

Rheum4You: REPRODUCTIVE HEALTH & RHEUMATIC DISEASE

RESOURCES for PATIENTS & PROVIDERS

ALL CONTENT CURRENT AS OF: AUGUST 8, 2021

➤ **ACR Reproductive Health Initiative** www.acrreprohealthinitiative.com

The American College of Rheumatology (ACR)'s Reproductive Health Initiative was formed to provide health care providers with accurate and up-to-date information about rheumatic disease and reproductive health. The Initiative currently offers two published toolkits on [Systemic Lupus Erythematosus \(SLE\)](#) and [Psoriatic Arthritis \(PsA\)](#).

➤ **ACR Clinical Practice Guidelines for Reproductive Health and Rheumatic Disease** www.acrreprohealthinitiative.com/guidlines

In 2020, the ACR published a comprehensive set of clinical practice guidelines for rheumatologists to help their patients manage their reproductive health. The guidelines, which are based on a thorough review of the latest clinical evidence, contain over 130 specific recommendations for providers to help them assist patients with meeting their reproductive health and family planning needs.

➤ **Mamas Facing Forward** www.mamasfacingforward.com

Mamas Facing Forward is a website that aims to be a “one-stop shop” for parents and parents-to-be who are living with chronic illnesses, including rheumatic diseases, and who have questions or concerns about pregnancy and motherhood. The website provides information, resources, support, and encouragement to this community in an accessible format.



MotherToBaby www.mothersbaby.org

MotherToBaby is a non-profit organization that provides evidence-based information on the safety of medications and other exposures during pregnancy and while breastfeeding. These include disease-specific information for people living with [rheumatoid arthritis](#), [psoriatic arthritis](#), [lupus](#), [juvenile idiopathic arthritis](#), and [ankylosing spondylitis](#).

MotherToBaby also has [resources for rheumatology health professionals](#) including free patient education materials, information about ongoing studies and fact sheets about medications commonly prescribed to treat rheumatic diseases.

Arthritis Foundation www.arthritis.org

A leading advocacy and support group for people living with arthritis and rheumatic diseases, the Arthritis Foundation has numerous reproductive health resources available. These include guides for managing pregnancy and [rheumatoid arthritis](#), [ankylosing spondylitis](#), [psoriatic arthritis](#), [scleroderma](#), [inflammatory arthritis](#), and [Sjogren's syndrome](#). For people living with rheumatoid arthritis, the Arthritis Foundation also provides information about [medication management](#) during pregnancy and [navigating intimacy](#).

HOP-STEP - Lupus Pregnancy www.lupuspregnancy.org

Healthy Outcomes in Pregnancy with SLE Through Education of Providers (HOP-STEP) is a resource for patients and providers to improve pregnancy planning and management for women with lupus. The website provides resources on a range of topics, including easily searchable information that can be used during a clinical visit. The website also features stories and experiences from patients and clinicians.

Bedsider - Rheumatic Disease & Birth Control www.bedsider.org

Bedsider is an online birth control support network that aims to provide a useful tool for individuals to learn about their birth control options, better manage their birth control, and in the process, avoid getting pregnant until they're ready. The ACR recently partnered with Bedsider to create a resource to help people living with rheumatic diseases understand their birth control options.



www.simpletasks.org

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