very homoygous (similar genetically), such as those that result from close relatives intermarrying, are known to result in children that are less healthy.

Cumulatively, these effects could have real impact on the quality of spousal relationships. It is not unreasonable to suspect that such effects could also influence rates of intimate partner violence. This is the most common cause of nonfatal injury among women and accounts for more than a third of women murdered in the United States.(14)

These effects impact the quality of spousal relationships and no doubt are a reason for the fact the greatest cause of death of pregnant women is homicide.

Conversely, studies have shown that women off the Pill are rated more attractive by men.(15)

THE PROBLEM IS HUGE

Over 61 million women are on the Pill.

• There are approximately 75 million women of reproductive age (15–45 years old) in the US.
• 82% of these women take the Pill.

Women on the Pill are more likely to have an MI, a CVA, a PE; get breast, cervical or liver cancers; get HIV and HPV infections; and die a violent death.

Is this what we want for young women?

The Pill kills!
What is "the Pill"?

When women refer to “The Pill,” they usually are referring to estrogen-progestin combination birth control pills (oral contraceptives) that are taken daily from a monthly packet.

This brochure concerns estrogen-progestin combination drugs and their adverse effects on women’s health. These drugs can also be given using vaginal rings or skin patches which contain the same hormones as the Pill.

There are also progestin-only contraceptives that are linked to breast cancer; for instance, the “mini-pill” and the Depo-Provera injection. There is a progestin-only IUD called the Mirena.

The Pill makes your blood clot

- Blood clots can form in the heart, the brain, or travel to the lungs from the legs.
- Blood clots in a heart artery cause a heart attack (MI).
- Blood clots in a brain artery cause a stroke (CVA).
- Blood clots in your leg veins cause a deep venous thrombosis (DVT). These blood clots can break off from the legs and go to the lungs causing a fatal pulmonary embolism (PE) and are known as venous thromboembolisms (VTE).
- Women with heredity conditions that cause clotting (example: deficiencies in protein C & S, antithrombin III, or Factor V Leiden) cause even higher rates of clotting.

MI: There is twice the risk of heart attack

- Women with no conventional risk factors (hypertension, hypercholesterolemia, diabetes, or smoking) who used the Pill had twice the risk of heart attack. The duration of the Pill use did not matter.(1)
- Among women who had used the Pill, the risk of MI was highest among:
  - Those with hypertension had 5 times the risk.
  - Those who smoked had over 12 times the risk.
  - Those who had diabetes had 16 times the risk.
  - Those who had high cholesterol had 23 times the risk.

CVA: There is over twice the risk of stroke in women on the Pill

By a meta-analysis which combined the results of 16 studies, there is near 3 times the risk of ischemic stroke in women who used the Pill. The risk is even higher with other risk factors. But for women who take birth control pills and smoke, have high blood pressure or have a history of migraine headaches, the stroke risk is significantly higher.(2)

VTE: There is two to three times the risk of lung blood clots in women on the Pill

- The Pill increases the risk of blood clots in the deep veins of women’s legs (DVT). If the blood clots in the legs break off (VTE) and lodge in the lungs, a pulmonary embolism (PE), can lead to death if the PE is large.
- By study, oral contraceptives increase the risk of deep venous thrombosis 5 times.(3)
- Pulmonary embolism in women who use the Pill for less than a year was tripled compared to women who did not use the Pill.
- The risk of pulmonary embolism decreased with decreasing doses of estrogen in the Pill.
- Pulmonary embolism increased dramatically by 60-80% if the Pill had androgenic progestins, as found in Yaz and Yasmin.; such as desogestrel, gestodene, drospirenone, and cyproterone.(4)
- The Ortho-Evra patch used for contraception causes clots higher than the rates with the Pill as the patch causes 60% higher estrogen levels than in the Pill users.
- A large 2010 medical study showed that women were more likely to die a violent death when the Pill had androgenic progestins.

The 3rd Way The Pill Kills

The Pill can cause breast cancer

- Since 1975, the risk of in-situ breast cancer has increased 400% in premenopausal women. Invasive cancers have increased 40% overall in the U.S.
- In 2000, the National Toxicology Advisory Panel put estrogen on its list of carcinogens. There are metabolites of estrogen which directly damages DNA causing mutations and cancer.
- In 2006, a meta-analysis in the Mayo Clinic Proceedings showed a 44% increase risk of breast cancer in women who took the Pill before having a child.(7)
- In 2007, the UN’s International Agency on Research of Cancer (IARC) reported in their Monograph 91 that estrogen-progestin combination drugs (the Pill) were a group 1 carcinogen for breast, cervical and liver cancers. Although the risk of uterine and ovarian cancers were lower on the pill, there is 4 times more breast cancer in women than uterine and ovarian cancers combined.(8)
- In 2009, Dolle showed a 320% increase risk of triple negative breast cancer in women on the Pill, which is the most difficult and deadly form of breast cancer to treat.(9)

The Pill can cause cervical cancer

The risk of cervical cancer increases after more than five years on the Pill.
- Women who use the Pill for five to nine years have twice the risk of cervical cancer.
- Women who use the Pill for 10 years or more have more than a three times risk of cervical cancer.(10)

The Pill can cause liver cancer

Primary liver cancer (hepatocellular carcinoma) is rare in developed countries and the pill increases its risk over 50% in women.(8)
- A meta-analysis of 12 studies showed the Pill increased liver cancer 50%. Six studies showed the longer the Pill is used, the higher the risk.
- The pill also increases the risk of benign tumors, hepatic adenomas and focal nodular hyperplasia (FNH) of the liver.

HOW THE PILL KILLS

The 4 Ways the Pill Kills

1. They cause your blood to clot
   These clots can form in your heart, brain, and travel to your lungs from the legs.

2. They make it easier to get potentially lethal infections
   The Pill increases your risk of human papilloma virus (HPV) and human immunodeficiency virus (HIV)

3. They cause cancer
   The Pill is a known group 1 carcinogen for breast, cervical and liver cancers according to the UN’s International Agency on Research of Cancer (IARC).

4. They make it more likely you will die a violent death
   A large 2010 medical study showed that women were more likely to die a violent death if they took The Pill. Medical studies from as early as the late 1980s documented the biological reasons for this.