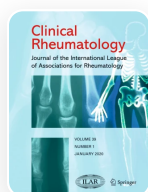


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# Outcome of pregnancy in women with psoriatic arthritis compared to healthy controls

Original Article Published: 07 December 2018

Volume 38, pages 895–902, (2019) Cite this article

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## Abstract

### Objectives

The mean age at onset of psoriatic arthritis (PsA) ranges between the 4th–6th decades of life. However, little is known about fertility and pregnancy outcome in PsA patients. The aim of this study was to examine whether fertility and pregnancy outcome of PsA patients are different from healthy controls and to evaluate PsA and psoriasis disease activity perception during pregnancy and the year postpartum.

### Methods



A questionnaire-based study, including demographic, fertility, pregnancy outcome, and disease activity questions, was conducted in PsA patients and healthy controls. The inclusion criterion was diagnosis of PsA before at least 1 pregnancy. Descriptive statistics are provided. *T* tests and Pearson chi-square tests were used to analyze the differences between continuous and categorical variables, respectively.

## Results

The 74 PsA patients and 74 healthy controls were not significantly different in most of the demographic variables. The mean number of pregnancies, children, and infertility diagnosis were not significantly different between the groups. The pregnancy outcomes in the PsA group ( $n = 151$ ) and in the control group ( $n = 189$ ) were similar in: live birth (76% vs. 76%,  $P = 0.3$ ), vaginal delivery (48% vs. 51%,  $P = 0.6$ ), gestation age (38.5 vs. 38.3,  $P = 0.3$ ), weight at birth (3.4 kg vs. 3.4 kg,  $P = 0.5$ ), low rate of maternal and fetal complications, and the duration and rate of breastfeeding. Most (58%) patients reported favorable joint activity during pregnancy and 50% reported worsening during the 1st postpartum year.

## Conclusions

PsA patients do not have more infertility or worse pregnancy outcomes compared to healthy controls.

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