

diabetes. Therefore, it is best to treat these diseases, as early as possible and with treatment to correct and cure the disease.

IS THE PILL AN ABORTIFACIENT?

- ◆ Breakthrough ovulation occurs on the birth control pill at least 1-6% of the time.
- ◆ The BCP affects the inner lining of the uterus making it hostile for implantation, therefore if conception does occur with use of the birth control pill this can lead to an early abortion.

ALTERNATIVES TO USING THE BIRTH CONTROL PILL

A new medical science has been developed that allows us to not only have a viable alternative to the birth control pill, but a better approach to treating the disorders of the reproductive system. This new educational technology developed by Dr. Thomas Hilgers, MD at The Pope Paul VI Institute has allowed women to "unlock the mysteries of the menstrual cycle". **NaProTECH-NOLOGY** allows women to monitor and maintain their procreative and gynecological health. It has been in development for over 20 years and continues to challenge medical science to demand better care of women and the diseases that affect their fertility.

It begins by having women chart their cycles using a standardized system of fertility regulation. By simply observing various biological markers in a woman's menstrual cycle we can begin to understand the normal and abnormal function of the reproductive system. Then by using these charts to systematically do a thorough evaluation and diagnosis of the women's health we can offer a treatment plan that works cooperatively with the women's body and is free of the harmful side effects of synthetic hormones.

NaProTECHNOLOGY while not only being cooperative with the menstrual and fertility cycles is morally acceptable to people of all faiths. It maintains the dignity and self worth of women, it values and supports the foundations of marriage and fosters and respects the immeasurable value of life from its earliest stages.

Teresa Kenney, MSN, APRN, FCPMC received a Bachelors of Science in Nursing at Briar Cliff College and a Masters of Science in Nursing at the University of Nebraska Medical Center College of Nursing. She is a certified Women's Health Nurse Practitioner employed part time at the Pope Paul VI Institute. She is a NaProTECHNOLOGY Medical Consultant and also teaches the CREIGHTON MODEL FertilityCare™ System. She is a member of the American Academy of FertilityCare Professionals and the Nebraska Nurse

©2005, Pope Paul VI Institute
Press, Omaha, Nebraska

The symbol on the front cover symbolizes the creation of a new human person. It represents the equation 1 + 1 + 1 = 1. A man, a woman and God all come together to create the new child.

FOR MORE INFORMATION,
PLEASE CONTACT:

www.popepaulvi.com

**THE
BIRTH CONTROL
PILL:
Why are Doctors
Using it as a Primary
Treatment for
Women's Health?**



**A
PATIENT
INFORMATION
BROCHURE**

Teresa Kenney, MSN, APRN, FCPMC

P-BR-91-04

THE BIRTH CONTROL PILL!

Why are Doctors Using it as a Primary Treatment for Women's Health?

Did you ever wonder why when you visit your doctor and start talking about your period you end up with a prescription for the birth control pill by the end of the appointment? You have legitimate symptoms of pain, irregularity, unusual or heavy bleeding, or PMS and yet the doctor isn't able to tell you what is wrong with you. Instead he/she offers you an easy solution taking a pill daily that will help alleviate your medical symptoms.

The truth is that since the birth control pill was developed in the 1960s we have done little to advance in the area of women's health when it comes to these issues.

WHAT IS THE BIRTH CONTROL PILL?

The birth control pill is comprised of two hormones: an artificial substitute for estrogen, and progesterone. These hormones work to suppress the women's reproductive system in order to suppress her fertility.

There are three main ways in which the birth control pill works to prevent pregnancy.

1. The pill acts to suppress the pituitary hormones (FSH and LH) that regulate ovulation. Therefore the pill suppresses ovulation or stops the release of the egg preventing conception the majority of the time.

2. It alters the production and characteristics of cervical mucus not allowing sperm to be able to penetrate the cervix.
3. It alters the lining of the uterus so if conception does occur it would be difficult for a new pregnancy to implant in the uterus.

SIDE EFFECTS OF THE PILL

Initial:

Nausea
Dizziness
Cyclic Weight Gain
Edema (swelling)
Breast fullness and tenderness
Breakthrough Bleeding

Serious:

Thromboembolic events (strokes and clots <smokers>)
Hypertension
Migraines/headaches
Depression
Hepatocellular adenoma (liver tumors)
Gallbladder disease acceleration

Other:

Acne
Hirsutism (excess hair growth)
Increased appetite
Pruitus (itching)
Carbohydrate intolerance

MEDICAL USES OF BIRTH CONTROL PILL

Painful periods
Irregular and anovulatory cycles (PCOD)
Acne
Ovarian cysts

Heavy menses
PMS
Abnormal uterine bleeding
Endometriosis

WHY IS THE PILL USED TO TREAT THESE MEDICAL PROBLEMS?

- ◆ The birth control pill suppresses the normal menstrual cycle that occurs in women. It creates an artificial cycle by giving hormones for 3 weeks and then withdrawing them for a week to create a withdrawal bleed. Because of its actions on the lining of uterus and the suppression of the natural hormone curves of the fertility cycle, it alleviates *the symptoms* of the medical diseases that affect the reproductive system. For example, the BCP thins the lining of the uterus over time; therefore, if you have heavy periods it will lessen the amount of bleeding.
- ◆ The disadvantage to using the Pill to treat these types of symptoms is that *it is not diagnosing or correcting the problem*. It is masking or suppressing the symptoms. You also have to deal with the annoying and harmful side effects that the BCP causes. More importantly, so many of these changes in the menstrual cycle have the ability to effect fertility long term. Therefore in order to have the best chance at preserving fertility and avoiding infertility it would be best to avoid the birth control pill as a solution to women's health problems.
- ◆ Another important fact to remember is that many of the diseases that affect fertility also have long term medical health consequences. For example, the disease polycystic ovarian disease can lead to increased risks of breast cancer, uterine cancer, heart disease and