

Abortion is forever. Get the facts first.

Unfortunately, abortion providers often misinform their clients. Learn the truth before you decide. They may say that emotional problems after abortion are rare. While some women feel initial relief after abortion, that relief often gives way to emotional distress. Abortion counselors sometimes claim that these women must have had emotional problems before the abortion. Actually, studies that have controlled for this possibility still show that abortion increases the risk of future mental and emotional problems, including suicidal thoughts.¹

They may tell you that abortion is safer than childbirth.

Actually, it is nearly four times more deadly to mothers than childbirth.² Abortion carries substantial risks, including scarring and/or perforation of the uterus, heavy bleeding, infection, and sepsis. It also increases the risk for premature birth in future, wanted pregnancies.³

They may tell you it's just a blob of cells. But by the time you learned you are pregnant, your child's heart had already begun beating and nervous system development was well underway.

They may tell not tell you about your alternatives.

The most common reason given for abortion is economic duress. There are thousands of non-profit pregnancy centers and clinics all around the country that exist to address the needs of women who want to raise their children or make an adoption plan. Commonly offered services include sonograms, baby supplies, financial assistance, counseling, and referrals. To find an agency near you, talk to the person who gave you this paper, or look under "Abortion Alternatives" in your phone book.



This photograph of a living human embryo in the womb is provided by the Endowment for Human Development.

Be your own advocate!

Confidential counseling is available 24/7 at 1-800-395-HELP.

¹ Fergusen, D.M. et. al., "Abortion in young women and subsequent mental health," *Journal of Child Psychology and Psychiatry* 47(1): 16-24 (2006)

² Gissler, M., et. al., "Pregnancy-associated deaths in Finland 1987-1994," *Acta Obstetrica et Gynecologica Scandinavica* 76: 651-657 (1997)

³ Hanes M. Swingle, Tarah T. Colaizy, M. Bridget Zimmerman & Frank H. Morriss, Jr., "Abortion and the Risk of Subsequent Preterm Birth: A Systematic Review with Meta-analyses," *Journal of Reproductive Medicine* 54: 95-108 (2009)