

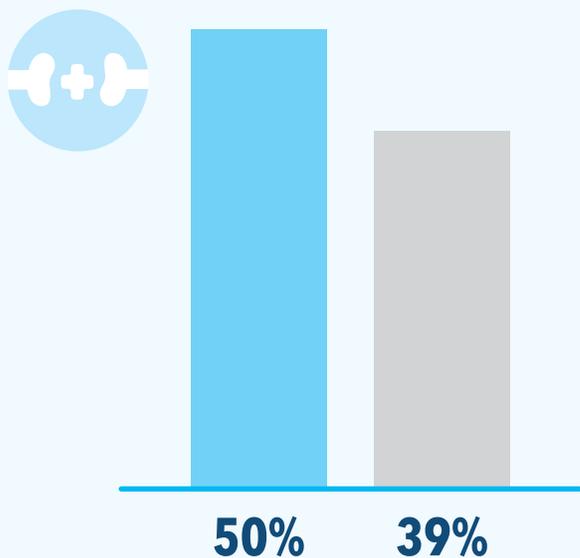
BARING IT ALL: MENOPAUSE

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

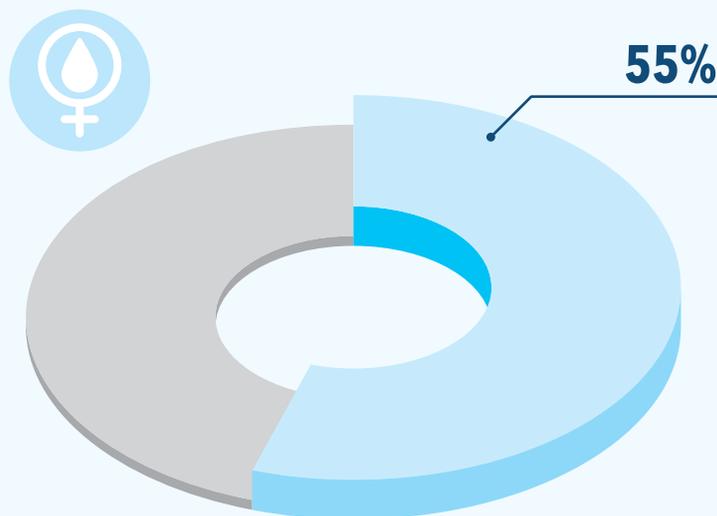
We heard from over 400 people with inflammatory arthritis, rheumatic, and psoriatic diseases who identify as female (women+) to understand their reproductive and sexual health concerns. They shared their experiences and insights regarding contraception, family planning, menopause, sexual health, and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



Two in five survey participants (**40%**) are currently experiencing symptoms of perimenopause or menopause; however, only half of them (**21%**) indicated they understood how menopause affects their condition(s).



Over **50%** of participants understand how menopause affects bone health. A lower proportion of participants from racialized communities said they understood how menopause affects their bone health (**39%**).



More than half of participants (**55%**) experiencing perimenopause or menopause said they are comfortable talking to their provider about sexual health.

RECOMMENDATIONS

- Healthcare providers should proactively raise the topics of perimenopause or menopause with women+.
- Patient organizations should work with healthcare providers to help improve their skills in discussing the impacts of aging on these condition(s) with patients.
- Researchers should consider the specific hormonal changes happening for women+ in perimenopause and menopause to support evidence-based recommendations for patients.
- Patient organizations should develop patient resources for women+ about perimenopause and menopause.