

Health and Human Services Mandate

Many support the government mandate to make insurers pay for contraception, sterilization services and morning after pills but few understand the consequences. The Catholic Medical Association supports your right to know. None of these measures treat any disease but instead interfere with normal bodily processes. All of them have serious side effects. The pill can cause nausea, weight gain, sore or swollen breasts, mood changes,¹ an increased risk of blood clots, strokes, heart attacks,² breast and cervical cancer.³ Morning after pills can cause nausea, vomiting, diarrhea, abdominal pain, fatigue, headache, menstrual changes and dizziness.⁴ Fertility should not be treated as a disease with medicines and surgery, with serious side effects, and no one should be forced to pay for these services. To find out more, visit CathMed.org.

¹ Managing Adverse Effects of Hormonal Contraceptives

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⁴ Prescribing information for Plan B; Aug 2009, available at:

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