



# **HUMANAE VITAE**

## **Audacity of an encyclical on sexuality and procreation**

### **Colloquium : Medical and Scientific point of view.**

#### **Prof. Dr. Mounir Farag**

- Founder & President SJI for Family & Vita, Bioethics & WOOMB
- Regional Adviser Strategies & HSS – WHO/EMRO (retired)
- Prof. Strategy & HSS – Senghor University Francophonie
- Ordinary Member of PAL –Vatican

# **Humanae Vitae: from the medical and scientific point of view**



**I-INTRODUCTION**

**II-Major Concepts in Humane Vitae**

**III-OUR Saint Joseph Institute for Family, Pro  
Vita & Bioethics**

**IV- Ethical principles guiding Medical &  
Scientific behavior**

**V- Scientific & Biochemical research and  
societal impact**

**VI- Scientific & Biochemical Evidence Based  
Clarification of Hormonal administration to  
young women**

**VII- CONCLUSION**

# I-INTRODUCTION



## Humane Vitae : "Human Life" and “the Regulation of Birth,”

---

- H V through SJI **offered to** youth, young couples, seminarists, priests, nurses, doctors, pharmacists, **all society categories** in favor of the dignity of human love and human life.
- H V Encyclical defends the Catholic Church’s position on **family planning and reproductive issues such as abortion, sterilization, and contraception.**
- Unfortunately, HV document continues to have **a controversial reputation today**, as its statements regarding birth control strike many Catholics as unreasonable.
- The “generative process” **should never be intentionally interrupted**, as doing so would go **against the Natural Law** and the Catholic Church’s teachings
- Practicing artificial contraception **lowers moral standards** and allows men to view women simply as **a means of satisfying their own personal sexual desires**



## II-Major Concepts in Humane Vitae

**I-God is the Author of Life, and the Lives He Creates are Sacred**

**II- Procreation is the Heart of Marriage**

**III- Openness to Procreation Affirms the Dignity of Woman: Social effects of contraception**

**IV- This Does Not Mean It Is Always God's Will for a Couple to Conceive**

**V- Couples May Take Advantage of Infertile Periods Provided by God to Temporarily Avoid Conception**

**VI- Artificial Birth Control Is a Recipe for Cultural Disaster**

**VII- Change the Culture, Instead of Ignoring the Moral Law That "Doesn't Fit" Our Culture**



# III-Saint Joseph Institute for Family , Pro Vita & Bioethics



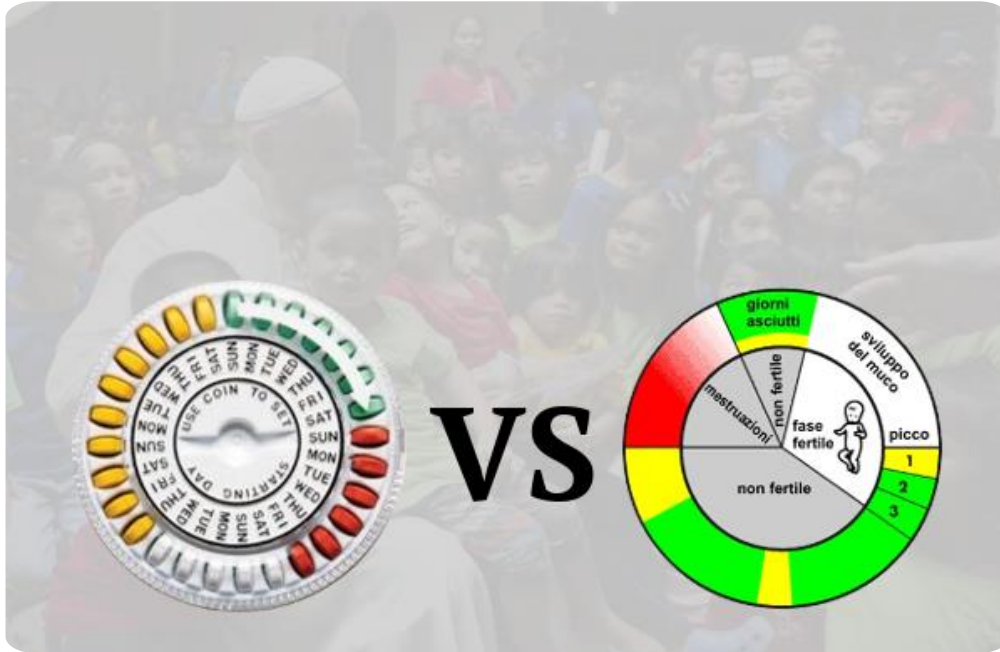
**Training HUB** : Since its foundation, SJI is acting like a training Hub for couples by organizing sessions for: engaged couples, married couples, novices, priests, religious, families, and young boys and girls in the field of Family .

- Saint Joseph Institute services cover **urban and rural towns and villages** in all provinces either in a regular way or upon request or organizing conferences.
- SJI serves **Catholic Christians; Orthodox, Evangelical and the Muslims** working as teachers in Catholic schools and NGOs.
- The institute is working in a **very hard environment** at the level of poverty and ignorance concerning unhealthy habits, even those who have followed certain levels of public schools



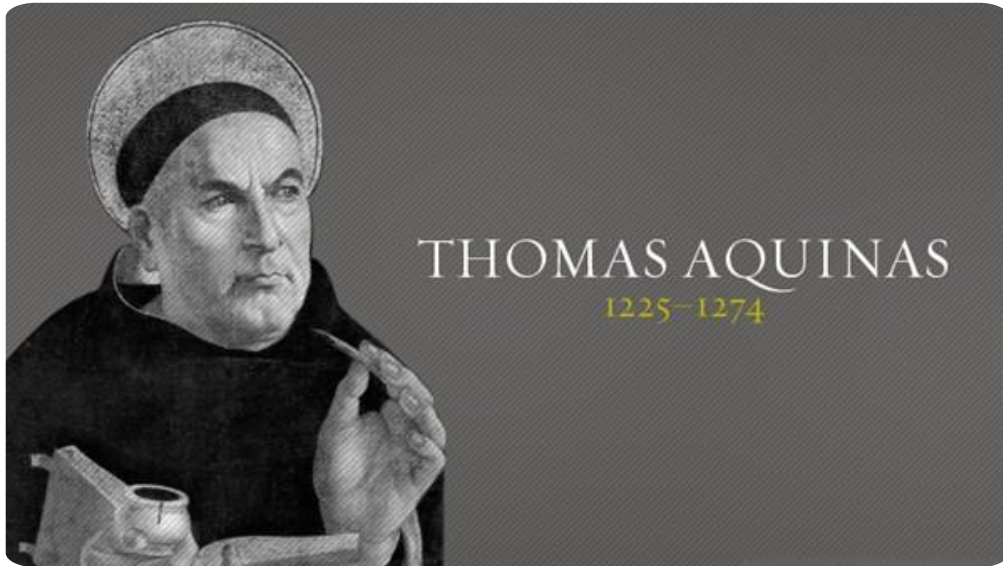


# IV- Ethical principles guiding Medical & Scientific behavior



- Instead of promoting artificial contraception, **encouraging doctors and scientists to research safe scientific methods of natural family planning** based on natural monthly cycle of fertility and infertility in women. Currently all over the world we have several scientific natural methods and **style of life well adopted in different cultures and religions.**

# IV- Ethical principles guiding Medical & Scientific behavior



- Intentional sterilization are **completely prohibited**...though .... therapeutic or medically necessary treatments and procedures that may cause infertility **are permitted for the sake of the patient** and of course is not specifically to induce infertility.
- This position with the “**Principle of Double Effect,**” a theory credited to **St. Thomas Aquinas** that allows for an otherwise unacceptable negative outcome, as an indirect result, because the intention of the act is first and foremost to promote a positive outcome ( **the good for Human Person** ).

# IV- Ethical principles guiding Medical & Scientific behavior



- ICPD 1994 : “ Humane Vitae” targets not only Catholics , other Christians and non-Christians , but also **calls for governments and public authorities** to create laws that uphold **the natural moral law** and to refute those that oppose it, specifically rejecting population control policies and forced sterilization or abortion programs.
- Based on scientific **principles and Apostolate Oath** , the Church itself cannot simply say that something like artificial contraception& abortion is lawful because **many people** express their will to practice it.



# IV- Ethical principles guiding Medical & Scientific behavior



- April 2023 **“Worrying official data”**: Italy's population continues to collapse:

The birth rate in Italy hit a historical low last year with less than 7 newborns for every 1,000 inhabitants, **according to the country's statistics agency Istat.**

Economics | Demographics

## Italy's Birth Rate Slumps to a Historical Low, Istat Says

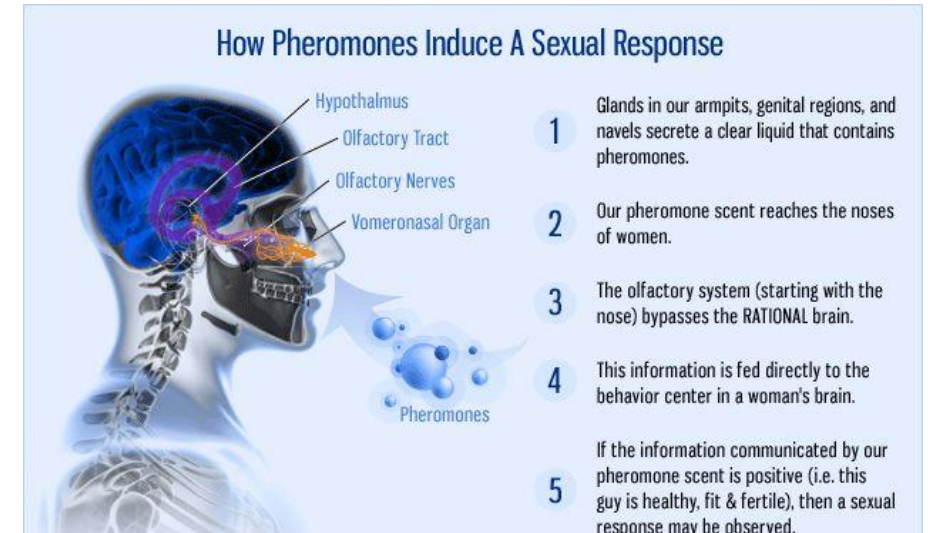
By Chiara Remondini

April 7, 2023, 10:45 AM UTC

Italy's population shrank to about 58.9 million residents as of January 1, as **deaths exceeded births** and were not compensated by higher immigration and other factors, according to a statement from Istat

## V- Societal impact of artificial mentality

- The effect of oral contraceptives on male-female **relationships and societal behaviors**.
- Evidence for **the changes in male and female pheromones**: The pill changes human pheromones, **odors which are subconsciously detected**.
- These pheromones cause humans to change what they find attractive in a mate. Choosing a mate while on the pill can result in **unstable and more violent unions**.
- **Observational and experimental evidence of changes in primate and human behaviors by pheromones**, and the role these changes have caused in attractiveness and selection of mate by both males and females in preferences **concerning major histocompatibility genes is examined**.



### Humanae Vitae and Natural Law: The Role of Human Pheromones on Human Sexual Behavior Preferences by Oral Contraceptives and the Abortifacient Effects of Oral Contraceptives

Angela Lanfranchi, MD, FACS

#### Abstract

This article will review Humanae Vitae's predictions of the effect of oral contraceptives (the pill) on male, female

sagepub.com/journalsPermissions.nav  
DOI: 10.1177/0024363918756191  
journals.sagepub.com/home/lqr





## V- Societal impact of artificial mentality

- These changes have also resulted in **societal changes in sexual behavior** and family structure and have led to **increased violence against women**
- Biochemical evidence for **the abortifacient properties of the pill** is given.
- The use of natural family planning is given as a needed alternative to the harms of the pill
- Oriental Cultures : under artificial contraception **women are exploited**



The Linacre Quarterly

ISSN: 0024-3639 (Print) 2050-8549 (Online) Journal homepage: <https://www.tandfonline.com>

### The Pill: Abortifacient or Contraceptive? A Literature Review

Nicholas Tonti-Filippini

To cite this article: Nicholas Tonti-Filippini (1995) The Pill: Abortifacient or Contraceptive? A Literature Review, The Linacre Quarterly, 62:1, 5-28, DOI: [10.1080/20508549.1995.11878286](https://doi.org/10.1080/20508549.1995.11878286)

To link to this article: <https://doi.org/10.1080/20508549.1995.11878286>



Published online: 01 Jun 2017.

# VI- Scientific & Biochemical Evidence Based Research

## Hormonal administration Side effects to young women :

- **Hormonal birth control** involves everything : pill , patch, injections, implant, IUD....
- **Puerto Rico:** Professor Ferin, a gynecologist, on “the discovery of the century,” hormonal contraception, we would solve the problem of human overpopulation on the planet, women becoming the masters of their own fertility. His experiments with steroids on young women from Puerto Rico.
- **Thirty years later**, Dr Schepens , spending an evening in the USA with an old GP from Puerto Rico, who described in detail the terrible fate of these Puerto Rican women-guinea pigs. Philippe Schepens, MD, Rome, Italy, on October 28, 2017, for a forum entitled “Humanae Vitae at 50- ..... Activist and Writer Barbara Seaman, "The Doctor's Case Against the Pill." discussed physical and mental side effects .

Sexual Morality

### Humanae Vitae: A medical doctor's testimony

2018 Spring | Dr. Philippe Schepens

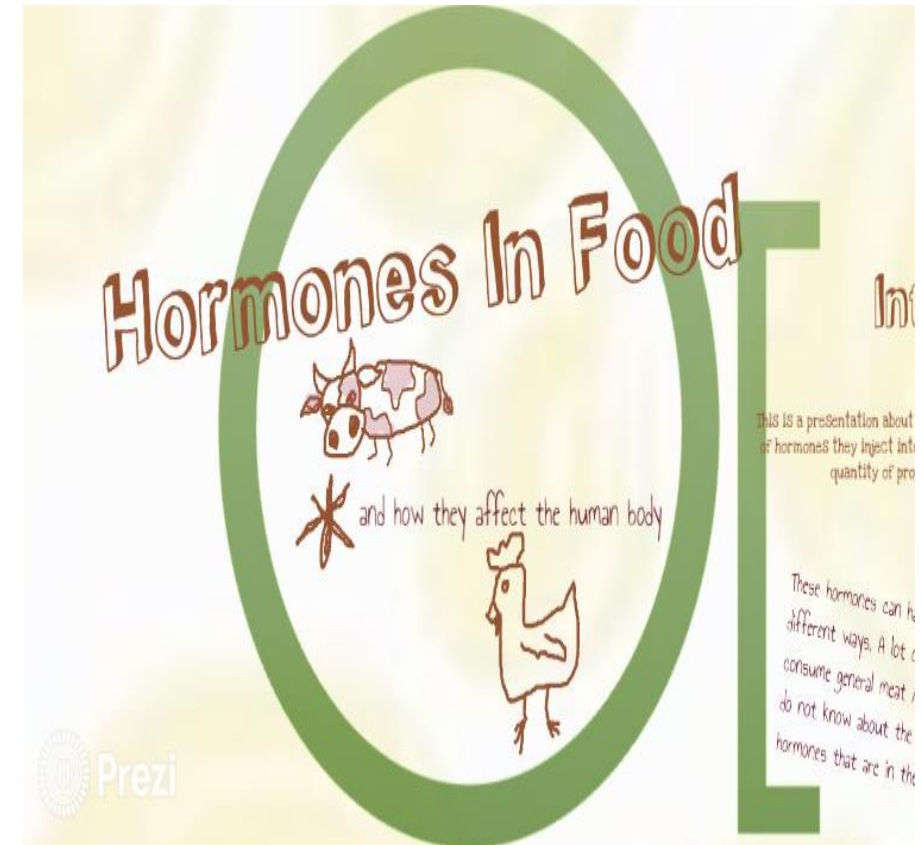




# VI- Scientific & Biochemical Evidence Based Research

## Hormonal administration Side effects to young women :

- **"Pill" fed White Chickens (Egypt)**
- Similar Steroid hormones have been administered to {livestock} to produce more meat and fatten chicken & cows.
- **This practice was rightly forbidden** by the various states due to the dangers of indirectly administering the steroid hormones to consumers (specially liver, skin, ...). Yet, **what is forbidden for livestock is recommended for women.**





# VI- Scientific & Biochemical Evidence Based Research

## Hormonal administration Side effects to young women :

- **Some Women:** the Side Effects of Hormonal Birth Control Are Unbearable even IUD
- **Sindha Agha**, who began suffering physical problems after being fitted with an IUD – Film Birth Control Your Own Adventure) .



“

So many women  
continue to feel isolated,  
because we are told  
it's all in our heads,  
**but it's not.”**

- Sindha Agha





# VI- Scientific & Biochemical Evidence Based Research

## Hormonal administration Side effects to young women :

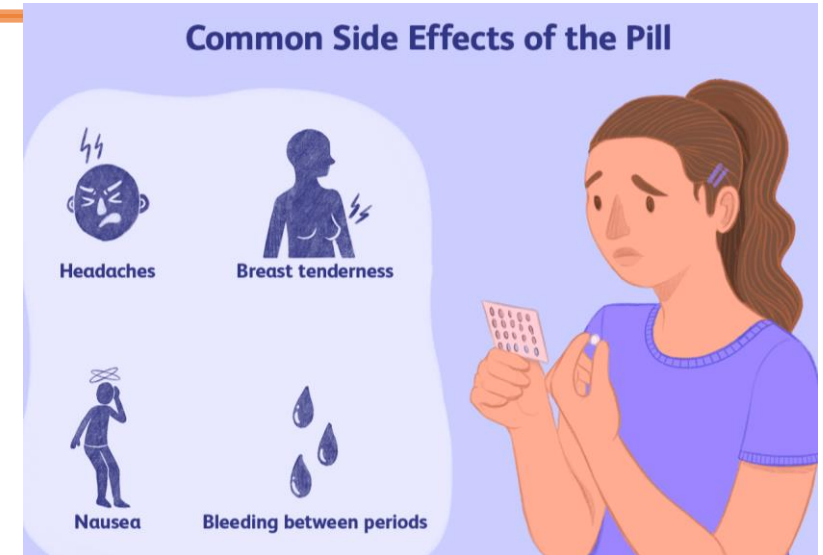
---

- **Several Scientists: “H. Mowafi”** Egypt Moslem Prof . **Cardiologist & Internal Medicine**
  - **“ Dr. Nieca Goldberg”** Cardiologist & Women’s health expert, author: explains how dismissal of women’s pain, can result in life-threatening consequences
  - **Dr. Angelica Lindén Hirschberg**, professor and women’s health expert -Stockholm, Sweden, leading team members conducting a study that found Hormonal Oral contraceptives reduce general well-being
  - **India: Dr. Liji Thomas** is doctor obstetrics and gynecology study India Keralla March 2023 Hormonal contraceptives and breast cancer:
- Scientists & Doctors** already warned us about the importance of monitoring patients given steroid hormones, since we do not know the long-term effects of these drugs that have a certain influence **on the development of cancer, the integrity of the cardiovascular system, Liver...** It is not medical to give such risky products to women who are not sick, but healthy, as a solution to regulating birth.

# VI- Scientific & Biochemical Evidence Based Research

## Hormonal administration Side effects to young women :

- **Hormonal birth control side effects :** Bleeding or spotting between periods / Bloating/ blood pressure above usual /Fatigue feeling/ dizzy fluid retention/ headache/increased appetite weight gain / Insomnia /melasma (dark patches on the face)/mood swings/ Nausea /tenderness or pain in the breast /vomiting



- **More serious potential side effects:** increased risk of heart attack & risk of stroke / increased risk of blood clots /depression& anxiety (**UK : Prof Enaam Aboud London School study**)/gallbladder disease/high blood pressure/liver cancer/ ovarian cysts/ reduced milk production, so not recommended combined pill in breastfeeding/ Breast & Vaginal Cancer

















# VI- Scientific & Biochemical Evidence Based Research

## Hormonal administration Side effects to young women :

### • Contraindications & Doctors warning:

- Getting **migraines** with Aurea
- history of very high **blood pressure** or stroke
- elevated **BMI** or considered obese
- have **chest pain** or have had a **heart attack**
- irregular periods of breakthrough **bleeding**
- taking medication for **epilepsy**
- have high **cholesterol**
- recently had a **miscarriage** or abortion
- have a lump or **changes** in one or both **breasts**
- scheduled for a **surgical procedure** with long laying down recovery
- Family **diabetes & related complications** affecting blood vessels, kidneys, nerves, or vision
- **Family history** uterine, breast, or liver **cancer, heart or liver disease**

You should NOT use the Pill if you:			
 May be pregnant	 Gave birth in the last 3 weeks		
 Are breastfeeding a baby less than 6 months old	 Have high blood pressure		
 <b>BOTH</b> smoke cigarettes <b>AND</b> are 35 or older	 Have severe headaches		
 Ever had breast cancer	 Had blood clots in your legs or lungs		
 Have liver or gallbladder disease	 pain and swelling	 Had a stroke or heart attack	
 Have been told by a doctor that you have lupus	 Have diabetes		
 Take medicine for tuberculosis, seizures, or HIV/AIDS			
Do you think you can use OC Pills?			

# VII- CONCLUSION

- **Risks of hormonal contraceptive pills published and on the internet warning:** can result in serious health problems even death of the woman using them, being abortive for the human embryo
- **Abortion is an integral part of contraception according to IPPF : Dr. Alan Guttmacher**, the founder of the medical and scientific section of the (IPPF) International Planned Parenthood Federation. **He declared : there is no contraception without back-up abortion.**
- The Guttmacher Institute found **that 54 % of women who had aborted** had used a method of contraception during the month they became pregnant **and only 8 % of the women** had never used contraception



# VII- CONCLUSION

- **Contraception makes the woman totally exploited by the desires & culture of her spouse,** the human sexual relationship is also intended to strengthen the conjugal love between spouses by their mutual gift; not like animals' instinct desire
- **Separating the spouse love and unity** from procreative concept , is the source of contemporary disorders.
- **All over the world , millions non Catholics, adopting NFP style of life & love based on HV teaching . Number of NFP medical staff & teachers from different believes and religions**

# VII- CONCLUSION

- **Personal Testimony** : Founder & Head of Quality dept in Population Sector MOHP  
1997 : “Ethics and Moral virtues and alive conscious matter in our Medical Profession and Scientific work . I risked my post , but culture of Life and live won . Always in front of me : Gospel of Life such Question : Where is your brother ? Our Answer matter ....
- **Young Doctors Experience** : Dr Raghda (Moslem ) Dr Abanoub ( Orthodox )