



**Did you know?**



...education programs may help to reduce anxiety and depression and improve quality of life in women with IBD who are pregnant or planning to conceive?<sup>1</sup>

Stella, results from your questionnaires revealed that our educational intervention has reduced your anxiety.<sup>1</sup> This is very important, because a better understanding of the different aspects of IBD and pregnancy may improve the quality of life and promote medication adherence in women with IBD who are pregnant or are planning to conceive.

Yes Doctor F, I have learned so many things that I was not aware of. For example, I didn't know that pregnancy can be associated with a reduced number of flares in the following year, that most medications are considered as low risk for the baby, and that there are higher chances of a healthy pregnancy if the disease is under control at the time of conception... This has definitely reduced my anxiety!<sup>1</sup>

**IBD-Pregnancy Clinic**



IBD: Inflammatory bowel disease

1. Flanagan E et al. Inflammatory Bowel Diseases 2021; 27: 1909-1918.