

EULAR  
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## DATA SHARED AT EULAR GIVE IMPORTANT INSIGHTS INTO TREATMENT FOR RMD PATIENTS WHO WISH TO CONCEIVE

### Some rheumatic treatments may affect fertility

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**Many rheumatic and musculoskeletal diseases (RMDs) affect people of child-bearing age, but there is often limited knowledge about the impact of these diseases and their treatment on fertility in both men and women. Two abstracts presented at the 2022 EULAR Congress in Copenhagen shine a light on some of the key factors affecting time to conception, and semen parameters. The results should be used to support discussions with patients who wish to conceive, and may help balance treatment needs.**

Spondyloarthritis (SpA) is one of the most common chronic inflammatory diseases and regularly affects women of childbearing age, Sabrina Hamroun presents new information about the factors associated with time-to-conception in women with SpA. Of 88 women selected for analysis of time-to-conception, 63.6% had a clinical pregnancy during follow-up. Subfertility was observed in 45.4% and the median time-to-conception was 16.1 months in women followed prospectively from the wish to conceive.

A multivariate model found an association between longer time-to-conception and age, as well as the use of non-steroidal anti-inflammatory drugs (NSAIDs) during preconception. No association was found for body mass index, disease activity or duration, smoking, form of spondyloarthritis, or exposure to conventional systemic or biologic disease-modifying antirheumatic drugs (b/csDMARDs). These important findings point to a need for cautious use of NSAIDs in women with SpA who wish to become pregnant.

Methotrexate is one of the most frequently prescribed medications for the treatment of several RMDs. Although this agent has well-established safety and efficacy profiles, there is limited evidence to support its use in men who wish to conceive.

Dr Luis Fernando Perez-Garcia and colleagues designed a study to evaluate semen parameters before and after exposure to methotrexate in 48 men with and without RMDs. This is the largest prospective study ever conducted to evaluate this topic.

The group looked at sperm concentration, volume, and progressive motility. The findings demonstrate that exposure to methotrexate did not result in significantly different semen parameters. The results suggest that methotrexate can be continued in men who wish to become a father.

### Source

Hamroun S, et al. Preconceptional NSAID treatment is associated with longer time-to-conception in women with spondyloarthritis: analysis of the prospective GR2 cohort. Presented at EULAR 2022; abstract OP0153.

Perez-Garcia LF, et al. What is the effect of methotrexate on semen parameters of men diagnosed with immune-mediated diseases? Presented at EULAR 2022; abstract OP0131.

### **About EULAR**

EULAR – the European Alliance of Associations for Rheumatology – is the European umbrella organisation representing scientific societies, health professional associations and organisations for people with rheumatic and musculoskeletal diseases (RMDs). EULAR aims to reduce the burden of RMDs on individuals and society and to improve the treatment, prevention and rehabilitation of RMDs. To this end, EULAR fosters excellence in education and research in the field of rheumatology. It promotes the translation of research advances into daily care and fights for the recognition of the needs of people with RMDs by the EU institutions through advocacy action.

### **About the EULAR European Congress of Rheumatology**

Since its introduction in 2000, the annual EULAR European Congress of Rheumatology has become the primary platform for exchange of scientific and clinical information in Europe. It is also a renowned forum for interaction between medical doctors, scientists, people with arthritis/rheumatism, health professionals and representatives of the pharmaceutical industry worldwide. The EULAR congress is usually held in June in one of the major cities in Europe.

The scientific programme covers a wide range of topics on clinical innovations, clinical, translational and basic science. Meetings set up by associations of people with arthritis/rheumatism, health professionals and the health care industry complement the programme. The poster sessions, offering lively interaction between presenters and participants, are regarded by many as the heart of the congress.

Over the years, the EULAR Congress has gained a reputation of being a most innovative platform for the practicing physician particularly with respect to the acquisition of information on novel clinical research. The congress attracts more than 18,000 delegates from more than 130 countries.

The aim of the EULAR European Congress of Rheumatology is to provide a forum of the highest standard for scientific, both clinical and basic, educational, and social exchange between professionals involved in rheumatology, liaising with patient organisations, in order to achieve progress in the clinical care of people with rheumatic diseases.

### **Contact**

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