

## YOUR HEALTH

There is a myth that abortion is better for women than childbirth. But the evidence in the published medical literature shows the opposite to be true.

Compared with giving birth, **women who abort are at higher risk of preterm birth, mental health problems,** and in the case of aborting a first pregnancy, an **increased risk of breast cancer.**

### The Facts:

- One abortion increases a woman's risk of preterm birth by **30%**. Two or more abortions increases a woman's risk of **preterm birth** by **50-70%**.
- Overall, women with an abortion history experience an **81% increased risk** for **mental health problems.**
- Ending a pregnancy before 32 weeks, either by miscarriage, preterm birth or induced abortion increases a woman's risk of **breast cancer.**
- A single induced abortion increases the risk of **maternal death** by **45%** compared to women with no history of abortion.

For More  
Information Visit:

[www.AAPLOG.org](http://www.AAPLOG.org)

American Association  
of Pro Life  
Obstetricians and  
Gynecologists

202-230-0997

[communications@aaplog.org](mailto:communications@aaplog.org)

Life. It's Why We Are Here.



PATIENT GUIDE

**ProLife**OB|GYNS  
AAPLOG American Association of Pro-life  
Obstetricians & Gynecologists

## YOUR DOCTOR

Your doctor is a Pro-Life physician and a member of AAPLOG, and this means that you have a conscientious physician who will care for **both** you and your unborn child.

Your doctor practices medicine according to the Hippocratic Oath, which means that **your doctor has vowed to protect your life, and the life of your baby**, in all that she or he does to care for you.

Your doctor will give you the best care, even in difficult circumstances, and will do his/her best to help you connect with the resources you need.

**Your doctor will be there for you.**



## YOUR CHILD

Your unborn child **is a person**. At about 22 days after conception the child's heart begins to circulate his own blood, unique to that of his mother's, and his heartbeat can be detected on ultrasound.

At just six weeks, your child's eyes and eye lids, nose, mouth, and tongue have formed.

Then just ten weeks after conception the child can make bodily movements.

A few months later, your child will get to experience life outside the womb.

No matter what you are facing, there are blessings during difficulties. Your **child is a blessing**. The gift of life is so precious and valuable.

## YOUR LIFE

Pregnancy can be difficult at times. But it is important for you to know that **you are not alone**. There are many pregnancy resources available for women in your exact situation.

Here are the websites where you can find a lot of great information that will help answer questions during this difficult time:

[www.optionline.org](http://www.optionline.org)

[www.lifetimeadoption.com](http://www.lifetimeadoption.com)

[www.pregnancydecisionline.org](http://www.pregnancydecisionline.org)

**NATIONAL HUMAN TRAFFICKING  
RESOURCE CENTER**

**CALL 1-888-373-7888**

OR TEXT BEFREE (233733)

**Here is the number to call if you are  
being abused or need help:**

**1-800-712-HELP (4357)**

or text "HELPLINE" to 313131

