoung Women: A book of Charts"](http://www.heritage.org/Research/Abstinence/abstinence_charts.cfm)
* [The Heritage Foundation](http://www.heritage.org/) has lots of good material..
* The [Family Research Council](http://www.frc.org/) has lots of good material; I recommend the work of Patrick Fagan.

**Where can I find statistics about sexual behavior and unwed pregnancy?**

* [Google "unwed pregnancy"](http://www.google.com/search?hl=en&q=unwed+pregnancy&btnG=Search)
* "[Sexual Behavior and Select Health Measures: Men and Women 15-44 Years of age, United State, 2002](http://www.cdc.gov/nchs/data/ad/ad362.pdf)" by William D. Mosher, PhD., Anjani Chandra, Ph.D., and Jo Jones, Ph.D., Division of Vital Statistics.
* "[Changing Patterns of Nonmarital Childbearing in the United States](http://www.cdc.gov/nchs/data/databriefs/db18.htm)" by Stephanie J. Ventura, M.A., Division of Vital Statistics.
* "[Births: Preliminary Data for 2003](http://www.cdc.gov/nchs/data/nvsr/nvsr53/nvsr53_09.pdf)" by Brady E. Hamilton, Ph.D.; Joyce A Martin, M.P.H.; and Paul D. Sutton, Ph.D., Division of Vital Statistics (November 2004).
* "[Nonmarital Childbearing in the United States, 1940–99](http://www.cdc.gov/nchs/data/nvsr/nvsr48/nvs48_16.pdf%22%20%5Ct%20%22_blank)" by Stephanie J. Ventura, M.A., Division of Vital Statistics, National Center for Health Statistics, and Christine A. Bachrach, Ph.D., National Institute of Child Health and Human Development (October 18, 2000).

**Where can I find information about contraception and divorce?**

* [Robert T. Michael](http://www.google.com/search?q=robert+t+michael&rls=com.microsoft:en-us&ie=UTF-8&oe=UTF-8&startIndex=&startPage=1), "Why did the U.S. Divorce Rate Double Within a Decade?" Research in Population 6 (JAI Press, 1988) 361-399; see also his "Determinants of Divorce," Sociological Economics ed. by Louis Levy-Garboua (London: SAGE Publications, 1979) 223-254 and his "The Rise in Divorce Rates, 1960-1974: Age-specific Components", Demography 15:2 (May 1978) 177-182.
* Dr. Edward Peters, ["Contraception and Divorce: Insights from American Annulment Cases"](http://www.canonlaw.info/a_contraceptionanddivorce.htm)

**Where can I find good information on the bad social consequences of contraception?**

* W. Bradford Wilcox, "[The Facts of Life & Marriage: Social Science & the Vindication of Christian Moral Teaching](http://www.nfpoutreach.org/library/facts_life-marriage.htm)"
* Mary Eberstadt, ["The Vindication of Humanae Vitae," First Things, Aug/Sept, 2008](http://www.firstthings.com/article/2008/07/002-the-vindication-of-ihumanae-vitaei-28)

**Where can I find information about natural family planning?**

* [Natural Family Planning](http://www.bygpub.com/natural/natural-family-planning.htm)
* [Billings Ovulation Method](http://www.billings-ovulation-method.org.au/act/actindex.html)
* [Couple to Couple League](http://www.ccli.org/)
* [Family of the Americas](http://www.familyplanning.net/)
* [Pope Paul VI Institute](http://www.popepaulvi.com/)

**Where can I find information about natural family planning and divorce?**

* Aguilar, N. (1986). The new no-pill, no-risk birth control. New York: Macmillan.
* Couple to couple league (2005). [Marital duration and natural family planning](http://www.ccli.org/nfp/divorce.shtml).
* Wilson, M. A. "[The use of natural family planning versus the use of artificial birth control: Family, sexual and moral issues.](http://www.familyplanning.net/CSSRPublishCOLOR.pdf)" *Catholic Social Science Review* 7 (2002)., 1-20. Available online but difficult to locate.

**Is it true that "grave reasons" are needed for use of natural family planning?**

* [Google "natural family planning" and "grave reasons"](http://www.google.com/search?hl=en&q=%22natural+family+planning%22+%22grave+reasons%22&btnG=Search)
* My talk on [The difference between NFP and contraception](http://www.mycatholicfaith.org/)
* See my article "[The Moral Use of NFP](http://www.archdioceseofdetroit.org/SHMS/Faculty%2B5819/Janet%2BSmith%2B9260/Dr.%2BJanet%2BSmith%2B-%2BPublished%2BArticles.htm)"

**Where can I find information about cohabitation and divorce?**

* [Google "cohabitation" and "divorce"](http://www.google.com/search?hl=en&q=cohabitation+divorce&btnG=Search)
* [Statement by the Pennsylvania Bishops](http://www.pacatholic.org/statements/livingtogether.html)
* "[Cohabitation, Marriage, Divorce, and Remarriage in the United States](http://www.cdc.gov/nchs/data/series/sr_23/sr23_022.pdf)" by Matthew D. Bramlett, Ph.D. and William D. Mosher, Ph.D., Division of Vital Statistics (2002).

**Where can I find information about the damage done by sterilization to marriages?**

* [One More Soul](http://www.omsoul.com/)
* [Couple to Couple League](http://www.ccli.org/)

**Where can I find information about world population?**

* "[World Population Prospects: The 2004 Revision](http://www.un.org/esa/population/publications/WPP2004/2004Highlights_finalrevised.pdf)" by the Department of Economic and Social Affairs Population Division, United Nations (2005).
* [Population Research Institute](http://www.pop.org/)

**Aren't Catholics supposed to follow their consciences?  If their conscience is ok with contraception, is it moral for them to contracept?**

* My talk on [Forming the Conscience](http://www.mycatholicfaith.org/)
* [Role of Conscience](http://www.godsplanforlife.org/Teachings/Role%20Of%20Conscience.htm) issued by the Canadian Bishops
* [*In Obedience to Christ*](http://www.catholic-pages.com/morality/hv-hli.asp) by Bishop Glennon P. Flavin

**Where can I find good information about advanced directives?**

* [International Euthanasia Task Force](http://www.iaetf.org/)
* [New Jersey Catholic Conference](http://www.njcathconf.com/Documents/AdvDirforHC.htm)

**Where did you get the "monkey story"?**

* [*The Decline of Males: The First Look at an Unexpected New World for Men and Women*](http://www.amazon.com/Decline-Males-Unexpected-World-Women/dp/0312263112/sr%3D8-2/qid%3D1157824384/ref%3Dsr_1_2/104-2223816-1822346?ie=UTF8&s=books) by Lionel Tiger (Hit the search button and search for monkey and you will find some interesting stuff.  Much of it is worth reading.)

**Where did you get your information on the effect of chemical contraceptives and hormones on relationships?**

* [Google "contraception" and "libido"](http://www.google.com/search?hl=en&q=contraception+libido&btnG=Google+Search)
* [Beware Of The 'Divorce Pill'](http://broadcast.organicframework.com/p/HealthWatch-Beware-Of-The-Divorce-Pill___103%2C46426.html)
* "[Love is all about chemistry](http://www.economist.com/printedition/displayStory.cfm?Story_ID=2424049)" published in *The Economist*(February 12, 2004). [Subscription required]
* "[The magic of sexual attraction](http://news.bbc.co.uk/1/hi/health/236046.stm)" published by the BBC (December 16, 1998).
* [American Life League](http://www.all.org/)
* [Google "Natural Family Planning"](http://www.google.com/search?q=natural+family+planning&rls=com.microsoft:en-us&ie=UTF-8&oe=UTF-8&startIndex=&startPage=1)
* Lionel Tiger, [The Decline of Males](http://www.amazon.com/Decline-Males-First-Unexpected-World/dp/0312263112/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213212145&sr=1-1)
* Sherrill Sellman, [Hormone Heresy](http://www.amazon.com/Hormone-Heresy-Sherrill-Sellman/dp/B00175QF0Q/ref%3Dsr_1_2?ie=UTF8&s=books&qid=1213215139&sr=1-2)
* Therese L. Crenshaw, [The Alchemy of Love and Lust](http://www.amazon.com/Alchemy-Love-Lust-Theresa-Crenshaw/dp/0671004441/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213215094&sr=8-1)
* Anne Moir and David Jessel, [Brain Sex](http://www.amazon.com/Brain-Sex-Difference-Between-Women/dp/0385311834/ref%3Dsr_1_1?ie=UTF8&s=books&qid=1213215214&sr=1-1)

**Where can I get statistics on unwed pregnancy?**

* [Sources for Information on Teen Pregnancy](http://www.teenpregnancy.org/usa/statebystate.htm)
* [Teen Sex and Pregnancy, 1999](http://www.guttmacher.org/pubs/fb_ATSRH.html)
* [Why is Teenage Pregnancy Declining? The Roles of Abstinence, Sexual Activity and Contraceptive Use](http://www.guttmacher.org/pubs/or_teen_preg_decline.html)
* [See the work of Patrick Fagan for terrific charts and analysis](http://www.heritage.org/about/staff/PatrickFagan.cfm)

**Why is in vitro fertilization wrong?**

* [Google "in vitro fertilization" and "Catholic](http://www.google.com/search?hl=en&q=%E2%80%9Cin+vitro+fertilization%E2%80%9D+and+%E2%80%9CCatholic%E2%80%9D)["](http://www.lifeathletes.org/)
* Read *Donum Vitae* ([Google "Donum Vitae"](http://search.live.com/results.aspx?q=%22Donum+Vitae%22&src=IE-SearchBox))
* For help with infertility, [visit the Pope Paul VI Institute](http://www.popepaulvi.com/)

**Where can I find good information about homosexuality?**

* [National Association for Research and Therapy of Homosexuality](http://www.narth.com/)
* [Family Research Council](http://www.frc.org/)
* Catholic Medical Association: [Homosexuality and Hope](http://www.cathmed.org/issues_resources/publications/position_papers/homosexuality_and_hope/)
* [Courage](http://www.couragerc.net/)

**Where do I find information about the Catholic Church's teaching on homosexuality?**

* Consult the Catechism and documents cited in its footnotes
* My talk on [MyCatholicFaith](http://www.mycatholicfaith.org/%22%20%5Ct%20%22_blank)
* The Catholic Medical Association, [Homosexuality and Hope](http://www.catholiceducation.org/articles/homosexuality/ho0039.html)

**What sex education programs do you recommend?**

* [Chris Godfrey's "That's Where I Live"](http://www.lifeathletes.org/)
* [Coleen Kelly Mast's Sex Respect](http://www.sexrespect.com/)
* [Hanna Klaus' Teen Star](http://www.teenstar.org/)
* [Mary Beth Bonacci: Real Love](http://www.reallove.net/index2.asp?CID=1)
* [Romance with Regret (Compact Disc) by Jason and Crystalina Evert](http://shop.catholic.com/cgi-local/SoftCart.exe/online-store/scstore/p-CA012.html?E+scstore)
* [The Abstinence Clearing House](http://www.abstinence.net/)

**Where did you get your information about the statement of apology of the Philippine Bishops?**

* ["Love is Life" 1990](http://www.therosarium.ca/articles/filipinoretract.pdf)

**What evidence do you have that chemical contraceptives are carcinogenic?**

* Listen to a terrific talk by Dr. Angela LanFranchi: [“The Pill and Breast Cancer”](http://hliamerica.org/feed/)
* [Breast Cancer Prevention Institute](http://www.bcpinstitute.org/resources.htm)
* [Oral Contraceptives and Cancer Risk: Questions and Answers from the National Cancer Institute](http://www.cancer.gov/cancertopics/factsheet/Risk/oral-contraceptives)
* [IARC Monographs Programme Finds Combined Estrogen-progestogen Contraceptives and Menopausal Therapy Are Carcinogenic to Humans](http://www.iarc.fr/ENG/Press_Releases/pr167a.html#Vol91#Vol91). Press release from the International Agency for Research on Cancer (July 29, 2005).

**What evidence do you have that there is too much estrogen in the environment?**

* [Google "estrogen" and "environment"](http://www.google.com/search?hl=en&q=estrogen+environment)

**What percentage of Catholics use contraception?**

* See table #54 in: ["Fertility, Family Planning, and Reproductive Health of U.S.Women: Data From the 2002 National Survey of Family Growth"](http://www.cdc.gov/nchs/data/series/sr_23/sr23_025.pdf)

**What evidence do you have that contraceptives cause infertility?**

* [Google "contraceptives" and "infertility"](http://www.google.com/search?q=contraceptives+infertility&rls=com.microsoft:en-us&ie=UTF-8&oe=UTF-8&startIndex=&startPage=1)
* [Contraceptives and Fertility](http://infertility.suite101.com/article.cfm/contraceptives_and_fertility)

Contraception has led to much sex outside of marriage, which has led to large number of STIs, a major cause of infertility:

* [Milton S. Hershey Medical Center College of Medicine](http://www.hmc.psu.edu/healthinfo/i/infertility.htm)
* [Prevention of Infertility Source Document](http://www.protectyourfertility.org/docs/sti_infertility.pdf)

**Is it moral for a husband who is HIV positive to use a condom to avoid transmitting the HIV to his wife?**

* Janet E. Smith, "The Morality of Condom Use by HIV-Infected Spouses," The Thomist 70:1 (Jan 2006) 27-69.
* Most Reverend Anthony Fisher, ["Cooperation, Condoms, and HIV",](http://www.sydney.catholic.org.au/people/bishop_anthony_fisher/addresses/2008/2008109_954.shtml) 9 Oct 2008
* [Real Sex or Safe Sex](http://www.americanpapist.com/ncbq/RealSexVSafeSexControversyCOLatest.pdf)
* Edward C. Green and Allison Herling Ruark, [AIDS and the Churches: Getting the Story Right](http://www.firstthings.com/article.php3?id_article=6172), *First Things* (April 2008),

**Where do I find information on the patch and lawsuits?**

* [Google patch lawsuits](http://www.google.com/search?q=patch+lawsuits&rls=com.microsoft:en-us&ie=UTF-8&oe=UTF-8&startIndex=&startPage=1)
* [Business Standard](http://www.business-standard.com/india/storypage.php?autono=337041)

**Where can I find a good doctor to help with problems of infertility?**

* The Pope Paul VI Institute in Omaha, NE has a great program called [NaPro Technology](http://www.catholicinfertility.org/naprotechnology.html%22%20%5Ct%20%22_blank)

**Where can I find the article that Karol Wojtyla wrote in response to the reports issued by Paul VI's Special Commisssion on Birth Regulation?**

* Wojtyla, Karol. "Les fondements de la doctrine de l'eglise concernant les principes de la vie conjugale." *[Analecta Cracoviensia](http://www.google.com/search?q=Karol+Wojtyla+Analecta+Cracoviensia+1+1969&rls=com.microsoft:en-us&ie=UTF-8&oe=UTF-8&startIndex=&startPage=1" \t "_blank)*[1 (1969): 194-230.](http://www.google.com/search?q=Karol+Wojtyla+Analecta+Cracoviensia+1+1969&rls=com.microsoft:en-us&ie=UTF-8&oe=UTF-8&startIndex=&startPage=1" \t "_blank)
* A translation of this piece will soon appear in the theological journal *Nova et Vertera*.

**Where can I find good materials on the Theology of the Body?**

* [Google "Theology of the Body"](http://www.google.com/search?q=Theology+of+the+Body&rls=com.microsoft:en-us&ie=UTF-8&oe=UTF-8&startIndex=&startPage=1)
* [Christopher West's](http://www.christopherwest.com/) materials are superb.

**Where can I find a good therapist or marriage counselor in the Fort Wayne, San Diego, Cody, Wyoming area?**

* [Catholic therapists](http://www.catholictherapists.com/)
* [The Alexander House](http://www.thealexanderhouse.org/about.htm)

**Where do I find information about the Special Commission that advised Popo Paul VI on the question of birth control, before he wrote *Humanae Vitae*?**

* I cover this issue in the chapter of my book "[*Humanae Vitae*: A Generation Later](http://www.archdioceseofdetroit.org/SHMS/Faculty%2B5819/Janet%2BSmith%2B9260/Dr.%2BJanet%2BSmith%2B-%2BBooks.htm)".
* There are other books written that discuss this matter. One by Patty McClory, for instance. Do some research.

**I am a medical student and would like to attend a medical school that will form me in accord with Catholic teaching. Where should I go?**

I am so pleased you are so concerned to be a good Catholic doctor. I am sorry to say that I don't know which schools can assist you best in achieving that. I am afraid there may be none. I recommend you contact the following, they should have some ideas:

* [Catholic Medical Association](http://www.cathmed.org/)
* [National Catholic Bioethics Center](http://www.ncbcenter.org/NetCommunity/Page.aspx?pid=183)

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