

Multiple Sclerosis and Pregnancy

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DISCLOSURES

MP Amato

- Has received research grants for her Department by Bayer, Biogen, Merck, Novartis, Sanofi Genzyme, Teva, Almirall, Roche, FISM, Italian Health Ministry
- Has received honoraria as a speaker and member of advisory boards by Bayer, Biogen, Merck, Novartis, Sanofi Genzyme, Teva, Roche
- Is Co-Editor of Multiple Sclerosis Journal



Learning Objectives

After attending this educational activity, participants should be able to:

- Understand the impact of pregnancy on the disease activity in women with MS
- Learn about the safety profile and risks to the fetus and the mother with the use of different disease modifying therapies, based on the most recent evidence
- Optimize treatment strategies before, during and after pregnancy in women with MS who contemplate a pregnancy plan / become pregnant
- Understand the implications of breastfeeding and its impact on the disease activity in women with MS
- Appreciate gaps in knowledge and current challenges for women with MS who desire to become pregnant / breastfeed their infant.

IMPACT OF PREGNANCY ON MS

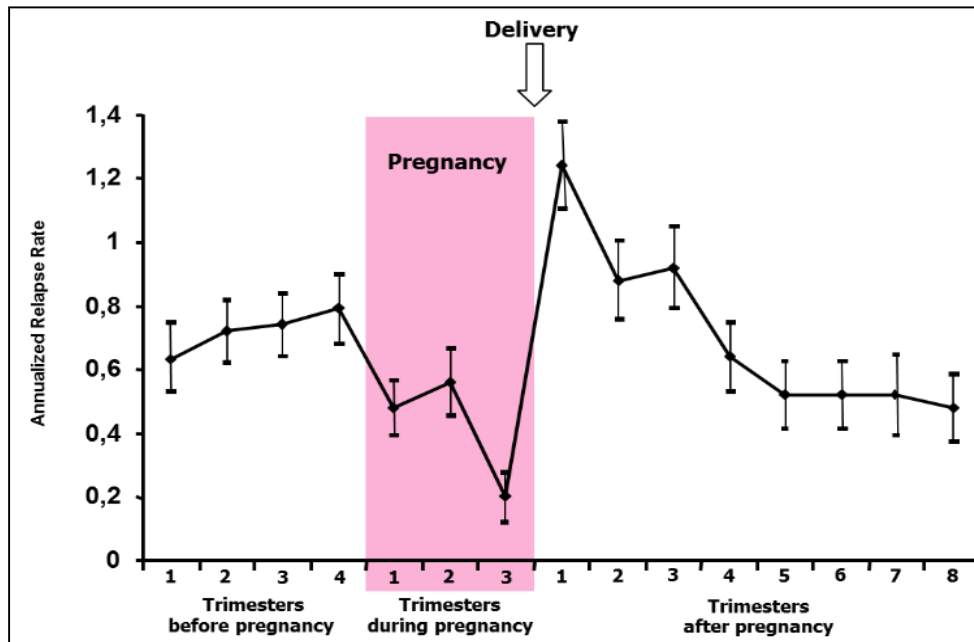
1950-----1990

1998

2000 onwards

Pregnancy not recommended in MS women

PRIMS study «Paradigm shift»



PRIMS. Confavreux C, et al. N Engl J Med. 1998;339:285-91

Special challenges in the new DMD era

DMD era

Safety of DMD

Treatment optimization

Counselling
Family planning

- Management of pregnancy in patients with highly active disease
- Pregnancies occurring soon after suspension of natalizumab or fingolimod: risk of disease reactivation/rebound during pregnancy
- Unplanned pregnancies occurring while on drugs that are risky to the fetus /for which the risk is not known

KEY MESSAGES

- **Proactive Counseling**
 - Discuss pregnancy plans /contraception at or soon after diagnosis
 - Update this information at regular intervals
- **Planning**
 - Plan pregnancy in a stable phase of the disease (no clinical and MRI activity ≥ 1 year)
 - Establish an *individualized treatment plan* before, during and after pregnancy, taking into account the balance between fetal risks and maternal risks
- **Multidisciplinary Management**
 - MS team
 - Obstetric team
 - Pharmacologist
 - Fertility expert



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