



Christian Voices for Life

Weekly Pro-Life

Education

Prayer

Action

Serious Risks of IUDs



Education: IUDs (intra uterine devices) have been used for contraception for decades. There are two basic types: those containing copper, and those containing progestin hormones. Copper acts as a spermicide. It can also kill bacteria and fungus, but when an infection is present, more copper is drawn from the IUD to fight the infection. That in turn can cause copper toxicity for the woman, with symptoms such as fatigue, nausea, depression, and more. Excess copper can also affect the thyroid gland, which in

turn affects a wide variety of body systems. (1)

IUDs containing progestin do not have as much risk of blood clots as oral contraceptives containing estrogen, but still have other side effects similar to the pill, such as headaches, nausea, and weight gain. More serious side effects include depression and anxiety, increased risk of ectopic pregnancy, and migration of the IUD outside the uterus. (2) Both types of IUDs can cause heavier periods and spotting between periods, and in some cases continuous bleeding. (3) Both IUDs and oral contraceptives can sometimes be abortifacient as well as preventing fertilization.

The insertion process can range from mildly uncomfortable to exceedingly painful. The risk of the IUD perforating the uterus is low, but it increases significantly if the insertion is done shortly after giving birth. (4)

While an IUD may seem like a simple way to prevent pregnancy, putting a foreign object in your body does present risks. Whether the object contains copper or hormones, a wide variety of side effects may result.

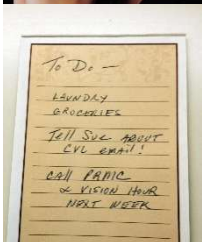
Avoiding pregnancy can be done naturally with no side effects by becoming aware of which days of your cycle you are fertile, and avoiding intercourse on those days. See

<https://naturalwomanhood.org/topic/fertility-awareness-methods/> for more information.

1. <https://iudalert.com/copper-iud/>
2. <https://iudalert.com/hormonal-iuds/>
3. <https://naturalwomanhood.org/continuous-bleeding-iud/>
4. <https://newsroom.uw.edu/news-releases/iud-perforation-rare-women-should-still-know-about-it>



Prayer: Dear Lord, please have mercy on all women who are sexually active without being open to pregnancy. Help them to understand your beautiful plan for sexual activity within marriage. If they do use oral contraceptives or IUDs, let them become aware of both the serious health dangers associated with these products and the alternative of fertility-awareness-based methods of avoiding pregnancy.



Action: Spread the word to young women you know who may be using a contraceptive. 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 and IUDs as well as the nature of those products to sometimes end a life already conceived. Information and articles about the various physical risks of contraception are available at:

[\(https://naturalwomanhood.org/topic/birth-control-side-effects/](https://naturalwomanhood.org/topic/birth-control-side-effects/)