

**Informed Consent is a basic principle of medical care.** Women deserve to be properly informed of the risks of contraception and alternative methods of family planning. **They also deserve to know of the possibility that a child may be conceived and then prevented from implanting.**

The reasonable patient standard is based on what an average patient would need to know in order to make an informed consent. The fact that risks include proven severe cardiovascular risks of pulmonary embolism and stroke, the risk of sexually transmitted diseases (STDs), and increased risk of cancer of the breast, cervix, and liver, argues in favor of a requirement for explicit informed consent rather than simple or implied consent. (1)

Informed Consent on Hormonal Contraception: Risks and Alternatives	
Hormonal Contraception [may also be abortifacient] <sup>2</sup>	Fertility Awareness Based Methods (FABMs)
Effectiveness - Typical Use Failure Rates <sup>3</sup>	
Pill/Patch/Vaginal Ring - 7%	DOT™ Fertility App - 5%
	Natural Cycles - 8%
[non-hormonal methods: Condom - 13%; Diaphragm - 17%]	Three different FABMs showed 0.3 – 0.5% perfect use. <sup>4</sup>
Risks	
<b>Blood clots, which can cause strokes<sup>5</sup></b>	No chemicals, no health risks.  Many women prefer natural alternatives to using drugs.
Increased risk of contracting <b>AIDs<sup>6</sup></b>	
Increased risk of <b>cancers</b> Breast <sup>7</sup> , liver <sup>8</sup> , cervical <sup>9</sup> cancer and melanoma <sup>10</sup> <b>Breast cancer in women &lt; 40 has been increasing for 30 yrs.<sup>11</sup></b>	
Increased risk of depression <sup>12,13</sup> and auto-immune diseases <sup>14,15</sup>	
Side Effects	
loss of libido, mood changes, weight gain, and headaches. <sup>16</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 and have been known to deliberately deceive patients in order to do so.<sup>17</sup> Staff may be under pressure to meet a quota.<sup>18</sup>

**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 Heritage House at [www.hh76.com](http://www.hh76.com).

## References:

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16. <https://www.medicalnewstoday.com/articles/290196.php>
17. <https://www.liveaction.org/what-we-do/investigations/medical-misinformation/>
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