



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). Though 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 Feedback

“I was thrilled to have the opportunity to collaborate with Bedsider to create specialized contraception materials. Given the many considerations that patients of reproductive age, with rheumatic disease, need to take when selecting a reliable method of contraception, it was a joy to work with the Bedsider team to create resources that cater to the needs of rheumatology providers, their patients, and healthcare providers in general. The feedback we have received about these resources has been incredibly positive. I am thankful for this collaborative opportunity and look forward to more in the future!”

- Kate Chiseri, MPH, MCHES, American College of Rheumatology

WHAT BIRTH CONTROL IS SAFE WITH RHEUMATIC DISEASE?*

Safe for all

Most effective at preventing pregnancy.

Use with any other methods to prevent STIs.

EXIT

IUDs Implant Mini-Pill Condom Pulling Out

These methods as well as fertility awareness, diaphragms, and sterilization are safe for everyone with rheumatic disease—including lupus!

Safe for most

Steroid medications and the shot can affect bone health.

Think about another method if you have very active lupus.

Shot Ring Pill

Consider other methods if you have positive antiphospholipid antibodies.

The benefits of these methods generally outweigh the potential risks.

It depends

Patch

Consider other methods if you have lupus or positive antiphospholipid antibodies.

Most birth control methods are safe for people with rheumatic disease—including lupus. For more information about your birth control options, go to Bedsider.org/Rheum

*There are many rheumatic and musculoskeletal diseases and conditions including fibromyalgia, lupus, psoriatic arthritis, rheumatoid arthritis, and scleroderma. For a complete list go to: www.rheumatology.org/1-Am-A/Patient-Caregiver/Diseases-Conditions

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Empowering Rheumatology Professionals

WHAT BIRTH CONTROL CAN I TAKE AFTER SEX?

All types of emergency contraception (EC) are safe with a rheumatic disease*

Types of EC	When can I use it?	How do I get EC?	What about next time?
 <p>IUDs</p>	<p>Anytime up to 5 days</p> <p>Nearly 100% effective.</p>	<p>Visit a health care provider to have an IUD placed</p> <p>Say it's for EC so you are scheduled quickly.</p>	<p>Keeps working</p> <p>You can keep it as super effective birth control.</p>
 <p>Prescription EC Pills</p>	<p>ASAP but can work up to 5 days</p> <p>May be less effective for people over 195 pounds.</p>	<p>Need a prescription</p> <p>Talk to a health care provider online or in person.</p>	<p>Take it every time you need EC</p> <p>You may need to wait 5 days to start other birth control.</p>
 <p>Over-the-counter EC Pills</p>	<p>ASAP works best within 3 days but may work up to 5 days</p> <p>May be less effective for people over 165 pounds.</p>	<p>No prescription needed</p> <p>Find it at a pharmacy, clinic, or online.</p>	<p>Take it every time you need EC</p> <p>You can start other birth control at the same time.</p>

*There are many rheumatic and musculoskeletal diseases and conditions including fibromyalgia, lupus, psoriatic arthritis, rheumatoid arthritis, and scleroderma. For a complete list go to: www.rheumatology.org/1-Am-A/Patient-Caregiver/Diseases-Conditions

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BIRTH CONTROL FOR PEOPLE WITH RHEUMATIC DISEASES*



IUD MOST EFFECTIVE

- » This t-shaped piece of plastic—available with or without hormones—is placed in the uterus by a health care professional and keeps sperm from doing their thing. (As in not fertilizing an egg.)
- » Trouble remembering your birth control? The IUD just may be for you. Once it's in, you can keep it for 3-12 years.
- » IUDs with hormones can lighten your period and even may make your periods stop all together. The hormones in the IUD will not affect your rheumatic disease or treatments.
- » You can have the IUD removed anytime you want and can get pregnant pretty fast after you stop using it.
- » Both types of IUDs are safe for everyone with a rheumatic disease.

IMPLANT MOST EFFECTIVE

- » This teeny tiny rod is placed under the skin in the upper arm by a health care professional and it prevents pregnancy for up to 5 years.
- » It gives off hormones that keep ovaries from releasing eggs. Also has a cool sperm-blocking effect.
- » It's so small that most people can't see it—which means it can be your little secret, if you're so inclined.
- » You can have the implant removed anytime you want and can get pregnant pretty fast after you stop using it.
- » Safe for everyone with a rheumatic disease. The hormone in the implant will not affect your rheumatic disease or treatments.



SHOT

- » A shot that keeps you from getting pregnant for 3 months at a time.
- » It contains progestin, which keeps ovaries from producing eggs. Also has an awesome sperm-blocking effect.
- » Once you get the shot, no one can tell you're on it, so it gives you a lot of privacy.
- » It's possible to get pregnant 13-15 weeks after the last injection, but for some it can take up to 9 months.
- » Safe for most people with a rheumatic disease. If you have antiphospholipid antibodies or at high risk for osteoporosis because of medications you take, think about if this is the best method for you.



PATCH

- » A thin, beige piece of plastic—kind of like a Band-Aid—that you put on your skin and change once a week.
- » Gives off hormones that keep ovaries from releasing eggs. Also has a fabulous sperm-blocking effect.
- » Xulane is less effective if you weigh more than 198 pounds; Twirla is less effective the higher your BMI is, starting at 25.
- » You can get pregnant pretty fast after you stop using the patch.
- » Safe for most people with a rheumatic disease. It's not recommended if you have antiphospholipid antibodies or lupus.



ring

- » A small, bendable ring that's inserted into the vagina. Put it in. Wait 3 weeks. Take it out. Wait 1 week. Repeat.
- » It gives off hormones that prevent ovaries from releasing eggs. Also has a fabulous sperm-blocking effect.
- » It allows you skip your period altogether. Consider the possibilities.
- » You can get pregnant pretty fast after you stop using the ring.
- » Safe for most people with a rheumatic disease. It's not recommended if you have antiphospholipid antibodies or very active lupus.



CONDOM

- » Slip a condom over the penis or insert an internal condom into the vagina to prevent pregnancy and lower the risk of sexually transmitted infections.
- » Latex or non-latex. With spermicide or without. With lube or no lube. There are hundreds of shapes, sizes, and types to choose from.
- » They're cheap (sometimes even free!) and easy to get.
- » You should use them correctly every single time if you want them to be effective.
- » Safe for everyone with a rheumatic disease.



BIRTH CONTROL PILL

- » Take the pill once a day and it'll keep you from getting pregnant.
- » The pill keeps the ovaries from releasing eggs. Also has an excellent sperm-blocking effect.
- » Some pills allow you to skip your period altogether. Consider the possibilities.
- » You can get pregnant pretty fast after you stop using the pill.
- » The most common kind of pills are safe for most people with a rheumatic disease, but they aren't recommended if you have antiphospholipid antibodies or very active lupus.
- » Progestin-only pills are safe for everyone with a rheumatic disease.



*There are many rheumatic and musculoskeletal diseases and conditions including fibromyalgia, lupus, psoriatic arthritis, rheumatoid arthritis, and scleroderma. For a complete list go to: www.rheumatology.org/1-Am-A/Patient-Caregiver/Diseases-Conditions

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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 pe musculoskeletal diseases (RMD) including systemic l 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