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The pills are safe choice as a tools of birth control for women

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Abstract

One second may changed her whole life and she could become the mother of an unwanted child. To avoid this stressful situation, It was only necessary to have used a 43 years old method of birth control- the birth control pill – once a day. It has been taken by approximately 80% of women today and its effectiveness is over 99% if used correctly. However, Some women still fear that taking the birth control pill could harm their health; In fact the pills composition provides advantages to women, including prevention of ovarian cancer. There is also no connection between the pill and breast cancer, and it uses is possible while breast feeding too. Although, there are a few disadvantages to it use the birth control pill is safe for women.

Keywords: birth control, cancer, breast, health, pregnancy

Introduction

Birth control pill contains nothing harmful to women's health. This oral contraception is divided into two groups. First are combination pills including estrogen and progesterin (Synthetic progesterone) and second are progesterin – only– pills. Women's ovaries produce both estrogen and progesterone. The pill thus contain the same hormones that women's bodies already have. According to the National Cancer Institute, estrogen is hormone which makes the uterus more active when a women body becomes sexually mature. It also makes the endometrium (the uterus walls) thicker at the beginning the menstrual cycle. Then the endometrium is ready to accept a fertilized egg with the help of progesterone, which is made in the second part of the menstrual cycle. The pill, however gives women the right amount of these hormones so that they can not get pregnant. Plant parenthood, explains that estrogen in-combination pills stops the ovares from producing eggs, while progesterin – only pills "Thicken cervical mucus" to stop the fertilization of eggs. These supplemental hormones "Fool the body into acting as if it's pregnant". They do not damage the body they just make it act in a different way. So, the contents of this oral contraceptive may be seen as safe.

Another point is that taking the birth control pill has benefits for females' health. Not just young 18 year-old girl, but also 30-year-old women use the pill to avoid unwanted pregnancies. In addition, the pill can improve the condition of their skin. As Dr. Marjorie Greenfield. An Associate Professor of Obstetrics and Gynecology, reported compared with non-pill users, users of the birth control pill have fewer problems with acne and "excess" hair on the face and body. She even pointed out that pill users are less likely to have ovarian cysts and anemia. So, the hormones in the pill provide a variety of benefits their cycles, and the birth control pill can be a solution. Planned Parenthood noted that women have lighter menstruations and do not suffer from such terrible stomach cramps when they use the pill. That means that the pill helps girls and women enjoy their lives, go out with friends, or exercise instead of staying in bed because of pain. In summary, these examples show that the birth control pill can have a beneficial influence on women's health and lives.

Despite these advantages of using the contraceptive pill, there is a myth that its use causes ovarian cancer. However, research shows that deaths of females from this cancer are not connected with the birth control pill at all; on the contrary, the pill is successful in fighting against it. The effect of the birth control pill on the ovary is interesting. Scientists from the Duke Comprehensive Cancer Centre found that progesterin from the pill led to "increased cell turnover in the ovarian epithelium,

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indicating that progestin might lower ovarian cancer risk by activating cancer-preventative molecular pathways in the ovary". With higher cell turnover in the ovary, cells that may become cancerous are destroyed earlier and faster, due to the effects of progestin from the birth control pill. Infact, another study at Duke showed that women who took a pill with more progestin had a lower risk of ovarian cancer than women who took a pill with more estrogen; however, all women who took any birth control pill had a lower risk of ovarian cancer than other women. So the pill, especially the progestine-only one, has been effective in fighting against ovarian cancer. According to Dr. Greenfield, the effectiveness of the pill is so great that some doctors now advise women to take the pill for five years just because of its preventing ovarian cancer. From this, it seems that the birth control pill neither increases the danger of cancer of the ovaries nor damages their functioning, so the myth should be forgotten. In actuality, the longer women use this form of birth control, the bigger the protection against ovarian cancer they have. The Centers for Disease Control and Prevention an Harvard Medical School studies found that women who used the pill for one year had a 10-12% less chance of getting ovarian cancer, while women decrease the risk of getting the cancer by 50%, If they use the pill for no less than five years. This protection lasts even after women stop using the pill. Thus continued to use of the pill is not bad decision because it can help to prevent cancer for a long time in the future. So, especially women whose mothers or grandmothers had ovarian cancer are protecting themselves in the right way by taking the birth control pill. Another claim is that the birth control pill may cause breast cancer, which is a blunder. The truth is that not only 20 to 30 year old women, but also women in their 40s, 50s and 60s do not have higher chance of getting breast cancer just because they used oral contractive. This was shown by a study in The New England Journal of Medical called the Women's Contraceptive and Reproductive Experience study. Of 9,200 women between 35 and 64, half of whom had a breast cancer diagnosis, women who had used the pill did not have increased cancer risk. So, especially older women, who are at greater risk of getting breast cancer because of their age, do not have to be afraid that taking the pill could lead to breast cancer. There is also another significant fact about women with a history of breast cancer in their families. The same Women's Contraceptive and Reproductive Experience study showed that women with breast cancer in their families did not have a higher risk of cancer if they took the pill. So, women who had breast cancer due to time of usage, or even race or weight. Almost all women can safely use the pill for weeks, months or years. In conclusion, there is no clear connection between breast cancer and using the birth control pill. It is also remarkable that it is possible to use the pill during lactation. Women breastfeeding their infants also need to use birth control to avoid pregnancies, and hormonal oral contraceptives, especially the progestin only pill, are one of the safe options. According to the web site of well known pediatrician Dr. William Sears, in comparison with the combination pill, the progestin only pill is better to use because it does not contain estrogen, which could reduce the amount of mother's milk. But his most important point is that the pill does not affect the child's health at all. This means that women do not have to stop either taking the pill or breastfeeding their babies. Furthermore, the combination

oral contraceptive is also approved for use by breastfeeding women Dr. Greenfield confirmed that the combination pill may be used when the milk is well produced, which is six months after birth. When the mother's body is accustomed to breastfeeding, therefore, it is possible and safe to use both kinds of oral contraceptive without worrying about the baby or mother's health. In short, the birth control pill could be used during lactation with no danger to the child.

Although the use of oral contraception has all these benefits, there are also a few disadvantages. For instance, Planned Parenthood reported that women taking the pill for the first time may have terrible headaches and feel sick. They may experience bleeding during the month as well. These are typical side effects of oral contraceptives, but they usually disappears in three months. It seems that the additional progestin and estrogen cause those changes, but as women's bodies adjust, the bad effects soon vanish. Plus, if the effects do not disappear, a doctor can help women to choose another kind of birth control pill. However, Okie named one group in danger while taking birth control pills: Smokers over 35. This combination is risky because these women have a higher risk of heart attacks. Here it is important to note that smoking is the bad habit which endangers women, not the pill. In general, oral contraceptive benefit women's health and well-being much more than they hurt.

Conclusion

Using the birth control pill is a safe solution to avoiding unwanted pregnancies. It contains hormones which do not confuse the system of women's bodies and bring health benefits into their lives. The pill has been successful in the prevention of ovarian cancer; moreover, there is little danger connected with breast cancer. Taking the birth control pill is negative side effects and there are risk groups who should be careful. Oral contraceptives overall, though should not be seen as a symbol of jeopardy, but symbol of women's choice.

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