



YOUR Medical Frontline
Taharat Hamishpacha and
Reproductive Health

Menachem Av 5780 July 2020

BS"D

Making It Happen

Dear Friends,

Chodesh Menachem Av tov. We have entered the month when we are sincerely focused on bringing back the Beis HaMikdash, *bimheira beyameinu*. We certainly feel it so

much more these days, trying desperately to keep healthy, and not knowing what the routine will look like for the upcoming year. We continue to find ways to heal, to cope and to grow.



Tahareinu continued to grow in two ways this past month:

1. We completed the first Tahareinu Course, **training men and women in Tahareinu knowledge** in order that they too can spread the helpful advice in our communities. The course was so successful that we are opening up a new course after the chagim, B"H.
2. We continue to attend global conferences on women's reproductive health and fertility - via teleconference. As one example, we attended ESHRE, the **world's second largest annual conference on infertility**, behind the American College of Obstetricians and Gynecologist conference.

Read below for all updates.

B'soros tovos,

Rabbi Yitzchok and Mrs. Chaya Melber
Tahareinu Founders



Positive Outlook for Pregnant Women and COVID-19

The latest data on pregnancy and COVID-19 released from medical research provider Walters Kluwer is positive: Healthy pregnant women appear to be low risk, at the same rate as non-pregnant healthy women in the same age range. Babies, like children, in general, are

largely unaffected by the virus. Nonetheless, pregnant women are encouraged, like everyone, to take precautionary measures such as frequent hand washing and mask wearing in order to possibly reduce transmission. After giving birth, women who test

positive for COVID-19 are encouraged to breastfeed while taking precautionary measures.

Medical Updates from 12,000-Doctor ESHRE Conference

Rabbi Melber attended ESHRE, the world's second largest conference on fertility, in early July. The usual number of attendees "attended" - 12,000 doctors from around the world - online due to Corona. Here are three main solutions covered during ESHRE which can help Tahareinu women and couples greatly.



1) Good News for Endo Pain. Women suffering from endometriosis pain now have a new solution - a drug called Linzagolix. Originally intended for uterine fibroids, the drug is effective because it reduces heavy menstrual bleeding by controlling hormonal release.



2) DNA Analysis for Male Factor. Recurrent miscarriages and infertility can be due to male factor. To date, male factor analysis was not detailed enough, however now a super-detailed analysis is possible via DFI - DNA Fragmentation Index. Its results can identify areas for health improvement, such as specific lifestyle changes. In addition, the doctor who presented the data, **Dr. Peter Schlegel** (pictured here), also provided updated recommendations regarding timing during fertile periods.

3) Menopause and Bioidentical Hormone Therapy. Women in menopause are often prescribed hormonal therapy in order to alleviate symptoms caused by hormonal changes. Many women prefer so-called "bioidentical" hormone therapy as it is touted as more natural. However, bioidenticals are not proven to be better than other pharmaceutical hormonal therapies, and on July 13, 2020, a warning was issued by the National Academies of Sciences, Engineering, and Medicine (NASEM) to this effect, and applauded by the North American Menopause Society (NAMS).

Registration Open for 2nd Tahareinu Certification Course

Our first Tahareinu Certification Course was astoundingly successful, B"H, and registration is open for the next course, starting 1st of Cheshvan.



Rabbonim, madrichei chassanim, kallah teachers, bodkot, medical professionals, and other community lay leaders are invited to apply.

The 10-week course is online and covers the following: abnormal uterine bleeding, contraception, fertility and tahara, minimally-invasive gynecology surgery, gynecological diseases and tahara, pregnancy, miscarriage and recurrent pregnancy loss, menopause and tahara, hormones and conditions, and intimacy pain.

The course is given in English, Yiddish, and Hebrew by Rabbi Melber and Chaya

Register by August 31, 2020 and receive \$100 off.

REGISTER



Thank You Testimonial

Dear Rabbi and Mrs. Melber,

We have no words to thank you for taking the initiative and guiding us through this process. We greatly appreciate you giving us your time, and holding our hands throughout. May the Ribbono Shel Olam continue giving you the Siata Dishmaya to

help others.

Todah rabah,
Shlomo and Rivkah M.*
Jerusalem

*Name changed to preserve anonymity

YOU ARE VITAL

Your support is critical for us to help you or someone you know with tahara, women's reproductive health, and fertility.

Restore health. Restore simcha.

Contribute.



