

Seasonale

Seasonale® is referred to as an “extended cycle” birth control pill. The only difference between Seasonale and regular birth control pills is that with Seasonale, each packet contains 91 pills instead of 28. The effect is that the reproductive process is suppressed for three months instead of one.

Seasonale pills use the same hormones in the same doses as many traditional birth control pills. Specifically, each pill contains levonorgestrel and ethinyl estradiol. Levonorgestrel is a synthetic progestin and ethinyl estradiol is a synthetic estrogen.

Seasonale has three ways of working:

1. It can prevent ovulation (the release of an egg from the ovary);
2. It can cause the mucus in the cervix to change so that if sperm reach the cervix, it is more difficult for them to enter;
3. It can thin the lining of the uterus so that if the first two actions fail and the woman does become pregnant, the tiny baby boy or girl will die before he or she can actually attach to the lining of the uterus. In other words, if the third action occurs, the woman’s body rejects the tiny baby and he or she will die. This is called a “chemical abortion.”

WARNING: You may be told that Seasonale cannot cause abortion, but that statement is based on the incorrect notion that pregnancy begins when the baby implants in the lining of the womb (about a week after his or her biological beginning). This is dishonest and scientifically false. Don't be misled.

Seasonale is not safe! If you are not using it, don't start. If you are already taking it, take out the patient package insert that should accompany the pills and read it completely.

Seasonale is NOT safe! Some of the potential side effects include:

- increased risk of breast cancer
- increased risk of cervical cancer
- unexpected and/or irregular bleeding
- increased weight gain
- mood swings
- acne
- breast tenderness

Researchers also report increased incidence of:

- pulmonary embolism
- blood clot
- stroke
- heart attack
- breast cancer

Seasonale also offers no protection against sexually transmitted diseases—including AIDS.