

Resource

## Planning a family when you have RA



and

### Pregnancy and arthritis

Louise Moore, advanced nurse practitioner in rheumatology, at Our Lady's Hospice and Care Services, Harold's Cross provides expert advice for women living with inflammatory arthritis who are thinking of having a family.

Click to close video modal



## Rheumatology perspective

Prof. Douglas Veale, consultant rheumatologist at St Vincent's University Hospital, provides advice for women living with inflammatory arthritis who are thinking of having a family.

Click to close video modal

Close



## Obstetrics perspective

Prof. Fionnuala McAuliffe, consultant obstetrician and gynaecologist, provides advice for women living with inflammatory arthritis who are thinking of having a family.

[Click to close video modal](#)

[Close](#)



## Exercise in pregnancy with arthritis

Mary Grant, senior physiotherapist, provides advice on the importance of exercise for women living with inflammatory arthritis who are thinking of having a family.

Click to close video modal

Close



## Stress, anxiety and fatigue in pregnancy

Emer Sheridan, senior occupational therapist, provides expert advice on managing stress, anxiety and fatigue during pregnancy if you have arthritis.

Click to close video modal

Close

This article was downloaded from [www.nras.org.uk](http://www.nras.org.uk). National Rheumatoid Arthritis Society (NRAS) is a registered charity in England and Wales (1134859) and Scotland (SC039721). A private company limited by guarantee. Registered in England and Wales (7127101).