

KNOW



*Misinformation promoted by anti-choice activists can take many forms, starting with the misnomer “Pro-Life.” But that’s misleading, because it suggests that the pro-choice movement is anti-life - and we know that isn’t true at all. Pro- and Anti-Abortion isn’t right either. The two sides of this fight are best defined by the terms **Anti-Choice and Pro-Choice**, because that’s what is ultimately at risk: the right to make your own choices for your body.*

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— THE
FACTS

Fetal heartbeat laws

This language was used over and over by the media in reporting about laws in states like Texas where lawmakers sought to limit abortions after six weeks. [This term is intentionally misleading.](#) An embryo doesn't become a fetus until about 10 weeks of gestation and an embryo doesn't have a heart. Heartbeats can't be detected until 17-20 weeks of gestation.

Abortion is more dangerous than childbirth.

In fact, abortion is safer than childbirth. The risk of mortality from childbirth is approximately [14 times higher](#) than the risk of a medically induced abortion.

Abortion causes breast cancer.

An overwhelming number of well-documented studies show [no increased risk of breast cancer in women who have had abortions.](#) Every professional medical organization worldwide states that there is no increased risk of breast cancer associated with abortion.

The abortion pill is dangerous.

[Not true!](#) Mifepristone and misoprostol have been used safely for decades worldwide. Mifepristone and misoprostol are considered so safe that they are available over the counter in some countries including Mexico and India.

Abortion causes infertility.

[Safe abortion is very unlikely to cause infertility.](#) But unsafe abortion practices can potentially lead to fertility problems, which is another reason why it's so important to ensure access to safe abortion.

Pro-choice advocates want abortion to be legal up until full-term birth and even after.

In states where abortion is legal, it is typically allowed until 22-24 weeks. [According to the Centers for Disease Control](#), 93% percent of abortions happen in the first trimester (up to 13 weeks).

If a woman seeks an abortion after the first trimester, it's usually because something has gone wrong: these pregnancies are often very much wanted, and the woman is facing a medical emergency without sufficient time for a safe Caesarean section. In these rare medical situations, the life of the mother is often at risk. Medical professionals must be able to make life-saving decisions in the moment without fear of legal retribution.

Making abortion legal causes more people to have abortions.

The abortion rate (number of abortions per 1,000 women ages 15-44) among US women [has been declining since 1981](#). This is likely due to the increased availability and accessibility of safe, modern contraceptive methods.

Abortion is psychologically damaging and increases a woman's risk of mental illness and suicide.

There is no clinical evidence, no documented study that connects mental illness to abortion. There are well-regarded studies that show that women who have had abortions have no more mental distress than women who have full-term pregnancies. [According to a 2009 journal article by the American Psychological Association](#), "the majority of adult women who terminate a pregnancy do not experience mental-health problems."

Women who have had abortions risk pre-term deliveries in future pregnancies.

That's also not true. [In fact, the risk of complications from a full-term pregnancy are actually much higher than any risks associated with abortion.](#)

Most women regret their abortions.

In the 1992 *Planned Parenthood v. Casey* Supreme Court case, there was a lot of reference to “abortion regret.” There were no studies on this subject at the time, but there have been studies since, and [there is no “unique” regret among women who’ve had abortions.](#) The incidence of regret is equal to the regret reported by women who had full-term pregnancies and delivery. The most commonly reported emotion after an abortion is relief.