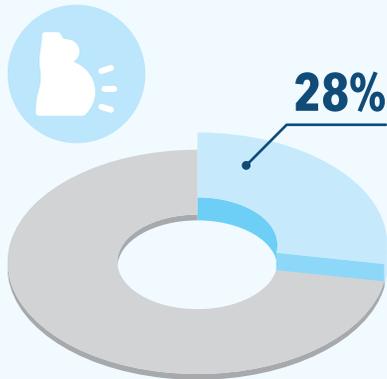


BARING IT ALL:

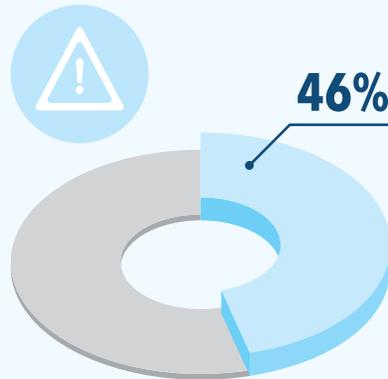
FAMILY PLANNING EXPERIENCES AND INFORMATION NEEDS

Highlights from *Baring It All: Final report from a survey on reproductive and sexual health in women+ with inflammatory arthritis, rheumatic, and psoriatic diseases.*

We heard from over 400 people with inflammatory arthritis, rheumatic, and psoriatic diseases who identify as female (women+) to understand their reproductive and sexual health concerns. They shared their experiences and insights regarding contraception, family planning, menopause, sexual health, and parenting.



More than a quarter (**28%**) of participants did not discuss having a child with their healthcare provider until they were pregnant.



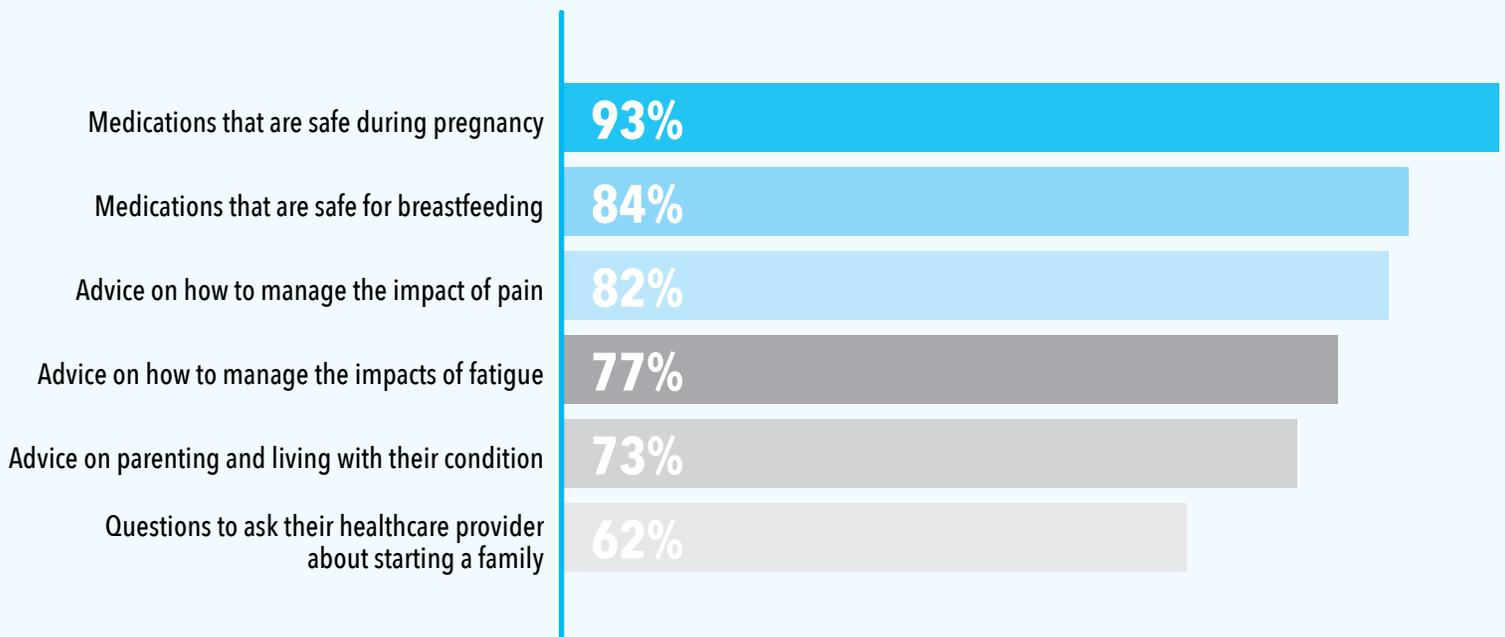
Less than half of participants (**46%**) received counselling from a doctor about pregnancy risks, medication safety, and other relevant factors before considering pregnancy.

EXPERIENCE WITH MEDICATIONS AND FAMILY PLANNING



63% of participants had to switch the medications they were taking to ones that were safe in pregnancy or breastfeeding.

MORE FAMILY PLANNING INFORMATION IS NEEDED FOR WOMEN+ WITH INFLAMMATORY ARTHRITIS, RHEUMATIC, AND PSORIATIC DISEASES:



RECOMMENDATIONS

- Healthcare providers should engage in ongoing and regular discussions about family planning with their patients.
- Patient organizations should collaborate with rheumatology and dermatology experts to develop informational materials for women+ about family planning.
- Rheumatology and dermatology experts should work with patient organizations to develop standards of care for family planning counselling.