

Dr. GUTTMACHER. I would certainly tell her about the possibility of headache. I would certainly tell her about the possibility of mood changes such as depression.

I doubt very much whether I would go into greater detail about other things, but I would try to make her understand that any departure from health should be reviewed by the physician so that he can make the determination whether or not the pill may be responsible for it.

Senator NELSON. But do you think, as the former Commissioner of FDA, Dr. Ley, suggested sometime back, and also a number of witnesses have testified, that some literature of this kind indicating what untoward symptoms to look for ought to be included with the pill package? Would you agree with this or disagree?

Dr. GUTTMACHER. I think it might be well to do it. I would prefer to have the doctor do it, but since we cannot depend upon him 100 percent, some literature, assuming it is accurate, might be valuable to put in. I think the patient might read it.

Senator NELSON. You are aware, I assume, that in the survey done for Newsweek, two-thirds of the women in that survey stated that they were told nothing about side effects by their doctors?

Dr. GUTTMACHER. No. I do not remember that.

Senator NELSON. Well, that is in the article. As a matter of fact, the article stated that that is one fact these hearings have dramatically demonstrated.

Dr. GUTTMACHER. Yes.

(The article referred to follows:)

[From Newsweek, Feb. 9, 1970]

POLL ON THE PILL—18 PERCENT OF U.S. USERS HAVE RECENTLY QUIT

For two weeks last month in hearings that headlines blazoned throughout the U.S., a roster of experts testified on Capitol Hill about the possible hazards of oral contraceptives. Most of the headlines were scary—more frightening, indeed, than any balanced perspective of informed medical opinion would justify. But just how scared were the women who are actually taking the Pill? To find out, NEWSWEEK commissioned The Gallup Organization last week to take a reading of the latest attitudes and actions among U.S. women using the pill.

The result was an eye opener. Largely because of all the recent publicity, 18 per cent of the 8.5 million U.S. women on the pill—nearly one in five—say they have stopped using it altogether. In addition, 23 per cent say they are giving serious consideration to quitting.

What makes the proportion of women who are defecting even more remarkable is the fact that many of them also say that they have had entirely satisfactory experiences with the pill. Fully 76 per cent of users say they have been "very satisfied" with oral contraceptives, and another 11 per cent were "fairly satisfied." Moreover, two-thirds of U.S. users continue to believe that the advantages of oral contraceptives outweigh the risks. Forty-one per cent of the women say they have had no side-effects or complications, and 38 per cent attribute their approval of oral contraceptives to their unquestioned effectiveness. "They protect me against something I don't want to happen," said a Grand Rapids, Mich., woman.

Quitting the pill—Have you stopped using birth control pills, or are you considering stopping, for any reason?

	Percent
Have stopped.....	18
Considering stopping.....	23
Neither.....	59