

**Ovulation
detection
the most effective
form of
birth control**

birth control pills and cervical cancer.....

"Combined oral contraceptives are classified by the International Agency for Research on Cancer as a cause of cervical cancer. As the incidence of cervical cancer increases with age the public-health implications of this association depend largely on the persistence of effects long after use of oral contraceptives has ceased."

"Individual data for 16 573 women with cervical cancer and 35 509 without cervical cancer were reanalysed centrally."

"Among current users of oral contraceptives the risk of invasive cervical cancer increased with increasing duration of use"

"The relative risk of cervical cancer is increased in current users of oral contraceptives and declines after use ceases. 10 years' use of oral contraceptives from around age 20 to 30 years is estimated to increase the cumulative incidence of invasive cervical cancer by age 50....."

The Lancet.....Volume 370 #9599.....November 10-16 2007.....page 1609

International Collaboration of Epidemiological Studies of Cervical Cancer

Cervical cancer and hormonal contraceptives: collaborative reanalysis of individual data for 16 573 women with cervical cancer and 35 509 women without cervical cancer from 24 epidemiological studies

National Cancer Institute.....Oral Contraceptives and Cancer Risk: Questions and Answers

“.....women who were current or recent users of birth control pills had a slightly elevated risk of developing breast cancer. The risk was highest for women who started using oral contraceptives as teenagers. “

“Evidence shows that long-term use of oral contraceptives (5 or more years) may be associated with an increased risk of cancer of the cervix (the narrow, lower portion of the uterus).

Pregnancy

--- **Ovulation.....**Females have 2 small round pouches [ovaries] that contain eggs. Approximately once each month, an egg is released from one of the ovaries, a process called ovulation.

--- **Pregnancy.....**The uterus is attached to another tube called the fallopian tube. Pregnancy is caused by a sperm from a male deposited in the fallopian tube, going up into the uterus and into a fallopian tube, then penetrating into the egg of a female [fertilization].

--- **Prevention of Pregnancy.....**No egg = no pregnancy.
A yet to be fertilized egg can survive in the fallopian tube for only about 24 hours. The sperm can survive in the fallopian tube for about 6 days. Thus there are only about 7 days each month when pregnancy can occur. To prevent pregnancy, find out when approximately when those 7 days occur, and avoid introducing sperm into the vagina during those 7 days.

--- **No egg = no pregnancy.....**To find out when ovulation occurs, use an ovulation testing kit. They're sold in local grocery stores and drug stores. Cost ranges from \$30 - \$60. Product suggestion.....

Clear Blue Ovulation Kit

<http://www.clearblueeasy.com/clearblue-easy-fertility-monitor.php>