



## Christian Voices for Life

### Weekly Pro-Life

### Education

### Prayer

### Action

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## Risks of Over-the-Counter Birth Control

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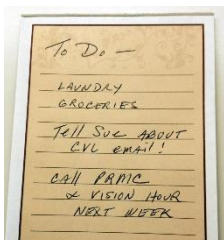
**Education:** Although many doctors think birth control pills are safe, there are well-documented risks associated with them. (1) One version of the pill, referred to as the “mini-pill” (or Progestin-only pill) eliminates some of the side effects caused by estrogen, such as blood clots and stroke, but it still increases the risk of breast cancer. It still works to prevent pregnancy by thickening the cervical mucus to inhibit the sperm from reaching the egg, and thins the lining of the uterus, to prevent implantation of any newly fertilized egg. It may prevent ovulation, but about 40% of women on the mini pill will still ovulate. It must be taken every day at the same time to be effective. (2)

On July 13, 2023, the FDA approved the mini-pill Opill for distribution in the United States without a prescription. Opill has not been marketed in the U.S. since 2005 and will likely become available OTC in early 2024. (2) In spite of numerous concerns about how Perrigo, the manufacturer of the drug, had studied its effectiveness, the panel of health advisors voted unanimously in favor of FDA approval, stating that it was important for adolescents to have effective birth control over the counter. (2) While the mini-pill may be more effective than condoms, it can definitely be considered less effective than the combination pills that still require a prescription, especially for adolescents who are less likely to take the pills at the same time every day. Teens who feel safe from pregnancy are more likely to be sexually active, and therefore may be more likely to get pregnant than if the pills were not available to them.

1. [www.ChristianVoicesforLife.org/documents/2019/5/Birth-Control-Pills-NOT-SAFE-with-refs.pdf](http://www.ChristianVoicesforLife.org/documents/2019/5/Birth-Control-Pills-NOT-SAFE-with-refs.pdf)
2. <https://pregnancyhelpnews.com/fda-approves-first-over-the-counter-chemical-contraception-pill>



**Prayer:** Dear Jesus, please help all women to be informed about the serious health risks of all hormonal contraceptives. Help parents to teach their children to understand the value of God’s plan for sexual expression within marriage, and to resist the world’s message that sexual activity is normal among any consenting adults. 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 on the dangers of birth control pills to young women you know who may be considering them, or are already on the pill. Encourage your church or ladies’ group to sponsor classes on Natural Family Planning for married couples, as well as promoting 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](#), and a flyer for doctors is [here](#).