



The contraceptive paradox

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www.gynmed.at

Potential conflicts of interest

- Medical director and owner of a clinic specialised in abortion and family planning
> the pill scare increases my income
- Member of the European Scientific Advisory Board Exelgyn, TEVA, occasional speaker for Bayer, Teva and Exelgyn

My interest

Improving:

- Reproductive health (sex education, contraception, abortion, anonymous delivery)
- Self-Determination of men and women

The Contraceptive Paradox

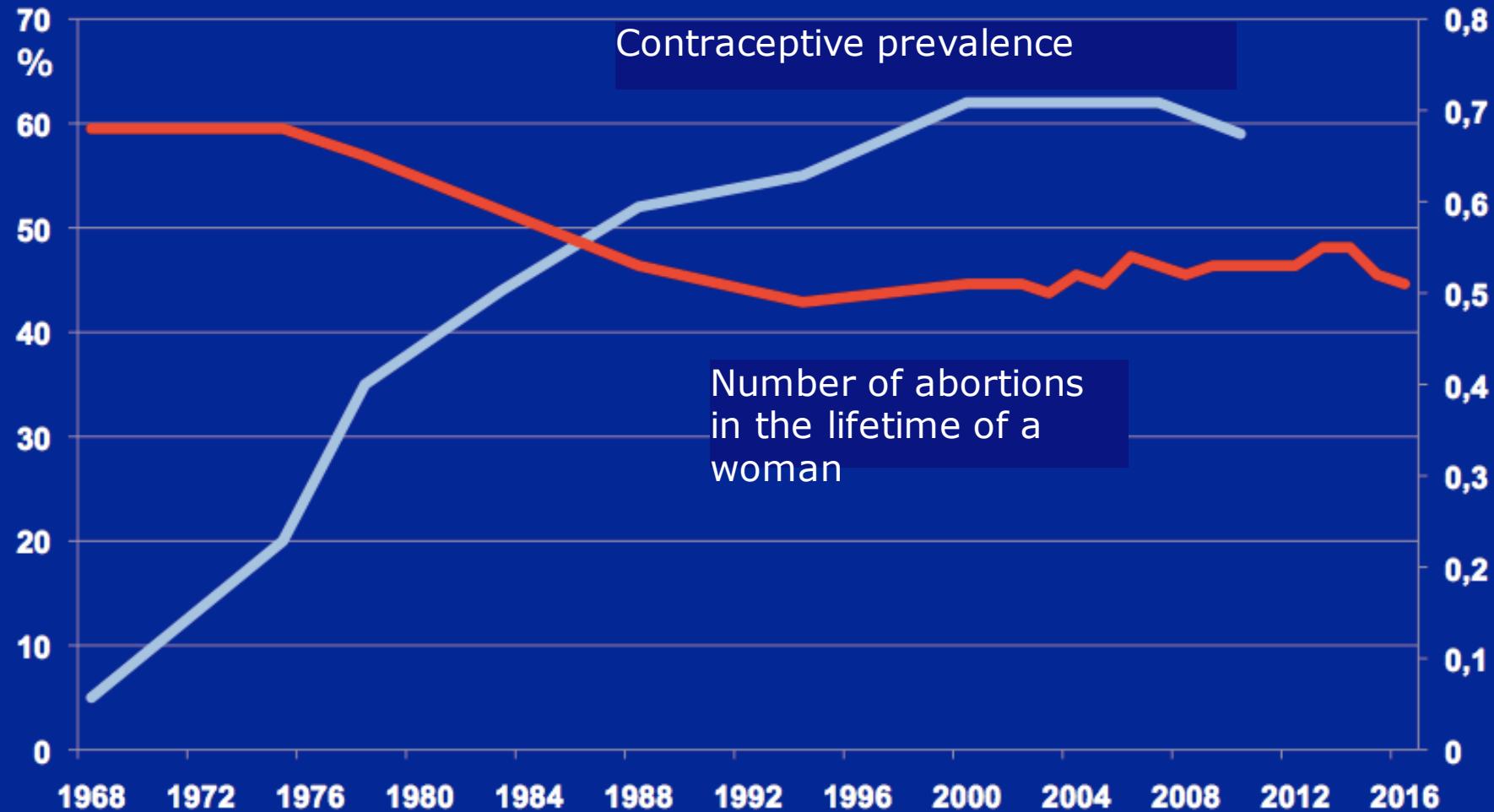
Today a human dream has come true:

We can effectively separate fertility and sexuality with an unprecedented high number of highly effective contraceptive methods. But abortion rates remain stable or even increase in countries with reliable abortion statistics.

Why?

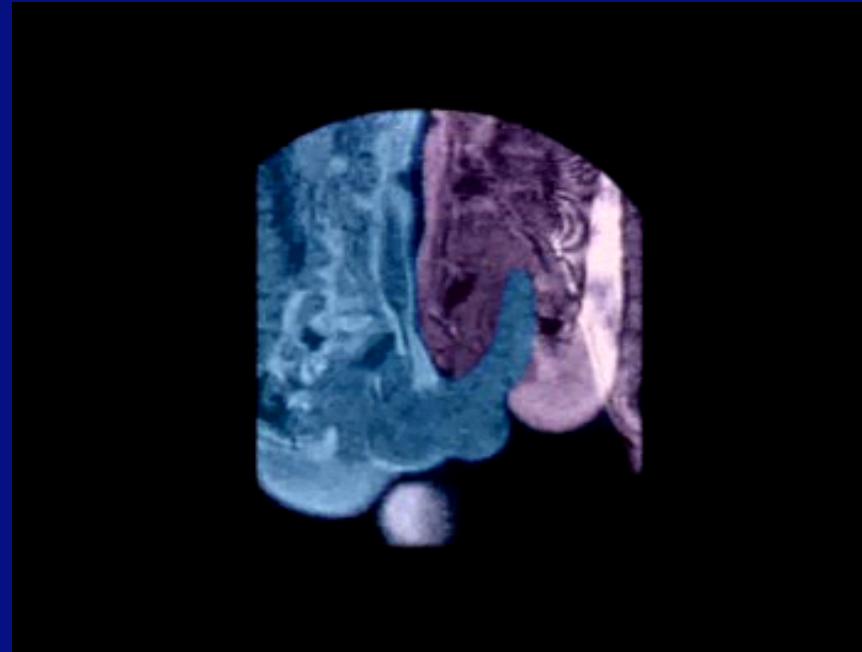
The contraceptive paradox

France



1. The baseline
2. Effective contraception made it possible: the sexual revolution
3. Romanticisation of fertility: in search of paradise lost and the consequences
4. How to proceed

The baseline



„The result of intercourse
in general is the child“

35 years fertility in a woman's life

“Natural”

12-15 pregnancies

8-10 live deliveries

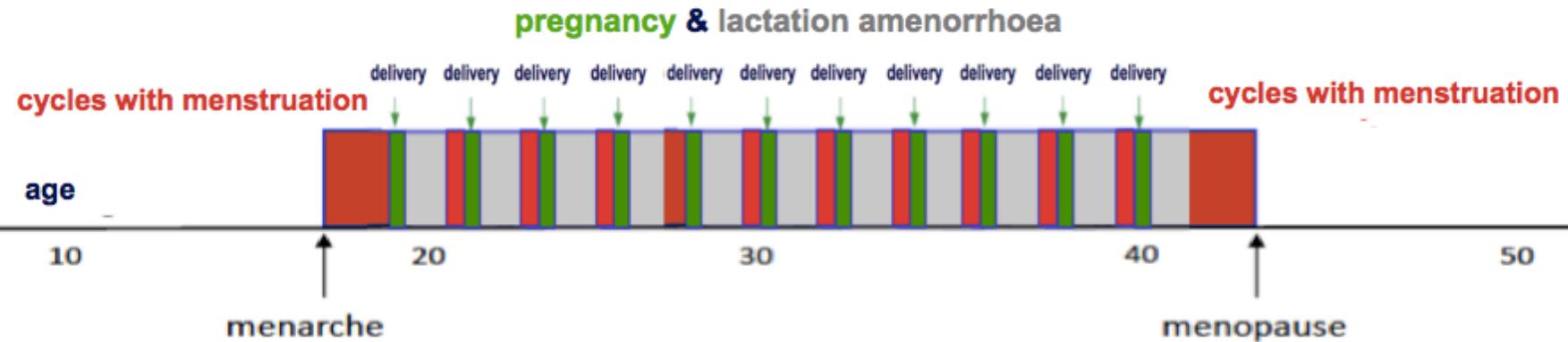
7-8 surviving children

Breastfeeding 2 years

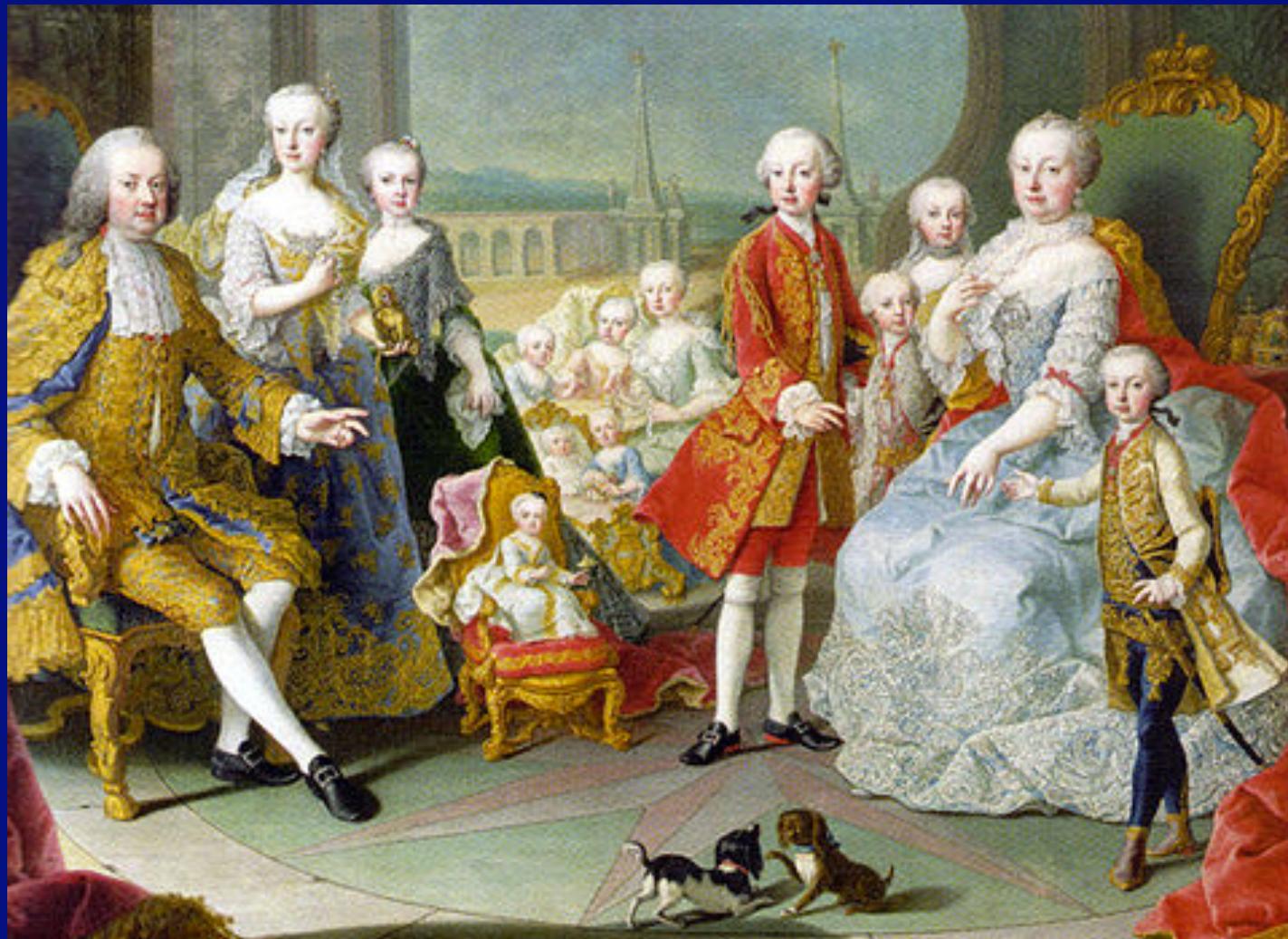
160 ovulations in a
lifetime

Fertility in the past

prior to the pill

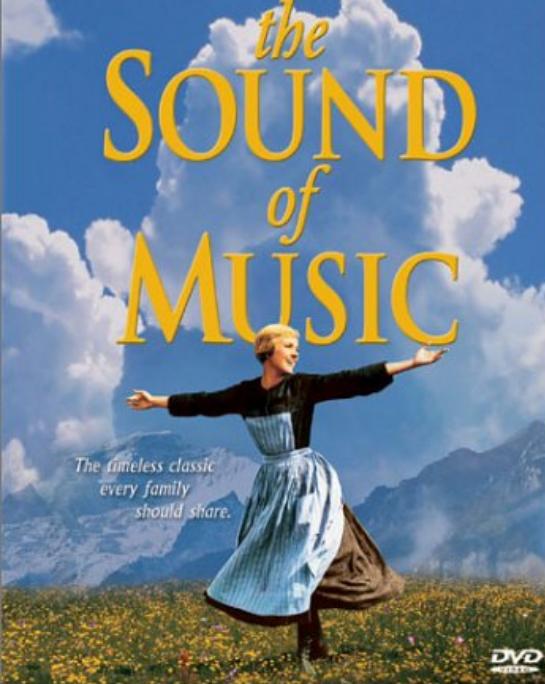


Natural fertility



The Austrian Imperial Family, Empress Maria Theresia,
Palace of Schönbrunn, Vienna, 1754

Contraceptive Paradox, C. Fiala



Natural fertility

The Trapp family with 7 children



Natural fertility

„... in the whole human relation there is no slavery or torture so horrible as coerced, unwilling motherhood ...”

‘Married Love’ Marie Stopes, 1918, page 140



Many children died through an ‚Angel Maker‘

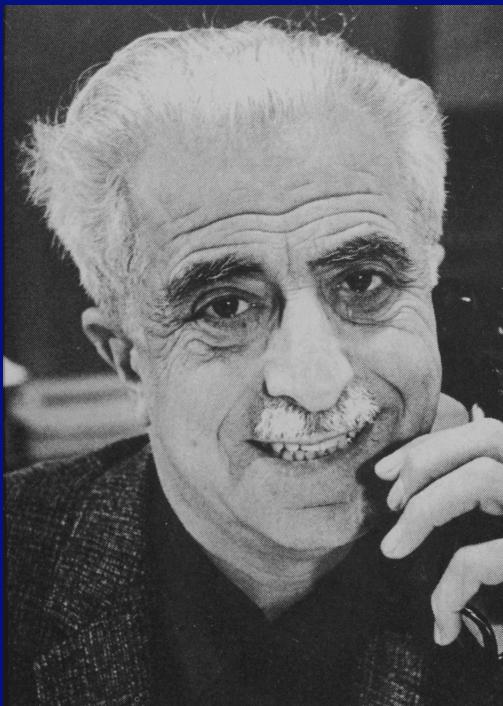
A vision

” It would be one of the greatest triumphs of humanity ... if the act responsible for procreation could be raised to the level of a voluntary and intentional behaviour in order to separate it from the imperative to satisfy a natural urge”

Siegmund Freud, 1898

1. the baseline
2. Effective contraception made it possible: the sexual revolution
3. Romanticisation of fertility: in search of paradise lost and the consequences
4. How to proceed

First contraception - based on hormones = the language of the body



A dinner party beginning 1951 in New York is considered as the „birth“ of the Anti-Baby-Pill. Margaret Sanger in her 70s and her incredibly rich friend Katharine McCormick, ask the scientist Gregory Pincus, how much money he would need to develop a method for women based on the findings of numerous scientists from the decades before.

60 years ago hormonal contraception was highly welcomed



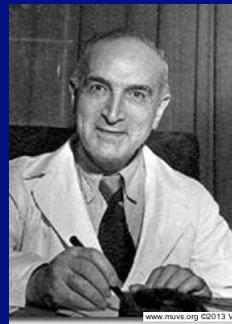
“one of the greatest triumphs of humanity”

Sigmund Freud, 1898

The long way of developing safe and effective IUDs



Stem pessaries
≈1900



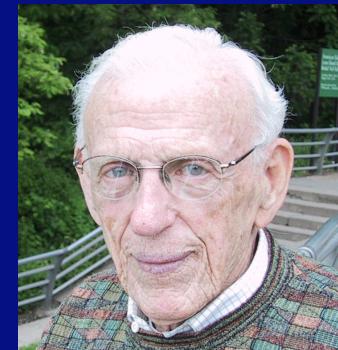
Ernst
Gräfenberg



Silk rings
≈1900



Stainless steel
rings 1920



Jack Lippes



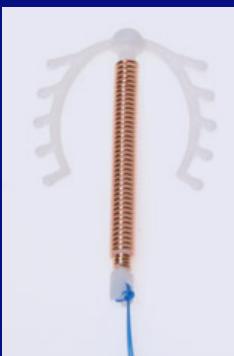
Plastic devices
1960



Jaime Zipper Copper added
1969



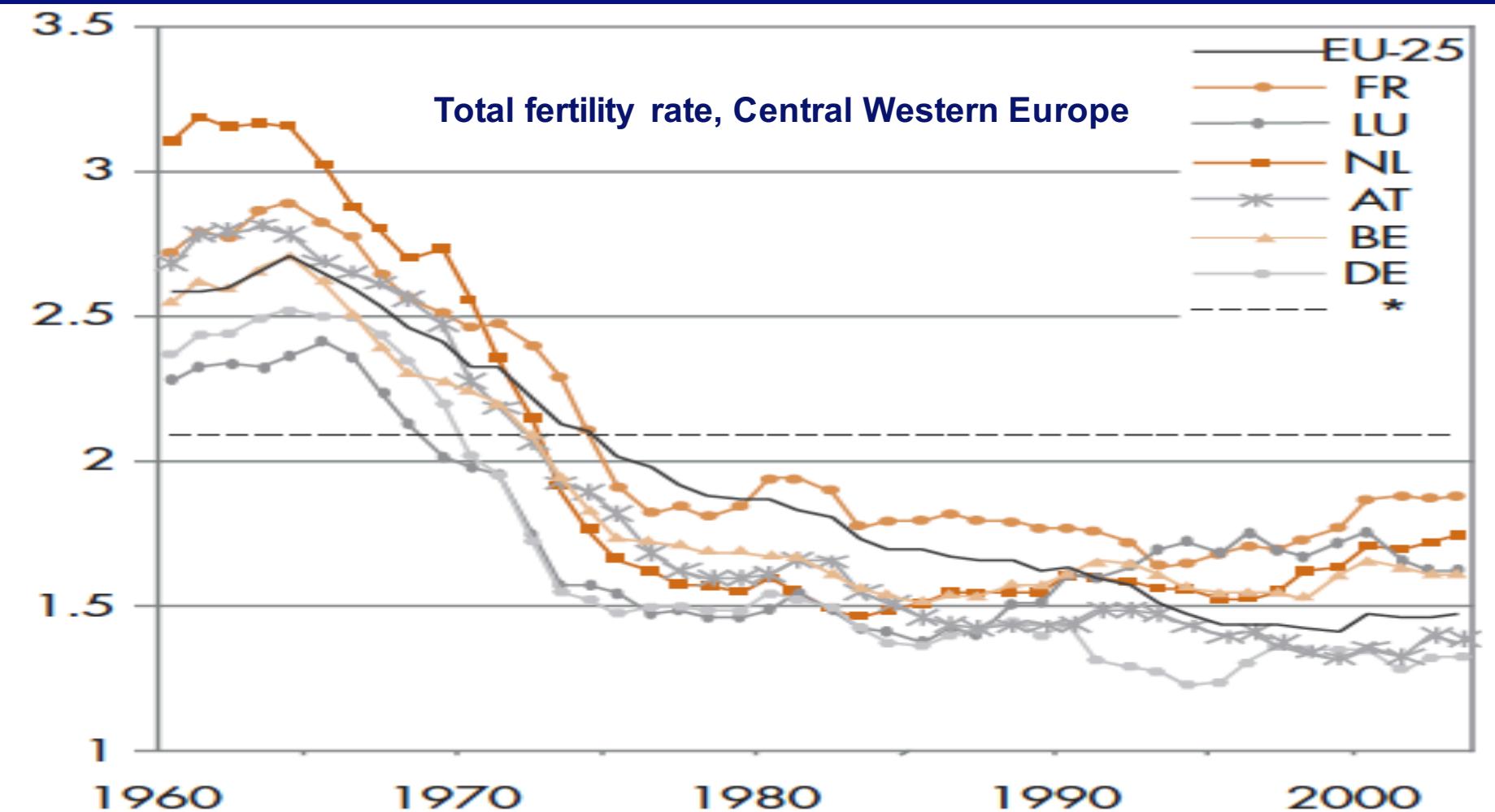
Willem van Os Improved forms
>1980



Tapani
Luukkainen Progesterone IUD
1990



Effective contraception: the 2nd most important cultural achievement

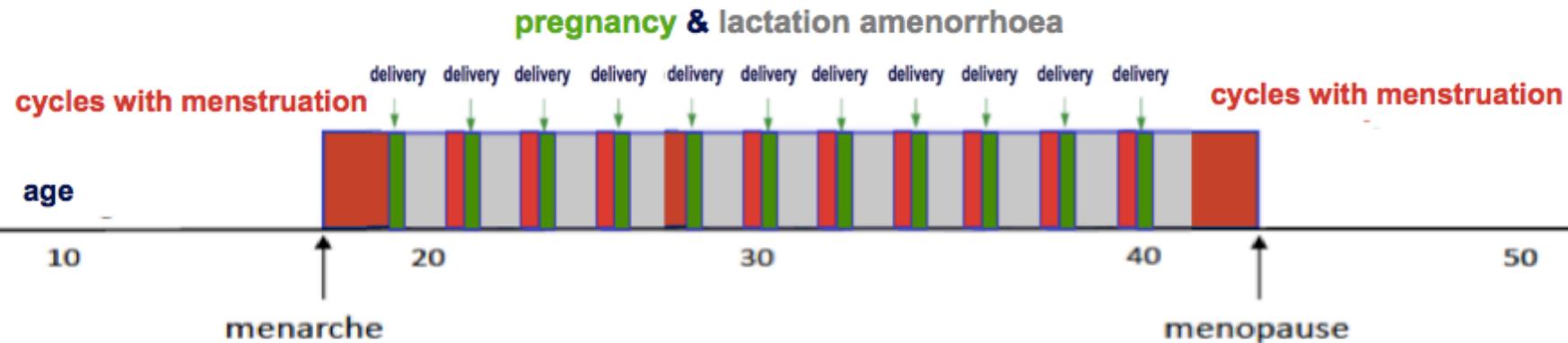


Effective contraception: the 2nd most important cultural achievement

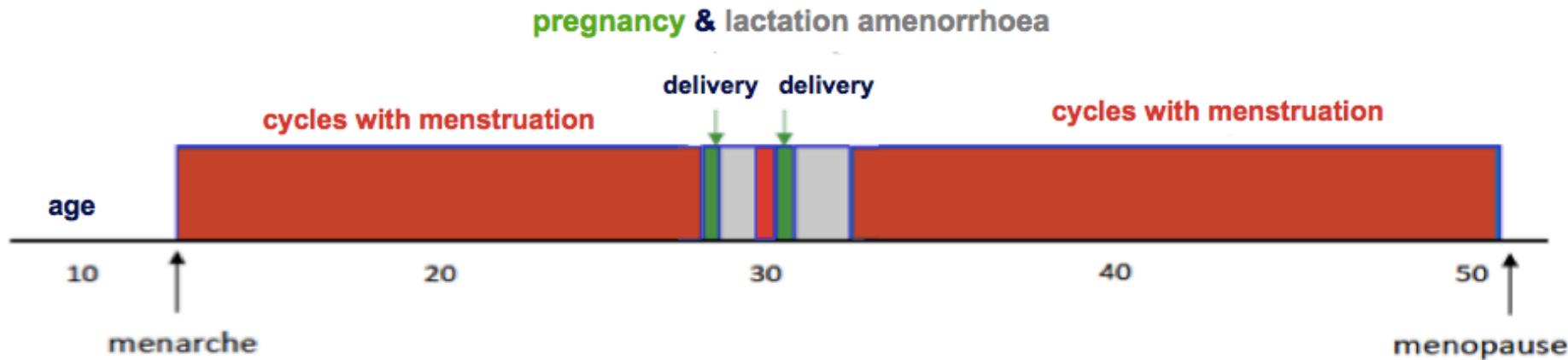
“Natural”	Today
12-15 pregnancies	1-2 pregnancies
8-10 live deliveries	1-2 live deliveries
7-8 surviving children	all children survive
Breastfeeding 2 years	Breastfeeding 0-4 months
160 ovulations in a lifetime	450 ovulations in a lifetime > Effective contraception needed for most

Result of effective contraception

prior to the pill



with effective contraception



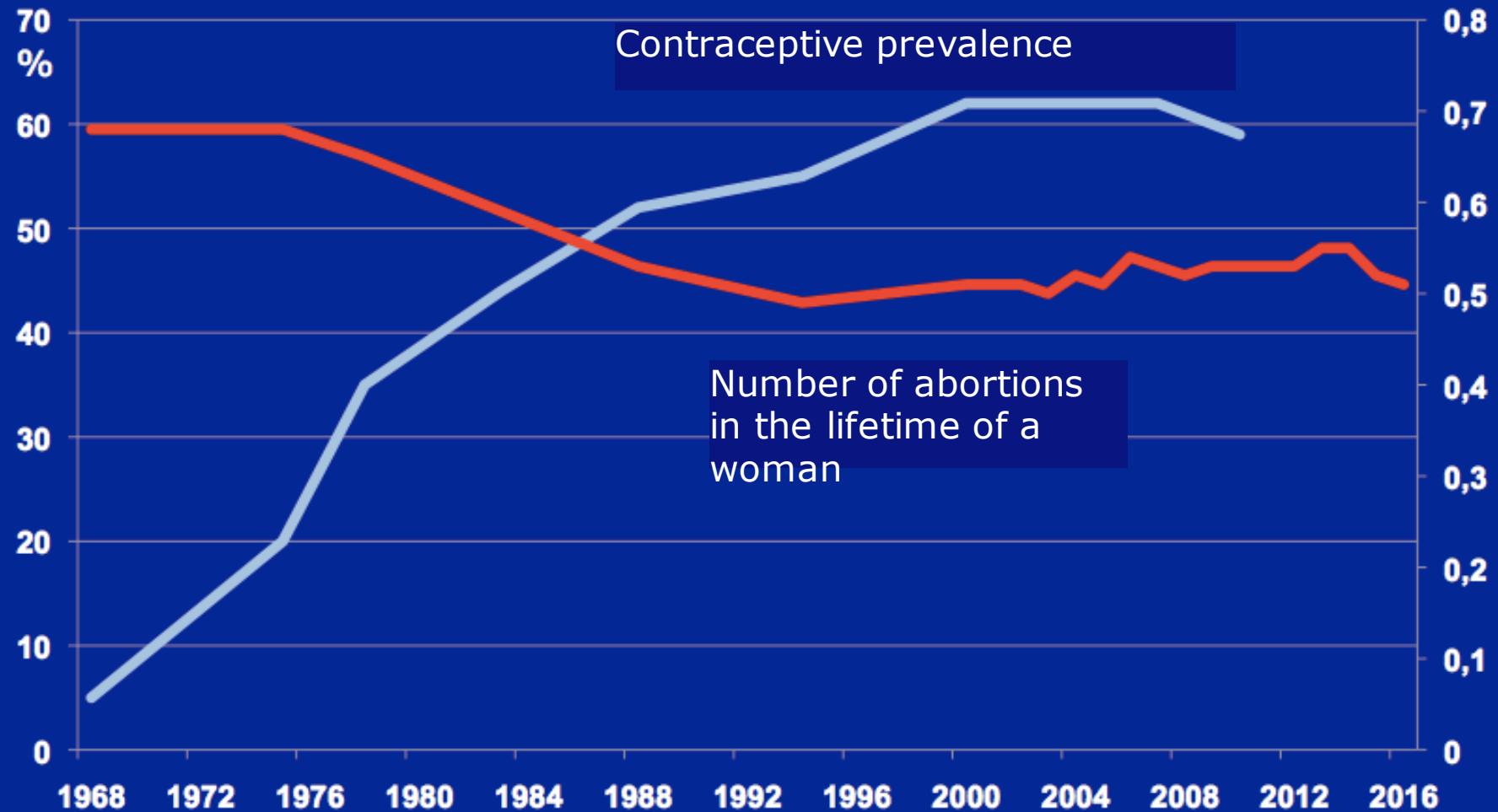
New problem: Highly effective contraception needed
for most of the 35 fertile years

1. the baseline
2. Effective contraception made it possible: the sexual revolution
3. How to explain?
4. How to proceed

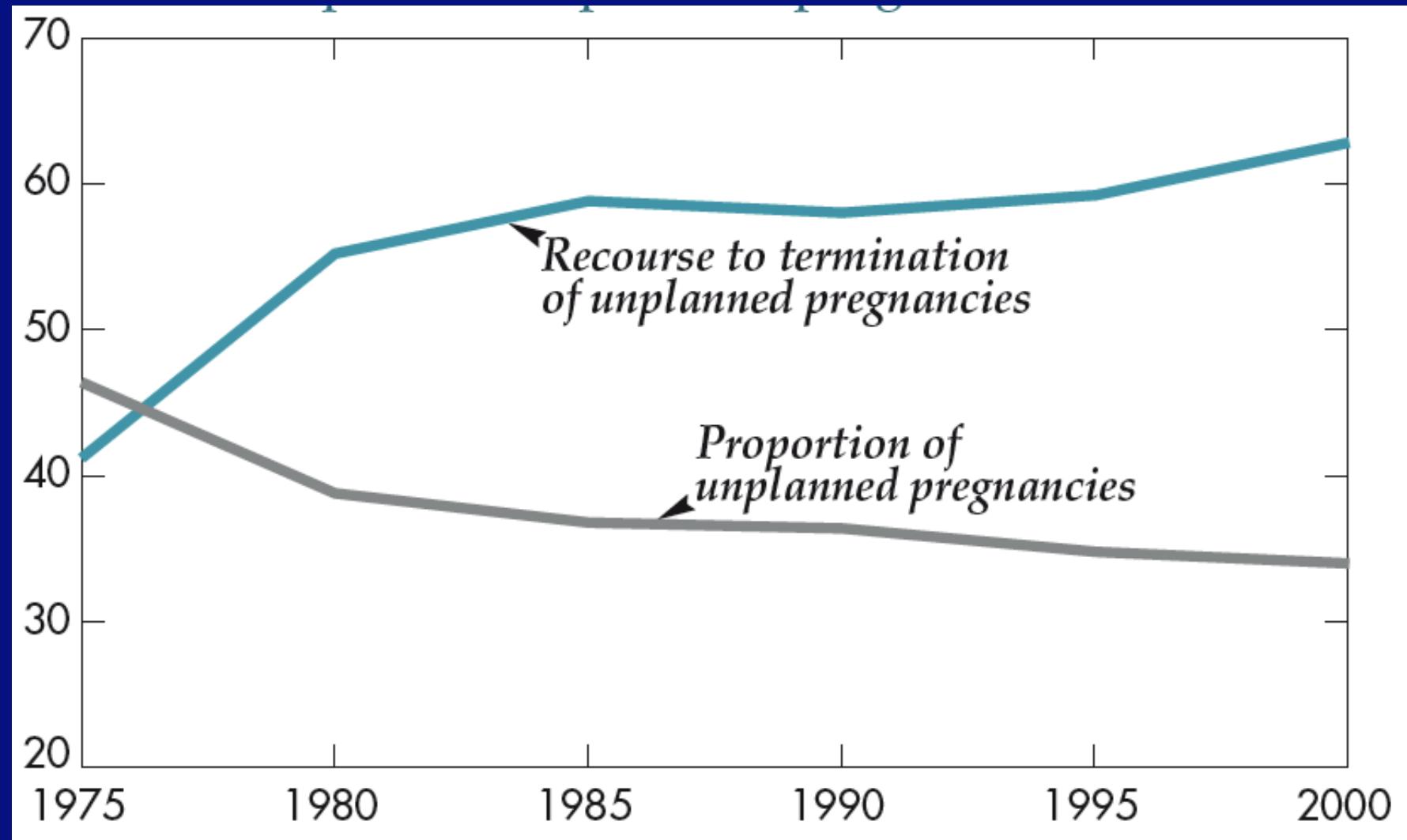
- Reduced acceptance of unwanted pregnancies
- Wrong perception of natural fertility
- Sexual education out of touch
- Condoms

The contraceptive paradox

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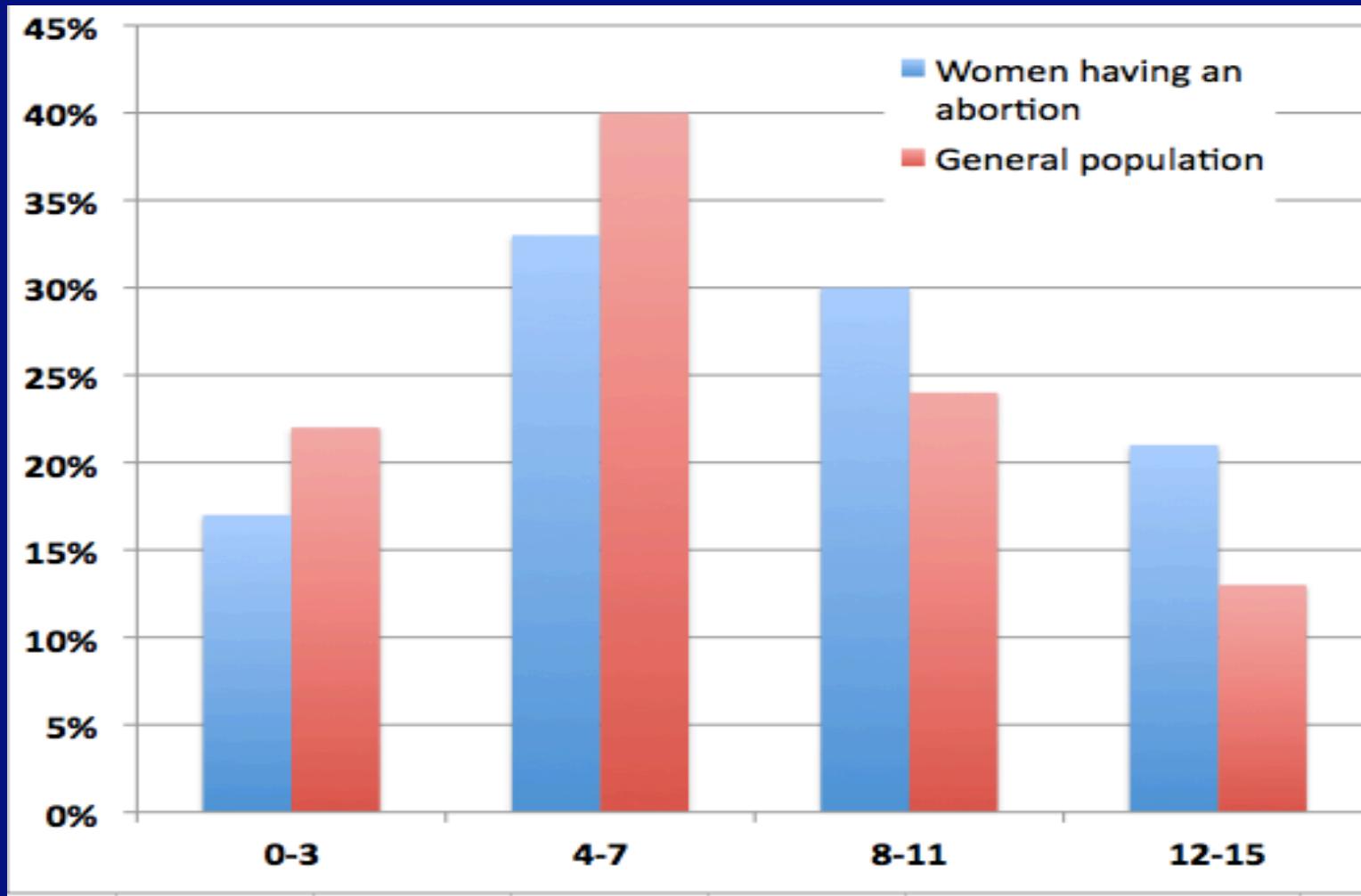


Proportion of unplanned pregnancies (per 100 pregnancies) and frequency of recourse to induced abortion (per 100 unplanned pregnancies)



- Reduced acceptance of unwanted pregnancies
- Wrong perception of natural fertility
- Sexual education out of touch
- Condoms

Estimated number of pregnancies in a woman's lifetime without contraception



50 years after the discovery women want to abandon hormonal contraception

WHICH BIRTH CONTROL METHODS DON'T HAVE HORMONES?



„57% of German women think OC is bad for their health in long term use.“

Wege zu einer natürlichen und sicheren Verhütungsmethode

Und tschüss,
Hormone!

Ein Dokumentarfilm

Natural hormone inspires new contraceptive pill

Natural Family Planning International, Inc. (NFPI)

Welcome! This is the place to learn NFP!

What is natural family planning (NFP)?

- NFP is a way of following God's plan for achieving and/or avoiding pregnancy. It consists of ways to achieve or to avoid pregnancy using the physical means that God has built into human nature.
- NFP consists of two distinct forms:
 1. **Ecological breastfeeding.** This is a form of child care that normally spaces babies about two years apart on the average.
 2. **Systematic NFP.** This is a system that uses a woman's signs of fertility to determine the fertile and infertile times of her cycle.
- Couples seeking to avoid pregnancy practice chaste abstinence during the fertile time of her cycle.

You can teach yourself how to practice both forms of NFP by using the short and easy-to-read manual, **Natural Family Planning: The Complete Approach**.



Bayer HealthCare
Bayer Schering Pharma

Feministisches
Frauen
Gesundheits
Zentrum e.V.
Berlin



verändert den natürlichen Zyklus nicht.

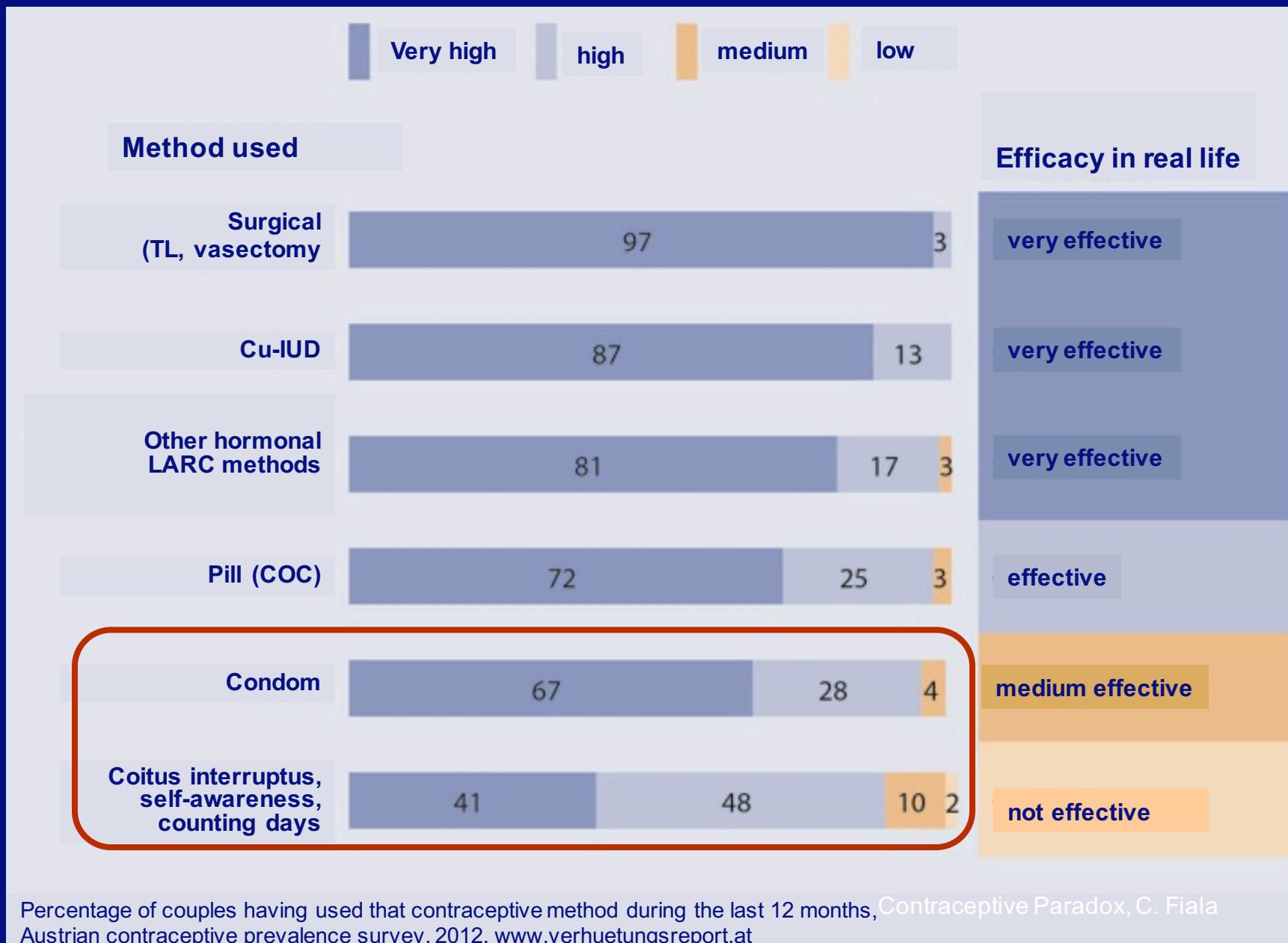
Contraceptive Paradox, C. Fiala

Romanticisation of fertility: in search of paradise lost

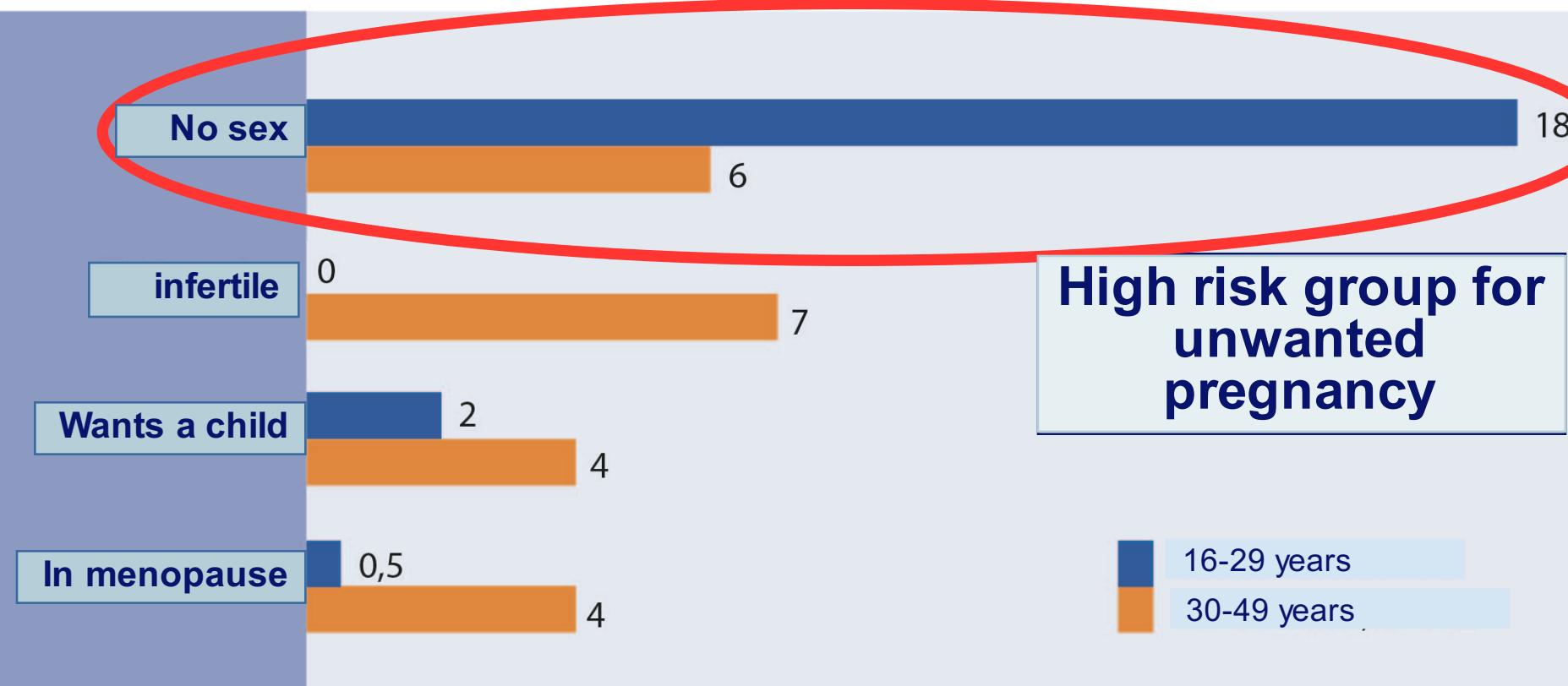
- 100 years after Sigmund Freud described the unimaginable despair caused by natural fertility
- 60 years after the discovery of effective (hormonal) contraception

Most have forgotten what ‘natural fertility’ means and that there is no such thing as “natural contraception”

Perception of efficacy of the method used



Reasons for not using any contraception by age



Basis: all participants, n= 1.060

Problems of the debate

1. Comparator is virtual
2. Correlation is taken as proof for causation
3. Other risk factors ignored
4. Very low risk presented out of proportion
5. Consequences of unwanted pregnancies are ignored

Product information updated to help women make informed decisions about their choice of contraception

Risk of developing a blood clot (VTE) in a year	
women not using a combined hormonal pill/patch/ring and are not pregnant	About 2 out of 10,000 women
Women using a CHC containing levonorgestrel, norethisterone or norgestimate	About 5-7 out of 10,000 women
Women using a CHC containing etonogestrel or norelgesterom	About 6-12 out of 10,000 women
Women using a CHC containing drospirenone, gestodene or desogestrel	About 9-12 out of 10,000 women



EUROPEAN MEDICINES AGENCY
SCIENCE MEDICINES HEALTH

16 January 2014
EMA/35464/2014

Correlation is not proof of causation

Goal	Conclusions	reference
assessed associations between HC use and suicide attempt and suicide	these little-recognized potential side effects of HC, health professionals and women starting hormonal contraceptives should be informed about them	Association of HC with Suicide attempts and suicides. Skovlund et al. Am J Psychiatry. 2018
assessed associations between the use of HC and the risk of invasive breast cancer	Our data showed a higher risk of breast cancer with a longer duration of use of combined products ... we found that risks among women who used HC for less than 5 years rapidly decreased after discontinuation of hormonal contraception	Contemporary HC and the Risk of Breast Cancer. Mørch et al. N Engl J Med. 2017
whether use of HC is positively associated with subsequent use of antidepressants and diagnosis of depression	Use of HC was associated with subsequent antidepressant use and first diagnosis of depression at a psychiatric hospital among women living in Denmark. Adolescents seemed more vulnerable to this risk than women 20 to 34 years old.	Association of HC Depression. Skovlund et al. JAMA Psychiatry. 2016

„Assuming that the demonstrated associations are causal“

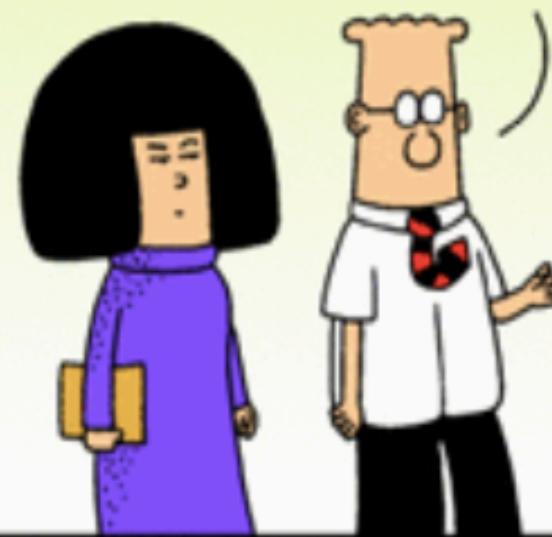
Correlation is not proof of causation

SOMEDAY, I WANT TO
GET MARRIED BECAUSE
STUDIES SHOW THAT
MARRIED PEOPLE ARE
HAPPIER.



Dilbert.com DilbertCartoonist@gmail.com

A SMARTER
INTERPRETATION IS
THAT NO ONE WANTS
TO MARRY AN
UNHAPPY PERSON.

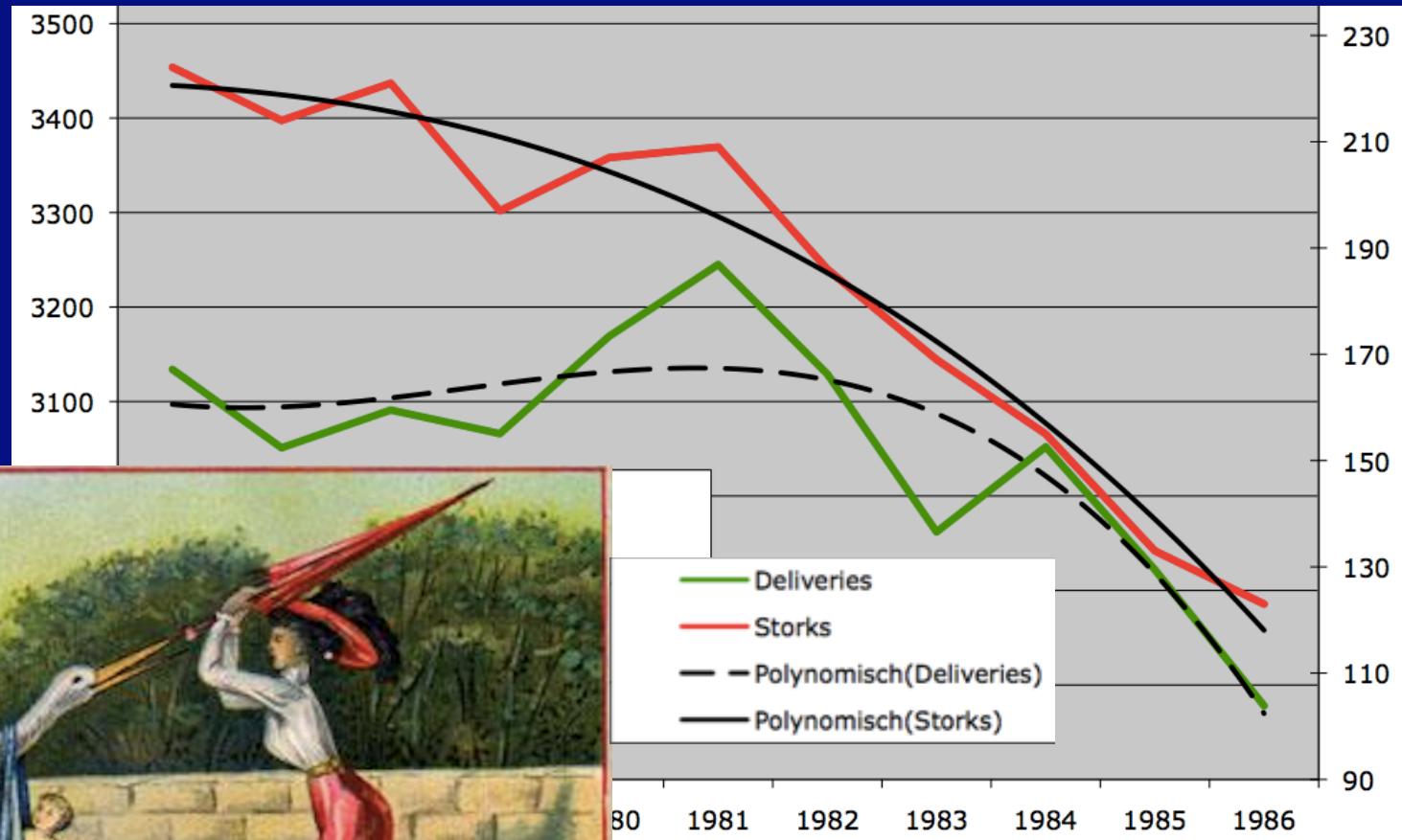


„Assuming that the demonstrated associations are causal“

Number of storks and deliveries in Burgenland, Austria

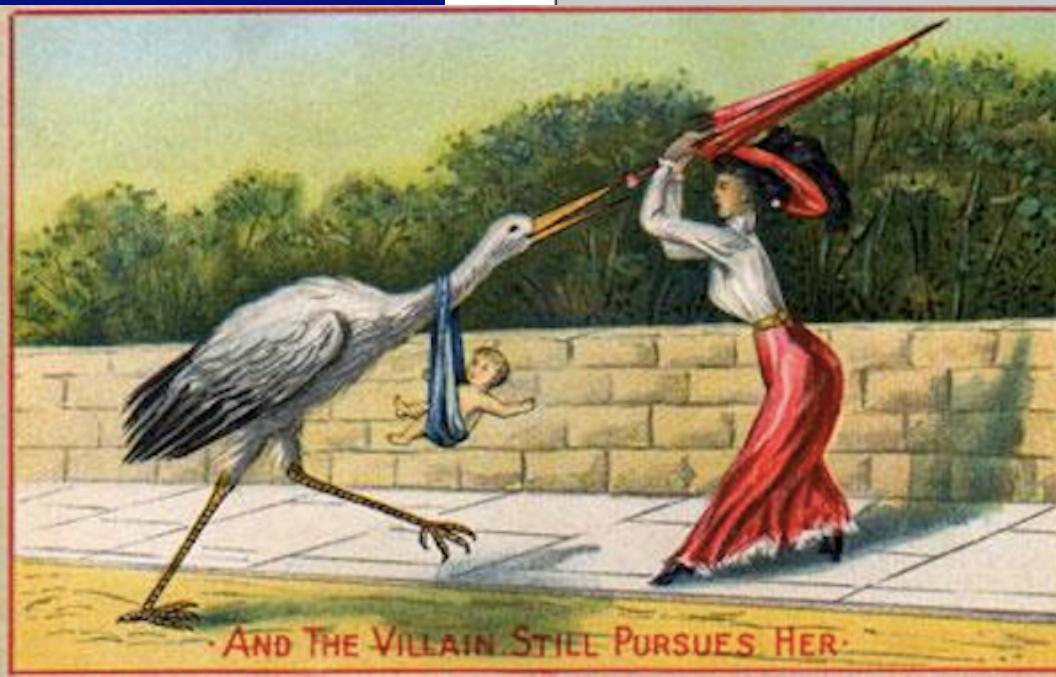
Would the interpretation be:

Lower birth rate because of lower number of storks?



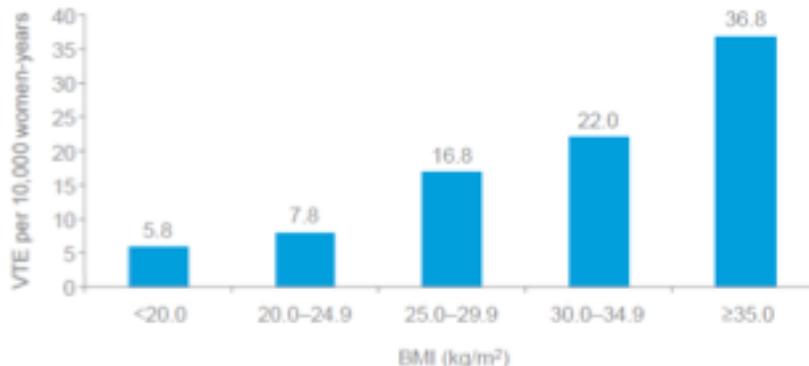
Source: BirdLife Austria and Statistics Austria

Contraceptive Paradox, C. Fiala



Other risk factors ignored

Known risk factors for VTE in COC users:
body mass index (BMI)



Smoking and VTE risk

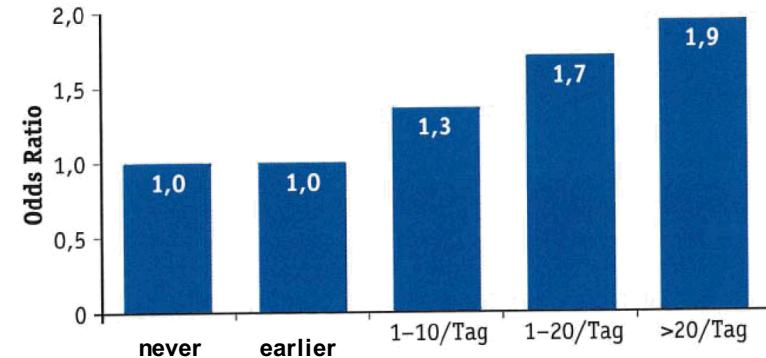


Abb. 3: Zigarettenrauchen als Risikofaktor für venöse Thromboembolien (VTE) unter der Einnahme oraler Kontrazeptiva (3) Dinger ESC Congress 2010

Age and VTE risk

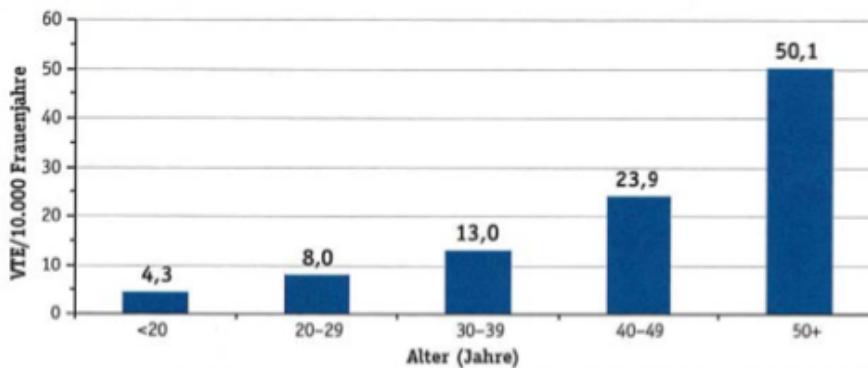
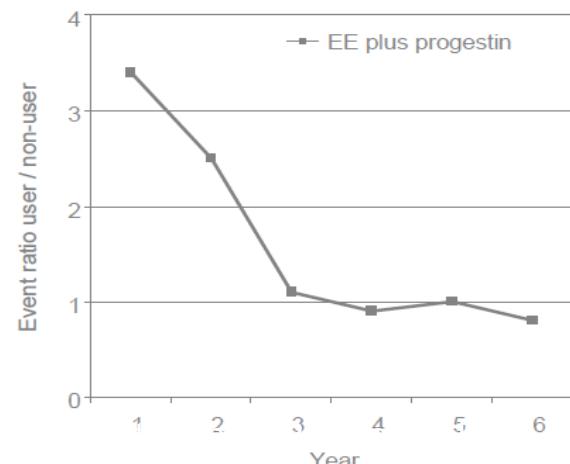
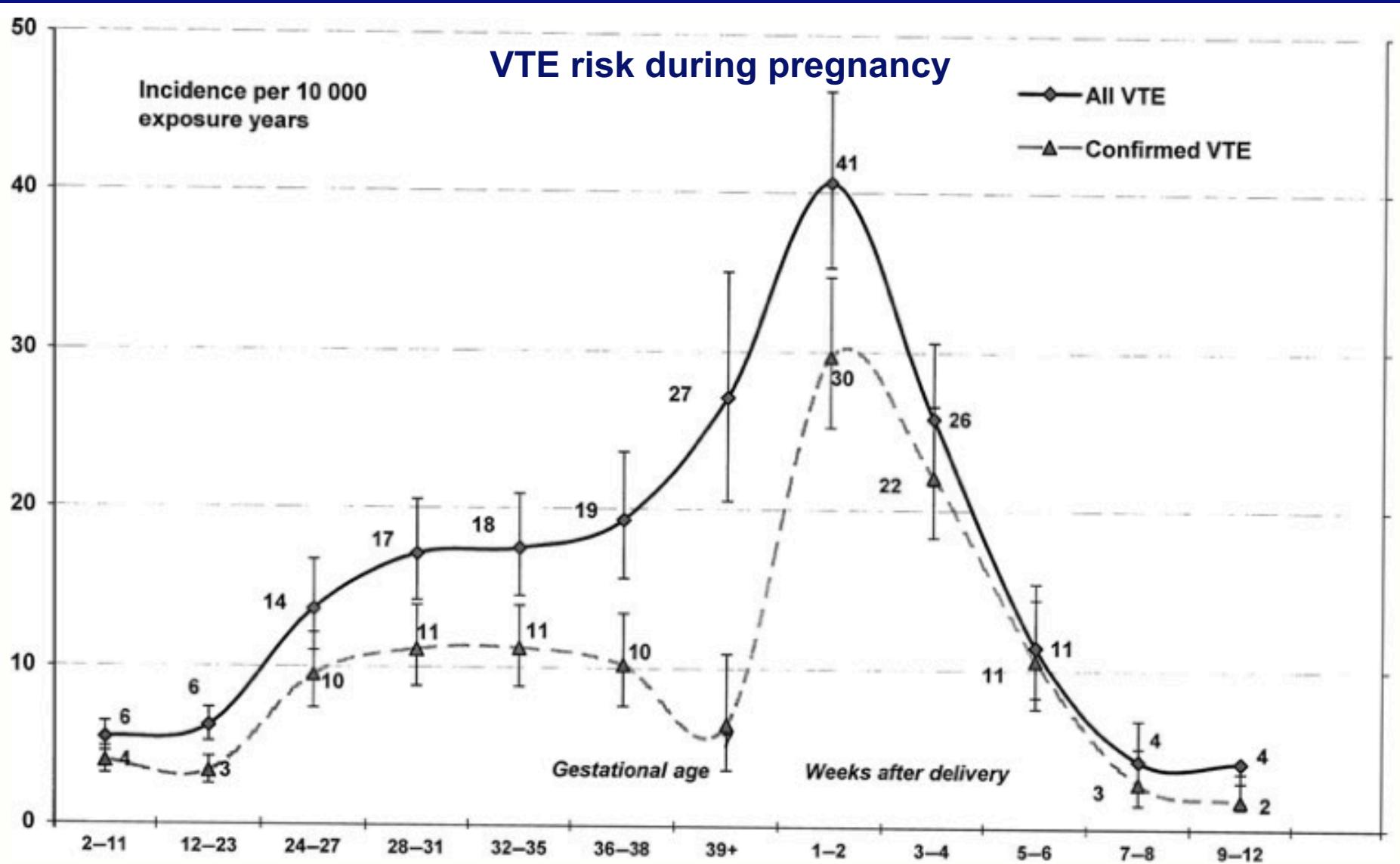


Abb. 1: Altersabhängigkeit des venösen Thromboserisikos (VTE pro 10.000 Frauen/Jahr) bei COC-Anwenderinnen (Quelle: Zwischenergebnisse der LASS-Studie: <http://clinicaltrials.gov/ct2/show/NCT00676065>; Dinger 2010)

Known risk factors for VTE in COC users:
duration of use



Other risk factors ignored

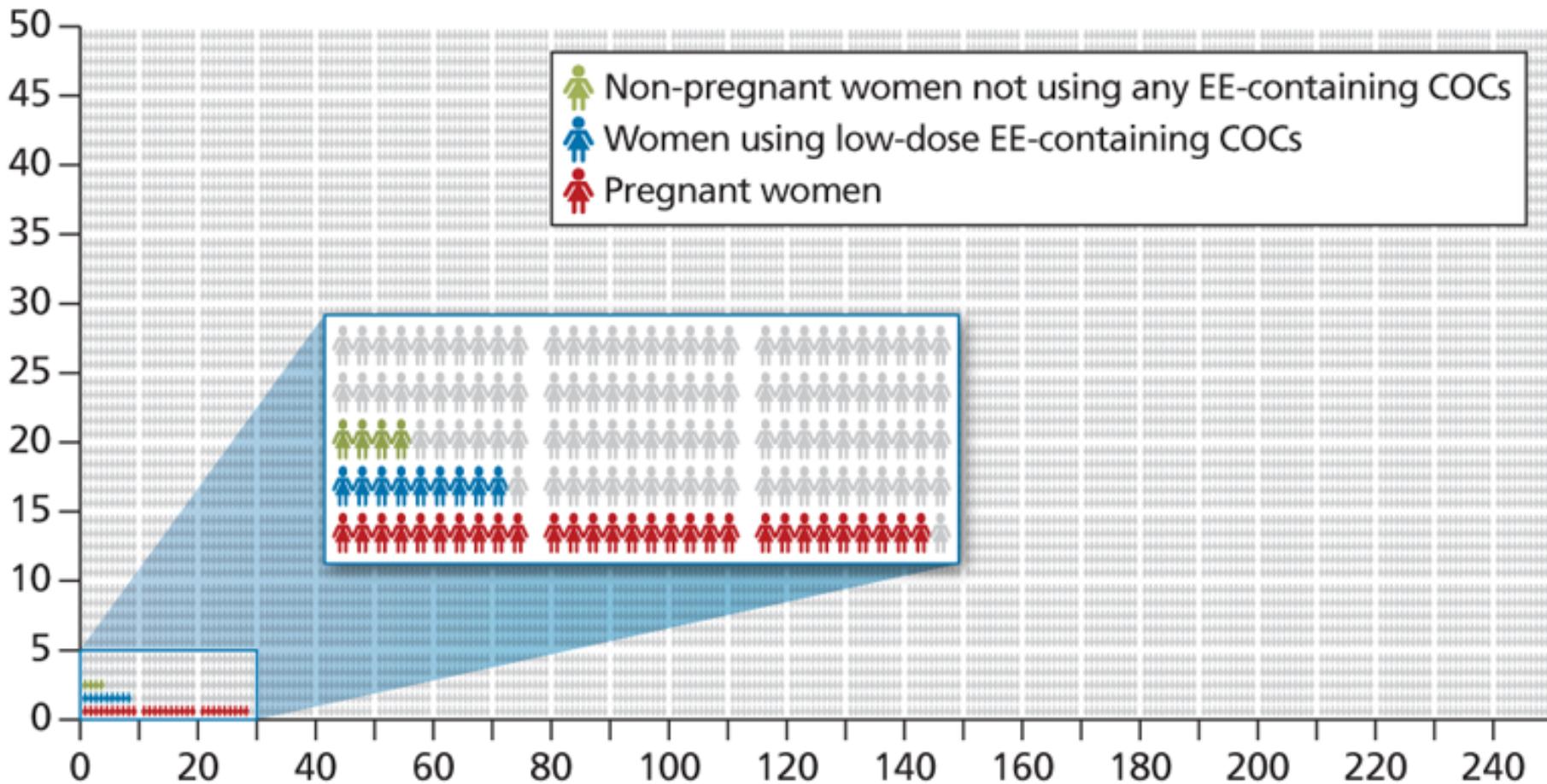


Adapted from: Virkus et al. Venous thromboembolism in pregnancy and the puerperal period. Acta Obstet Gynecol Scand 2013

Contraceptive Paradox, C. Fiala

Very low risk presented out of proportion

Incidence of VTE per 10,000 Women-Years

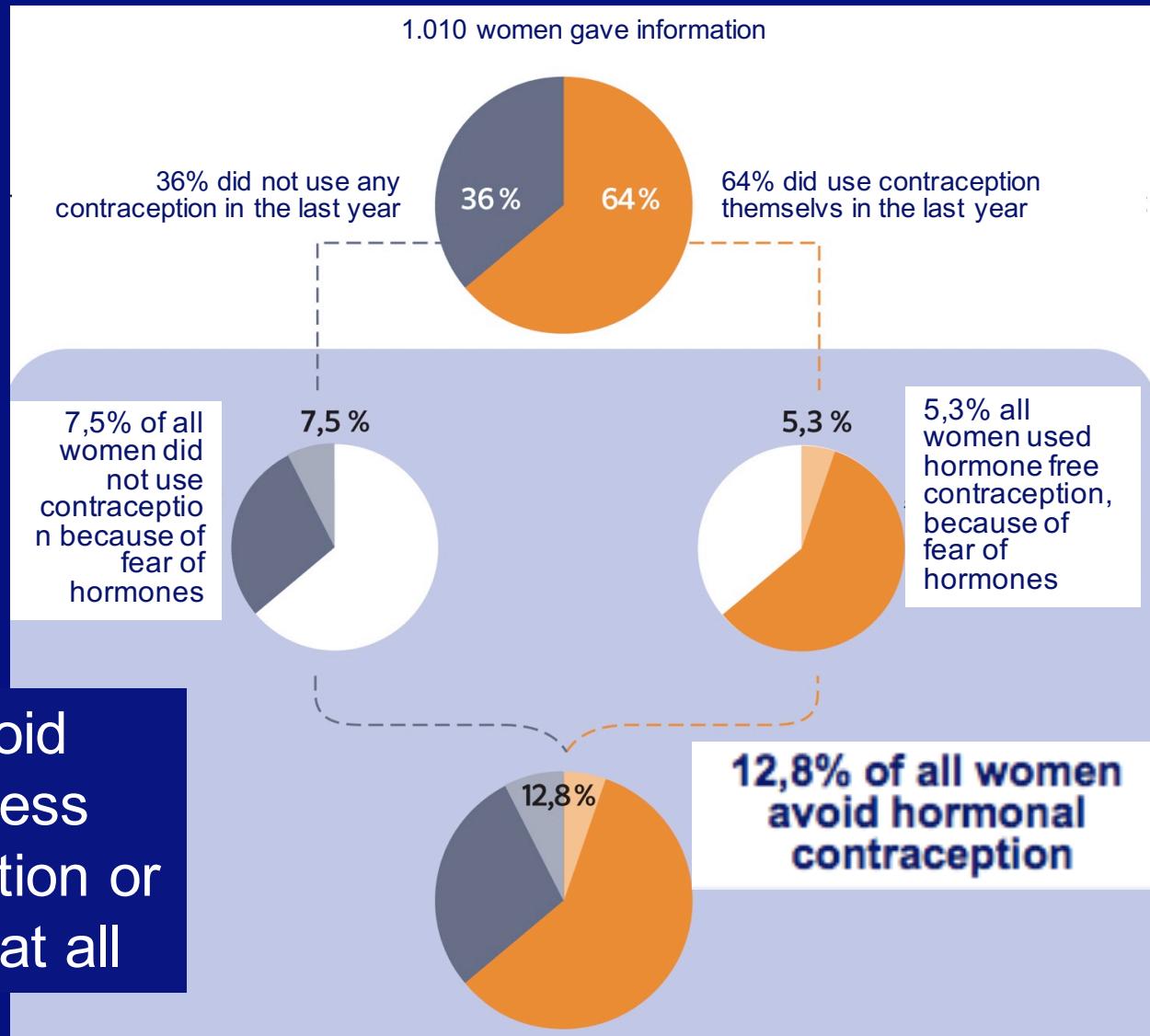


Reference(s): Dinger J et al. Contraception. 2007;75:344-354.

1. Jacobsen AF et al. Best Pract Res Clin Haematol. 2012;25:319-332.

Contraceptive Paradox, C. Fiala

Hormone fear – and the consequences



Consequences of the ‘pill scare’ are real

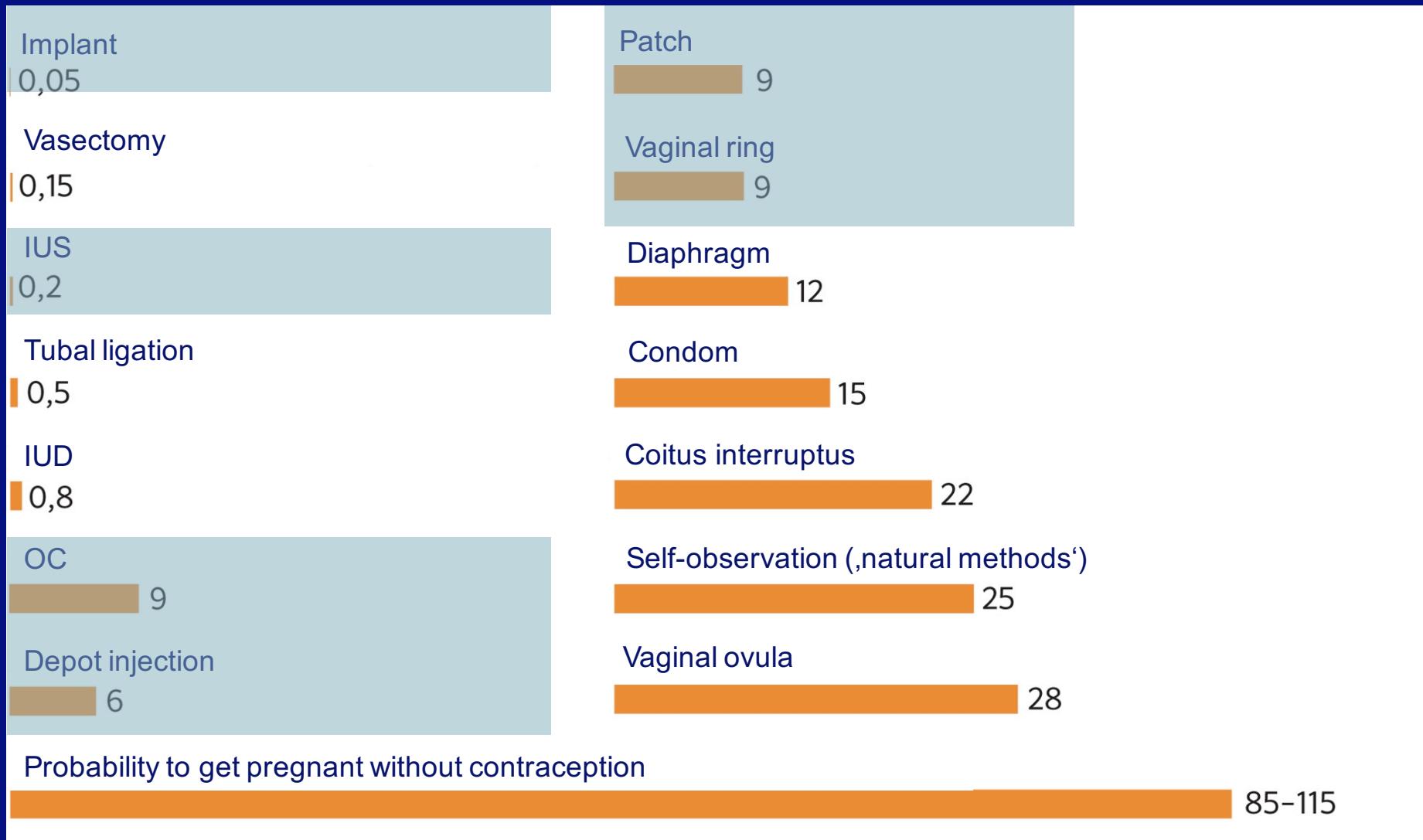
Method of contraception	2012	2015	2018
Effective hormonal	60%	57%	43%
Effective non-hormonal (TL, vasect., Cu-IUD)	8%	7%	9%

Source: Austrian national contraceptive prevalence survey, 2012 n: 1 060, 2015 n: 2 018, 2018 n: 2 019

Reasons for not using effective contraception

- 40% of women having an abortion think hormones are dangerous
- 64% of women having an abortion avoid hormones
- 39% of women in the general population avoid hormones

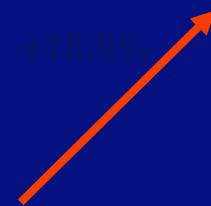
Pearl Index in real life



Consequences of the pill scare 1.0 (1995)

 Deze afbeelding kan nu niet worden weergegeven

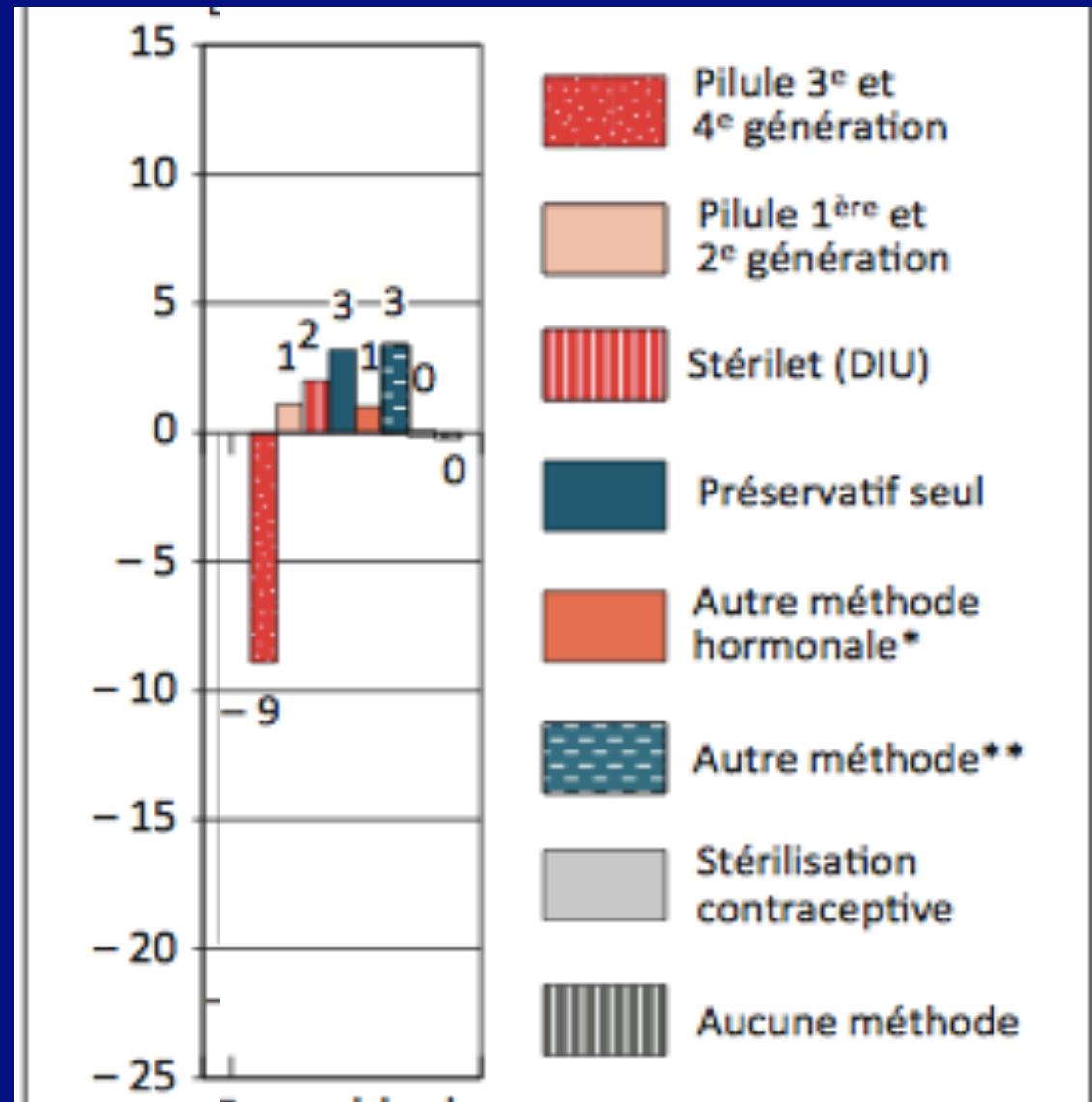
Annual rate of abortions England and Wales (per 1.000 women residents aged 15-44) Source: Department of Health



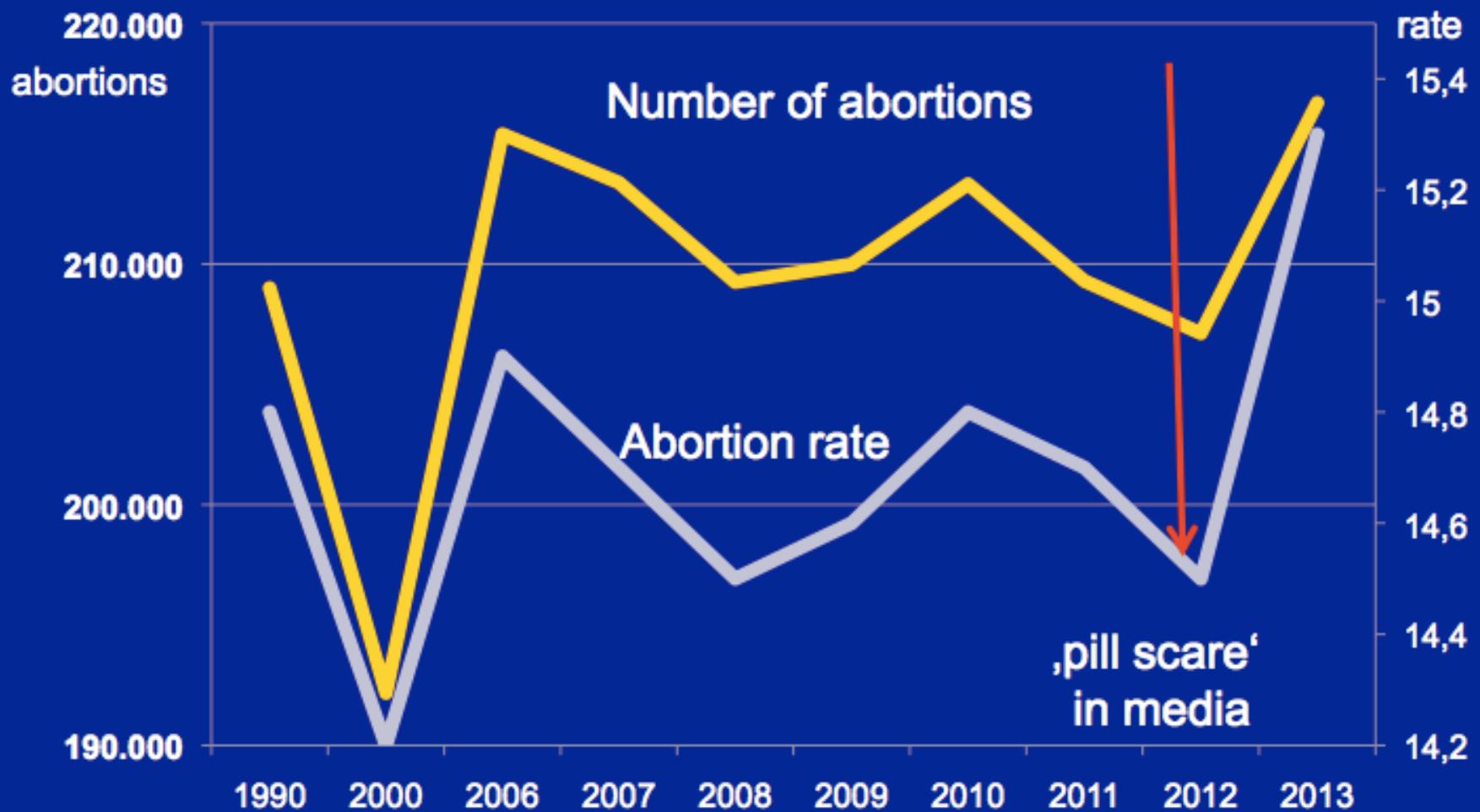
In October 1995, the Committee on Safety of Medicines (CSM) released a 'Dear Doctor' letter, warning doctors about an increased risk of venous thromboembolism (VTE) in women taking third-generation combined oral contraceptive (COC) pills.

Consequences of the pill scare 2.0 (2012)

Contraceptive use
in France between
2010 and 2013



Consequences of the pill scare 2.0 France (2012)



Increase in the number of abortions and abortion rate
following the ,pill scare'

Underlying misunderstanding of the pill scare

Hormones are the language of the body

‘Hormone-free contraception’ is refusing to use the way our organs communicate (lingua franca of the body).

‘Hormone free contraception’ is equivalent to:

-non-verbal communication between people: not very effective with increased risk of misunderstanding

(side-effects)

-refusing to use the language spoken in a guest country

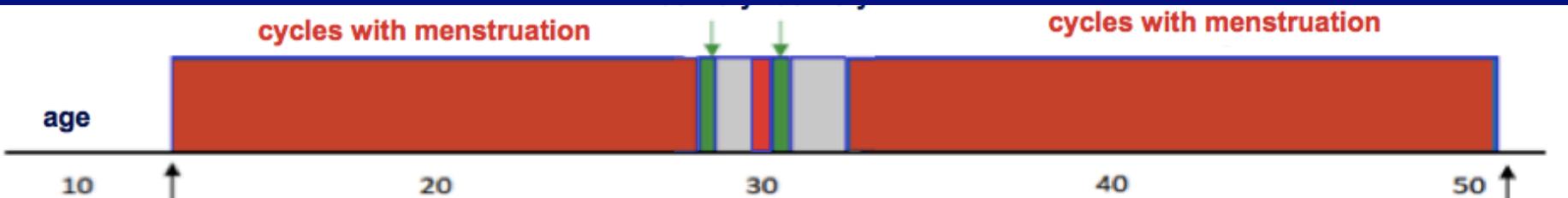
- Reduced acceptance of unwanted pregnancies
- Wrong perception of natural fertility
- Sexual education out of touch
- Condoms

Paradigm shift in contraceptive counselling: A new problem demands a new solution

- The first generations of women after discovery of the Pill had experienced natural fertility. They still had the emotional experience.
- They knew that the desired number of children is the result of a continuous artificial intervention.
- The younger generation can not make that experience anymore.
- It is therefore on us, the adults to pass this perception to the younger generations with adequate pedagogic tools.

Paradigm shift in contraceptive counselling: A new problem demands a new solution

- Until the year 2 000 we needed to explain **how** to use contraception, women understood **why** they needed it
- Nowadays we have to explain **why** they need use effective contraception at every intercourse, women get the information about **how** to use them from their smart phone

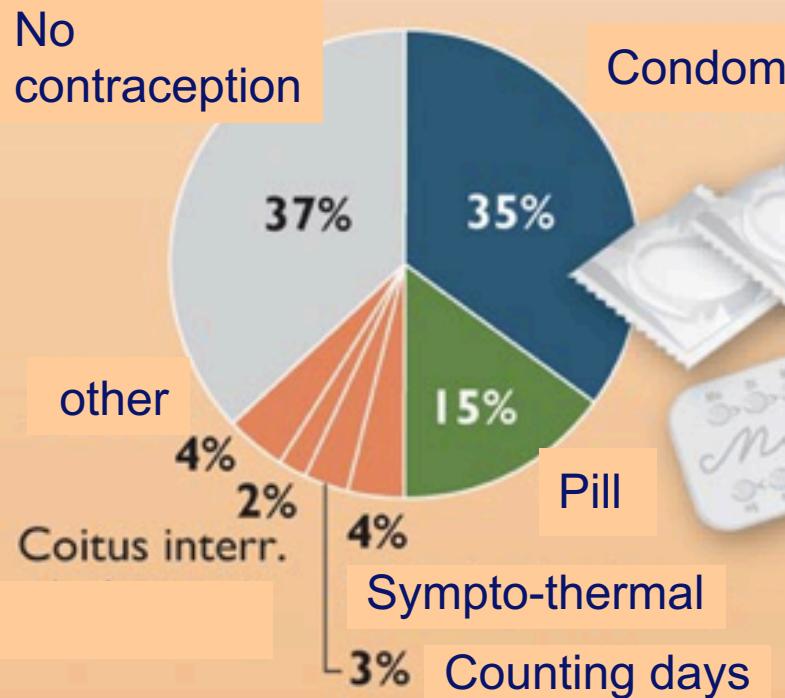


A shift from „how“ use contraception to „why“ to use it.

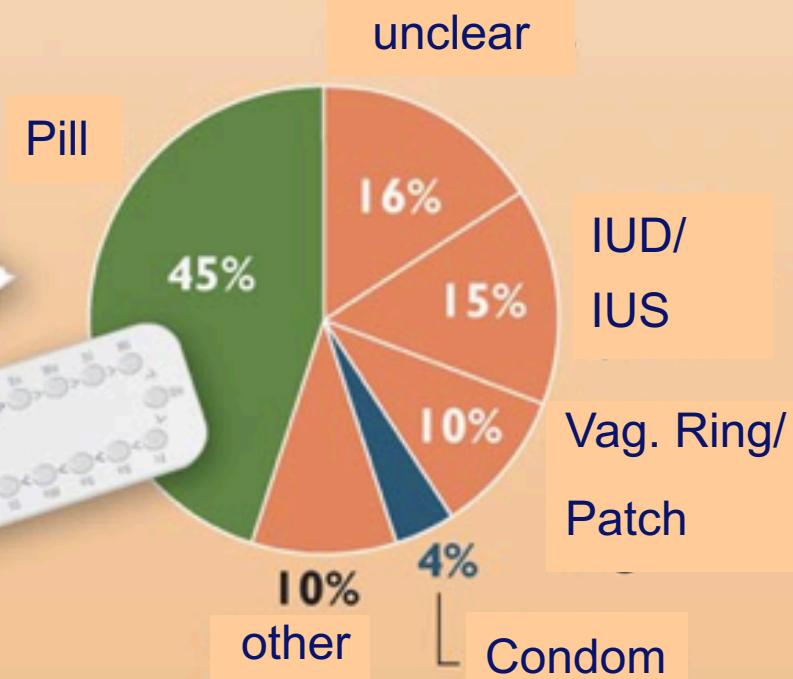
- Reduced acceptance of unwanted pregnancies
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Condoms lead to 1/3 of all abortions

Contraception prior to an abortion



Planned method after an abortion



Estimated accidental pregnancies resulting from contraceptive failure worldwide

Table 1.1 Estimated number of women using a contraceptive method and those experiencing an unintended pregnancy during the first year of contraceptive use, by type of contraceptive method, global data, 2007

Contraceptive method	Estimated failure rate (typical use), % ^a	Number of users, thousands ^b	Number of women with accidental pregnancy (typical use), thousands ^c
Female sterilization	0.5	232 564	1163
Male sterilization	0.15	32 078	48
Injectables	0.3	42 389	127
Intrauterine device (IUD)	0.8	162 680	1301
Pill	5.0	100 816	5041
Male condom	14	69 884	9784
Vaginal barrier	20	2291	458
Periodic abstinence	25	37 806	9452
Withdrawal	19	32 078	6095

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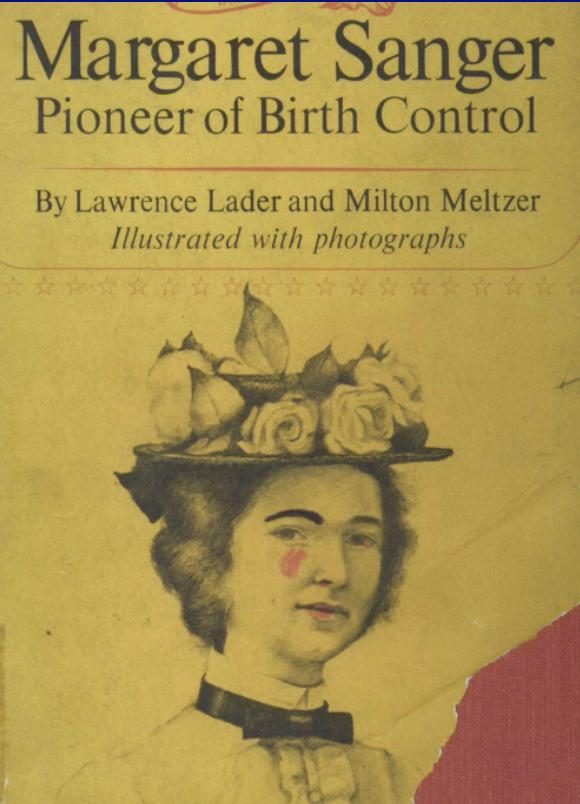
- ,Natural contraception‘ is a fundamental contradiction going back to Hermann Knaus who declared having discovered:
„a natural yet arbitrary regulation of fertility“

eine natürliche und dennoch willkürliche Regelung der Fortpflanzung

Knaus Wr. Klin. Wschr. 1960

- Women need to decide:
 - either they control their fertility or
 - their fertility will control their life

To Margaret Sanger, birth control was the first freedom for women. “No woman can call herself free until she can choose consciously whether she will or will not be a mother,” she wrote.



We can make that vision a reality
only if we use hormonal
contraception up to its full potential:

**Children and menstruation
by choice not chance**

A museum for sex education to change the perception of natural fertility and make people understand the need for effective contraception for most intercourses in 35 years of fertility in a woman's life



PIILLE

Die PILLE und die Moral in Deutschland



Eine Frau geht vorbei –
Wird das erotische Spannungsfeld
durch die Pille verändert?

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Wird das erotische Spannungsfeld
durch die Pille verändert?

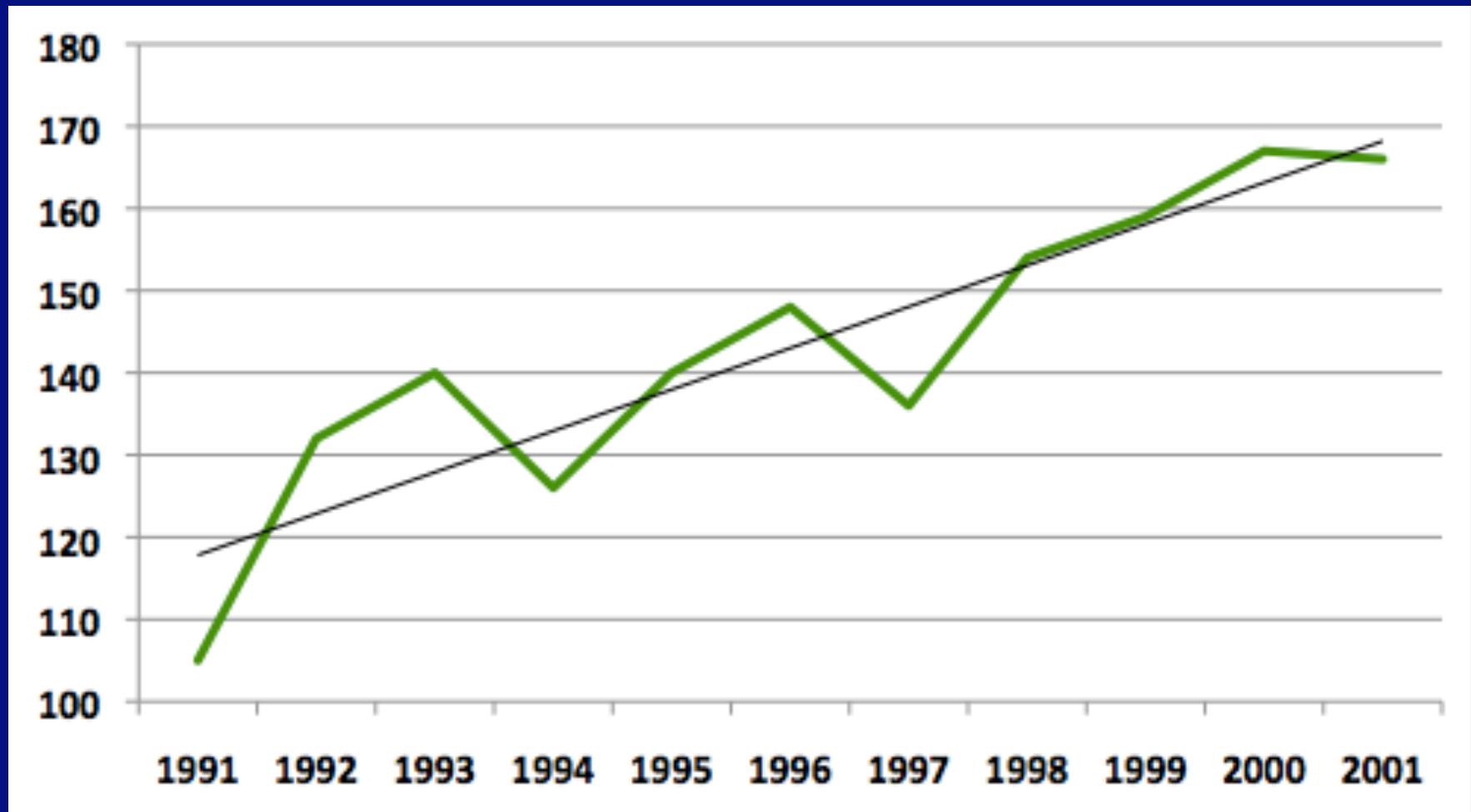
The pill and the moral in Germany

A woman walks by.
Will the erotic spirit
be changed by the
pill?

Der Stern (Magazin)
Cover in 1967

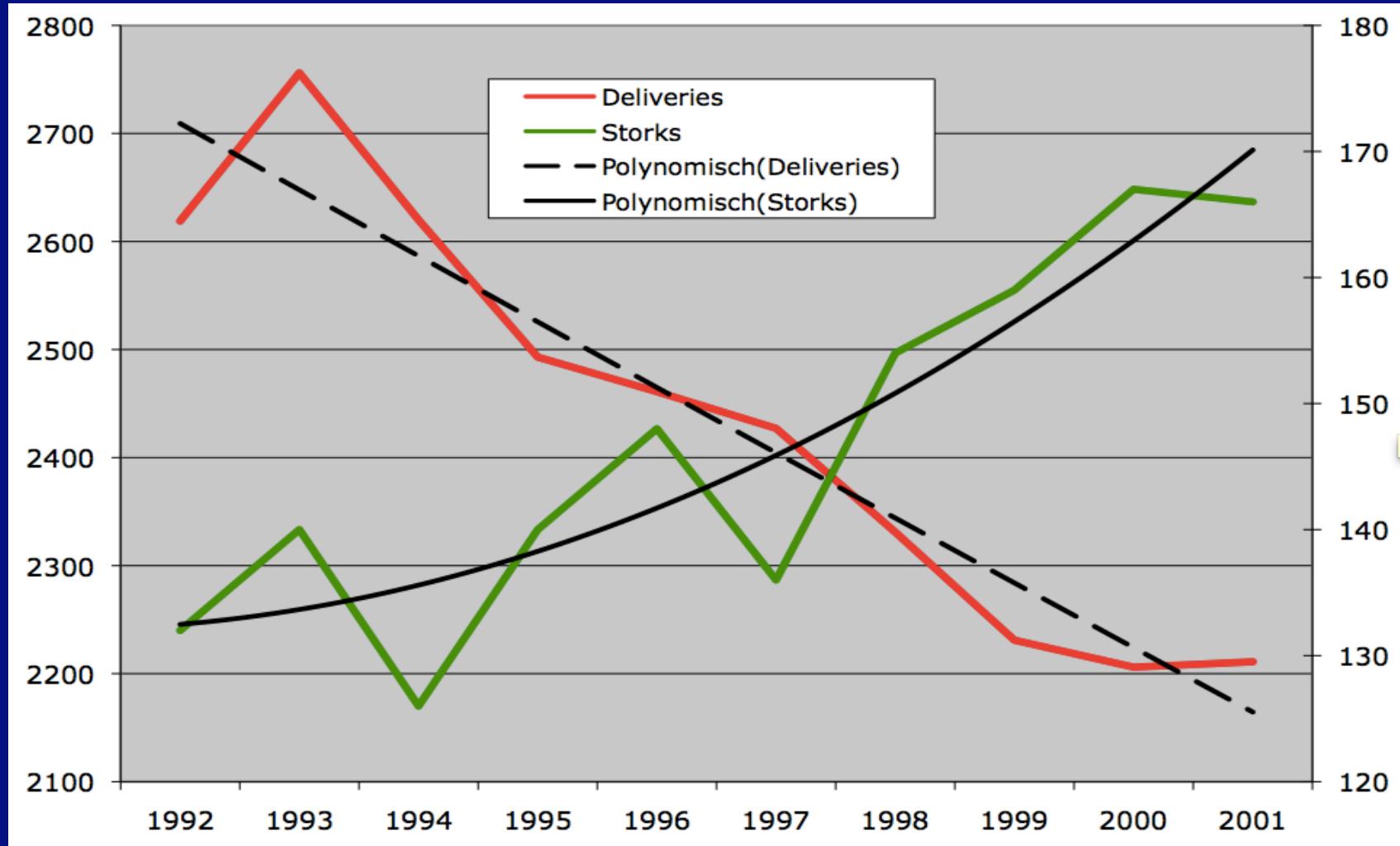
No of storks and deliveries in Burgenland, Austria

Would the interpretation be: An increasing number of storks may have the potential side-effect of a higher birth rate?



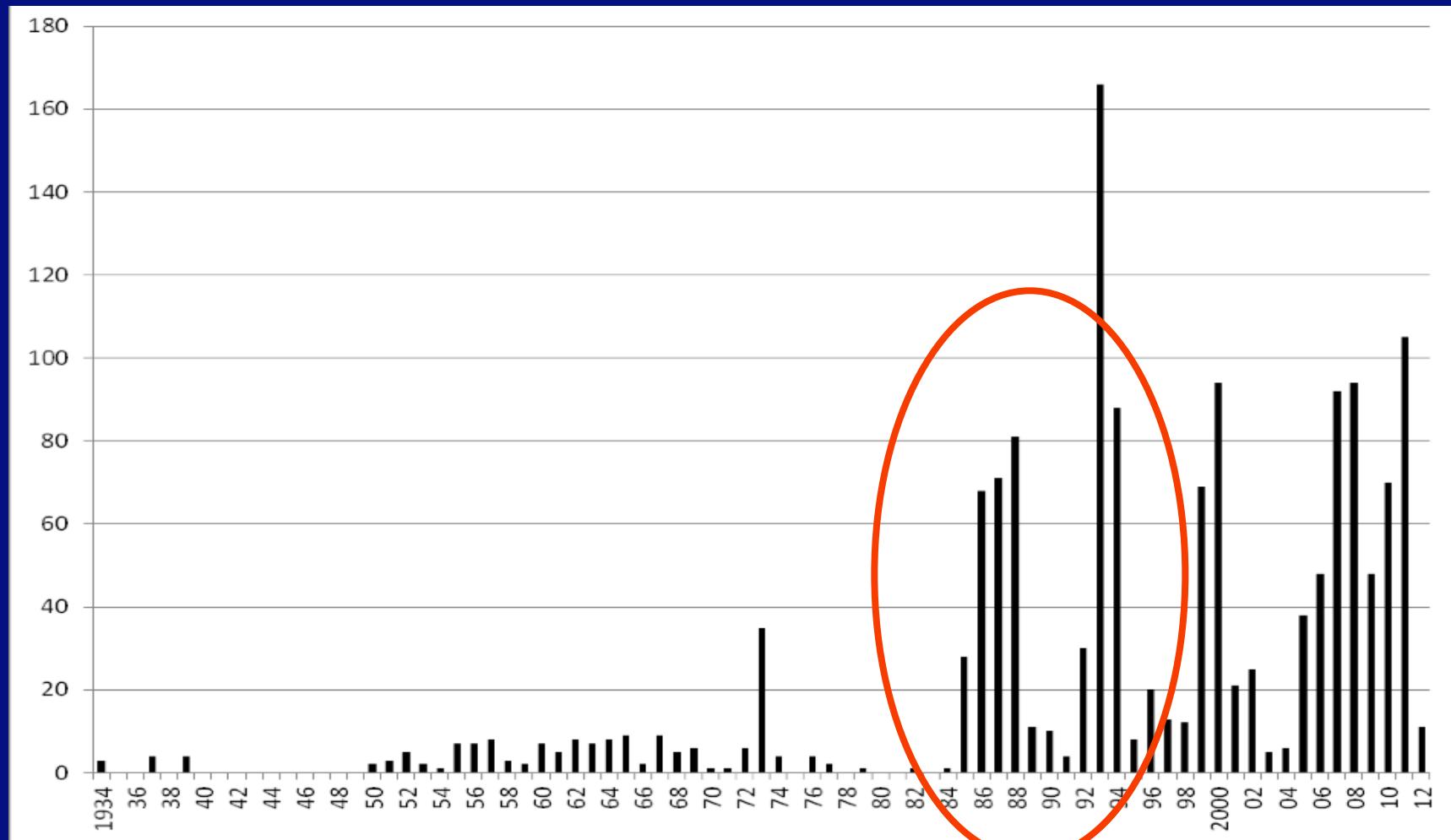
No of storks and deliveries in Burgenland, Austria

Would the interpretation be:
we need to look at potential confounders?



No of metal rings put on (juvenile) storks Austria

Would the interpretation be: Metal rings on the legs of storks have the “risk” or “potential side effect” that they can not do their work?



Arbeitsgruppe np

Natürlich und sicher

- Auf den eigenen Körper hören
- Sichere Empfängnisregelung ohne Nebenwirkungen

Pour une vie conjugale plus heureuse :

LA CONTRACEPTION NATURELLE

— ses avantages —

d'après des nouvelles connaissances

SANS LA "PILULE"

ni aucun autre procédé contraceptif

50 years after the discovery women want to abandon hormonal contraception

BBC NEWS

[Watch One-Minute World News](#)

Last Updated: Wednesday, 21 February 2007, 00:48 GMT

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Natural contraception 'effective'

A natural family planning method is as effective as the contraceptive pill, German research suggests.

The symptothermal method (STM) assesses fertility levels monthly cycle by body temperature, cervical

The method involves monitoring body temperature

natural
birth
control
made simple

YOU NEED THIS BOOK IF...

* you want to avoid pregnancy but stay in tune with your body

* you need to avoid the health risks and complications of the Pill

* you like knowing when you're most fertile and able to conceive

simples métodos de control de la natalidad

Contraceptive Paradox, G. Fria

The Contraceptive Paradoxon

