

# Psoriasis and planning a family: Know the facts

If you have **psoriasis** and are thinking about having a baby, it is important to consider specific information about your condition and talk to your dermatologist about a plan of action for you and your baby.

Here are some facts to help get the conversation started:



## FACT

**Women with psoriasis are 22% less likely to become pregnant compared to women without psoriasis**

There are several reasons why women with psoriasis may be less likely to become pregnant, including:

- Concerns about disease activity during and after pregnancy
- Concerns about the safety of psoriasis medication during pregnancy
- Reduced intimacy due to embarrassment
- Physical inability to have intercourse

It is important to discuss any pregnancy concerns you have with your healthcare provider, so that they can provide guidance for your particular situation.



## FACT

**Not all psoriasis medications are safe to use during pregnancy or while breastfeeding**

While having good control of your rheumatic condition is important, not all disease-modifying antirheumatic drugs (DMARDs) can be used while you are pregnant or nursing. Make sure you talk to your dermatologist about all the medications you are taking prior to becoming pregnant - including those for your psoriasis - so that you can work together to come up with a safe treatment plan for pregnancy and breastfeeding.

## REFERENCES:

1. Women of Childbearing Age (WoCBA) Patient Study Presentation. November 2018; update November 19.
2. Gottlieb AB, Ryan C and Murase JE. Clinical considerations for the management of psoriasis in women. *Int J Womens Dermatol* 2019;5:141-150.
3. 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.



## FACT

**Having poorly controlled psoriasis while pregnant puts you and your baby at greater risk of complications**

Women with poorly controlled psoriasis may be at an increased risk for **having a baby with low birth weight, delivering pre-term, and preeclampsia** (high blood pressure during pregnancy). Therefore, it is essential to establish good control over your condition months before you even attempt to conceive.



## FACT

**3 out of 5 women with rheumatic conditions like psoriasis felt they could not breastfeed while on treatment**

According to the Canadian Autoimmune Motherhood (AIM) Survey, over 60% of women with rheumatic conditions, including psoriasis, felt they could not breastfeed while taking their medication. At the same time, nearly 80% of women did not consult their dermatologist during pregnancy.

It's always best to share your concerns with your dermatologist. They can provide you with the right guidance so that you can make the best decisions for you and your baby.



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