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

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