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Summary

NEGATIVE IMPACT OF INFLAMMATORY BOWEL DISEASE ON WOMEN'S REPRODUCTIVE LIFE: A SURVEY-BASED CONTROLLED STUDY

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IBD

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A case-control study of 457 women found that inflammatory bowel disease significantly increases the risk of spontaneous and voluntary abortions, pregnancy complications during disease reactivation, and reduces breastfeeding rates compared to healthy controls.

KEY POINTS

- Women with IBD had twice the odds of spontaneous abortion and 3.62 times the odds of voluntary abortion compared to healthy controls
- Pregnancy-related complications were nearly 7 times more likely in IBD patients who experienced disease reactivation during pregnancy versus those in persistent remission (OR 6.9, 95% CI 1.51-31.28)
- Women with IBD were 66% less likely to breastfeed than controls (OR 0.44, 95% CI 0.22-0.91)
- Infertility and endometriosis rates were similar between IBD patients and controls, though women with IBD more often used oral contraceptives for menstrual cycle disorders rather than contraception (52.5% versus 60.5%, p=0.003)
- The authors conclude that these findings underscore the importance of counseling IBD patients from conception planning through pregnancy and lactation

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