Women’s Gynecological and Reproductive Health

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Types of Knowledge</th>
<th>Recommendation Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask about menstrual-related symptoms and concerns regularly. Provide education regarding symptom management and options, including the use of nonhormonal interventions (eg, NSAIDs).</td>
<td>Empirical, Expert</td>
<td>✓</td>
</tr>
<tr>
<td>Discuss methods of menstrual regulation with women with IDD and their caregivers. In deciding together on a method, consider safety and effectiveness, the patient’s health circumstances, and the patient’s and caregiver’s views on the benefits and burdens to the patient.</td>
<td>Expert</td>
<td>✓</td>
</tr>
<tr>
<td>Screen for sexual exploitation and unintentional risky or harmful sexual practices. When these are present, facilitate deliberation with the patient and her caregiver of a range of methods to reduce risks of infections and to regulate fertility.</td>
<td>Expert</td>
<td>✓</td>
</tr>
<tr>
<td>Provide women with IDD with increased monitoring during pregnancy (eg, longer and more frequent appointments).</td>
<td>Ecosystem</td>
<td>✓</td>
</tr>
<tr>
<td>Address modifiable risk factors (eg, smoking cessation) prior to or as soon as possible during pregnancy.</td>
<td>Ecosystem</td>
<td>✓</td>
</tr>
<tr>
<td>Engage local resources that can support and educate mothers with IDD and their partners as soon as possible during pregnancy and after childbirth.</td>
<td>Ecosystem</td>
<td>✓</td>
</tr>
</tbody>
</table>

Icon Legend

Recommendation Strength:
- Clinicians’ top recommendation ✓ Recommended ✓ ✓ Strongly Recommended

Types of Knowledge:
- Blue and grey colours specify different knowledge subtypes. Half circle symbols indicate that reviewed publications pertain to the background information to the recommendations that is presented in the first column.

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Menopause occurs earlier among women with IDD, especially those with certain genetic disorders such as Down syndrome, than among women in the general population. Women with IDD are often unaware of symptoms associated with menopause (e.g., disturbed sleep). Ask perimenopausal women with IDD about menopausal symptoms at an earlier age than women without IDD.192

Relationships, intimacy, and sexuality are important issues that are often not considered or addressed in the primary care of adolescents and adults with IDD.193 Ask male and female patients, their family, or other caregivers about the patient’s relationships, intimacy and sexuality (e.g., sexual behaviour, gender identity, sexual orientation, genetic risks).194 Provide or refer for education and counselling services that are adapted to the needs of people with IDD.193

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**Icon Legend**

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- Recommended
- Strongly Recommended

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References


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