

whole, this is a very, very clearly, simply stated paragraph that gives warning about the long-term systemic effect, which is quite a different thing from what is going to the woman, which says:

And it works without upsetting the delicate balance of your normal bodily function.

Compare this authoritative statement with the statement going to the woman.

Dr. GUTTMACHER. Now, I do not think that statement—I agree with it in part, but I think, for example, it could lead one to the impression that it is universal, that every woman on the pill has such changes. As far as I know, it is 8 percent in one series; 20 percent in another.

Also, these chemical changes often clear up during the time the patient is on the pill. Also, so many of these changes are reversible when the patient concludes it. I think if this were added to the statement, perhaps—then there are words in there that I just have the feeling that a lot of people do not understand.

“Morphological”, I dare say if you took that word to half the population in Washington, the number of people who do not understand that word would be higher than I anticipate. I think it is fine, but I think it needs a good deal more writing. I think it has to add that it is not universal, that it reverses itself even when patients are on the pill; when they come off, most of these disappear.

I think also we need to state in there that so far, we do not see any evidence of sustained systemic damage. There is nobody, I think, that thinks, so far as I have been able to read that volume or other volumes—and Dr. Carrington is going to follow me, and she can answer me—that the pill is going to cause diabetes. Nevertheless, it causes changes in sugar tolerance.

I just have a feeling that you are trying to oversimplify your message to the American public. It is a complicated message and this does not do it all.

Senator NELSON. I did not suggest that. I was just saying, as contrasted with the comments on metabolic effect here—

Dr. GUTTMACHER. Oh, I will buy the book against the pamphlet. There is no problem about that.

Senator NELSON. And this statement, save a word or two, which could easily be rephrased, is perfectly understandable by any eighth grader, I think, in the country.

That is my point. On one side is the information that the woman is getting; that there are no metabolic effects. On the other side is what a most distinguished committee has gathered on the metabolic effects. It has summarized all the literature here and elsewhere in the world and here is the conclusion they come to. The woman is being told exactly the opposite. That is why I raise the question, should it not be told?

Senator JAVITS. Mr. Chairman, a point of interest to me. The Chair said he was reading from an official document. What is the official Government document?

Senator NELSON. It is an NIH-sponsored conference. This is the book that came from the conference sponsored by the NIH, considered to be—