

MyIBDLearning

Southeast Regional Conference

Women's Health in IBD

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Program Disclosures

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Topics

Family planning

Pregnancy

Menstruation

Menopause

Health maintenance

IBD Numbers by Gender

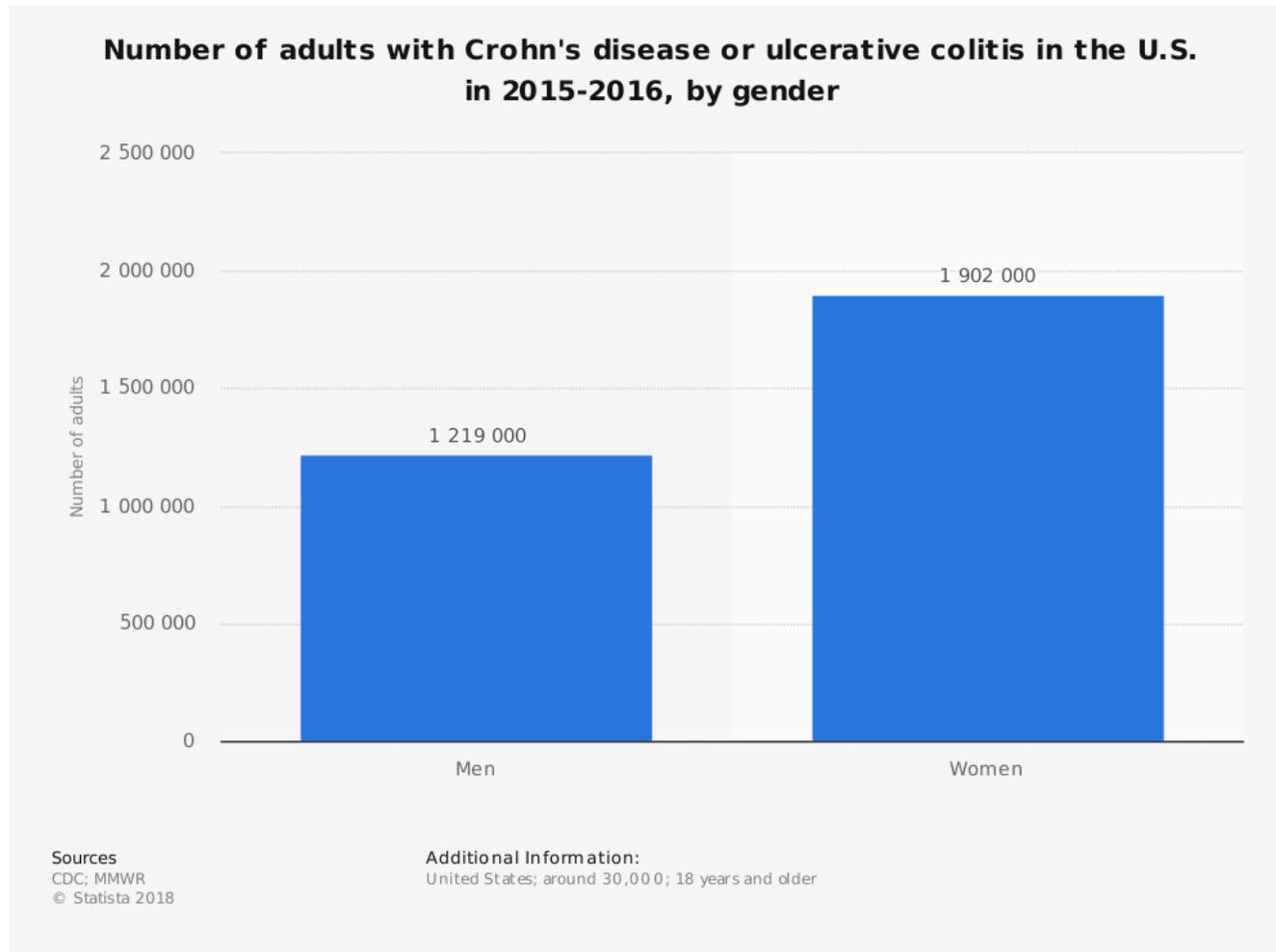
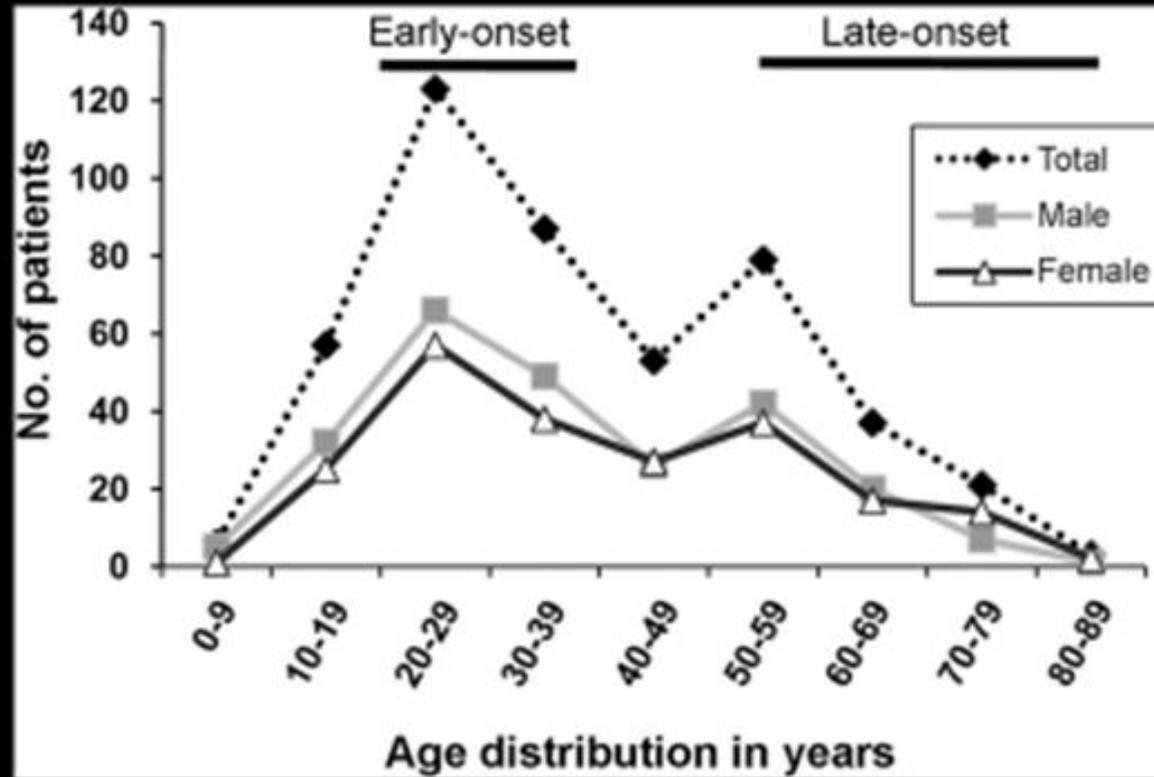


Figure 1



Contraception

Avoid pregnancy if flaring

Long-acting non-estrogen contraception preferred (e.g IUD, contraceptive implants)

- High dose estrogen linked to clot formation

Oral contraceptive pills may not work if:

- Extensive small bowel disease
- Extensive bowel surgery

Deciding to have children

Women over-estimate risk of IBD in their children

Absolute risk of Crohn's is 2.7%, ulcerative colitis is 1.6% in a child if mom has IBD

Risk may be higher if multiple family members

Choice to remain childless is higher in IBD

Preconception counseling helped increased IBD patients' pregnancy rates by decreasing voluntary childlessness

Patients' Concerns about Pregnancy	Yes [%]	No [%]
Considered becoming pregnant	68.7	31.3
Fear of IBD causing harm to the baby	62.6	37.4
Fear of IBD medications causing harm to the baby	73.1	26.9
Fear of passing on IBD to the baby	67.8	32.2
Fear of having a complicated pregnancy because of IBD	63.3	36.7
Fear of not being able to take care of the baby because of IBD	13.1	86.9
Fear of not becoming pregnant	22	78

Ellul P et al. J Crohns Colitis. 2016 Aug;10(8):886-91

Family planning: getting pregnant

Equal chance of getting pregnancy compared to other healthy women if:

- Disease under good control (i.e. remission)
- No history of pelvic surgery (e.g. J pouch)

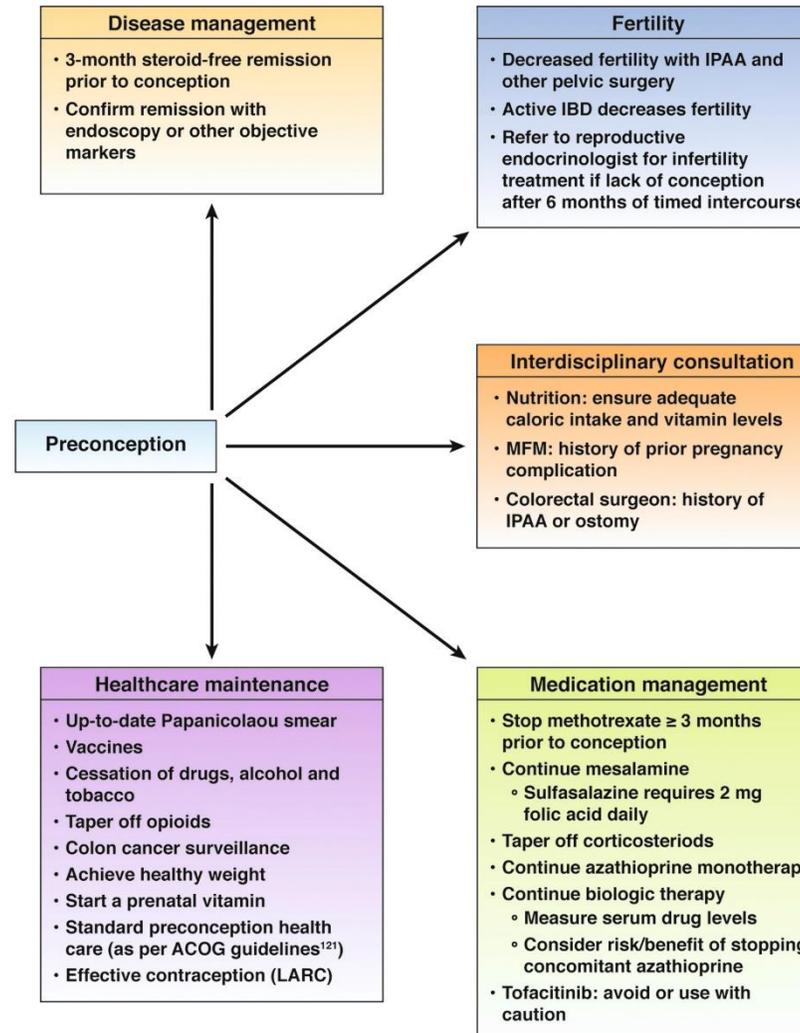


No medications for pregnancy decrease your fertility as a women

Sulfasalazine and methotrexate can alter sperm quality in men

Preconception

Figure 2



When is best time to get pregnant?

Controlled disease decreases your chance of flares during pregnancy

Best time is when you are in remission

- Stable medications for 3-6 months
- Off prednisone



How do I ensure best pregnancy outcomes

Stay on your IBD medications

- Flares increase risk of miscarriages, preterm delivery, low birth weight, impaired cognitive development in baby

Notify your GI doctor if you have flare symptoms

Stop alcohol, tobacco, illicit drug use, marijuana. Taper off opioids

Are medications safe in pregnancy?

Most medications are safe

- Mesalamine
- Sulfasalazine
- Steroids (short term)
- Biologics – anti-TNF agents, vedolizumab, ustekinumab
- Azathioprine/mercaptopurine



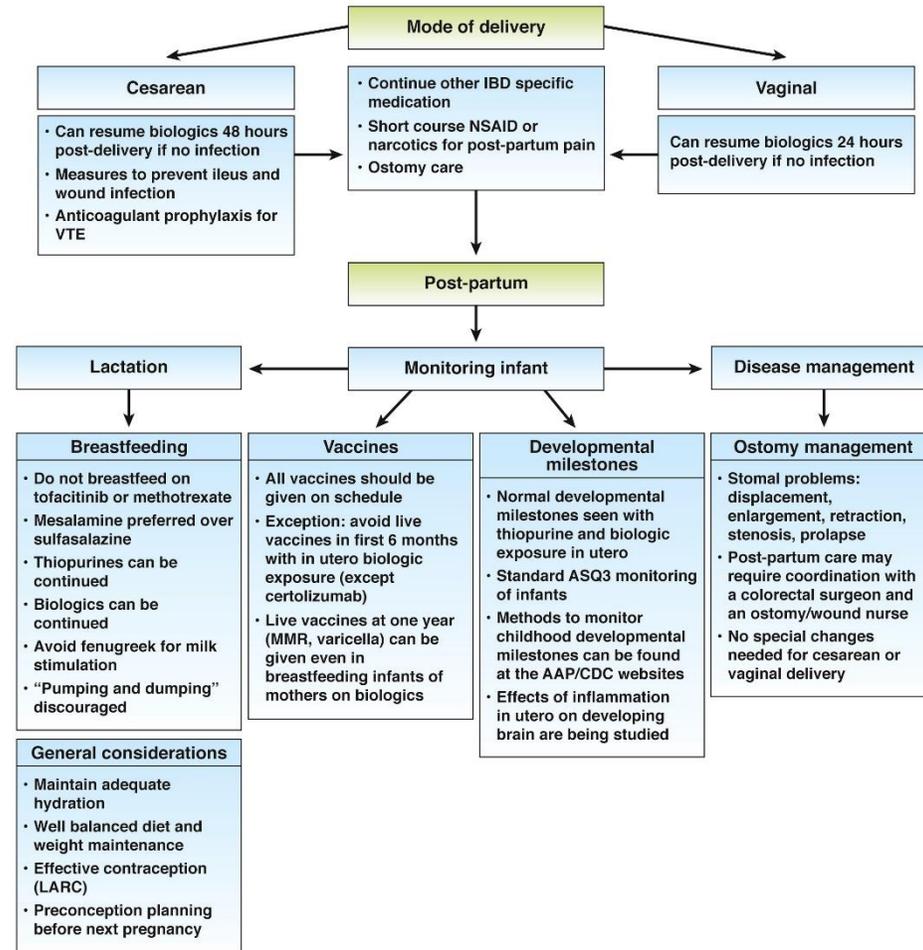
Lack of safety data with tofacitinib, upadacitinib, ozanimod

Avoid: methotrexate (stop at least 3 months prior to conceiving), ciprofloxacin, metronidazole first trimester

If you are on immunosuppressives, avoid live vaccines for 6 months for baby after delivery (e.g. Rotavirus vaccine)

After pregnancy

Figure 5



Abbreviations used: IBD, inflammatory bowel disease; NSAID, nonsteroidal anti-inflammatory drugs; MMR, measles, mumps, rubella; AAP, American Academy of Pediatrics; CDC, Centers for Disease Control and Prevention



Menstruation

Untreated IBD can delay onset of puberty and menstruation

Having a regular period is important indicator of health

Women with IBD are more likely to experience irregular periods and menstrual pain

IBD symptoms such as diarrhea and abdominal pain may be more severe before and during menstruation

Steroids can lead to irregular cycle



When to notify your doctor about your menstrual cycle

Periods haven't started by age 15

Periods are closer together than every 21 days

Periods are further apart than every 45 days

90 days or more between periods (even one time)

Heavy periods

Periods last more than seven days

Menopause and IBD

Most women note that IBD symptoms don't change

Conflicting data on when menopause starts relative to general population

- One study notes a few years earlier
- Univ of Chicago study found no difference in age of onset

Consider bone density scan

- IBD increases risk of osteoporosis
- Post-menopausal women at risk of osteoporosis



Health Maintenance

Vaccines

- HPV vaccine 9-26, up to age 45
- COVID vaccine
- Flu
- Pneumonia
- Shingles
- Tdap

Cancer screening

- Paps
- Mammograms
- Skin cancer
- Colon cancer screening

Bone density scan

Eye exam

Thank you!

