



Christian Voices for Life
Weekly Pro-Life
Education
Prayer
Action

Oral Contraceptives linked to Autoimmune Disease



Education: It is well known that oral contraceptives increase the risk of blood clots (and therefore heart attacks and stroke) and breast cancer.(1) More recently, it has been shown that women using hormonal contraceptives, especially teenagers, have a great risk of depression and suicide.(2) Now we are also discovering that birth control pills also are involved in the development of autoimmune diseases.(3)

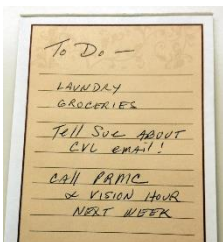
Natural estrogen plays a role in the normal immune response by attaching to receptors on T-cells, triggering them to attack an invader. But synthetic estrogens used in oral contraceptives are many times more potent than natural estrogen, but do not contain the code to direct the T-cells where to attack. Since the introduction of the Pill, the incidence of autoimmune diseases has not only risen dramatically, but has become much more skewed toward female victims. In 1940, twice as many women than men were diagnosed with Multiple Sclerosis (MS), but by 2000 the ratio of women to men was 4 times.(4) When comparing women taking birth control to those not taking oral contraceptives, the women on the pill were more likely to develop MS or Lupus, and up to 3 times more likely to develop Crohn's disease. (1)

Autoimmune diseases arise in individuals who are genetically predisposed to the problem, but many, many people in the U.S. are pre-disposed, since the collective incidence of autoimmune diseases is greater than heart disease or cancer. And not all those who are pre-disposed will develop a disease. Among identical twins, only 24% of the time do both twins develop a disease, showing that environmental triggers are an important part of determining who will be a victim.

1. "Birth Control Pills Not Safe!" CVL weekly email, <https://christianvoicesforlife.org/documents/2019/5/Birth-Control-Pills-NOT-SAFE-with-refs.pdf>
2. "Contraception in Teens can Lead to Adult Depression" CVL weekly email, <https://christianvoicesforlife.org/documents/2021/7/Contraception-teens-lead-to-adult-depression.pdf>
3. <https://naturalwomanhood.org/topic/birth-control-side-effects/autoimmune/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4109189/>



Prayer: Dear Jesus, Please help women to be informed about all the serious health risks of contraceptives. Raise up media personnel who are willing to ruffle feathers to publicize the danger. Please help doctors to be informed themselves of both the risks of contraceptives and the effective alternative of fertility awareness based methods such as Natural Family Planning. Help all women to understand your plan for sexuality, to be an expression of committed love within marriage, open to the creation of life. Help married couples to learn about the natural way to manage the size of their family with Natural Family Planning.



Action: Spread the word to young women you know who may be on the pill. Encourage your church or ladies group to sponsor classes on Natural Family Planning for married couples, as well as to promote abstinence among singles. Ask your doctors if they are informing their patients of the risks of hormonal contraceptives as well as the nature of those products to sometimes end a life already conceived. Brochures and presentations outlining the various physical risks of contraception are available [here](#).