

Senator NELSON. So there it is, a slick little piece, and it says:

So close to your natural feminine pattern.

Your doctor has prescribed this newest kind of fertility-control tablet for you. Unlike others available for the same purpose, this preparation follows the principles and system of nature itself. Its actions closely resemble those of your natural menstrual pattern, and it works without upsetting the delicate balance of your normal body function.

Would you agree with that statement?

Dr. GUTTMACHER. No, sir; I do not.

Senator NELSON. This is the literature that is being given to the users, the only piece that is being handed out to them, since there is no package insert. Would you think that this ought to be stopped?

Dr. GUTTMACHER. Well, of course, I have not read the whole thing, sir, but from what you have read, I do not agree. It is obviously not stating facts. These are different drugs than the normal-occurring estrogens and the normal progesterone. I do not think one can say that the way you read it. I would disagree with it.

Senator NELSON. The sentence at the end, "and it works without upsetting the delicate balance of your normal body function," do you agree with that?

Dr. GUTTMACHER. I would say it may work without upsetting; yes. There are some women who obviously do not have the chemical changes and some women have no side effects. But I think certainly the way it is written is inaccurate.

Senator NELSON. Well, this is one of the reasons for the hearings, the fact that all the data included in the FDA-sponsored study has not been widely disseminated. Although it has been published, it does not go to the user. Instead, the information in this pamphlet is what goes to the user.

This is the sort of thing being widely run in women's magazines, with an exception or two. Now, do you think that the patient who gets this, or even the doctor, is aware of the Salhanick report on "Metabolic Effects," etc.; this is the one from the workshop sponsored by NIH. Do you think the women of America are aware of what is said there?

In fact, do you think that most of the doctors—I would like the answer to both of those questions—I mean doctors who are not professionals in this field, such as you are, the gynecologic phase of it—do you think doctors are aware of what this report says? I shall read to you from it. This is the preface of the volume on page 9:

Until recently the metabolic effects of the sex steroids have been inadequately investigated or ignored. These accumulated data and others suggest that no tissue or organ system is free from a biological, functional and/or morphological effect of contraceptive steroids. Many of these changes appear to be reversible after short periods of treatment, but it is impossible to form judgments on the reversibility of some of the changes resulting from prolonged administration. This question becomes more important daily for the many patients who have already had long-term contraceptive steroid treatment.

Further down on the same page:

Nevertheless, the consistency of such reports on such findings reject the possibility that they are of no consequence and require that certain questions be answered.