

**Informed Consent is a basic principle of medical care.** Women deserve to be properly informed of the risks of contraception and all the alternative methods.

<b>Contraception</b>	<b>Fertility Awareness Based Methods (FABMs)</b>
Effectiveness - Typical Use Failure Rates <sup>1</sup>	
Pill/Patch/Vaginal Ring - 7%	DOT™ Fertility App - 5%
	Natural Cycles - 8%
[Condom - 13%; Diaphragm - 17%]	A large study in India <sup>2</sup> showed <0.2% unintended pregnancy rate.
Risks	
Blood clots, which can cause strokes <sup>3</sup>	No chemicals, no health risks.
Increased risk of contracting AIDs <sup>4</sup>	
Increased risk of breast <sup>5</sup> , liver <sup>6</sup> , cervical <sup>7</sup> cancer and melanoma <sup>8</sup> Women in their 30's are getting breast cancer <sup>9</sup>	Many women prefer natural alternatives to using drugs.
Side Effects	
Can include loss of libido, mood changes, weight gain, and headaches. <sup>10</sup>	No chemicals, no side effects.
Effect of Political and Economic Issues	
“Political correctness” has prevented appropriate news coverage of the link to breast cancer. <sup>9</sup> In 2002, the media informed women that a study had shown hormone replacement therapy to be dangerous, and millions of women stopped taking it. Multiple studies have shown the pill to be dangerous, but the media has been silent.	<u>Lack of profit to be made</u> has limited the attention paid to these methods. While church groups support these methods, they are <u>solidly based on science</u> .

For a free, 4-page guide to FABMs, written by three MDs, go to [www.naturalwomanhood.org/share](http://www.naturalwomanhood.org/share)

**Informed consent is also important for abortion**, but abortion facilities only sell abortions. Staff may be under pressure to meet a quota. **Please refer patients to Option Line** – [www.optionline.org](http://www.optionline.org), or **800-712-HELP**. Staff available 24/7, English and Spanish. Can listen immediately and then refer to a local pregnancy center.

1. Contraceptive Technology 20<sup>th</sup> Edition, cited at <https://www.dottheapp.com/single-post/2019/05/20/why-real-world-contraceptive-effectiveness-matters>
2. Ryder RE. “Natural Family Planning”: Effective birth control supported by the Catholic Church. BMJ. 1993;307:723-726
3. NEJM 2001; 345:1787-93: For women who have never smoked, do not have diabetes or hypertension, the Pill still doubles the risk of heart attack. Those who smoke have 12 times the risk of heart attack.  
JAMA July 5, 2000; 284: 72-78: Women on the Pill have over twice the risk for stroke.
4. Journal of Acquired Immune Deficiency Syndrome 1999; May 1 21 (1): 51-58.
5. *Cancer Epidemiol Biomarkers Prev* 2009;18(4):1157-65
6. IARC 2007 Monograph 91. (liver cancer)
7. *Lancet* 2002; Mar 30; 359(9312):1085-92.
8. <https://naturalwomanhood.org/the-surprising-link-between-birth-control-and-skin-cancer/>  
This article cites several articles about studies showing this link.
9. <https://legatus.org/oral-deception/>
10. <https://www.medicalnewstoday.com/articles/290196.php>