

BARING IT ALL: PARENTING EXPERIENCES

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

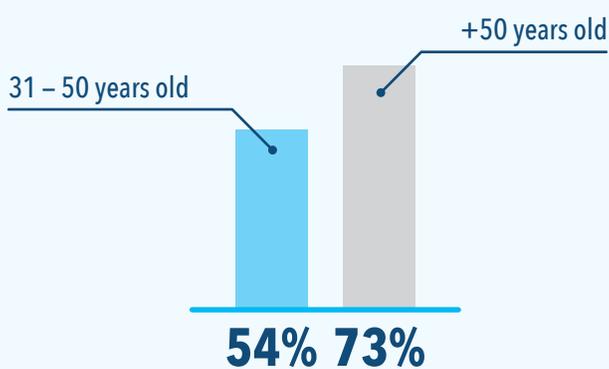
We heard from over 400 people with inflammatory arthritis, rheumatic, and psoriatic diseases who identify as female (women+) to understand their reproductive and sexual health concerns. They shared their experiences and insights regarding contraception, family planning, menopause, sexual health, and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



Nearly **one in 10** participants was actively trying to prevent pregnancy, the majority of whom were 30 years old or younger.

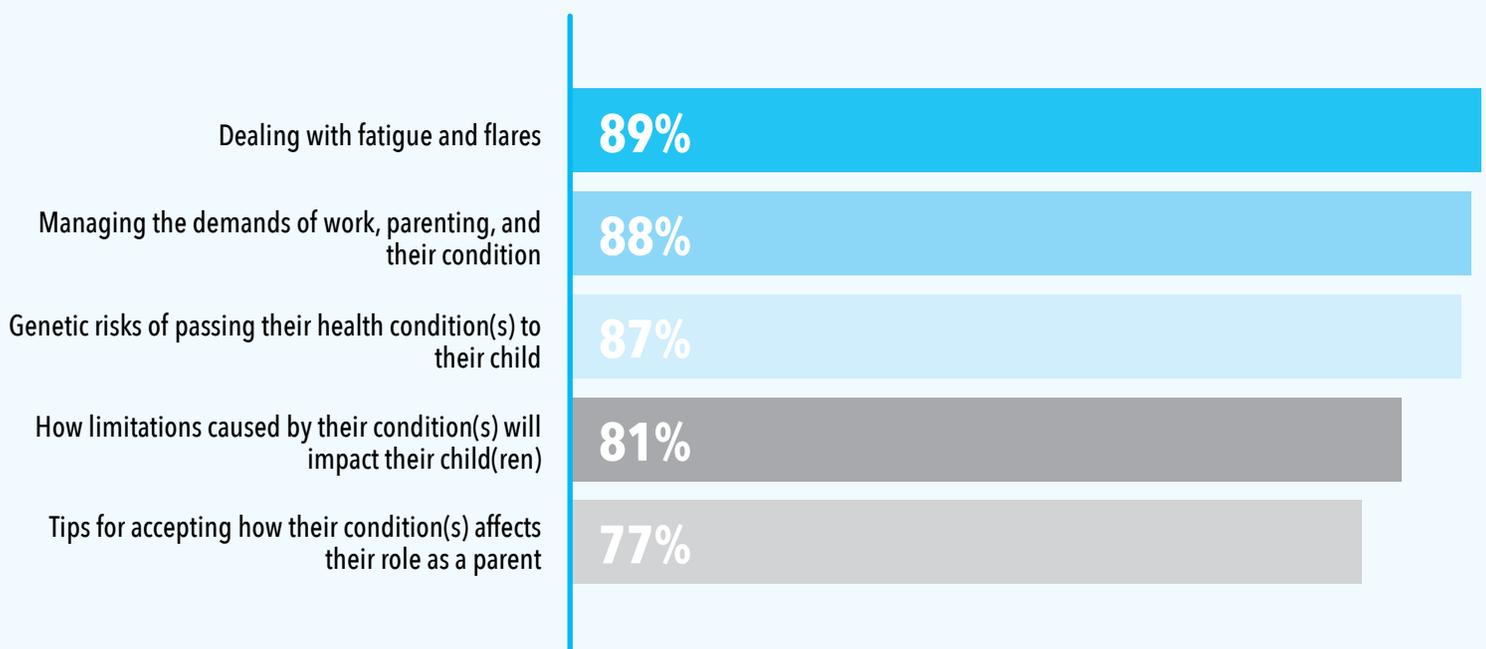


One in 11 (9%) decided to not have children because they feared the child would inherit their condition.



54% of participants between 31 and 50 years old and **73%** of participants over 50 years old **did not** receive any information about family planning during their reproductive years.

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



RECOMMENDATIONS

- Healthcare providers should advise patients about the risks and challenges of parenting including mental health, fatigue, pain, and genetic or hereditary risks.
- Interdisciplinary care that includes support from nurses and allied health professionals such as occupational therapists, physiotherapists, and massage therapists should be incorporated as part of standard care.
- Patient organizations should collaborate with rheumatology and dermatology experts to develop informational materials about parenting.
- Healthcare providers should collaborate with patient organizations to develop information about accessing services and resources in their community to support them as parents.