

Know the Difference - What are we saying YES to when choosing a method of Family Planning

Know the Difference	Natural Family Planning (NFP)	Rhythm Method - Not NFP	NuvaRing - once per month vaginal insert	The Pill - Oral	Mirena - IUD, Uterine Implant	Depo Shot - Injection every 3 mo	Ortho Evra (the Patch)	Vasectomy - Surgical	Tubal Ligation - Surgical	Condoms
Effectiveness	99.00%	75-87%	92-99.0%	92-99.0%	99%	97-99.0%	92-99.0%	99.90%	99.90%	86%
Effect on Marriage										
In Line with Catholic Church Teaching	y	y								
Against Church Teaching			y	y	y	y	y	y	y	y
Lower Divorce Rate	y	outdated								
Higher Divorce Rate			y	y	y	y	y	y	y	y
Divorce Rate	1-5%	outdated	50%	50%	50%	50%	50%	50%	50%	50%
Avg # of Children families have using this method	2.50	outdated	1.40	1.40	1.40	1.40	1.40	1.40	1.40	1.40
How they work?										
Abortifacient - An Early Abortion			y	y	y	y	y			
Decreased Risk to the Woman of:										
Ovarian or Uterine Cancer				y						
Increased Risk to the Woman of:										
Breast Cancer			y	y		y	y			
Ovarian Cancer									y	
Uterine Cancer or Endometrial Cancer						y			y	
Skin Cancer				y						
Cervical Cancer			y	y			y		y	
Liver Cancer or Dangerous Benign Tumors			y	y			y			
Gallbladder Disease			y	y			y			
High Blood Pressure			y	y	y					
Blood Clots			y	y		y	y			
Heart Attack			y	y		y	y			
Stroke			y	y		y	y			
Death				y			y			
Depression (often severe)			y	y	y	y	y		y	
Vaginal Infections/Irritations Or Pelvic Inflamm Disease			y		y					
Painful Intercourse			y		y					
Abdominal pain				y	y		y			
headaches			y	y	y	y	y			
Misc Surgical Risks									y	
Endometriosis									y	
Acute & Chronic Inflammation of fallopian tubes									y	
Acute & Chronic myometritis									y	
needing hormonal treatments									y	
Other Increased Risk to Women/Baby:										
Unable to get pregnant 6 mo to 2 yrs after use						y				
Problems with future pregnancies or fertility					y	y				
Tubal (ectopic pregnancy)					y					
Perforated Uterus					y					
Severe Fetal Abnormalities if woman becomes pregnant while using						y				
Increased Risk to the Man of:										
Prostate Cancer								y		
Lung Cancer								y		
Testicular Cancer								y		
Non-Hodgkin's Lymphoma								y		
Autoimmune - MS, RA, Addisons, lupus & Others								y		
Atherosclerosis								y		
Multiple Myeloma								y		
Kidney Stones								y		
change in sexual desire - decrease					y			y		
misc surgical risks								y		

This is intended to be a general, loving guideline. Accuracy is not guaranteed but I did the best I could to summarize resources I found.

Sources for most risks indicated above can be found on the back of this page, from the manufacturers websites or www.ccli.org