

*After those two abortions I  
went on to have two healthy and  
full-term pregnancies that I  
wanted to carry.*

The self-managed abortion that I  
had was with abortion pills at  
home. I passed the pregnancy  
within 36-hours, felt great within  
48-hours, and returned to normal  
life. I have never had any  
complications related to that  
abortion either.

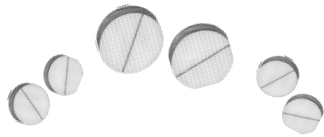
The hormonal IUD I later had  
placed made my menstrual cycles  
strange and erratic.  
My surgical abortion that lasted a  
few minutes with a manual  
aspirator, had no complications,  
and no longterm side effects.

*Many people who use oral  
contraceptives or the pill know  
about the lengthy list of possible  
side effects associated with their  
use.*

We know that access to a variety of  
methods is vital to improving the lives of  
people who may become pregnant. I want  
to dispel the notion that abortion is less  
safe than other form, not discourage use of  
one over another.

I was prescribed birth control pills at 17  
and I believe they contributed to  
depression and anxiety. I was then  
prescribed an SSRI to treat me that caused  
serious complications and contributed to  
a suicide attempt.

I had a non-hormonal IUD fail and became  
pregnant with it intact. That same IUD  
caused such heavy bleeding during my  
menstrual cycles that I was put onto a  
strict iron supplement regiment to  
maintain my health.



Birth control pills have a dizzying list  
of short and long-term possible side  
effects and associated risks.  
Medication abortion and early-term  
manual aspiration (without an  
accompanying D&C) show virtually  
no long-term associated risks.

*I listed out these experiences  
because I think there is a piece of  
information missing about  
abortion in the conversation right  
now. In reviewing several  
articles in peer-reviewed medical  
journals, I have come to the non-  
professional opinion that we're  
being lulled.*

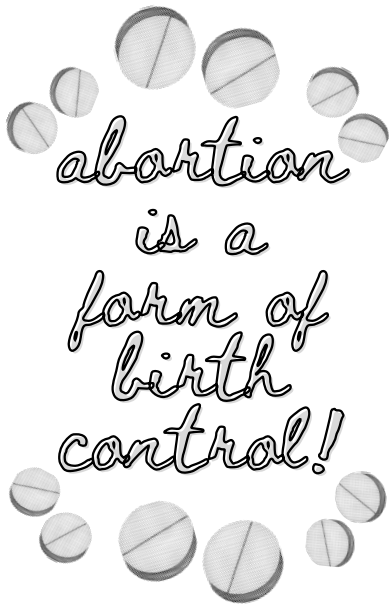
I've had two abortions. I don't keep it  
a secret and I've learned over the  
years how uncomfortable that  
makes some folks.

*Abortion is less stigmatized today  
than in the past, but having more  
than one is still something many  
people experience shame around.  
Why?*

Abortion is not seen as a legitimate  
form of birth control. It often sits in a  
category unto itself, away from other  
forms of birth control like oral  
contraceptives, IUDs, condoms, or  
even sterilization. Yet, the purpose of  
abortion is the same as all of the  
above methods— it is designed to  
control the fertility of the person  
utilizing the method.

Quotes from:  
The Safety and Quality of Abortion  
Care in the United States.  
Washington (DC): National  
Academies Press (US); 2018 Mar 16. 4,  
Long-Term Health Effects.

One team of researchers went so far  
as to say "the committee found that  
much of the published literature on  
these topics fails to meet scientific  
standards for rigorous, unbiased  
research." They then concluded that  
"having an abortion does not  
increase a woman's risk of secondary  
infertility, pregnancy-related  
hypertensive disorders, abnormal  
placenta (after a D&E abortion), or  
preterm birth, breast cancer, or  
mental health disorders (depression,  
anxiety, and PTSD)."



*and why having  
more than one isn't  
a big deal*

Learn more:  
abortionintucson.org  
plancpills.org  
shoutyourabortion.com  
abortionfunds.org

tucson abortion  
support collective



Help someone  
else have a supported abortion:

*Abortion is a totally legit, safe,  
and reasonable way to respond  
to your need to control your  
fertility. Let's keep spreading a  
same free message about  
abortion as with control.*



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