AB0822

BREASTFEEDING AMONG WOMEN WITH RHEUMATIC DISEASES: ANALYSIS OF DATA FROM THE P-RHEUM. STUDY

S. Pananò1, M. C. Gerardi1, M. Filippini1, F. Crisafiulli1, M. Fredi1, R. Gorlì1, M. G. Lazzaroni1, D. Linì1, C. Natali1, L. Moschetti1, F. Regola1, M. Taglietti1, A. Bortoluzzi2, A. Zanetti3, A. Lojacono4, S. Zatti4, C. A. Scirè2, G. Carrara3, F. Ramazzotto4, L. Andreoli1, F. Franceschini1, A. Tincani1 on behalf of SIR.

1University of Brescia, Spedali Civili di Brescia, Rheumatology Unit, Brescia, Italy; 2University of Ferrara, Rheumatology Unit, Ferrara, Italy; 3Italian Society for Rheumatology, Epidemiology Unit, Milan, Italy; 4Spedali Civili di Brescia, Obstetrics and Gynecology Unit, Brescia, Italy

Background: The World Health Organization recommends that infants should be exclusively breastfed until the age of 6 months. The aim of this study was to assess the ratio of breastfeeding patients with Rheumatic Diseases (RD) and to identify possible causes of its discontinuation.

Objectives: The aim of this study was to assess the ratio of breastfeeding patients with Rheumatic Diseases (RD) and to identify possible causes of its discontinuation.

Methods: This study was embedded in the P-RHEUM.it register, as a nationwide prospective cohort study collecting data of pregnancies in inflammatory RD. Pregnancies, enrolled until the 20th week of pregnancy, are followed from pregnancy until 6 months postpartum. At baseline, sociodemographic parameters, obstetric history, comorbidities are reported. During pregnancy, the course of maternal disease, development of foetus and complications are reported. After delivery, the pregnancy outcome, data on lactation and child development are collected.

Results: From May 2018 to May 2020 data of 349 patients were available. Data on lactation were available in 44 pregnancies. Two months after delivery 37 were continuing breastfeeding (n=26) or mixed feeding (n=11), while 7 were using formula feeding. Among patients using formula feeding 2 had a diagnosis of rheumatoid arthritis (RA), 1 of juvenile idiopathic arthritis, 1 of undifferentiated arthritis (UA), 1 of anti-phospholipid syndrome (APS), 1 of vasculitis and 1 of systemic lupus erythematosus. The reasons of formula feeding were the following: 2 for agalactia, 2 for personal preferences, 3 for drug-related concerns (1 for physician’s decision in a patient with APS; 2 for maternal concerns about drugs in patients with RA and UA treated respectively with Adalimumab and Tocilizumab). At 6 months 30 continued breastfeeding (n=23) or mixed feeding (n=7) and 14 formula feeding. The reasons of breastfeeding discontinuation were: 2 for maternal disease, development of foetus and complications are reported. After delivery, obstetric history, comorbidities are reported. During pregnancy, the course of maternal disease, development of foetus and complications are reported. After delivery, the pregnancy outcome, data on lactation and child development are collected.

Conclusion: Preliminary data of this prospective study demonstrate a high percentage of breastfeeding/mixed feeding after delivery and after 6 months among women with RD. Drug related concerns are the main reason of discontinuation of breastfeeding, although medication results compatible with lactation. Using women with RD. Drug related concerns are the main reason of discontinuation. Whether or to what degree this was influenced by nocebo effects needs further investigation.

REFERENCES:

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