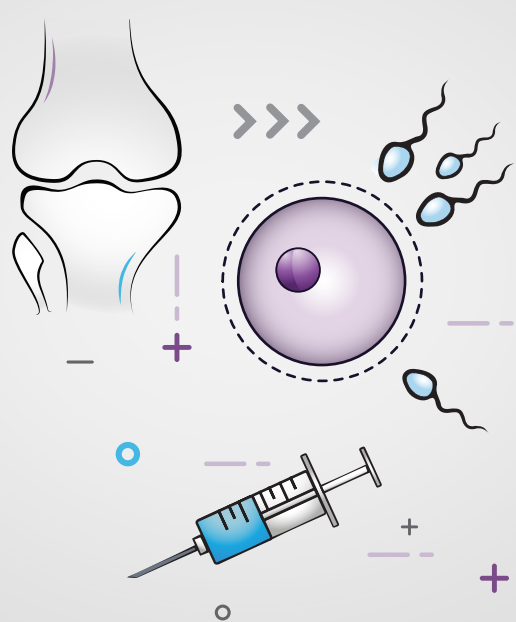


Women's Health & Reproductive Issues With Lupus



Childhood & Teens

BONE HEALTH

Children with lupus often don't develop the bone density they should. Calcium, vitamin D, and regular exercise help protect bone density.

FERTILITY

Some chemotherapy treatments used to treat lupus can lead to infertility. This risk tends to be lower when they are taken at a younger age (pre-puberty) and for less time.

HPV VACCINE

Females with lupus have a higher risk of cervical cancer caused by HPV. The CDC recommends children get the HPV vaccine at age 11 or 12.

20s

CONTRACEPTION

Pregnancy is more likely to present risks for women with lupus, so it is important to use birth control to prevent unplanned pregnancies. Most types of birth control are safe for women with lupus, but you should talk to your doctor about which type is best for you.

PAP TESTS

It is especially important for women with lupus to get regular Pap smears.

PREGNANCY

Discuss with your medical team before planning a pregnancy. You will want to avoid becoming pregnant during a flare, and you may need to adjust your medications.

30s

EARLY MENOPAUSE

Women with lupus often go through menopause earlier than usual. If you have premature ovarian failure, you may talk to your doctor about using in vitro fertilization to become pregnant.

40s

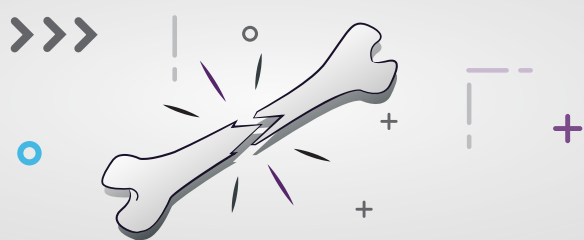
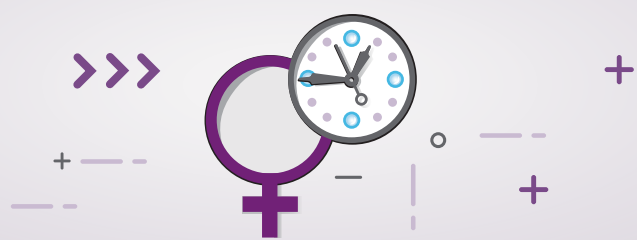
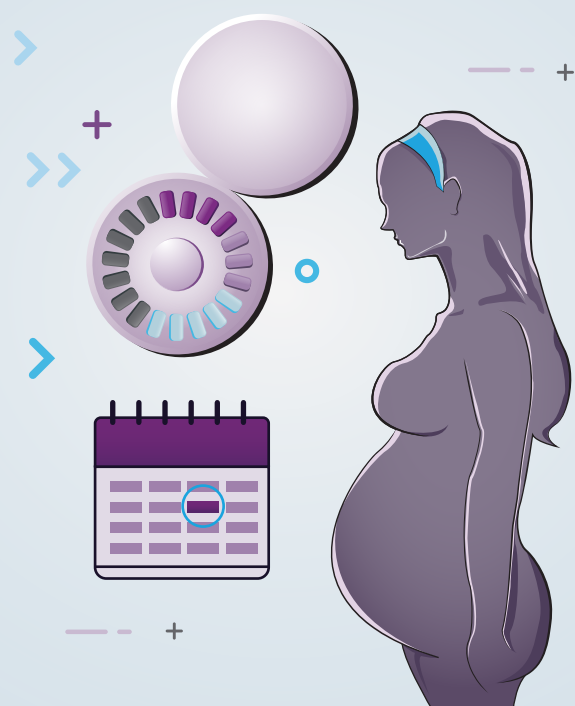
OSTEOPOROSIS

Women with lupus who have taken high doses of steroids are at a higher than usual risk for bone loss and fractures. Moderate exercise, calcium supplements, and regular bone density scans can help prevent bone loss.

50s & Beyond

HORMONE REPLACEMENT THERAPY

Any treatment with hormone replacement therapy should be as brief as possible. Women with active lupus and antiphospholipid antibodies should not undergo hormone replacement therapy.



[Resources.Lupus.org](https://www.Resources.Lupus.org)

NATIONAL
**Resource Center
on Lupus**

by Lupus Foundation of America