

J06 Crohn's Disease and Pregnancy

February 2009

Intro: Crohn's Disease is a chronic, inflammatory condition of the intestinal tract that can cause diarrhea, stomach pain, joint pain and fatigue. Many people with Crohn's are women of childbearing age. It used to be that these women were warned that pregnancy could make the disease much worse, and some avoided having children. But now, newer medications mean that many women with Crohn's don't need to fear pregnancy for themselves or for their babies.

Video

Audio

Total running time 1:33

"IT WOULDN'T BE A GIRL'S ROOM IF WE DIDN'T HAVE PINK"

JENNIFER ADLER AND HER SON

WILL ARE PREPARING THE

NURSERY FOR THE ARRIVAL OF A

NEW BABY GIRL.

"WANT TO HELP ME TIE THIS?"

JENNIFER HAS CROHN'S DISEASE,

AND BEFORE SHE GOT PREGNANT

SHE WAS CONCERNED ABOUT

TWO THINGS: WOULD PREGNANCY

MAKE HER SYMPTOMS WORSE

AND WOULD THE MEDICATIONS

SHE TAKES HURT HER UNBORN

BABY?

CG :20 to :43

William Tremaine, M.D.

Mayo Clinic

“THE MAJORITY OF WOMEN WHO HAVE CROHN’S DISEASE CAN GET PREGNANT WITH OUT UNDUE RISK TO THEMSELVES OR THE BABY. THE RULE OF THUMB IS TO TRY TO GET THE DISEASE UNDER AS GOOD OF CONTROL AS POSSIBLE, TO GET THE DISEASE IN REMISSION, BEFORE PROCEEDING WITH THE PREGNANCY.”

DR. WILLIAM TREMAINE SAYS IF YOUR SYMPTOMS ARE UNDER CONTROL, YOU HAVE A TWO OUT OF THREE CHANCE OF STAYING HEALTHY THROUGHOUT YOUR PREGNANCY. BUT IF YOU GET PREGNANT DURING A FLARE-UP OF CROHN’S, YOU HAVE A TWO OUT OF THREE CHANCE OF STAYING SICK THE WHOLE TIME. SO PLAY THE ODDS AND TRY TO GET WELL BEFORE YOU GET PREGNANT.

Standup

CG :50 to :59

Vivien Williams

Reporting

CG :59 to 1:02

Jennifer Adler

Has Crohn's Disease

“SO THAT’S WHAT WE DID. THE MEDICATIONS ARE KEEPING IT UNDER CONTROL.”

JENNIFER TAKES MEDICATIONS THAT INCLUDE THE STEROID PREDNISONE AND A NEWER MEDICATION CALLED ADALIMUMAB. THESE MEDICATIONS, AS WELL AS MANY OTHER DRUGS USED TO TREAT CROHN’S DISEASE, ARE SAFE TO TAKE DURING PREGNANCY FOR MOTHER AND BABY. SOME AREN’T SAFE, SO BE SURE TO TALK TO YOUR DOCTOR ABOUT YOUR MEDICATIONS IF YOU’RE PLANNING TO GET PREGNANT. THERE’S NO GUARANTEE YOU WON’T HAVE A FLARE UP OF CROHN’S DURING PREGNANCY, BUT THE RIGHT MEDICATIONS CAN IMPROVE YOUR ODDS OF STAYING HEALTHY.

FOR MEDICAL EDGE, I'M VIVIEN
WILLIAMS.

Anchor tag:

Dr. Tremaine says its key for women with Crohn's to talk to their doctor about pregnancy.

You might wonder if a woman can pass Crohn's Disease on to her child. And the answer is likely not. Only about 15% of all people with Crohn's have a parent who has it too.

And one more thing: Jennifer's baby is due any day now.

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