

Oral Contraception & Side Effects

The Catholic Medical Association supports your right to know. The birth control pill has been available for over 50 years. When it was released to market in 1960, it was thought to be the miracle drug that would free women's lives and improve family life. However, the Pill has major side effects for the woman such as weight gain, depression, stroke and heart attack¹. Modern methods of natural family planning are more than 95% effective and have no harmful effects on the woman or her marriage². To learn more about natural family planning, visit The Catholic Medical Association website, CathMed.org., supporting your right to know.

¹ YAZ Prescribing Information

(http://berlex.bayerhealthcare.com/html/products/pi/fhc/YAZ_PI.pdf?WT.mc_id=www.berlex.com)

² Marcos Are´valo, Victoria Jennings, Irit Sinai, Efficacy of a New Method of Family Planning: the Standard Days Method. *Contraception* 2002; 65:333-338

(http://www.irh.org/SDM_Implementation/pdfs/PNACQ416.pdf);

P. Frank-Herrmann, J. Heil, C. Gnoth, E. Toledo, S. Baur, C. Pyper, E. Jenetzky, T. Strowitzki and G. Freundl. The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behaviour during the fertile time: a prospective longitudinal study. *Human Reproduction* 2007, 22: Pp. 1310-1319 (<http://humrep.oxfordjournals.org/content/22/5/1310.long>).

Richard Fehring, Donna Lawrence, Connie Philpot. Use Effectiveness of the Creighton Model Ovulation Method of Natural Family Planning. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 1994, 23: 303-9 (<http://onlinelibrary.wiley.com/doi/10.1111/j.1552-6909.1994.tb01881.x/abstract>).