

POSTER PRESENTATION

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Pregnancy outcomes in women affected by juvenile idiopathic arthritis (JIA)

Maria Giannina Alpigiani*, Pietro Salvati, Serena Callegari, Renata Lorini

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Introduction

JIA is the most frequent form of persistent arthritis in children that begins at or before 16 years old. While outcome of pregnant women with RA is well-known, at best of our knowledge there are a few scientific works about pregnancy in JIA patients [1,2].

Objectives

Our aim is to describe pregnancy outcomes in a case series of six women affected by JIA.

Methods

We report on six cases of women affected by JIA with a median age of 32,8; median age at onset of 6,1; median age at first delivery of 25,7. (table 1)

Results

In all cases, pregnancy was associated with remission of disease activity, however a post partum flare appeared after 4 pregnancies (pt 1-4-5-6) and in the first year post-partum. The seven babies were in good condition, without

	Age (y, m)	Age at onset	Туре	Therapy before pregnancy	Age at delivery [pS1] (y m)	Sex of babies	Flare after delivery
Patient 1 LS	29 7/12	12 y 2/12	poliarticular	None	18 11/12 24 7/12	ďď	yes
Patient 2 GM	38 7/12	8 y	poliarticular	none	27 3/12	Ф	no
Patient 3 GA	29 11/12	4 y	oligoarticular	none	25 9/12	ď	no
Patient 4 CE	37 11/12	1 y 4/12	poliarticular	none	26 9/12	Q	yes
Patient 5 RL	34 5/12	8 y 7/12	poliarticular	Cya, steroids	29 3/12	Q	yes
Patient 6 BA	26 10/12	2 y 8/12	poliarticular	none	26 2/12	ď	yes

[pS1]



apparent malformation or symptoms of neonatal illness. Only 1 woman was treated during her pregnancy: the number 5 patient received oral cyclosporine for the first 5 months of pregnancy and oral low-dose corticosteroids for all pregnancy; she had an active disease before pregnancy and she had an important flare a few months after delivery.

As reported for pregnant patients affected by RA (Dolhain RJEM 2010), in our cases pregnancy was associated with a remission of disease in 6/6 patients and flare in post-partum period in 4/6 patients, probably depending on increased levels of serum alfa 2 glycoprotein and elevated levels of sex hormones that influence a shift in cytokine production from a Th1 to a Th2 profile. In fact, oestrogens inhibit T-cell function, progesterone stimulates Th2 effects and cortisol has a general immunosuppressive effect.

The number 5 patient was treated with cyclosporine and steroids. No congenital anomalies or increase of death rate were observed in infants exposed to cyclosporine antenatally. Besides low-dose steroids therapy (5-15 mg prednisone daily) does not increase low-birth-weight or small for gestation age infants.

Conclusion

In conclusion, in JIA patients, a stable disease or remission should be reached before pregnancy and should be used safe immunosuppressive drugs to avoid a flare during pregnancy and in post-partum period.

Disclosure of interest

None declared.

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References

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