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BIONIC

NEWSLETTER

A **BIO**logic drug safety and effectiveness inter**N**ational pharmacoepidemiolog**IC** study in pregnant women with autoimmune disorders or asthma and their children (BIONIC).

Newsflash

BIONIC (Asthma) project funded!

We are thrilled to announce that the **asthma** component of the BIONIC project, led by **Drs. Cristina Longo** and **Sonia Grandi**, has been awarded funding from the Canadian Institutes of Health Research (CIHR).

- This sub-project is titled *Rigorous Evaluation of ASthma biologic Safety and effectiveness Using REal world data on pregnant MOMS and their children (**REASSURE-MOMS**)*

- Abstract accepted for the International Society for Pharmacoepidemiology (ISPE) 2025 annual meeting

PREVENT project funded!

- Our *PReeclampsia prEVENTion through early education (**PREVENT**)* project received internal funding from SickKids - Child Health Evaluative Sciences (CHES)

BIONIC OBJECTIVES (EN)

In women with autoimmune disorders or asthma, who continue vs. discontinue biologics in pregnancy, compare the risks of:

1) Maternal complications and disease worsening;
2) Infant and child complications.

OBJECTIFS DE BIONIC (FR)

Chez les femmes atteintes de maladies auto-immunes ou d'asthme, comparer les risques associés à la poursuite vs. l'arrêt des biologiques pendant la grossesse :

1) Complications maternelles et aggravation de la maladie;
2) Problèmes de santé chez les nourrissons et les enfants.

We thank our patient-partners (PPs) for their invaluable support and input, which played a crucial role in shaping these projects!

MAY IS ASTHMA AWARENESS MONTH

BIONIC Patient-Partner Spotlight

Meet Caroline Felteau

Bonjour

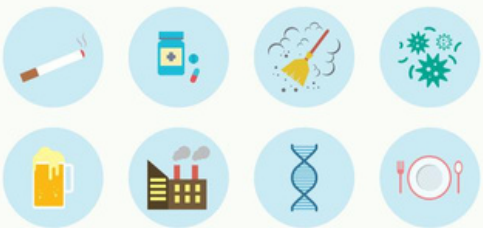
J'ai reçu mon diagnostic d'asthme vers l'âge de 13 ans. Depuis ce moment, j'ai changé à quelque reprise de médicament pour m'aider à avoir moins d'effet. Ce que j'ai le plus remarqué, c'est que les temps très chaud ou très froid en plus du vent m'affectent beaucoup. Ce qui fait que je prends mes pompes une à deux fois par jour, souvent le matin et le soir. Lorsque je suis congestionnée aussi, mon asthme s'intensifie et je dois prendre mes pompes plusieurs fois en journée. Depuis environ mon quatrième mois de grossesse, je sens que mes poumons sont plus compressés et cela me fait avoir une gêne constante au niveau de ma respiration. Cet hiver, le vent léger pouvait me couper le souffle. Simplement marché à l'intérieur pouvait me créait un tirage au niveau de la gorge. J'ai dû prendre mes pompes encore plus qu'à l'habitude.

À la fin de mon deuxième trimestre, j'ai commencé à faire des entrainements de femme enceinte pour que mon asthme redevienne un peu plus contrôlable. J'ai réalisé à ce moment-là que malheureusement c'était plutôt le fait que mon bébé compresse mes poumons qui me créez cet inconfort et que je ne pouvais pas le changer. Je me suis habitué à prendre mon temps pour monter les escaliers, marché et quand cela est possible je prends l'ascenseur. En cette fin de grossesse, je dirais qu'avec le temps chaud qui débuter, je recommence à faire du tirage lors d'effort de base comme marché. L'asthme et la grossesse me font vivre beaucoup adaptation et aussi un certain stress, mais j'ai appris à trouver ce qui fonctionne pour moi.
(View the English translation here.)

Asthma & Pregnancy: Quick Facts

- **Prevalence**: Asthma is the most common chronic disease in pregnancy, affecting 3-12% of pregnant individuals.
- **Medication safety:** Most asthma medications are generally safe during pregnancy, but **always consult your doctor.**
- **Poorly controlled asthma** is associated with increased risk of preeclampsia, slow fetal growth, preterm birth, and perinatal mortality. It poses much greater risk to both mother and fetus than side effects of most asthma meds.
- **Avoid asthma triggers**: Pregnant individuals should avoid tobacco smoke (including second-hand smoke), allergens, environmental pollutants, and be aware that upper respiratory tract infections can trigger asthma attacks - talk to your doctor about flu and RSV vaccines.

Asthma Triggers and Risk Factors



MAY IS LUPUS AWARENESS MONTH

BIONIC Patient-Partner Spotlight

Meet Jodie Young

hello

I was diagnosed with lupus the week before I turned 13 years old, following years of undiagnosed symptoms. That was 30 years ago this past fall. At the time, I had pleurisy so intense that it hurt to breathe, and sleeping was nearly impossible; as well as arthritis so bad I couldn't tie my own shoes or hold a pencil; in addition to numerous other symptoms. I sought support almost immediately and noted the lack of options for teens and young adults, so I started my own support group, and became involved provincially and nationally. This involvement led to my co-authoring the book **Fabulupus**. I continue my involvement to advocate and educate, as well as support, as I believe in the power of being a patient. I am fortunate that my health is such that I have the energy to speak on behalf of other patients - as a patient, a spouse, a mother and as a social worker.

Lupus & Pregnancy: Quick Facts

- **Plan Ahead**: Best to conceive when lupus is inactive for at least 6 months.
- **Fertility**: Lupus doesn't cause infertility, but meds and disease activity can impact fertility.
- **Safe Meds**: Most women with lupus benefit from taking meds to control the disease during pregnancy. Read about safe medications and more pregnancy-planning information.
- **Neonatal Lupus**: ~3% of babies born to mothers with lupus may develop neonatal lupus, a temporary condition. Most recover fully, but in rare cases it can affect the baby's heart.
- **Postpartum Care**: Lupus flares are common after birth and during breastfeeding. Close monitoring and appropriate medication adjustments are essential during this time.
- **Talk to your doctor**: Always consult your healthcare provider to plan safely.

Find more information about the use of common medications during pregnancy here.

Share Your Thoughts

Let us know what you think of the BIONIC Newsletter, or tell us what you would like to hear about in the next edition here.

BIONIC

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