

April 1, 2013 - HCR 6 Hearing - Deborah Tilden

Dear Madam Chairwoman Tomei, Vice-Chairmen Olson and Gomberg and fellow Committee members, Staff and Guests. Thank you for your time today.

Quite honestly, I don't fully understand why this hearing is taking place and so much energy and resources are being allocated for this because Oregon has no restrictions on abortion as it is.

For the record, I have personally experienced an abortion here in Oregon - at the Lovejoy Clinic in Portland, at the young, scared and vulnerable age of 18, and being a spokeswoman for countless women who have also experienced the soul wound and trauma of abortion as a Regional Coordinator for the Silent No More Awareness Campaign and an affiliate caregiver for ARIN (Abortion Recovery InterNational)

Since going through my own personal healing & recovery process in 2003, after suffering in silence for 23 years, I was astounded by how many other women were experiencing, or had experienced the same things after their abortions.

Things such as:

- Alcohol & drug abuse that had not been a part of my life prior - it became a way to numb the pain in my heart and thoughts that ran away with me.
- Recurrent nightmares (for more than 23 years for me!)
- Intense relationship and marriage issues - for many repeat divorces
- Bouts of depression, deep sadness and confusion on the anniversary dates/seasons of my abortion and the time period

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of when our child would have been born, which happened to be around Mother's Day.

- Mother's Day brought such mixed emotions - later as my other 3 children came along, the mixed emotions grew stronger. Little did I know at the time that there was a name for this called "disenfranchised grief." Noted Ph.D.s Theresa Burke and David Reardon in Forbidden Grief - The Hidden Pain of Abortion. A must read for all of you who want to optimally serve, care for, protect and defend women and better understand reproductive grief and loss, including abortion impact's on our lives.
- Eating disorders - for me binge eating (again, things I never experienced before my abortion, EVER!)

Over the last ten years I have tried to understand the bigger picture. Quite honestly, it has become very disheartening that women are not better informed of all the risk factors of abortion, which we "sell" as "no big deal". Women deserve better, because it's a very big deal. The worldwide evidence is growing.

Let me list a few, each one is fully referenced in your packet. In some cases I have included the full report/article:

- The Breast Cancer Epidemic: Modeling and Forecasts Based on Abortion and Other Risk Factors - Journal of American Physicians and Surgeons, Vol. 12, Number 3, Fall 2007
- Finland's epidemiological study, published in the European Journal of Public Health in 2005. Conducted by Finland's National Research and Development Center for Welfare and Health (STAKES). The researchers looked at data between 1987 and 2000 on all deaths

among women of reproductive age (15 to 49). The suicide rate among women who had abortions was six times higher than that of women who had given birth in the prior year and double that of women who had miscarriages.

- Britain's Royal College of Psychiatrists issued a statement in the Sunday Times on March 16, 2008, "Royal College warns abortions can lead to mental illness". "They urged the government to undertake a full review of the linkages between abortion and women's mental health. The statement reflected a growing body of evidence, including a long-term study out of New Zealand published in 2006, that abortion is in fact linked with elevated levels of mental distress, including depression, substance abuse and suicide, in young women.
- A New York Times article titled Russia Enacts Law Opposing Abortion - requiring abortion providers to devote 10 percent of any advertising to describing the dangers of abortion to a woman's health, AND they make it illegal to describe abortion as a safe medical procedure.
- The British Journal of Psychiatry (2011) 199, 180-186. doi: 10.1192/bjp.bp.110.077230 - Abortion and mental health: quantitative synthesis and analysis of research published 1995-2009
- Obstetrical and Gynecological Survey - Volume 58, Number 1 - 2002 - CME Review Article - "Long-Term Physical and Psychological Health Consequences of Induced Abortion: Review of the Evidence
- Medical and Psychological Consequences - Why Women Deserve Better than Abortion
- 16 Page Research and Key Facts - Abortion's Harm to Women - Published Studies - Significant Risk of

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Injury and Death from Abortion

Like I said earlier, I am astounded why women are not given all the risk factors.

My question to you all is why aren't we affirming a woman's right to know the truth of all the risk factors of abortion, reproductive grief and loss, which could profoundly impact her life and health, relationships, marriage and family.

Why aren't we here asking ourselves why we are not pursuing more unbiased peer-reviewed double blind studies like other countries have?

Abortion is a heart issue. Abortion trauma is a wounding to the soul that cuts to the core of a woman's being. Don't our precious sisters of humanity deserve better than this?

EVERY woman I have personally met and/or worked with over the last 10 years in post-abortion healing and recovery work, who chose an abortion in the second term of pregnancy or later have been unable to have children due to complications despite "legal & safe abortions".

These are facts and real life stories of real women who were lied to and sold a bill of goods that their abortions were "no big deal". They were reassured, "You can have lots of children later when you are more ready." Do you realize the depths of grief, depression and relationship difficulties these women have had to

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endure based on the lies they believed about “safe & legal abortions”!

In closing, I have so often tried to run from the work I do in post-abortion healing & recovery - Oh believe me, it's so hard to hear the heart wrenching real life experiences surrounding women, young and old. More than half of them were not given a choice, they were pressured, forced, coerced, manipulated and in some cases their very lives threatened without protection from the abortion clinics. How does this affirm women's choices?

So, I ask you...no, I beg you, to rethink and go back to the drawing board and don't just take my word for it. Do the research, dig deep and really search your own hearts. Let's find ways how we can really help women.

My only true regret in this life is that I robbed my own children, our family, this world and this mama's heart the opportunity to love and be loved by my child, whose life was ended because of the lies of abortion.

Thank you so much for your time and your devoted consideration of what I have shared.