

magnesium/calcium supplements and ibuprofen products *after* the onset of menses.

### 9) How can I find out more about breast cancer risk from the Pill?

Anyone may download the entire Mayo Clinic meta-analysis article by going to: [www.MayoClinicProceedings.com](http://www.MayoClinicProceedings.com) and accessing the October 2006 archives. In addition, eleven of the seventeen chapters in the book *Breast Cancer, Its Link to Abortion and the Birth Control Pill* deal with cancer risks from birth control pills.<sup>6</sup>

### 10) Where can I find information about Natural Family Planning?

Natural Family Planning information is available from a number of national organizations:

- Billings Ovulation Method Association  
[www.Boma-usa.org](http://www.Boma-usa.org) (888) 637-6371
- Couple to Couple League  
[www.ccli.org](http://www.ccli.org) (513) 471-2000
- Family of the Americas Foundation  
[www.familyplanning.net](http://www.familyplanning.net) (800) 443-3395
- Marquette Model  
[www.NFP.Marquette.edu](http://www.NFP.Marquette.edu) (414) 288-3854
- National Conference of Catholic Bishops  
[www.usccb.org](http://www.usccb.org) (202) 541-3240
- Natural Family Planning International  
[www.NFPandmore.org](http://www.NFPandmore.org)
- Northwest Family Services  
[www.nwfs.org](http://www.nwfs.org) (503) 215-6377
- One More Soul  
[www.OMSoul.com](http://www.OMSoul.com) (800) 307-7685
- Pope Paul VI Institute  
[www.popepaulvi.com](http://www.popepaulvi.com) (402) 390-6600



Many Catholic dioceses have NFP offices or Family Life offices that can supply NFP information. Local parishes and Catholic hospitals may also be good sources.

### References

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5. Skegg DCG, Noonan EA, et al. Depot medroxyprogesterone acetate and breast cancer [A pooled analysis of the World Health Organization and New Zealand studies]. *JAMA.* 1995:799-804.
6. Kahlenborn C. *Breast Cancer, Its Link to Abortion and the Birth Control Pill.* One More Soul, Dayton, 2000. Can be read or downloaded at [www.onemoresoul.com/featured/breast-cancer-its-link-to-abortion-and-the-birth-control-pill.html](http://www.onemoresoul.com/featured/breast-cancer-its-link-to-abortion-and-the-birth-control-pill.html).
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8. Mostad SB, et al. Hormonal contraception, vitamin A deficiency and other risk factors for shedding HIV-1 infected cells from the cervix and the vagina. *The Lancet* 1997. 350: 922-927
9. Larimore WL, Stanford J. Postfertilization effects of oral contraceptives and their relationship to informed consent. *Arch Fam Med.* 9; 2000: 126-133
10. *National Cancer Institute. Study of Tamoxifen and raloxifene (STAR) trial.* April 26, 2006. ([www.cancer.gov/star](http://www.cancer.gov/star))
11. Ryder RE. "Natural Family Planning": Effective birth control supported by the Catholic Church. *Brit Med J.* 1993; 307: 723-726.