

# Chronic inflammatory disease and pregnancy: Start the conversation



The Canadian Autoimmune Motherhood (AIM) Survey reveals concerns and information gaps related to pregnancy and breastfeeding in women living with chronic inflammatory diseases, such as rheumatoid arthritis, ankylosing spondylitis, psoriatic arthritis and psoriasis.

These results underscore the need for proactive discussions on family planning in women living with these conditions.

## Before Pregnancy



**43%**

of women had concerns that caused them to delay plans to become pregnant

Reasons cited by these women for delaying pregnancy

**45%** fear of passing their disease on to their child

**26%** not feeling physically healthy enough



**52%**

of women did not plan their pregnancy



**60%**

of women with chronic inflammatory disease who had discussions with a healthcare professional before getting pregnant said they had to initiate the conversation themselves



**37%**

of women discontinued treatment while planning or at the start of their pregnancy



If you would like more information, please visit  
**[www.aimotherhood.ca](http://www.aimotherhood.ca)**

### REFERENCES:

- Women of Childbearing Age (WoCBA) Patient Study Presentation, November 2018; update November 19.
- Arthritis Research UK. Pregnancy and arthritis. Available at: <http://www.arthritisresearchuk.org/arthritisinformation/daily-life/pregnancy-and-arthritis.aspx>. Accessed January 2018.
- Legwohl M, Van Vorhees AS, Siegel M, et al. A Comprehensive Survey Assessing the Family Planning Needs of Women with Psoriasis. Poster session presented at The 5<sup>th</sup> World Psoriasis and Psoriatic Arthritis Conference; 2018 June 27-30; Stockholm, Sweden.

## During Pregnancy



**77%**

of women did not consult their dermatologist during pregnancy



**83%**

of women did not consult their rheumatologist during pregnancy

## After Childbirth



**46%**

of women were moderately to very concerned with consequences of receiving treatment while breastfeeding



**62%**

of women surveyed felt they could not breastfeed while on treatment



**22%**

of mothers who stopped treatment during pregnancy were advised to wait until they experienced a postpartum flare before re-starting treatment



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