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RISK FACTORS OF ORAL AND INJECTED CONTRACEPTIVES

GENERAL CONSIDERATIONS

- There are a variety of different oral and injected contraceptives available
- They consist of low-dose mixtures of synthetic estrogens and synthetic progestins, or sometimes just synthetic progestins
- These contraceptives work by suppressing the endocrine system and preventing ovulation
- The "Pill" is often given to "regulate" the female cycle. It does not regulate, it suppresses.
- By preventing ovulation, these drugs promote an increasing condition of estrogen dominance
- Injected contraceptives like Depo-Provera typically last for a 3 month period and may be related to increased side effects and increased likelihood of adverse reactions (*risk factors*)

SOME OF THE KNOWN RISK FACTORS OF ORAL AND INJECTED CONTRACEPTIVES

1. Triples the lifetime risk of breast cancer when taken before the age of 18.
2. Headaches and migraines
3. Insulin Resistance
4. Cervical dysplasia, ovarian cysts and infertility
5. For many women it will be an underlying cause of chronic fatigue / fibromyalgia
6. Gall bladder problems
7. Endocrine disorders
8. Mental and emotional side effects
9. Loss of libido
10. Anti-anxiety, anti-depressant, or sleeping pill usage
11. Birth defects and birth marks in offspring
12. Estrogen Dominance
13. Increased risk of high blood pressure
14. Increased risk of blood clots
15. Increased risk of stroke
16. Increased risk of heart attack
17. Increased risk of ovarian, breast and uterine cancer
18. Thyroid and liver problems and cancer
19. Reduced antioxidant levels, especially in the liver
20. Nutritional deficiencies, especially Folic Acid, B12, B6, other B complex vitamins, Magnesium, Manganese, Zinc, and Vitamin A
21. Interferes with copper in the body, eventually causing copper toxicity
22. Interferes with steroid hormones balance
23. Immune dysfunction and autoimmune disease

OTHER OPTIONS FOR CONTRACEPTION:

For both natural birth control and fertility awareness, see ***Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control and Pregnancy Achievement***, by Toni Weschler MPH. This outlines the Fertility Awareness Method.

For descriptions and discussions of various forms of birth control, and alternatives to oral contraceptives, see ***Our Bodies, Ourselves for the New Century*** by The Boston Woman's Health Collective.