

obviously very healthy woman and so has Hellman. I think that that statement does not present my point of view very accurately.

I think that pregnancy, in good hands—that means excellent facilities, in a well-nourished woman who has had excellent prenatal care—carries with it a relatively minimal risk. But I think that anyone would state that if you took a thousand women—you would have to take them in terms of 100,000 women—who were so fortunate as to have this type of care, this type of nutrition, I think you would find you have a higher maternal mortality of more than 3 per 100,000. It may not be the 20 that we find in our American white population; it may not be the 30 which we find in our American black population. But it certainly would be a mortality higher than 3, and I think Hellman would be the first to admit this, because he knows the facts as well as I do; but whether it is eight or 12, I cannot argue that point. But I am certainly not willing to accept that mortality, even among our most preferential pregnancies would be less than 3 per hundred thousand, sir.

Now, in addition to the danger from thromboembolism which has been described to this committee on several occasions by several witnesses, I think that there are other dangers for the pill. I think that there are other serious adverse side reactions, or bad effects, which may occur in an occasional patient.

The more common have been certainly detailed to you, such as high blood pressure, headache, depression, interference with vision, and so on.

Fortunately these serious side effects are reversible, and most disappear if contraceptive pills are discontinued. I certainly recognize that there are very profound metabolic changes in some patients on the pill. I also know that there has been nothing in the literature and nothing before this committee that these changes are or will be harmful.

Senator NELSON. Is it not also true that it has not been demonstrated that they will not be harmful?

Dr. GUTTMACHER. I suppose that is true. I suppose you are asking whether these changes, if they exist long enough, will cause permanent deterioration of body systems. This is a possibility. I am certainly not going to whitewash the pill by saying we know all the answers. We do not; just as you say in your statement that we need more research, I would underscore that 20 times. I agree with you completely and utterly. There is no problem about that.

Senator NELSON. On the question of the metabolic changes—I have here a book.

Dr. GUTTMACHER. That is Dr. Salhanick's volume. I can see it here. It is an excellent book.

Senator NELSON. I also have a pamphlet that discusses a particular oral contraceptive. The cover says, "So Close to Nature."

Dr. GUTTMACHER. "So Close to Nature," sir?

Senator NELSON. Yes, that is the title of the pamphlet.

Dr. GUTTMACHER. I do not think Salhanick wrote that.

Senator NELSON. Oh, no; it is the pamphlet of one of the drug companies, explaining the use of the drug to doctors.

Dr. GUTTMACHER. I see. I was concerned—