

Men with Psoriatic Arthritis Planning to Father a Child



For men living with Psoriatic Arthritis who are preparing to father a child, it is important to review the following information with your provider.

01

To have the safest pregnancy possible:

- Discuss medications with your rheumatologist
- Keep your Psoriatic Arthritis activity as low as possible

02

Is your Psoriatic arthritis well controlled?

- Minimal skin and nail Psoriasis
- Minimal signs of joint inflammation
- No recent signs/symptoms consistent with iritis, inflammatory bowel disease, enthesitis, dactylitis
- No flares in the last 6 months

03

Are your medications right for you at this time?

- Discuss medications with your rheumatologist
- Note: Sulfasalazine can decrease sperm count and quality

04

Which doctors should you talk with?

- Rheumatology provider
- Dermatology provider



Medications to discuss with your rheumatologist

- Apremilast
- Abatacept
- Interleukin 17 inhibitor (Secukinumab, Ixekizumab)
- Interleukin 23 inhibitor (Guselkumab)
- Interleukin 12/23 inhibitor (Ustekinumab)
- Janus kinase inhibitors (Tofacitinib, Baricitinib, Upadacitinib)
- Leflunomide
- Methotrexate
- Non-steroidal anti-inflammatory agents
- Sulfasalazine
- Tumor necrosis factor inhibitors (TNFi)
(TNFi = Adalimumab, Etanercept, Infliximab, Certolizumab, Golimumab)

These educational materials were supported by a medical education grant from GlaxoSmithKline to address Systemic Lupus Erythematosus (SLE) and Reproductive Health education to support patients, educators, and clinical teams. Its contents are solely the responsibility of the authors and do not necessarily reflect the official views of GlaxoSmithKline.

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