

5 MYTHS ABOUT ORAL CONTRACEPTIVES

It is one of the most effective ways to prevent pregnancy but The Pill is still surrounded by misconceptions.

Combined oral contraceptives (containing a combination of the hormones oestrogen and progestogen), commonly known as The Pill, suppress ovulation and prevent conception. They also cause the cervical mucus to thicken, hence blocking sperm penetration.



1 Oral contraceptives are linked to cancer

On the contrary, oral contraceptives have proven to decrease the risk of ovarian and endometrial cancers. This protection continues for 15 or more years after you stop taking them. The risk of breast and cervical cancers, meanwhile, does not outweigh benefits, such as regular and shorter periods, decreased severity of menstrual cramps, and protection against ectopic pregnancy and fallopian tube infection.

4 Oral contraceptives result in infertility

The Pill does not delay or prevent conception in the future. Women who stop using oral contraceptives can become pregnant as quickly as those who cease non-hormonal contraception. This is true regardless of how long you have taken The Pill, the number of children you have had, or your age. However, fertility does decline naturally with increasing age.

2 Oral contraceptives can cause birth defects if you take them accidentally while pregnant

Taking oral contraceptives does not cause birth defects. If you take them accidentally while expecting, they will not harm the fetus. Studies have not found an increased risk of anomalies in the offspring of women who took oral contraceptives during pregnancy, compared to those who did not.

5 Oral contraceptives cause weight changes

The Pill does not cause you to gain or lose weight. For many women, weight fluctuates with changes in age, diet, activity level and lifestyle, but may mistakenly be attributed to the use of oral contraceptives. Studies have found that only a very small number of women reported weight changes after taking The Pill compared to the majority, for whom oral contraceptives do not affect their weight. ♀

3 Oral contraceptives accumulate in the body

The Pill does not stay in the body to cause disease and tumour, or form stones in the stomach, ovaries or uterus. Like all medications, The Pill dissolves in the digestive system and the active ingredients (the hormones) are absorbed into the bloodstream and to offer contraceptive protection. The hormones are then metabolised in the liver and gut, and eliminated from the body.



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