

Reproductive health counseling inadequate in IBD

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(HealthDay)—Patients with inflammatory bowel disease (IBD) report

low rates of IBD-reproductive health counseling (RHC), according to a study presented at the 2019 Crohn's & Colitis Congress, held from Feb. 7 to 9 in Las Vegas.

Aarti Rao, M.D., and Sarah Streett, M.D., from the Stanford University Medical Center in Palo Alto, California, anonymously surveyed 66 [women](#) and men aged 18 to 45 years with IBD during a six-month period to examine the rates of IBD-RHC and factors associated with IBD-RHC.

The researchers found that 30 percent of all patients and 18 percent of those who had undergone IBD surgery reported prior RHC by a physician. Both men and women (18 and 34 percent, respectively) considered not having a child due to IBD. Eighty-three percent of those who considered voluntary childlessness did not receive prior IBD-RHC. Of the 11 women with an IBD diagnosis before [pregnancy](#), 82, 60, and 36 percent had no prior IBD-RHC, did not seek gastrointestinal care preconception, and did not seek gastrointestinal care during pregnancy; however, in the preconception, pregnancy, or postpartum periods, 36 percent reported flares. During pregnancy, 50 percent stopped or changed medications; 40 percent did so without consulting a physician. Seventy-one percent of participants were interested in receiving more information on IBD and [reproductive health](#).

"This highlights an urgent need for proactive counseling by gastroenterologists on IBD and reproductive health issues," the authors write.

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