

Gissell Salazar  
Professor Toni Espinoza-Ferrel  
December 04, 2020  
HSC 301 Sec 01  
Tue-9:30-10:45am

### Advocacy Assignment

For this assignment I will be advocating for an important change that needs to be made for the health of females. I influence myself to write this assignment based on my experience. The use of birth control has shown to be effective over years with preventing pregnancy and helping with menstrual cycle, however they have shown to have a high number of side-effects on females. On this assignment I will be advocating against birth control pills because public health/ doctors need to find or prescribe other medications that do not have such high rates of secondary-effects and that will affect the future health of women. Some teenage girls may begin to take birth control pills to help with their period rather than for the help of pregnancy prevention. In my opinion, if the user decides to take the pill for prevention pregnancy, it is a great decision, but in regards to females who do not perform any sexual intercourse activity other medication should be given with lower side-effects and that it should continue helping her with her period. In the following, I will be listing the ten side-effects of birth-controls leading to the reason why I believe this change needs to be made.

1. **Breast Cancer:** High risk occurs to women who use birth control pills with high estrogen. As we may know these pills can contain estrogen and progestin. A total of 54 studies that were done in 1996 has shown that women have a higher risk of breast cancer while being on the pill and then ten years after stop taking the pills  
<https://www.breastcancer.org/research-news/study-questions-birth-control-and-risk>
2. **Cervical Cancer:** Studies have shown that women who use birth control pills for five years or more have a higher risk than those who have never used the pill before. The risk increases even more depending the amount of years the pill is used.  
<https://www.cancer.gov/about-cancer/causes-prevention/risk/hormones/oral-contraceptives-fact-sheet>
3. **Blood Clot:** Women who take contraceptive pills are at a higher risk of having blood clots. Even though the rates are low, women who use contraceptive pills have a risk of such between 3 and 9 in every 10,000 women.  
<https://nwhn.org/hormonal-birth-control-blood-clot-risk/>
4. **Liver diseases:** It has been stated that hormonal contraceptives pill is highly associated with many liver complications such as intrahepatic, cholestasis, sinusoidal dilatation, peliosis hepatis, and many other complications. It also increases the risk of gallstone.  
<https://www.ncbi.nlm.nih.gov/books/NBK548539/#:~:text=Introduction,an%20increased%20risk%20of%20gallstones.>

5. **Migraines:** The use of birth control pills can cause severe migraines. Low levels of estrogen can cause migraines.

<https://www.healthywomen.org/content/article/birth-control-side-effects-arent-normal>

6. **Eye problems (blurred vision):** The changing level of estrogen and progesterone can affect the eye's oil gland, which could be the main cause of eye dryness for women. The levels of estrogen can affect how light travels into the eye because it can make the cornea less rigid or hard. Having dry eyes can be the effect of blurry vision.

<https://www.aao.org/eye-health/tips-prevention/how-hormones-can-affect-eyes-vision>

7. **Severe stomach pain**

8. **Weight gain**

9. **Chest pain**

10. **High blood pressure**

## References

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December 04, 2020

Harvey K. Chiu, MD  
Pediatrics, Endocrinology  
Ronald Raegan UCLA Medical Center  
757 Westwood Plaza, Los Angeles, CA 90095

Dear Dr. Chiu,


I am writing this letter because I am advocating for a change for the health of women most importantly focusing on young adolescent girls because I care about their health. As you may know, oral contraceptive pills or birth controls are effective in helping to prevent pregnancies, also in helping to regulate or control heavy periods, and to bring periods for those on low estrogen affected by the exposure to radiation or/and chemotherapy like in my case. Other women may also use the pill to completely stop the excessive bleeding for three months or more. These pills are not only used by adult women but also by young girls. I am advocating against the birth control use for young girls for many important reasons. In my opinion, I believe that girls under the age of eighteen should use alternate or another method of medication rather than birth controls because the pill has shown countless secondary-effects.

In my opinion, I think that this pill is great for preventing pregnancy but in a matter of helping the younger who do not perform any type of sexual intercourse activity there needs to be a change in regards to the medication. Based on my research, I have found some health effects that can affect users within short to long term with the use of the pill. I have been your patient for about five years already, and as a patient I have the right to discuss with you my thoughts about a medication that I've been taking and is prescribed by you. I have ten health problems/effects that I consider to be reasons for you as a doctor to look more in-depth about and may begin to make changes for your young female patients who use birth controls right now to avoid any health risks in their future. While doing my research I found that the use of birth control can cause breast cancer with the use of high estrogen. Depending on the case of each patient of yours you need to take in consideration and look for medication with lower or controlled estrogen levels or an alternate medication. The second kind of cancer that is common in females is cervical cancer, based on the national cancer institute, they stated that women who use these pills for more than five years have a sixty percent higher risk than women who do not use them at all. A third side-effect that is very common is blood clots who are as well related with heart, strokes and high blood pressure. These are very common after the use of the pill and during pregnancy, but for this reason it is best that you think about their future. Another effect that I can relate to is severe stomach and chest pain, many women like myself may experience severe stomach pain every

month by the time of having our period. Studies have shown that the level of estrogen and progesterone on the pill can cause vision problems such as seeing blurry. Other serious effects of the pill are migraines, and liver diseases. Studies have reported that the pills are associated with many liver problems such as intrahepatic, cholestasis, sinusoidal dilation and many other serious illnesses. The final health issue that I consider to be a reason for you to do some changes on prescribing medication for young girls is weight gain. Over years studies have shown that birth control pills make women have weight gain and they can not have control over it because it is a medication that they need.

I appreciate you for taking the time to read my request upon my advocacy on wanting to improve the health of young female adolescents. Please let me know what your opinion is regarding the reasons on health effects of birth controls. I kindly ask if you can take in consideration what I have mentioned, and you are more than welcome to share this with your colleagues.

Kind regards,

A handwritten signature in black ink that reads "Gissell Salazar". The script is cursive and fluid, with the first name "Gissell" and last name "Salazar" clearly distinguishable.

Gissell Salazar