

Risks During Abortion *

- Hemorrhage; retention of baby's body parts
- Infection, high fever
- Anesthesia complications
- Puncturing of uterus or intestines
- Cervical damage
- Death

Possible Physical After-effects *

- Menstrual problems
- Increased risk of breast cancer
- Life-threatening tubal pregnancies
- Inability to carry future pregnancies to term

Possible Emotional After-effects *

- Break-up of current relationship
- Anger, self-hatred, self-destructive tendencies
- Drug and alcohol abuse
- Clinical depression; suicidal tendencies
- Habitual abusive relationships
- Feelings of hopelessness, regret, guilt
- Eating disorders
- Insomnia, nightmares
- Sexual dysfunction; intimacy problems
- Going for repeat abortions
- Child abuse or inability to bond with children

* Official medical journal references available.

If you or a friend is considering abortion, please, never give in to discouragement and never lose hope!

Call: 1-888-456-HOPE or 703-841-2504

- We are ready and able to be a helper and friend throughout your pregnancy.
- Please do what many other women have done: simply get up and walk out !
- Your unexpected child will bring you unexpected joy! Choose JOY!

Pregnancy help Free, confidential, caring

Alexandria, VA

Marih Center 703-370-4774
3230-B Duke St.
www.marih.com

Nova Pregnancy Help Center 703-780-4700
8800-E Pear Tree Village Ct.
www.novapregnancy.org

Annandale, VA

Metro Women's Care 703-354-7272
5101-D Backlick Rd.
www.metrowomensva.com

Arlington, VA

Gabriel Project 703-841-3810 or 1-866-444-3553
200 N. Glebe Rd., Suite 814
www.helpforpregnantwomen.org

Fairfax, VA

Nova Pregnancy Help Center 703-278-5433
10380 Democracy Lane
www.novapregnancy.org

Falls Church, VA

A Woman's Choice 703-538-4305
6201 Leesburg Pike, Suite 220 (west entrance)
www.awomanschoicecenter.com

Hope in Northern Virginia 703-536-2020
610 Park Ave.
www.hopeinnova.org

Pro-life Obstetrician/Gynecologists

Tepeyac Family Center 703-273-9440
11135 Lee Hwy., Fairfax, VA

Adoption Information

Center for Adoption Services 703-425-0100
Lifetime Adoption Center 1-800-923-6784

Free Ultrasound

Fairfax 703-278-5433; Annandale 703-354-7272
A Best Choice Mobile Ultrasound 703-946-3077

24-Hour National Help Lines

1-800-848-LOVE (5683) 1-800-712-HELP (4357)

What you have a right to know...



BEFORE you choose:

- Risks During Abortion
- Physical and Emotional After-effects
- Understanding the "Morning After" Pill
- Chemical Abortion Procedures
- Breast Cancer Risk from Abortion

You deserve BETTER than abortion:

- Free Pregnancy Tests
- Free Medical Care and Housing
- Caring Friend, Emotional Support
- Help Before Birth of Baby and After

PLEASE, JUST ASK!

Understanding the “Morning After” Pill

Warning – the clinic may tell you that the “Morning After Pill” is a contraceptive, but it can actually cause an abortion if you are already pregnant! The “Morning After Pill” can prevent ovulation if you take it before conception, BUT if conception has occurred, it will abort the child in your womb by irritating the uterine lining so as to prevent the baby from attaching to it in order to receive nourishment.

Chemical Abortion Procedures

Involves using two drugs: **RU-486** (*Mifepristone*), a synthetic steroid, deprives the uterine lining of the pregnancy hormone progesterone, thereby causing the starvation of the baby in the womb. The second drug, **prostaglandin** (*Misoprostol* or *Cytotec*), follows causing strong uterine contractions to expel the dead or dying baby.

Side effects: retained baby parts, intense pain, emotional trauma from seeing baby expel into underwear or toilet, infection of genital tract, heart attack, hemorrhage, impaired fertility.

IMPORTANT!

Laminara (seaweed sticks)
CAN STILL BE REMOVED
to save the life of your baby!

Breast Cancer Risk from Abortion

“The Association of American Physicians and Surgeons believes that patients have the right to give or withhold fully informed consent before undergoing medical treatment. This includes notification of potential adverse effects.... Concerning the abortion breast cancer link, there is a considerable volume of evidence supporting this link, which is, moreover, highly plausible. We believe that a reasonable person would want to be informed of the existence of this evidence before making her decision.” For research details see: www.abortionbreastcancer.com

We Believe in Helping Those in Need

We are Christians helping women, children, and families at this special time of their need – no matter what their faith tradition. We will not pressure you to embrace our beliefs.

Choose life for you and your baby.

Inner strength and wisdom helps you do what’s right for the baby and you.

Abortion can never solve any problem. It will only create new ones and open the door to physical, emotional, and spiritual pain that can last a lifetime. Do not let anyone deprive you of your health or the love of your child. You will not “become a mother” – if you are pregnant, you **are** a mother. You are capable of great things, and we can help you do the right thing for yourself and your child.

Help for You and Your Baby

Your pre-born baby is no less human than you. You both are valuable human beings with individual needs. Your baby needs you now, and you need a friend who will not judge you, but listen and care about you. We know this pregnancy may be the greatest personal crisis of your life. It does not have to be that way. Please see the back of this brochure for a local crisis pregnancy clinic and call now for help!

Low Cost Medical Care for Uninsured Pregnant Women

The Virginia WIC program exists to ensure the health of pregnant women, infants, and children under age 5 by better nutrition and access to health care. Applicants are to meet eligibility requirements. Open to Virginia residents, regardless of immigration status.

Call: **1-888-942-3663**

Ask us! We can help you now to:

- Give you a free pregnancy test.
- Offer counseling and alternatives to abortion.
- Arrange an ultrasound to show you the baby.
- Provide any counseling, if wanted, for you, with parents, boyfriend, or husband.
- Arrange housing for you and other children you may already have.
- Help arrange financial help, or legal aid.
- Introduce you to a doctor for medical care.
- Show that you can continue school or job.
- Stick with you before and during birth.

... and we can help later on with:

- Ongoing, personal counseling and friendship.
- Both prenatal and postnatal guidance.
- Clothing and things for you and your baby.
- Parenting skills classes.
- Referrals for adoption info and counseling.
- Planning for you and your baby’s future.
- Spiritual, emotional, and practical help.
- Other assistance, depending on your particular circumstances and needs.
- No judgments made. No strings attached.

Victim of Sexual Abuse?

If you are underage and have been sexually exploited by an adult male, you may be entitled to damages in cases when a healthcare provider or clinic employee failed to comply with state reporting laws. Victims can obtain additional information on their legal rights by contacting Life Dynamics at: **1-800-401-6494**.

Hurt by an Abortion?

Were you hurt by an abortion? Were you forced to have an abortion against your will? Did someone at the abortion clinic lie to you? Free legal help is available. Call Life Dynamics at: **1-800-401-6494**.