

APPENDIX IX

[Medical & Pharmaceutical Information Bureau of Science Public Relations, Inc. News Release, February 17, 1966]

ORAL CONTRACEPTIVE NOT CAUSE OF THROMBOEMBOLISMS: DR. GUTTMACHER

New York.—Fears of thromboembolic involvement in women taking oral contraceptives have no basis in proven medical fact, according to Dr. Alan F. Guttmacher, president of Planned Parenthood-World Population.

Writing in *The Physician's Panorama* *, Dr. Guttmacher says that while possible involvement of the orals with embolic phenomena should be kept in mind, medical findings have been negative and he recommends the oral contraceptives as the best method of birth control for the newly married.

Dr. Guttmacher offers this guidance in an article written for the medical magazine which is read widely by general practitioners.

"No one has demonstrated that any of the hematological alterations observed in some women on the orals create hyper-coagulability [excessive clotting] of the blood", Dr. Guttmacher states. "And no one has been able to prove that the use of the orals leads to a greater incidence of thromboembolism."

When possible, Dr. Guttmacher advises his readers to prescribe the oral contraceptives for "two cycles before marriage so that the relatively transient, minor effects will have had time to disappear before the honeymoon. Furthermore, a bride may remain on the pill throughout the honeymoon, taking one pill each day and thus postponing the menses until a more convenient time."

Other counsel Dr. Guttmacher advises physicians to give their patients include:

"Don't be in a hurry to have a baby . . . Be sure first to complete all the education you desire . . . Of course, if you are so fortunately situated that you can afford the luxury of having a baby before completing both educations, that is a different situation. But, even so, don't have a baby immediately. First get better acquainted and adjusted."

Such advice is especially called for in the case of teenage marriages, he emphasizes. Certainly postponement is better for the baby, Dr. Guttmacher adds, because some 40 per cent of youthful marriages end in divorce.

Only when the bride is 25 or past is delay in beginning her family unwise, Dr. Guttmacher writes. "The best ally of pregnancy and birth is youth, and . . . [this makes it] important for doctors to stress this advantage of youth with each couple for whom we prescribe contraception."

Among other contraceptives which Dr. Guttmacher rates as highly effective are the IUCD, or intrauterine device. His article discusses other techniques and devices and evaluates their effectiveness.

Panorama is published, primarily for general practitioners, by Sandoz Pharmaceuticals of Hanover, N.J.

* February 1966.