



the campaign to prevent unplanned pregnancy

Introduction

For more than two decades, [Power to Decide](#) has been recognized for our effective communications work and research-based materials that are both authoritative and accessible. Our messaging and materials reach wide ranging audiences, from health care providers to patients; policymakers to parents; and beyond. Our success is based, in part, on following the research and listening closely to our target audiences and letting their needs help shape our efforts. For more than a decade, Bedsider, Power to Decide's evidence-based, digital platform, has continued to be one of the most trusted resources for delivering contraceptive information in a voice that resonates with young people through [Bedsider.org](#), its related social media channels, and educational materials for health care providers.

We have partnered with numerous organizations over the years and **can partner with your organization to design and develop customized materials for your audience.** [The American College of Rheumatology](#) (ACR) is a recent example of such a partnership. ACR is a not-for-profit, professional association committed to advancing the specialty of rheumatology and serves over 7,700 physicians, health professionals, and scientists worldwide.

Project Description

Power to Decide surveyed ACR experts and reviewed professional recommendations on reproductive health for people with rheumatic and musculoskeletal diseases to understand the key considerations for birth control, including emergency contraception (EC). Through an iterative design process, Power to Decide created:

- Double-sided tear sheet — “What birth control is safe with rheumatic disease?” and “What birth control can I take after sex?” (pg. 2)
- Wall poster — “Birth control for people with rheumatic disease” (pg. 3)
- Feature article on Bedsider Providers for health care professionals (pg. 4) — [“Birth control options for people with rheumatic or musculoskeletal diseases”](#)
- Feature article on Bedsider for consumers (pg. 4) — [“Birth control options for people with rheumatic or musculoskeletal diseases”](#)

All educational materials were co-branded with Power to Decide, Bedsider, and the ACR logos. Educational materials are available for [free download from ACR's website](#). Print-ready files were provided to ACR for future distribution. Educational materials are available in both English and Spanish.

Project Budget

\$25,000

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Birth control options for people with rheu

We talked to experts and reviewed the American Coll
birth control for people with rheumatic diseases like

by Robin Watkins, CNM, WHNP-BC

published 09/29/21

Understanding if, when, and under what circumstan
key part of high-quality reproductive health for all p
musculoskeletal diseases (RMD) including systemic I
arthritis, there are additional risks and consideratio
Pregnancy itself can worsen some RMDs as well as a
the risk of pregnancy loss, preterm delivery, and grc
to treat RMD may be teratogens. So, when talking to
pregnant, asking about pregnancy desires is particul
don't want to become pregnant right now, there are
to ensure you are offering safe and effective birth cc
patients with RMD. Lucky for us, we were able to get
birth control and RMD.

BEDSIDER

We've got you covered

Birth control >

[\(edit feature\)](#)

Birth control options for people with rheumatic or musculoskeletal diseases

We talked to experts on birth control and rheumatic and musculoskeletal diseases for all the details

By Robin Watkins, CNM, WHNP-BC | Oct 14, 2021



 

If you are one of the more than [54 million adults in the U.S. living with a rheumatic disease](#), like lupus or rheumatoid arthritis, thinking about your birth control options might be more complicated because of your condition or your medications.

There are many rheumatic and musculoskeletal diseases and conditions including fibromyalgia, lupus, psoriatic arthritis, rheumatoid arthritis, and scleroderma. [Here's a complete list](#) if you