

# Benefits & Issues with Birth Control | Dr. Sara Gottfried & Dr. Andrew Huberman

<https://silosolo.com/645482>

## Summary

The video discusses the use of estrogen-based oral contraceptives in relation to long term consequences such as pregnancy, PCOS, and menopause. It highlights the benefits of oral contraceptives in providing reproductive choice and reducing the risk of ovarian cancer. However, it also mentions several risks and side effects associated with oral contraceptives, including depletion of micronutrients, effects on the microbiome, increased risk of inflammatory bowel disease and autoimmune conditions, increased inflammatory tone, effects on thyroid function, and increased sex hormone binding globulin. The video also compares oral contraceptives to the NuvaRing, a transdermal vaginal ring that releases estrogen and progestin with lower hormone doses.

## Silo sample questions

- What are the long term consequences of taking estrogen-based oral contraceptives?
- Are there any symptoms of ovarian cancer that can be recognized without a blood test?
- Should women who are not sexually active consider using hormonal contraception to reduce the risk of ovarian cancer?
- What are some of the risks and side effects of oral contraceptives?
- What is the difference between oral contraceptives and the NuvaRing?

## Topics

oral contraceptives

estrogen

ovarian cancer

risks and side effects

NuvaRing

## Key Takeaways

- Taking estrogen-based oral contraceptives can reduce the risk of ovarian cancer, but it can also deplete certain micronutrients, affect the microbiome, increase the risk of inflammatory bowel disease and autoimmune conditions, increase inflammatory tone, affect thyroid function, and raise sex hormone binding globulin.

- The symptoms of ovarian cancer are often vague and non-specific, but bloating is a common symptom. Regular gynecological exams and ultrasounds can help in diagnosis.

- It is rational to consider hormonal contraception to reduce the risk of ovarian cancer, even if a woman is not sexually active. However, there are other consequences and risks associated with hormonal contraception.

- Some of the risks and side effects of oral contraceptives include depletion of certain micronutrients, effects on the microbiome, increased risk of inflammatory bowel disease and

autoimmune conditions, increased inflammatory tone, effects on thyroid function, and increased sex hormone binding globulin.

- Oral contraceptives are taken orally and contain synthetic forms of estrogen and progesterone, while the NuvaRing is a transdermal vaginal ring that releases estrogen and progestin. The NuvaRing has lower doses of hormones than oral contraceptives.

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