

**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.

Obtaining Informed Consent on Contraception: Risks and Alternatives	
Contraception [may also be abortifacient] <sup>1</sup>	Fertility Awareness Based Methods (FABMs)
Effectiveness - Typical Use Failure Rates <sup>2</sup>	
Pill/Patch/Vaginal Ring - 7%	DOT™ Fertility App - 5%
	Natural Cycles - 8%
[Condom - 13%; Diaphragm - 17%]	A large study in India <sup>3</sup> showed <0.2% unintended pregnancy rate.
Risks	
Blood clots, which can cause strokes <sup>4</sup>	No chemicals, no health risks.  Many women prefer natural alternatives to using drugs.
Increased risk of contracting AIDs <sup>5</sup>	
Increased risk of cancers Breast <sup>6</sup> , liver <sup>7</sup> , cervical <sup>8</sup> cancer and melanoma <sup>9</sup> Breast cancer in women < 40 has been increasing for 30 yrs. <sup>10</sup>	
Side Effects	
loss of libido, mood changes, weight gain, and headaches. <sup>11</sup>	No chemicals, no side effects.
Effect of Political and Economic Issues	
The media has given only minimal coverage of the multiple studies showing the pill to be dangerous. “Political correctness” is probably a factor. 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> .

**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 or chat online immediately and then refer to a local pregnancy center. Business cards referring to the Option Line are available from Christian Voices for Life. Email [Marie@ChristianVoicesforLife.org](mailto:Marie@ChristianVoicesforLife.org)

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- Ryder RE. “Natural Family Planning”: Effective birth control supported by the Catholic Church. BMJ. 1993;307:723-726
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