



CWF
CATHOLIC WOMEN'S
FORUM



Notre Dame
Center for Ethics
and Culture

THE #METOO MOMENT: SECOND THOUGHTS ON THE SEXUAL REVOLUTION

A timely conversation with distinguished experts in law, medicine, and psychology

A program of the Ethics and Public Policy Center
Co-sponsored by CIC and ADW

The Promise of The Pill and TRUE Female Empowerment

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Fertility Appreciation Collaborative to Teach the Science

The Promise: Prevent Unwanted Pregnancy

The Reality: Fails 1 – 20% of the time

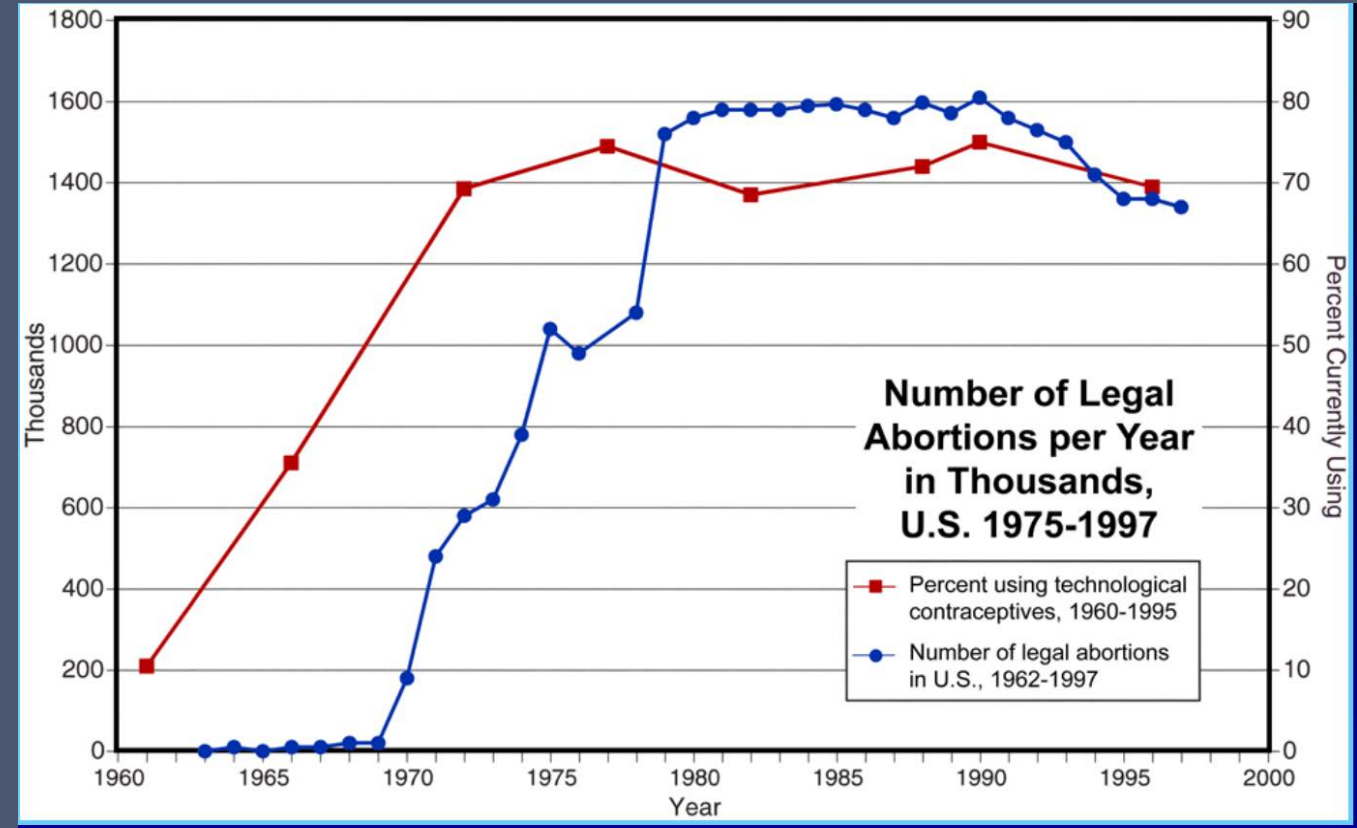
METHOD	PERFECT USE	TYPICAL USE	INCIDENCE	UNINTENDED PREGNANCY
IUD: ParaGard	0.6%	0.8%	3,884,000	31,072
Mirena	0.2%	0.2%		
Female Sterilization	0.5%	0.5%	9,443,000	47,215
Male Sterilization	0.10%	0.15%	3,084,000	4,626
Condom – male	2%	18%	5,739,000	1,033,020
Depo-Provera	0.2%	6%	1,697,000	101,820
Combined OCs & Minipills	0.3%	9%	9,720,000	874,800

2.1

million

The Promise: Reduce Abortions

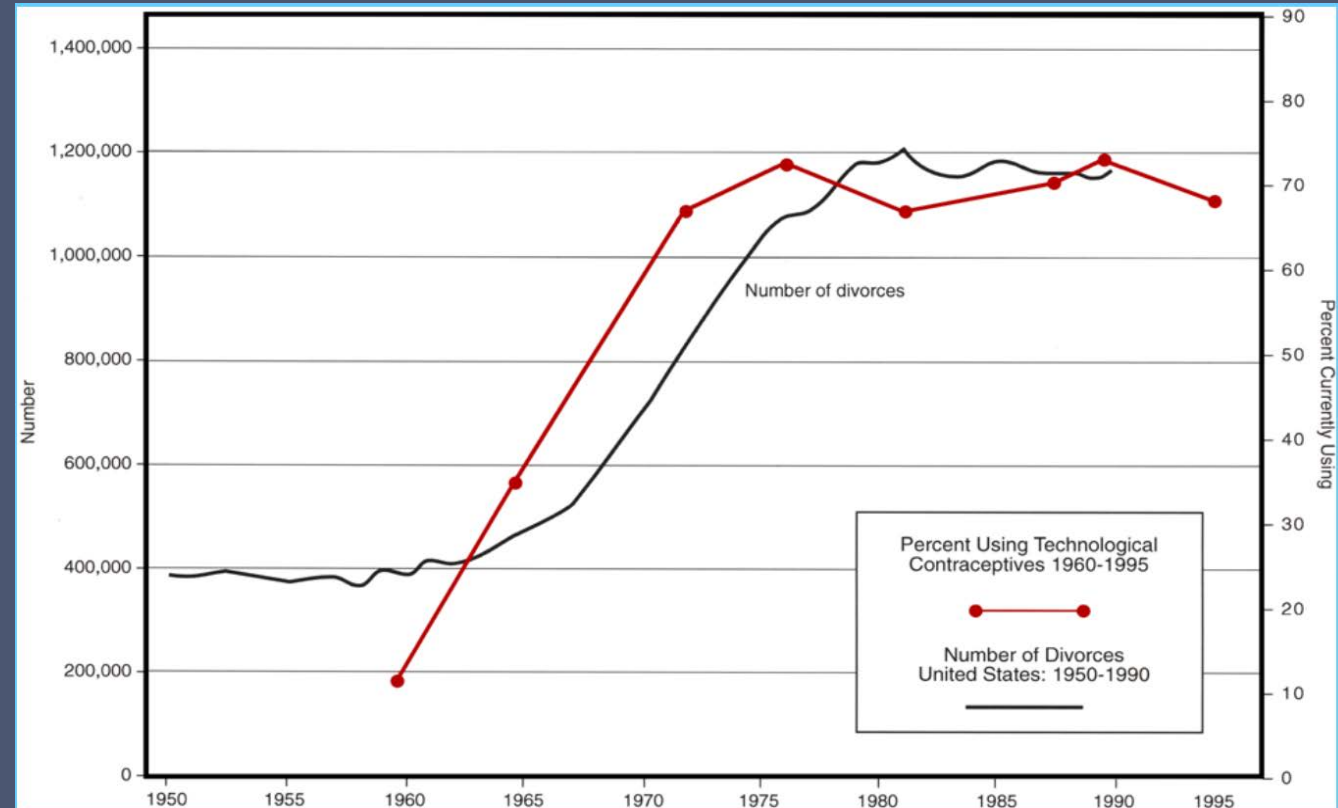
The Reality: Majority of abortions done in women on birth control



The number of legal abortions per year in the United States and the percentage of women age 15-44 using technological contraceptives, 1960-1995.

The Promise: Ensure happy marriages

The Reality: Divorce rates have skyrocketed

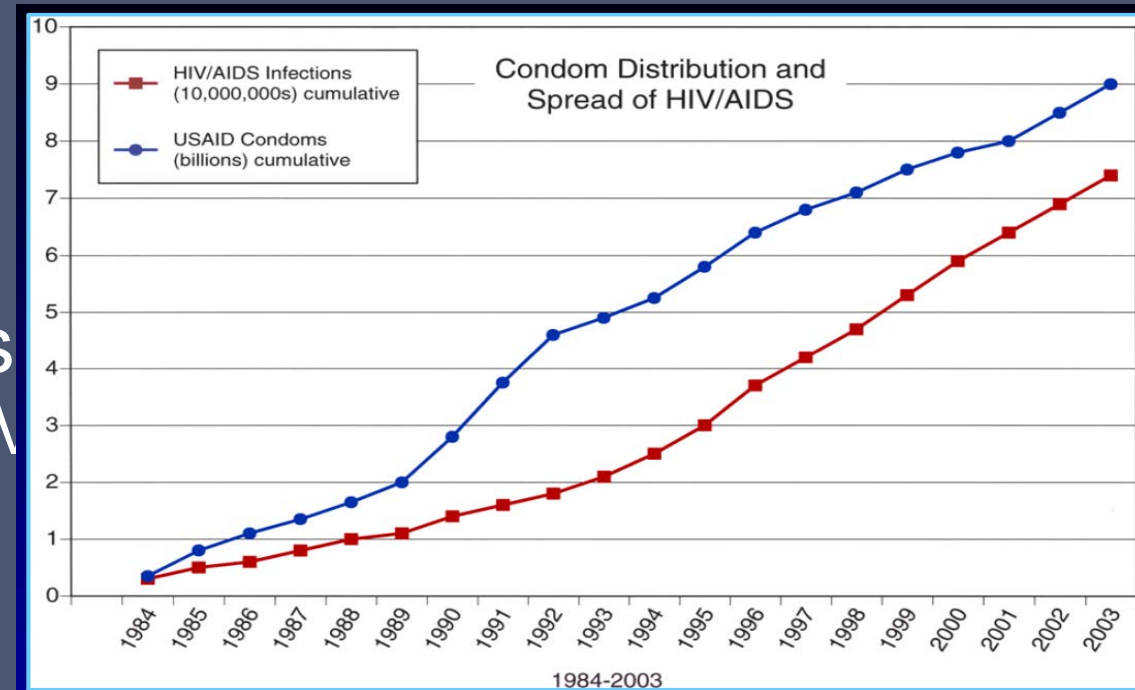


The percentage of women aged 15 to 45 using technological forms of contraceptives, 1960-1995, and the number of divorces in the United States, 1950-1990.

The Promise: Improve Women's Health

The Reality: Increase in Sexually Transmitted Diseases

- Prior to 1960 – only 2 STDs— gonorrhea and syphilis
- Now more than 25 different STDs HPV, chlamydia, herpes, Hep B, HIV
- Can lead to pelvic inflammatory disease, infertility & cancer



The global increase in HIV/AIDS infections compared to the number of condoms distributed abroad by the United States Agency for International Development (USAID).

The Promise: Improve Women's Health

The Reality: Associated with many medical side effects

Female health:

Breast Pain
Breakthrough
Bleeding/Spotting
No menses
Heavy periods
Changes in
Decreased
Ovarian Cyst
Vaginal Yeast Infection

Eyes, ears, nose, throat

URI / sore throat
Naso-pharyngitis
Sinusitis

Brain:

Headache/Migraine

Dizziness

Depression

Suicide
Sleep Disorder

Abdominal:

Abdominal Pain

Diarrhea

Cardiac Disorder

Aneurysm
Varicose Complaints

Skin:

Acne

Skin Impurities, Rash

Hair loss/hair changes

Lab Tests / Vitals:

Blood pressure
Cholesterol
Increased Blood Glucose

Other:

Back Ache
Diabetes Mellitus
Fatigue
Flu-like symptoms
Bladder Infection
Pyelonephritis

65% of women STOP using the pill due to adverse side effects

The Promise: Improve Women's Health

The Reality: Associated with increased health risks

Blood clots

Breast cancer

Heart attack

Cervical cancer

Stroke

Liver cancer

Promise of the Pill vs. Fertility Awareness Based Methods (FABMs)

- Pregnancy prevention
 - Reduce abortions
 - Ensure happy marriages
 - Improve women's health
 - Sexual freedom
- True & effective family planning
 - Education about the female cycle
 - Less than 1% divorce rate
 - Address infertility & health concerns
 - Men share responsibility

Different Approaches

Fertility Awareness

- Recognizes fertility as healthy
- Educates women about how their body works
- Natural methods with no adverse medical side effects
- Associated with improved sex life and lower divorce

Birth Control

- Treats fertility as a disease
- Suppresses / disrupts normal function of reproductive system
- Uses artificial hormones and has many medical side effects
- Associated with decreased libido and higher divorce rates

Why don't more women or couples use FABMs?

Marketing

Money

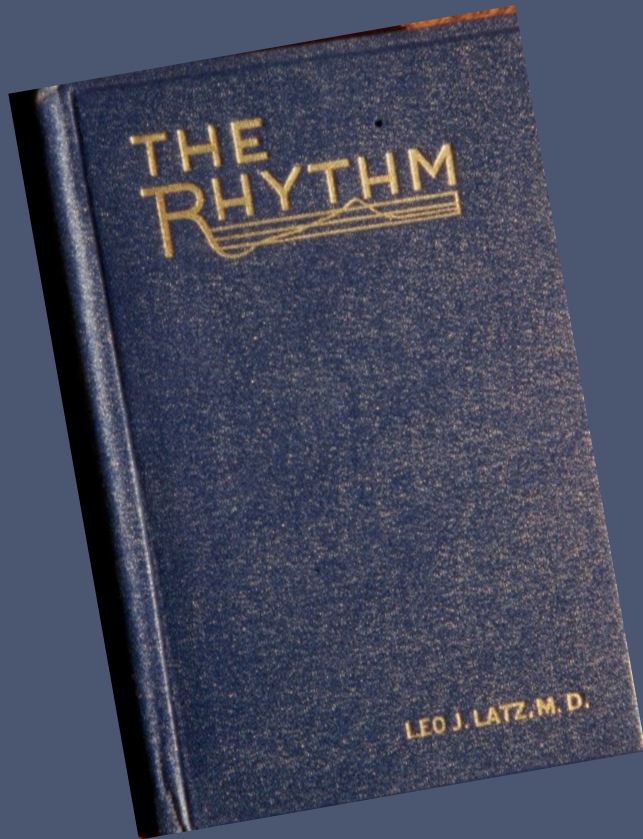


Birth Control

Information
= \$4
Education
Billion

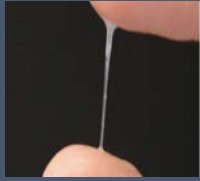


Modern FABMs or NFP are NOT:



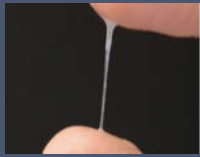
Modern FABMs

Types of FABMs



Cervical Fluid Methods

e.g., Billings, Creighton



Sympto-Thermal Methods

e.g., SymptoPro, CCL, Justisse



Sympto-Hormonal Methods

e.g., Marquette, FEMM



Standard Days Method

e.g., Cycle Beads

FABMs: True Family Planning

Healthy men are
almost always
FERTILE



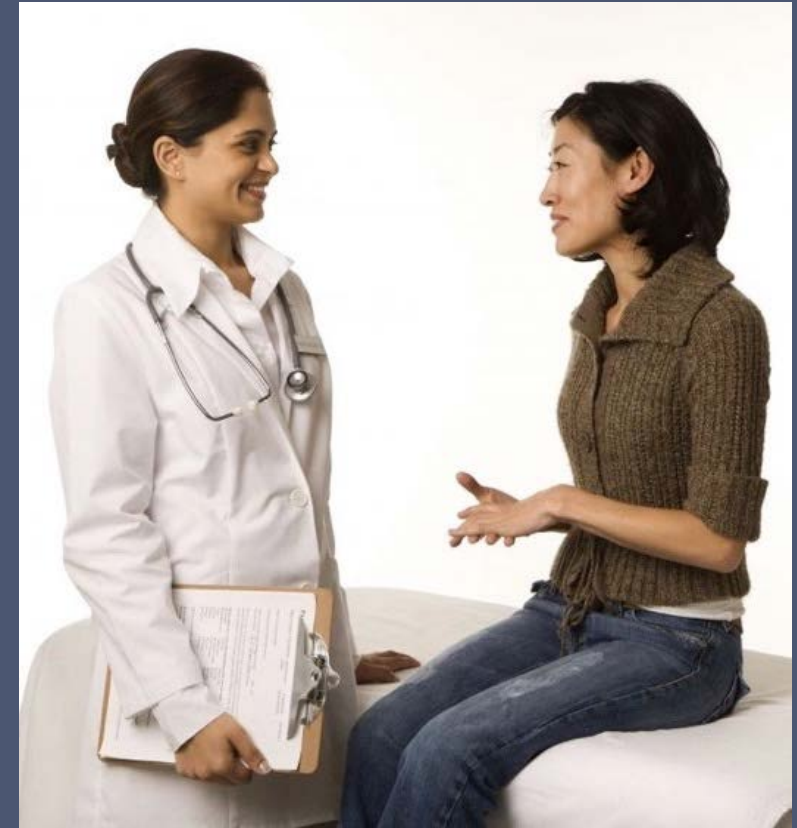
Healthy women are
almost always
INFERTILE



Fertile Window
3 - 6 days

FABMs: Restorative Women's Health Care

- Abnormal bleeding
- Infertility
- Irregular periods
- Miscarriage
- Painful periods
- Premenstrual Syndrome (PMS)
- Polycystic Ovarian Syndrome (PCOS)



FABMs:
Educate
Engage
EMPOWER



Thank you!

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