



# Cystic Fibrosis Research News

**Title:**

Partner Perspectives on Women's Sexual and Reproductive Healthcare in Cystic Fibrosis

**Lay Title:**

Partner Perspectives on Women's Sexual and Reproductive Healthcare in Cystic Fibrosis

**Authors:**

Sarah Ehrenberg (1), Olivia M. Stransky (2), Catherine E. Wright (2), Raksha Jain (3), Traci M. Kazmerski (1, 2)

**Affiliations:**

1. Department of Pediatrics, University of Pittsburgh School of Medicine, Pittsburgh, PA;
2. Center for Innovative Research on Gender Health Equity (CONVERGE), University of Pittsburgh, Pittsburgh, PA;
3. University of Texas Southwestern, Dallas, TX

**What was your research question?**

What are the experiences of partners and spouses of women with CF in regards to reproductive and sexual health care?

**Why is this important?**

Women with cystic fibrosis (CF) have concerns about their sexual and reproductive health, including deciding if, when, and how to have children. Past studies have shown that reproductive health care is improved when patients' partners are also educated and included.

**What did you do?**

We recruited partners of women with CF to complete a survey. Participants were asked questions about their experiences with their partner's reproductive and sexual health care, including whether they were included in conversations about reproductive health with their partner's CF care team. Participants were also asked what topics they wanted discuss with their partner's CF care team.

**What did you find?**

Of the 94 people who participated, 34% had never had a conversation about reproductive health with their partner's CF team, but 70% stated they would like to have such a conversation. Of the participants whose partner had ever been pregnant, less than half

**Cystic Fibrosis Research News**

[cfresearchnews@gmail.com](mailto:cfresearchnews@gmail.com)



# Cystic Fibrosis Research News

received advice on preparing for pregnancy, and 29% received fertility testing/treatment. Among all participants, the topics participants most wanted to discuss with their partner's CF team were pregnancy (50%), fertility (43%), sexual functioning (36%), sexual activity (31%), and parenthood (29%).

## **What does this mean and reasons for caution?**

These results show that the partners of women with CF want to be included in discussions about their partner's reproductive health. Because most of the participants were men in heterosexual relationships, the results may not reflect the desires of all partners.

## **What's next?**

As discussions about reproductive health and CF become more common and standardized, CF care teams should consider how to include the partners of their patients in these discussions.

## **Original manuscript citation in PubMed**

<https://pubmed.ncbi.nlm.nih.gov/35970694/>