

# Contraception Myths and Facts

## Myths

**Pregnancy is 'natural' and therefore, safe.**

**The pill reduces a woman's fertility even after she stops using it.**

**The pill causes cancer.**

**The pill causes depression.**

**The pill causes weight gain.**

**The pill causes abortion.**

**Monthly bleeding is needed with the pill.**

**The pill should not be used by**

**Women who—**

**Smoke**

**Have diabetes**

**Are overweight or obese**

## Facts

- Worldwide, more than 340,000 women die each year from pregnancy and pregnancy-related causes.
- Another 1.5 million women are severely disabled each year by pregnancy and delivery.
- In the US, a woman's lifetime risk of dying from pregnancy and pregnancy-related causes is 1 in 2,100.
- The mortality rate associated with birth control pill use is 1 in 1,667,000.

The pill is rapidly and completely reversible.

The pill protects against ovarian and endometrial cancer.

The pill is no different than a placebo for depression.

Pill users have no greater weight gain than women taking placebo.

The pill reduces the need for abortion.

Monthly bleeding with the pill offers no health benefits but can cause physical suffering.

The pill can be used by

- Smokers under the age of 35
- Most diabetics
- Heavy or obese women

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