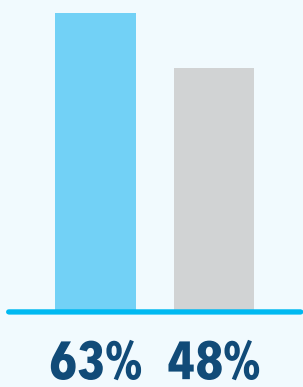


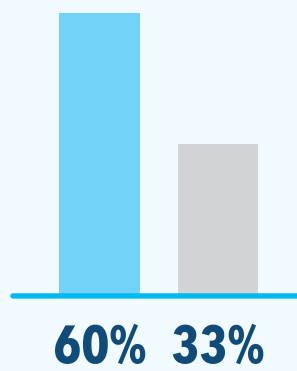
# BARING IT ALL: SEXUAL AND REPRODUCTIVE HEALTH

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

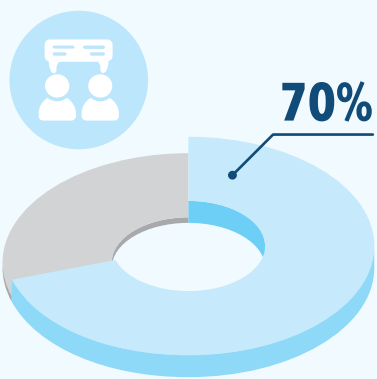
We heard from over 400 people with inflammatory arthritis, rheumatic, and psoriatic diseases who identify as female (women+) to understand their reproductive and sexual health concerns. They shared their experiences and insights regarding contraception, family planning, menopause, sexual health, and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



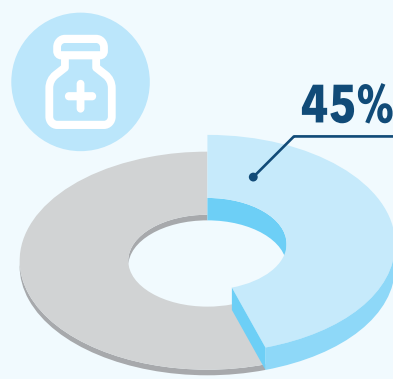
**63%** of participants can discuss sexual health with their healthcare provider but only **48%** feel comfortable doing so.



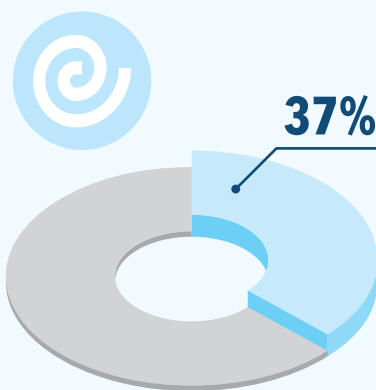
Over **60%** of participants do not have enough information about sexual health and the impact of their condition(s). Only **33%** of participants have enough information about the impact of their condition(s) on their sex life.



Over **70%** of participants can discuss the impact of their condition on their sex life with their romantic partner.

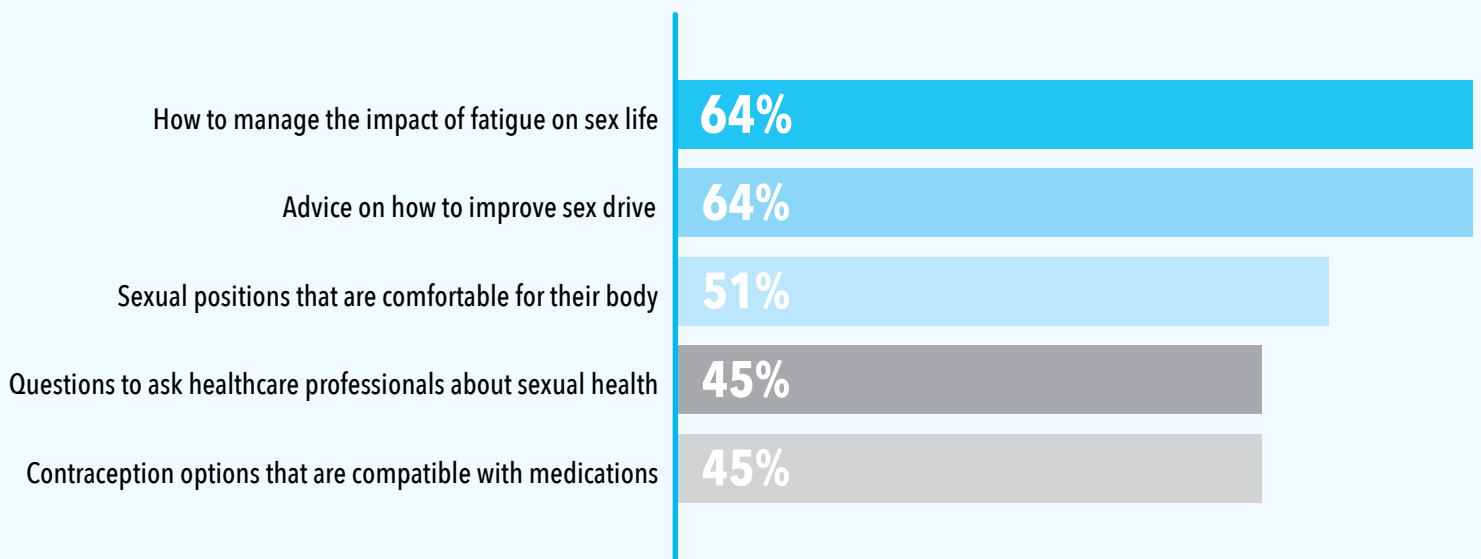


Less than half (**45%**) of all participants feel that their healthcare provider provided adequate information about the impact of their medication(s) on their ability to conceive.



**37%** of participants feel they have enough information about the impact of their condition(s) and medication(s) on their fertility.

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



## RECOMMENDATIONS

- Healthcare providers should engage in ongoing and regular discussions about sexual and reproductive health with their patients.
- Early and ongoing counselling about the impact of medications on fertility should be initiated by rheumatologists and dermatologists.
- Patient organizations should provide peer support to people with inflammatory arthritis, rheumatic and psoriatic diseases to discuss sexual and reproductive health.
- Patient organizations should collaborate with rheumatologist and dermatologist experts to develop resources regarding sexual and reproductive health.