

The Pill

What is it?

The birth control pill is also known as an oral contraceptive. It is a pill taken by mouth daily. It is supposed to work by preventing the woman's body from becoming pregnant if she engages in sexual intercourse.

What is in the pill?

The birth control pill comes in many forms, from the progestin-only pill to combinations of progestin and estrogen. Progestins and the estrogen in the pill are artificial hormones designed to help a woman's body believe that it is pregnant month after month. All the vital organs in her body are affected by the constant use of this pill. It contains powerful steroids that constantly remain present in her body.

The pill's artificial hormones suppress the woman's production of normal progesterone and estrogen. This constant presence of powerful steroids is not healthy, and there are side effects when using the pill.

How does the pill work?

The birth control pill can work in one of three ways:

- It can prevent ovulation (releasing an egg from the ovary)
- It can cause the mucus in the cervix to change so that if sperm reach the cervix they are not allowed to enter, and
- It can irritate 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. Abortion is an act of direct killing that takes the life of a tiny human being—a life that begins at fertilization.

Is the pill safe?

No! If you are not using the pill, don't start. If you are on the pill now, take out the patient package insert that should be with the pills and read it. If you are not using the pill, don't start. If you are on the pill now, take out the patient package insert that should be with the pills and read it.

Here are some of the side effects:

- bacterial infections (because the pill weakens the immune system.)
- more susceptible to the AIDS virus (HIV) because the pill weakens the immune system
- pelvic inflammatory disease—an infection of the fallopian tubes that can cause sickness or sterility
- infertility—unable to ever bear children
- cervical cancer

- ectopic pregnancy
- shrinking of the womb (endometrial atrophy)
- mood swings and depression
- breast cancer
- blood clots
- birth defects in children conceived while women are on the pill
- tender breasts
- stroke
- weight gain
- The pill also offers no protection against sexually transmitted diseases including AIDS.

What is my best option?

Some people may try to convince you that the pill is totally without risk. Don't believe it! Don't depend on the pill. It could be harmful to you. It could also kill your baby-without you knowing it. If you're single, abstinence is always your best choice. It isn't always easy, but it always works. By abstaining from sex, you eliminate the possibility of pregnancy and sexually transmitted disease.

If you are married, be faithful to your spouse, trusting in the Lord and His will. Be good to yourself. Don't take the pill.

Sources:

A Consumer's Guide to the Pill and Other Drugs, by pharmacist/researcher John Wilks.

Infant Homicides through Contraceptives, by pharmacist Bogomir Kuhar; 2nd edition, 1995.

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