

Effects of Oral Contraceptives

Introduction

I choose this topic because it is something that I am highly interested in. Pregnancy and prenatal care has always intrigued me and this is in the same category. I love learning about pregnancy types of things because I can relate to it. I am also taking oral contraceptives so this subject was pertinent to me. I have spoken with my doctor but it is very interesting to see what other types of information is provided on the web.

Section 1: Background and Problem Statement

- **Web site #1:** National Cancer Institution (Score: 28)

Web address: www.cancer.gov/cancertopics/factsheet/risk/oral-contraceptives

- **Information:**
 - The site explains how oral contraceptives are linked to cancer. The National Cancer Institution goes through breast, ovarian, endometrial, cervical, and liver cancer risks while you are on or have ever taken the pill. The site then moves on to inform you of ways you can be screened for the types of cancer you are apt to forming on the pill.

- **Web site #2:** Teens Health (Score: 29)

- **Web address:** kidshealth.org/teen/sexual_health/contraceptives/contraception_birthing.html

- **Information:**
 - This web site covers all the basics and facts for birth control. It is essentially, if you will, birth control through dummies. The site walks you through the basics of the pill and lets you know what it is, how it works, how well it works and other basic topics among those. It is a great site to check out for the basics if you are considering taking this oral contraceptive.

- **Web site #3:** Centers for Disease Control and Prevention

(Score: 28)

- **Web address:**
<http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm>
- **Information:**
 - This site is rather helpful in more than looking at oral contraceptives. It lists many other ways than oral contraceptives and hormonal birth control but even intrauterine devices, barrier methods, abstinence, and permanent birth control. This is a great web page to visit to see all the options of birth control and the pros and cons of each method.
- **Web site #4:** Archives of Family Medicine **(Score: 27)**
- **Web address:**
<http://archfami.ama-assn.org/cgi/content/full/9/2/126>
- **Information:**
 - This Web site covers a lot of ground on the post fertilization aspects of taking an oral contraception. I'm not going to say this was the best Web site only because the language was very hard to understand. It was very scientific and went through many things I wasn't familiar with. All in all, however, this site is very informative on its studies of post fertilization to taking an oral contraception.

Section 2: Research

- **Web site #1:** Pub Med **(Score: 23)**
- **Web address:**
http://www.ncbi.nlm.nih.gov/pubmed/19209272?ordinalpos=5&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
- **Summary of the research:**
 - I really did not enjoy this site. It was very confusing to me and I am still not sure if I was reading the right article. It was very short and seemed like the abstract but was not labeled. I couldn't find a link to a larger article on this site. The

information within the text, however, let us know about some of the history in the pill and some new ways of taking it.

- **Web site #2: Reproductive Health** (Score: 28)
- **Web address:**
<http://www.reproductive-health-journal.com/content/6/1/3>
- **Summary of the research:**
 - This Web site had an article on it called *Limits to modern contraceptive use among young women in developing countries: a systematic review of qualitative research*. The article talked about studies they did giving girls these contraceptions and how well they worked. The girls seemed to rely on condom more than they would this new modern type of birth control. I did not enjoy this Web site either. The language is too hard to comprehend and the whole thing is very wordy and scientific sounding.

- **Web site #3: JB & JS** (Score: 27)
- **Web address:**
<http://www.ejbs.org/cgi/content/abstract/57/5/657>
- **Summary of the research:**
 - This was also a very scientific article. It contained charts and statistics that I couldn't even read. It was difficult to comprehend but the article *Bone mineral: effects of oral contraceptives, pregnancy, and lactation* had very reliable information about how women taking oral contraceptives have high bone mineral than non-users.

- **Web site #4: Science Direct** (Score: 30)
- **Web address:**
http://www.sciencedirect.com/science?_Ob=ArticleURL&_udi=B6T5P-43VRHJ6B&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=93cae8cc0dcf6afc2716fa3e5ea86bab
- **Summary of the research:**
 - Out of all the scientific articles I read for this section this one was my favorite. The article was called a prospective study of *the effects of oral contraceptives on sexuality and well-being and their relationship to discontinuation*. Even though it was

still really hard for me to understand, I really like the content and the study on this article. It seemed to be the most relatable for people who are actually taking the oral contraceptive.

Section 3: Statistics

- **Web site #1:** Guttmacher Institute **(Score: 30)**
- **Web address:**

http://www.guttmacher.org/pubs/fb_contr_use.html
- **Summary of the statistics:**
 - This Web site was excellent. The information was laid out very nicely and it was very informative. Some statistics showed that “Of the 3.1 million teenage women who use contraceptives, 53%—more than 1.5 million women—rely on the pill”
- **Web site #2:** The Couple to Couple League **(Score: 30)**
- **Web address:** <http://www.ccli.org/nfp/contraception/pill.php>
- **Summary of the statistics:**
 - This site was excellent. It wasn't as to the point as the one before this but it had a lot of other beneficial information other places on the site for couples planning or not planning on a pregnancy. “Ovulation occurs in 2% to 10% of cycles of women taking the Pill.”
- **Web site #3:** American Pregnancy Association **(Score: 29)**
- **Web address:**

<http://www.americanpregnancy.org/preventingpregnancy/birthcontrolpills.html>
- **Summary of the statistics:**
 - I found this Web site to be very female friendly. It made me feels like they really care about my body and want women to be educated about their bodies. The site listed pros and cons of oral contraceptives, which were all stated very clearly. “On

average, oral contraceptives are 93-97% effective because women often miss pills or do not start a new pack on time.”

- **Web site #4: The South Carolina Emergency Contraceptive Initiative (Score: 26)**

- **Web address:**

<http://www.morningafterinfo.org/publications/thefacts.php>

- **Summary of the statistics:**

- This Web site educated you on the morning after pill. A pill that has not yet been referred to in any of the other Web sites. This is also plan b. It prevents pregnancy up to 120 hours after sex. “Experts estimate that that nearly 40 percent of all pregnancies—and up to 85 percent of teen pregnancies—in the United States each year are unintended. Moreover, experts estimate that timely use of emergency birth control pills could prevent up to 50 percent of these unintended pregnancies.”

Section 4: Consumer Information

- **Web site #1: U.S. Food and Drug Administration (Score: 24)**

- **Web address:**

<http://www.fda.gov/Fdac/features/1997/conceptbl.html>

- **Summary of the information:**

- This page goes through every type of birth control and gives you the percentage of chance you have to become pregnant while you are using that type of birth control. The oral contraceptives ranged from 0.09%-5%.

- **Web site #2: Consumer Reports (Score: 27)**

- **Web address:**

<http://blogs.consumerreports.org/health/2008/11/yaz-birth-contr.html>

- **Summary of the information:**

- This site only talked about one brand of oral contraceptive, called YAZ. There was an article about the risks and then people got a chance to post what they thought of the brand.
- **Web site #3: U.S. Food and Drug Administration (Score: 26)**
- **Web address:**

http://www.pueblo.gsa.gov/cic_text/health/contracept/397_baby.html
- **Summary of the information:**
 - This site talks all about the different types of birth controls including oral contraceptives. It says that the pills do more than prevent pregnancy but also regulate your period. This page seems to be pro oral contraceptives, otherwise known as “the pill”.
- **Web site #4: All American Life League (Score: 30)**
- **Web address:**

<http://all.org/article.php? Id=10674>
- **Summary of the information:**
 - This article was very forward on it information about the pill. The person seemed to be rather upset saying “In a feature on birth control in its February 2005 issue, Consumer Reports deceptively chose to omit the third way in which the pill can work,” referring to the fact that a woman’s body will reject a fertilized embryo in the event the first two preventions don’t work.

Conclusions

- **Section 1: Background and Statement**
 - **Teens Health**
 - Even though the Web site had a lower rating it was really easy access. The Web site really laid everything out nicely and it was parent and teen friendly. I went over a lot of different aspects of birth control including abstinence, which was not mentioned in many.
 - **Archives of Family Medicine**
 - This Web site was not my cup of tea. It was way to scientific and wordy it really didn’t make much sense to

me and what I did get out of it I'm not sure is right. It was just too hard to comprehend.

- **Section 2: Research**
 - **New information I learned include:**
 - The most commonly reported side effect oral contraception is irregular vaginal bleeding, but this decreases over time. Girls seem to rely on condom more than they would this new modern type of birth control in other countries.

- **Section 3: Statistics**
 - **New statistics I learned include:**
 - Of the 3.1 million teenage women who use contraceptives, 53%—more than 1.5 million women—rely on the pill. Ovulation occurs in 2% to 10% of cycles of women taking the Pill. On average, oral contraceptives are 93-97% effective because women often miss pills or do not start a new pack on time. Experts estimate that that nearly 40 percent of all pregnancies—and up to 85 percent of teen pregnancies—in the United States each year are unintended. Moreover, experts estimate that timely use of emergency birth control pills could prevent up to 50 percent of these unintended pregnancies.

- **Section 4: Consumer Information**
- <http://www.fda.gov/Fdac/features/1997/conceptbl.html>
 - It had a lot of information on what works best and the statistics to prove it. It seemed reliable and was in a format that was easy to comprehend.

- **All American Life League**
 - All I seemed to get out of this was somebody angry about the advertising. Not the product itself. The title and headlines were misleading to what the article was about.

Back to Betty C. Jung's Web site	http://www.bettyjung.net/
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