



PSORIATIC ARTHRITIS &

Reproductive

Health

Illustration for the Good Care Project For Psoriatic Arthritis

Recent progress in understanding the course of psoriatic arthritis (PsA) has led to breakthroughs in therapies. Yet the needs of many people living with PsA are still unmet. Through this project, IFPA aims to join forces with rheumatologists and the patient community to raise awareness of new treatment guidelines, and ultimately improve quality of life for people with PsA around the world.



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IT IS COMMON FOR WOMEN WITH PSORIATIC ARTHRITIS TO GIVE UP THE DECISION TO HAVE CHILDREN BECAUSE OF THEIR DISEASE.

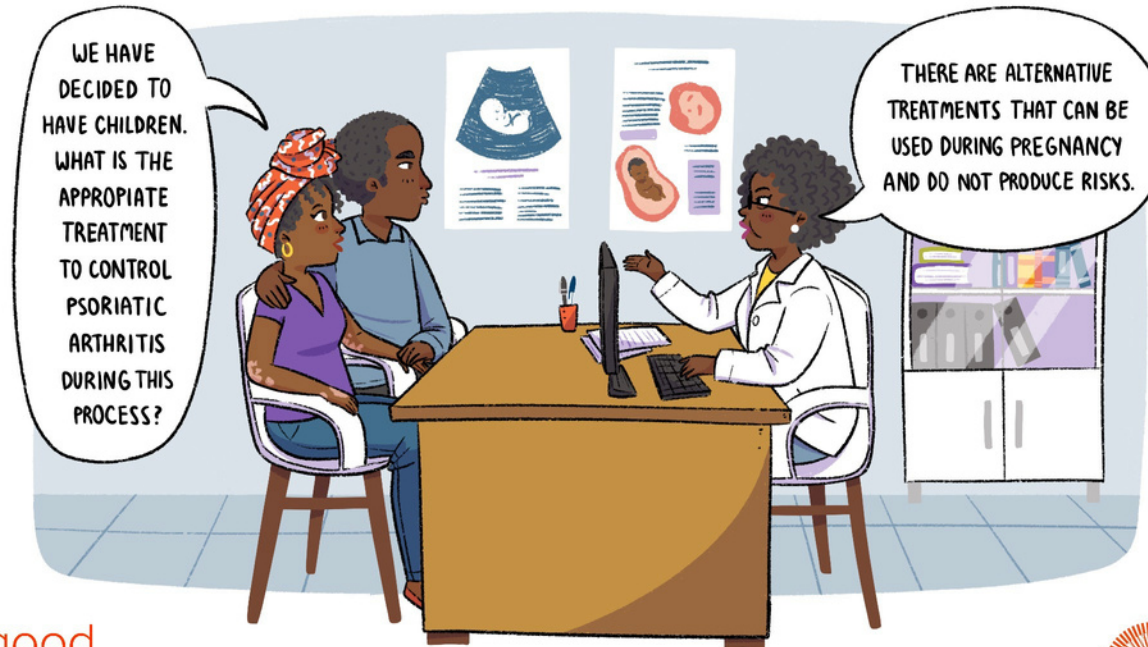
IT IS IMPORTANT THAT THEY RECEIVE SUPPORT SO THAT THEY CAN BALANCE THE MANAGEMENT OF THE PATHOLOGY WITH THEIR FAMILY PLANNING, SO THAT THE DISEASE DOES NOT DECIDE FOR THEM.



PATIENTS SHOULD SEEK
RELIABLE SOURCES OF
INFORMATION TO CLARIFY
THEIR DOUBTS AND FEEL
PREPARED TO MAKE
DECISIONS ABOUT MEDICAL
TREATMENT AND MATERNITY.

IT IS IMPORTANT THAT THE PATIENT FEELS CONFIDENT ENOUGH TO DISCUSS THE ISSUE WITH THE HEALTH PROFESSIONAL AND EXPLAIN HIS OR HER FAMILY PROJECT, IN THIS WAY, THE BEST PLANNING WILL BE SEARCHED FOR IN EACH CASE.

SOME OF THE THERAPY ARE OKAY TO USE WHEN SOMEONE IS PREGNANT, BUT OTHERS CAN HURT THE GROWING BABY. AND THERE ARE SOME TREATMENTS THAT MIGHT END UP IN THE MOTHER'S MILK AND COULD AFFECT THE BABY IF THEY ARE BREASTFED.



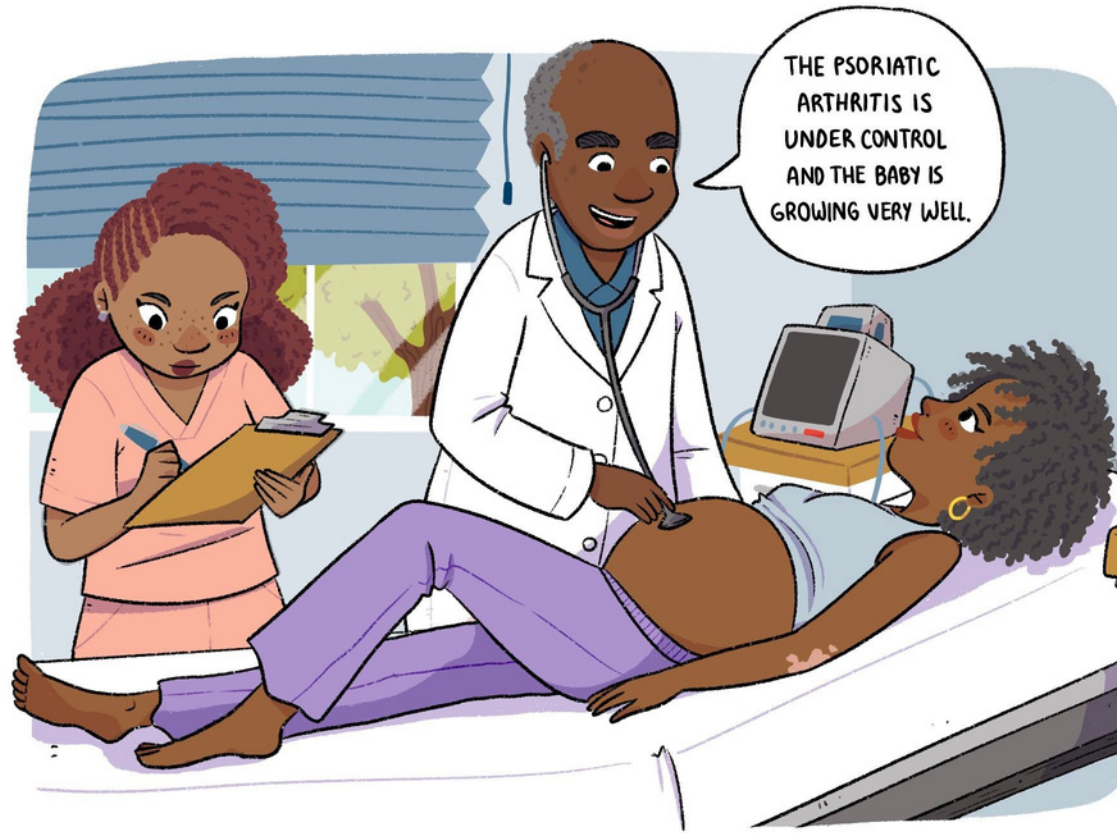
WE HAVE DECIDED TO HAVE CHILDREN. WHAT IS THE APPROPRIATE TREATMENT TO CONTROL PSORIATIC ARTHRITIS DURING THIS PROCESS?

THERE ARE ALTERNATIVE TREATMENTS THAT CAN BE USED DURING PREGNANCY AND DO NOT PRODUCE RISKS.

MODERATE EXERCISE, ADAPTED TO THE PATIENT'S POSSIBILITIES, IS RECOMMENDED AT EACH STAGE OF PREGNANCY.

ANYTHING THAT CONTRIBUTES TO FEEL BETTER, REDUCE STRESS AND STAY ACTIVE CAN REDUCE THE DISCOMFORT OF THIS STAGE.



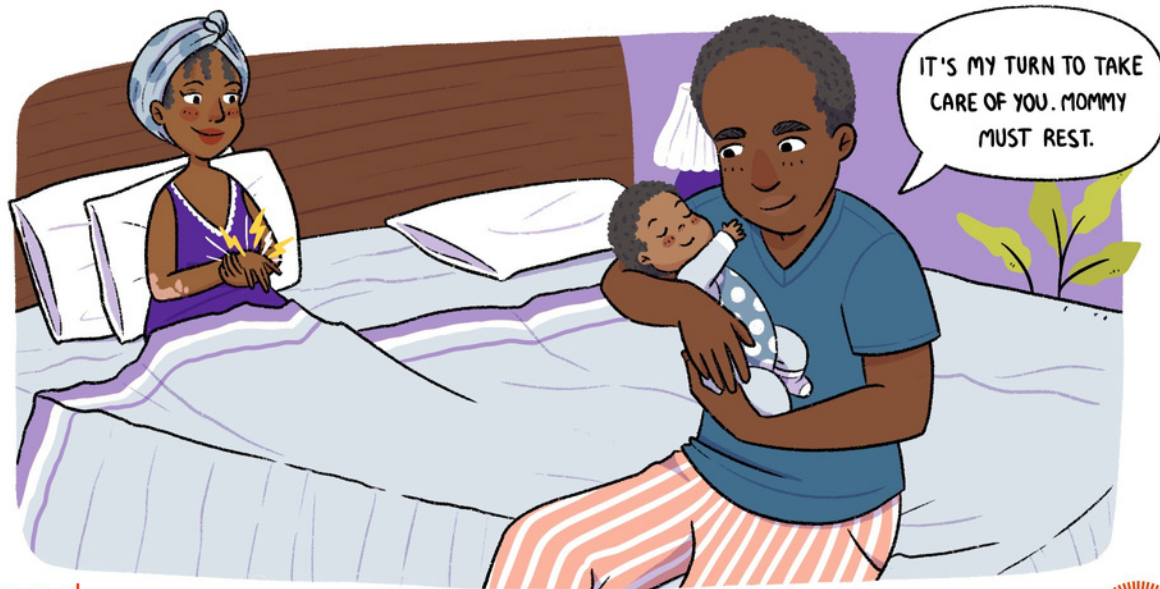


IT IS IMPORTANT TO HAVE THE DISEASE UNDER CONTROL AND TO PLAN THE BEST CONDITIONS FOR THE PREGNANCY TO HAVE THE LOWEST POSSIBLE RISK FOR THE MOTHER AND THE CHILD.

BECAUSE OF THE PAIN OR LIMITATIONS OF THE DISEASE, SOME ACTIVITIES SUCH AS CHANGING DIAPERS, FEEDING OR HOLDING THE BABY MAY BE DIFFICULT. DON'T HESITATE TO ASK FOR HELP IN CARING FOR YOUR CHILD AND ALSO IN CARING FOR YOURSELF IF YOU NEED IT.

LEARN ABOUT TREAT TO TARGET RECOMMENDATIONS, TREATMENT GUIDELINES AND THE IMPORTANCE OF A HOLISTIC APPROACH TO PSORIATIC DISEASE MANAGEMENT THAT CONSIDERS THE PATIENT'S PHYSICAL AND EMOTIONAL WELL-BEING:

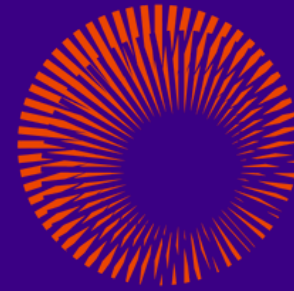
<https://ifpa-pso.com/projects/psoriatic-arthritis-awareness>



IFPA

GLOBAL LEADER IN FIGHTING
PSORIATIC DISEASE

good
care
for Psoriatic Arthritis



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