

Many Thanks, Dr. Nathanson

By Heather Freyone Mechanic, Ed.D. APRN, BC-CNS, LMFT

Monday, February 21 was a very emotional day for me when I learned of the passing of Dr. Bernard Nathanson – because one day many years ago Dr. Nathanson turned my life around.

That long -ago day was beautiful and sunshiny—the kind that Southern Californians have come to expect. Driving on the Interstate 5 Freeway heading for San Diego, I had the radio tuned in to “Focus on the Family.” The host Dr. James Dobson was introducing his guest, Dr. Bernard Nathanson, as one of the founders of NARAL – The National Association for the Repeal of Abortion Laws (later renamed the National Abortion Rights Action League). Dr. Dobson was discussing with Dr. Nathanson the video he had narrated, “The Silent Scream.” In his sonorous voice Dr. Nathanson stated, “Second trimester abortion is performed by the physician using the procedure “Dilatation & Extraction” or ‘D&E.’ The cervix is dilated with an instrument, using the prescribed manner. With another instrument, the doctor reaches into the uterus and dismembers the fetus removing it piece by piece.”

I thought to myself, “I’m a nurse, and know what dismemberment is. I recalled a patient I had cared for years before. She had had a dismemberment of her legs. However, in my mind I could not relate this patient and her condition to what Dr. Nathanson was describing. As if he had read my mind, he continued: “Dismemberment is when the physician with his instrument tears off the legs of the fetus at the hips and arms at the shoulders

then crushes the skull and removes the fetus piece by piece.”

Instantly I began screaming and sobbing and had to pull off the road. After becoming somewhat calmer, I started to drive around thinking about the reality of abortion and my life. I recalled Mom teaching me that life began at conception. Then in the secular RN diploma program I attended, I learned the definition of “abortion” but there was no discussion of it as an ethical issue. Only one incident prompted me to consider that abortion might be wrong. One day during my O.R. rotation the nurse with whom I was working under said, “We are taking a break because they are going to do an abortion in that O.R. room and we’re Christians so we don’t get involved in that.”

In my baccalaureate-nursing program, I came upon a lab with jars containing fetuses at various stages of growth and development. Their extensive level of development even during the first and second trimester struck me. That same year abortion was a major topic of discussion as the Supreme Court considered legalizing it with the “Roe v Wade” case. However, I made no connection between the fetuses in the jars with living fetuses in their mother’s uterus for which abortion would mean their death sentence.

Another time during that school year while researching the issue of child abuse for a class project, I met with the Coroner and was able to obtain slides of deceased children of all ages who had died from abuse. I then presented my findings to the class and to the nursing staff at several Visiting Nurse Service offices.

(continued on page 4)





From Our President...

Dear Colleagues,

Samuel Adams stated, "It does not require a majority to prevail but rather an engaged, tireless minority, keen to set brush fires in people's minds." If ever your country needed men and women of courage, it is NOW! It is CNES' goal to educate, motivate and activate professionals of "Ethical Standards." As nurses, we are natural advocates for the most vulnerable and innocent. Many of you are men and women of strong convictions, working in hospitals, doctor's offices or places of businesses. When you reflect on Esther 4:14 you might realize that God has placed you here "for such a time as this." This realization might bring about a feeling of empowerment as you integrate your faith with your clinical practice. Please consider voicing your opinion to your State Senators or Assemblymen. (AB: Assembly Bill, SB: Senate Bill) There are three bills that might warrant your attention:

SB 48 (Leno) Instruction: prohibition of discriminatory content -

An act to amend sections of the Education Code and supported by Equality California, the Gay Straight Alliance Network, and the California Teachers Assn. among other groups. The bill would require instructional materials in social sciences to include the role and contributions of lesbian, gay, bisexual, and transgender Americans. Additionally, the bill would prohibit school districts from adopting accurate textbooks or instructional material that some may perceive as reflecting adversely upon a person's sexual orientation. If passed, it would advance a pro-homosexual worldview in the public classroom since it gives special status to an individual group. Never before in social science textbooks has sexual orientation, of any kind, been a mandated factor by which to select contributors, nor has law mandated the mention of a contributor's sexual orientation. Another problem with the bill is that it would place decisions regarding age-appropriateness of content and issues of academic accuracy outside the awareness of parents. ****SB 48 passed out of the Senate Education Committee, and is in the Senate Judiciary Committee. A hearing date has not yet been set. Out of several of the organizations who spoke in support of SB 48 one must be noted: the California Teachers' Association. This is not the first time the CTA has supported radical and controversial public policies. For example in 2008, the CTA supported the efforts to defeat Proposition 8, thus defeat traditional marriage and in fact donated \$1 million to the No on 8 campaign efforts. Their actions lead one to question the CTA's true agenda and whether it is to promote the well being of teachers and children or a radical agenda.**(info from Capital Resource Inst.) **Please call the CTA's Governmental Relations Division at 916.325.1500 and respectfully tell them you do not appreciate nor agree with the CTA's position on SB 48.****

SB 747: Lesbian Gay Bisexual & Transgender Sensitivity Training for Health Care Providers – would require that health-care personnel complete a continuing-education course in "cultural competency, sensitivity, and best practices for providing adequate care to lesbian, gay, bisexual and transgender persons."

LIFE SCENES

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CNES Purpose Statement

California Nurses for Ethical Standards encourages ethics and moral integrity as the foundation of all responsible health care and health education. We promote respect for the life and dignity of every person including the preborn, newborn, physically and/or mentally disabled, aged and dying.

Anna Cody
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AB 499: Minors: Medical Care: Consent – Current laws allows children as young as 12 to consent to medical care without parental knowledge or permission in certain instances; this law would expand that consent to medical care related to the prevention of a sexually transmitted disease.

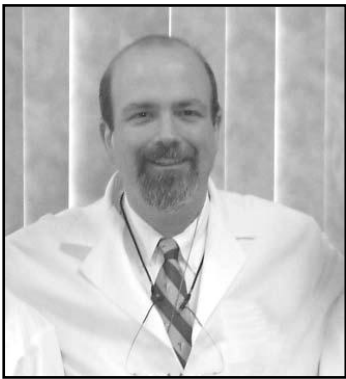
We need your active involvement in order to grow CNES into new dimensions of our professional arena. Together, upholding ethics in our professional standards we can make a difference. Contact us and let us know how we can support you!
Staying ethically vigilant,

Zonya E. Townsend RN, BSN

Amazing Story Of Another Abortionist Turn-Around

We were saddened to hear of the death of one of the leading lights in the pro-life, movement, Dr. Bernard Nathanson, who had a dramatic turn-around from being stridently, actively pro-abortion to being passionately pro-life.

However, we're heartened to know there are many abortionists who have taken that same path in awe-inspiring, sometimes heroic stories regarding their about-face positions. Dr. John Bruchalski is one that we recently heard about. Though he was raised in a Christian (Catholic) home, while in medical school, he had this "awakening!"



After discovering he had, in his words, a "knack" of caring for women, he came to believe that contraception and abortion was "the way to promote health, happiness and wholeness in a woman's reproductive life."

Thus he began providing abortion, sterilization, and artificial reproduction during his residency. After a while, he began to notice that he didn't see much happiness or joy in his clinics but he was seeing lots of broken relationships, more infections, more destruction and more brokenness.

Then life began to change in many unexpected ways. Dr. Bruchalski said he had an encounter with the crucified Lord and, "I felt I had to try to undo the wasted time and the devastation I was propagating by pouring chemicals into women's bodies and using surgical skills to mutilate organs and unborn children. It was during this time that two of the young women whom I had provided with

condoms and pills contracted the HIV virus and passed away. My life was coming full circle."

It wasn't an easy journey he embarked upon. He began to debate the pro-life position and give presentations at colleges. It was after one of these debates that he was offered office space in a pro-life practice. That worked out for a while, but he wanted to be able to serve the poor. He saw that economic realities in that practice didn't allow them to see the poor in the way he envisioned. So with the financial support of some friends, he and his wife Carolyn opened the Tepeyac Family Center in their basement with their home phone as the office number. Times were tough, sometimes they even had to pay their rent with pennies, but patients slowly started arriving.

Their founding principles were and still are: practice excellent medicine; see all patients in your daily practice—especially those in crisis pregnancies—as the face of Christ, and follow the teaching of the Catholic Church in regards to biomedical ethics. Dr. Bruchalski says, "We practice excellent obstetrics and gynecology. We see women of all ages and by facing the reality of the body, soul and spirit integration, and treating diseases and not desires, our patients do well. We went non-profit to help providers see their role in medicine as a vocation and not simply a pay check. We went non-profit so we are able to see all people who enter our doors including the underserved." They have long since moved out of the basement, added many more doctors and staff to this unique ob/gyn center in Roanoke, VA, and it has now grown to be one of the largest pro-life medical practices in the country. For more details of this amazing story, log onto:

http://www.tepeyacfamilycenter.com/uploads/documents/Bruchalski_extended_bio.pdf

Germaine Wensley, Editor

Watch for our second annual bioethics conference coming in the fall.



Many Thanks, Dr. Nathanson *(cont. from front page)*

During my years as a Graduate and Post Graduate student attending Columbia University, I became more aware of the issue of abortion. My classmates supported abortion primarily because "It" (the fetus) was essentially a "growth," a "parasite," or "blob of tissues" not having identity of its own, so abortion was not a big deal. Yes! I would agree. Since that child cannot live independently of its mother and it was its mother's body, of course it could be aborted. However, the image of those fetuses in the jars kept haunting me.

While attending school I accepted a clinical position teaching first year nursing students. The teaching took place on a hospital unit where a plethora of laboring women were having saline abortions. Although I was struck by the emotional toll they were experiencing, I was impervious to the physical and emotional toll on babies burnt alive - until the day I observed two laboring women at the same gestational period in side by side delivery room suites. One woman was in premature labor, so neonatologists, obstetrician, nurses all teamed together to save that baby's life. The woman in the second room was in the throes of delivering her baby because of the saline solution inserted into her uterus. So after her delivery the staff, seemingly unhurried and emotionally detached, placed the baby on the "Ditzy" stand and covered "it" with a towel. Alive, it squirmed and wiggled for a few minutes, then became still. I pondered these two events for days and weeks. Why would it be okay for the wanted baby to be cared for while the other one uncaringly left to die?

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A few months after this incident, the New York State Nurses Association Convention took place. During an 'Open Mic' discussion, I spoke at the microphone, "Abortion is the law so we have to obey it; however, when a baby is born alive we are morally responsible for treating it humanely and keeping it warm and fed until it dies." Not once did it dawn on me to question why we were trying to kill it, - since it was a baby!



Years went by during which I barely gave any thought to the issue of abortion, but became more and more involved with the issue of child abuse. I even participated in some of the planning and implementation of a large conference on the reality and implications of child abuse. Shortly thereafter I became a "Born Again" Christian, however when friends at my church invited me to attend a "Pro Life Rally" I declined and asked, "Can't you be a Christian and be Pro Choice?"

More years later on that fateful day while listening to Dr. Nathanson on the radio, I finally had my answer! I, who could not bear children being abused, suddenly realized, "Abortion is the ultimate "Child Abuse!!!" The more I realized how we were "torturing" innocent babies through abortion the more upset I became! I, who was a child advocate! I, who hurt for children abused by their families, finally realized I had abused my own child by aborting my baby years ago!

Overwhelmed by emotion and guilt, I pulled off the freeway, aimlessly driving nowhere. Eventually I pulled into a deserted dirt road. I took any and all the pills I had with me (anti-depressants, pain medicine and NSAIDs) and drove deep into the hillside brush.

The next day I awoke in a hospital bed and learned that someone had miraculously spotted my car on that deserted road and contacted the police who dispatched a search helicopter. Eventually the police found me, unconscious, and life-flighted me to a local hospital. I was admitted to ICU and after a few days, discharged.

However, now the depression I suffered from for many years totally consumed me. A brief notice in a Christian newspaper that a "Training Workshop" for sidewalk counselors would be taking place in a woman's home caught my eye and I signed up. Six other women also seeking this training were there when I arrived at the house. The facilitator showed us the video "Meet the Abortion Providers." In it,
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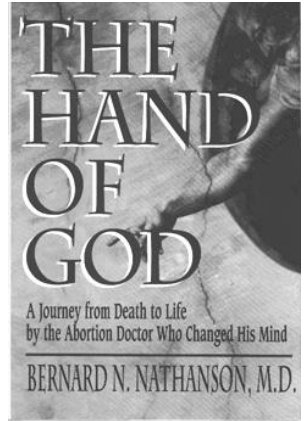
Many Thanks, Dr. Nathanson (cont. from page 4)

different individuals who had been involved with the abortion industry such as Carol Everett, Dr. McMillan, nurses, and administrative staff, spoke of their experiences and described their conversion to a pro-life position. Of particular interest was the testimony of Dr. Anthony Tarantino of Georgia whose wife was infertile, and they were seeking to adopt.

One day he looked at the bucket of dead babies he had just aborted and thought to himself, "Here we are flying all over the country trying to find a baby to adopt while this bucket is full of dead babies." (Paraphrased) In a way, that had been me - intellectually knowing differently but emotionally not "connecting the dots." At the end of the film, all the women began to discuss the film's impact on them. It turned out that all the women had aborted their babies. Shortly thereafter, I attended a weekend healing retreat and finally, after buckets of tears of repentance to God and my baby, and forgiveness of those involved in my abortion, I experienced healing. A short time later, I read Dr. Nathanson's book "The Hand of God" which solidified what I had intellectually known all my adult life. **MANY THANKS, DR. NATHANSON.**

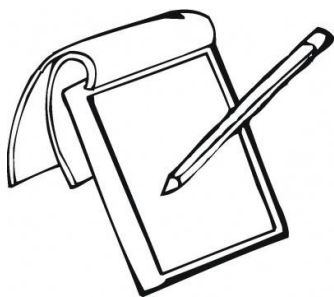
Years later I attended a conference in Washington D.C., the day before the "March for Life." Dr.

Nathanson was one of the featured speakers. After his talk was over, I approached him and we spoke for about 15 minutes. He had been at Mt. Sinai Hospital while I had been at Lenox Hill Hospital, so we discovered we had many associates in common. I was particularly interested in finding out if he knew the obstetrician who had performed my abortion several years previously. Dr. Nathanson said they had been close professional associates who together founded New York Maternity Center and worked hard for the National NARAL. Then to my surprise and delight discovered that eventually, because of sonogram technology, he too (as Dr. Nathanson had done earlier) came to realize the humanity of the preborn, and gave up doing abortions. **MANY THANKS, DR. NATHANSON!**



Dr. Heather Mechanic is a licensed Marriage, Family Therapist and a Board Certified Clinical Nurse Specialist in Adult Psychiatry and Mental Health at Daystar Family Counseling in Poway, CA. She is a long-time CNES member and supporter.

**(May You Rest in Peace,
Dr. Nathanson. -Ed.)**



CNES Members and Friends,

Will you tell us *your* story? We encourage you to share what's been happening in your area. Would you be willing to submit an article about experiences you have had in your journey? Are there inspirational people you've met along the way? What are the influences which have shaped your commitment to life?

C.N.E.S. offers four (4)
Continuing Education Courses

- 3 contact hours "Natural Family Planning"
- 3 contact hours "Post Abortion Syndrome"
- 20 contact hours "Nursing Ethics and Law"
- 10 contact hours "Hooked: New Science on How Casual Sex is Affecting Our Children"

CEUs

The 3 unit courses are FREE to CNES members.
"Nursing Ethics" and "Hooked" are offered at reduced rates to members, and include textbooks.
•VISIT the 'CE Courses' tab on our website www.ethicalnurses.org



NEWS CAPSULES



CA Applies to Expand Family Planning Services

A provision of the federal health reform law aims to make it easier for states to expand Medicaid's access to family planning services and contraceptives. The federal government has traditionally allowed states to extend Medicaid coverage for family planning services to lower-income residents not otherwise eligible for the public insurance program. Before the health reform law, a state might wait up to two years to receive approval. California has applied for the new program. After the Center for Medicaid & Medicare Services (CMS) approves a state's expanded family planning services, the changes can become a permanent part of the state's Medicaid program. For states that participate in the new program, CMS will continue providing a 90% matching rate for approved family planning services.

Assisting Suicide Ads in Airports

Final Exit Network (FEN) is a national group of volunteers "serving members in all 50 states who are suffering from intolerable medical circumstances and want to hasten the end of their lives." An interview with their President Jerry Dincin began to play on more than 4000 airline flights during January and February. Along with these interviews, spot announcements will run on TV monitors in 48 American airports regarding the right to die with dignity and asking viewers' support in advocating for the organization.

CA Company to Use Aborted Baby Stem Cells For Trials

StemCells Inc. is going to run a new experimental clinical trial using stem cells from aborted babies to treat paralysis. The subjects will be persons whose injuries occurred 3 - 12 months ago. They will implant human neural stem cell into the spinal cord. The trial will take place at the Paraplegic Center at Balgrist University Hospital in Switzerland and the medical director, Dr. Armin Curt, is calling the experimental therapy a "landmark." LifeSiteNews.com reports that Debi Vinnedge, Executive Director of Children of God for Life, says that in her view it is disingenuous for researchers using aborted fetal cells to claim that there is not a close connection between their research and the abortion. Vinnedge also pointed out that according to research done by Dr. Bernard Nathanson, abortionists commonly change the method of abortion if the mother has consented to donating the baby for scientific research, opting for a prostaglandin abortion that causes the mother to go into labor and deliver the baby intact. In about half of these abortions, Vinnedge said, the baby is born alive. "They would just open up the baby with no anesthesia and take out the organs. It's disgusting," she said.

Girl's Cancer Cured With Help of Stem Cells

A four-year-old girl is the first patient in Spain to recover from brain cancer after she was treated with stem cells from **her own umbilical cord blood** that her parents had preserved from her birth! At age two, the girl was diagnosed with a rare form of brain cancer. After most of the tumor was removed surgically, she was treated with chemotherapy. The final round of chemo destroyed her blood system. That's when it was decided to transplant her own stem cells in order to regenerate her blood system. The procedure was carried out in 2009 by Dr. Luis Madero of the Department of Oncology and Hematology at the Nino Jesus Hospital in Madrid. Today she is a healthy little girl.

More Conscience Violations: Docs Forced to Lie in Washington

A forensic pathologist in Colorado, Dr. Carol J. Huser, reported in The Durango Herald that coroners and medical examiners under Washington State's Death with Dignity Act are required to lie on their reports. The act says that "the patient's death certificate ... shall list the underlying terminal disease as the cause of death." Dr. Huser says, "The certificate may not reference the Death with Dignity Act, mention the drug used to terminate life or contain terms such as suicide, assisted suicide, physician-assisted suicide, mercy killing or euthanasia. The manner of death must be certified as natural.

If any death certificate fails to comply, the Washington state registrar will reject it and require the medical certifier to sign an "acceptable correction" before issuing a permit allowing burial or cremation – "acceptable correction" meaning a misstatement of the facts."

Palliative Care Congress: Neonates Live Longer Than Expected After N & H Removed

One of the presentations at the 18th International Congress on Palliative Care discussed the withdrawal of "artificial" nutrition and hydration in severely disabled neonates. Hal Siden MD said these babies can last up to 26 days. "These babies live much, much longer than anybody expects. I think that neonatologists and nurses and palliative care clinicians need to be alerted to this," he said. Both opioids and benzodiazepines are given during this period "because parents didn't want their child to have the sensation of hunger in any way, shape, or form," said Siden's colleague. She further stated, "But the one factor that medication cannot alleviate, and that is the visual signs of emaciation." Dr. Sidon then said it is important to do more research into the physiologic processes that occur after withdrawal of fluids and nutrition until the baby dies. Reminds one of the experiments on humans that the Nazis carried out to discover how long it took to die in freezing water.



NEWS CAPSULES



“Know About the Glow” Campaign

A golden glow reflected back from a child’s eye in a flash photograph can be an indicator of eye disease or cancer. This campaign was started to educate parents to this possibility. “Critical and life-threatening eye diseases can be missed by a child’s pediatrician because the glow isn’t always apparent in the exam room. Parents will often notice a white or golden glow in a dimly lit room or by a photograph where the pupil is larger and dilated,” said Thomas C. Lee, MD, director of the Retina Institute in The Vision Center at Children’s Hospital Los Angeles. For more information visit www.knowabouttheglow.com.

NYC Attacks Pregnancy Centers

Mayor Michael Bloomberg of New York City has signed a gag rule targeting pro-life pregnancy centers. The law gives local authorities “unbridled discretion” in dealing with the center. The law forces pro-life pregnancy centers to display in a prominent place at their entrances whether they perform abortions. It must be in both English and Spanish, as well as printing it on all promotional material.

Any pregnancy center in violation of the rule would be liable for up to a \$1000 fine for a first offense, and up to \$2,500 for subsequent offenses, as well as up to six months imprisonment. “This is a sad day for free speech” said Chris Slattery, founder of [Expectant Mother Care](#) and a top New York City pro-life advocate. There have now been two lawsuits filed against it claiming the ordinance is unconstitutional.

South Dakota Gov. Protects Women and Babies

The Governor of South Dakota, Dennis Daugaard, signed into law a bill that would require a woman seeking an abortion to wait 72 hours before the procedure and in the meantime, she must consult with a counselor at a pregnancy help center. Not surprisingly, Planned Parenthood of Minnesota, North Dakota and South Dakota, American Civil Liberties Union and the ACLU of South Dakota said they will file a lawsuit immediately. “Our legal team has determined that the bill is an egregious violation of the constitution,” said Planned Parenthood media relations director Kathi Di Nicola. The law is scheduled to take effect on July 1.

Abortions Tied to Contraceptive Use

A 10-year study carried out in Spain to measure the rates of contraceptive use and abortion was reported in the Population Research Institute Review of Jan. /Feb. 2011. Spanish women of childbearing age (15 – 49 years) were surveyed for the study. During 1997 to 2007, the use of contraceptive methods increased from 49.1% to 79.9%. The most common method used was the condom followed by the pill. During the time of contraceptive use increase (~60% rise), the elective abortion rate doubled.

Pro-life Med Students

Fight for Conscience Rights

LifeSiteNews reports that a national group for budding pro-life doctors is planning a speaking tour to raise awareness of upcoming threats to the conscience rights of the next generation of medical professionals. A group traveled, along with Dr. John Bruchalski (see article re Dr. Bruchalski in this issue) to 22 medical schools and universities in February and March in order to counter the Obama Administration’s attempts to strike down physician conscience rights. Kristan Hawkins, Executive Director of Students for Life of America, called the tour “critical for the future of the medical profession in our country.”

Oral Cancer on the Rise

Studies indicate that HPV has now topped smoking, tobacco chewing, and drinking as a cause of head and neck cancers. In the United States, researchers have found a 225 percent increase in oral cancers from 1974 to 2007, predominantly in white males, reported Dr. Maura Gillison of Ohio State University, who has been researching HPV and cancer for 15 years. Oral sex is the culprit, and most young people aren’t aware that it isn’t safe, in fact view it as “less risky.” The virus, contracted during the teen years or early twenties, can often remain dormant for decades.

40 Days for Life Clever Stunt

The 40 Days for Life campaign is going strong. A humorous story comes out of Milwaukee, WI. The Planned Parenthood center there has their “clinic escorts” to bring the women “quickly and safely” into the abortuary. The thought of a pro-lifer getting to talk to them before they go in is terrifying to them. (Very bad for business!) In order to identify themselves, PP escorts wear a green smock that says Planned Parenthood Volunteer. The 40 Days for Life team had some green smocks made to wear that look almost exactly like the ones the PP escorts wear only theirs say “Parenthood Volunteer” with a cross-like design that resembles the style of the Planned Parenthood logo. Planned Parenthood tried to pull a fast one— they switched to orange smocks for their escorts and they looked really pleased with themselves. But the 40 Days team was ready – they pulled out orange versions of THEIR OWN smocks! Someone had seen one of the orange Planned Parenthood smocks earlier and sensed that something was up. So they had some orange “parenthood volunteer” smocks on hand just in case. When they donned their own orange smocks, the smiles on the escorts’ faces “turned upside down – WAY down!”

Want to know if there is a **40 Days for Life** campaign near you? Go to www.40daysforlife.com and click on the **Locations** tab at the top of the page.

CNES

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Freedom2Care Update on Conscience

The Obama administration recently gutted the only federal regulation protecting the exercise of conscience in health care. While the administration could not legally get rid of the remaining federal laws protecting conscience, the gutting of the good regulation spells trouble for pro-life physicians and other professionals. So what's next for pro-life patients and healthcare professionals whose conscience and values have been targeted by abortion advocates?

Thankfully, pro-life leaders in Congress have introduced several new bills to protect conscience rights in health care:

- Abortion Non-Discrimination Act (H.R. 361)
- No Taxpayer Funding for Abortion Act (H.R. 3)
- Protect Life Act (H.R. 358)

To learn more about these bills, see:

<http://www.freedom2care.org/learn/page/legislation-conscience>

What can I do?

Phone or better yet, **visit** your Representative in the next few days while he or she should be in a district office near you. To find out the office contact information, go to the following address:

<http://www.house.gov/house/MemberWWW.shtml>

If you cannot call or visit your Representative, you can **write** to your Representative through the web: <https://writerep.house.gov/writerep/welcome.shtml> Simply tell your Representative that as a healthcare professional, you want to see strong conscience rights in health care and you are urging him or her to support the bills listed above.

By speaking out, you will be protecting the rights of pro-life healthcare professionals to practice medicine according to long-standing ethical standards.

