



Your Medical Frontline
Taharat Hamishpacha and
Reproductive Health

Tamuz 5781 June 2021 Updates and News You Can Use

BS"D

Dear Friends,

We are overjoyed by your thirst for knowledge and the desire to pass it on to your communities. As we write this, over 120 people are enrolled in our three current Tahareinu courses: **Professional Certification (both English and Yiddish)** as well as a **new course for marrieds addressing tahara and fertility issues impacting day-to-day living for the Torah observant.**



Additional Yiddish Course for Professionals starts next week! Find out more and register [here](#). (Save \$100 - register before Shabbos!)

MEDICAL UPDATES

Read below for Tahareinu's latest promising updates **on fertility and reproductive health**, gleaned from the **global medical conferences** our leadership attended in the past month, such as the **Mayo Clinic's Transforming Women's Health Conference**, and the **Royal College of Obstetricians and Gynaecologists World Conference.**

Yours,
Rabbi Yitzchok and Chaya Melber
Tahareinu Founders

NEWS YOU CAN USE Medical Innovations That Help You

Tahareinu leadership stays updated on reproductive health medicine by attending global conferences and keeping the latest research. Read this month's updates below.

Yes, Freeze Your Eggs in this Case

For cases where male infertility could benefit from surgical seed retrieval for IVF, the woman freezes her eggs while awaiting the seed. The problem, however, is that the seeds retrieved are not viable enough in about half the cases, leaving the couple wondering if they should go through the invasive and often expensive procedure of

freezing eggs at all.

The answer is now an emphatic yes. This is because recently, an existing gene therapy procedure called CRISPR is nearly ready for FDA approval for use to increase seed viability, thanks to [University of Pittsburgh Professor Kyle Orwig's](#) breakthrough method. If this situation applies to you, it is worthwhile freezing eggs in order to take advantage of this procedure.

6000 Times Magnified

When selecting seed for IVF, technicians could magnify up to 400 times the regular size in order to select the most viable-looking. Now, using IMSI (intracytoplasmic morphologically selected sperm injection), magnification reaches 6000 times. Not bad when you want to select the best candidates.

3-Minute Procedure Assesses Main Cause of Tahara Problems

We're used to all kinds of *kulos* in order to skirt the main halachic problem for tahara: mid-cycle or prolonged menstrual bleeding. But the halacha is not meant to deal with the medical causes of what's called abnormal uterine bleeding (AUB). We at Tahareinu are here to bring you the hopeful, amazing news: **There are many ways to cure AUB. The most recommended first step is office hysteroscopy.** Hysteroscopy is a small camera inserted into the uterus whereby in less than three minutes, a doctor can assess the likely cause of AUB. It's a simple procedure, done in a gynecologist's office, replacing the very risky D&C procedure. Interested to learn more? Read about [Endosee Advanced](#), one of the most innovative systems available for office hysteroscopy.

Non-Hormonal Treatment for Heavy Menstrual Bleeding

For countless women, heavy menstrual bleeding (HMB) is not only inconvenient, it prevents them from being able to do a hefsek tahara on Day 5. While there are countless hormonal solutions, many women prefer not to use hormones for emotional or physical health. Thankfully, there is one really successful product called Lysteda or Hexakapron, depending on where you live. Its main ingredient is tranexemic acid, which significantly reduces menstrual flow. Note: Even though a recent study ruled out dangerous side effects, those with a history of blood clotting should be certain to discuss this condition with their doctor.

Sleep On Side While Baby's Inside

B"H stillbirth is statistically extremely rare. Nevertheless, it is a major worry for many pregnant women, especially if they are more at risk. Well, here's one way to increase the chances of a healthy baby: Sleep on your side from 28 weeks. Studies in this regard have been published off and on since 2017, and New Zealand specifically launched the ["Sleep On Side While Baby's Inside" campaign](#) based on its research. Good news: Previous advice about sleeping only on the left side is now discredited. Either side's fine.

New Product for Weight Loss Helps PCOS Even Better

We recently reported about how even slight weight loss can alleviate PCOS (polycystic ovarian syndrome) symptoms, and we recommended a couple of medications that encourage weight loss. Now a new weight loss product has been FDA approved for Novo Nordisk - using an injection of semaglutide produced by Wegovy - which works even more efficiently than other medications. Novo Nordisk excitedly [press released](#) this announcement recently.

For any of the above, [call the Tahareinu Hotline for help.](#)

Tahareinu Hotline and Consultations



Solve your tahara problems, initial infertility, reproductive-area pain or other gynecological issues.

Call the Tahareinu Hotline today.

For ongoing infertility, recurrent pregnancy loss, or reproductive genetic issues, you and your spouse are warmly invited to schedule an in-person, phone or Zoom consultation with our founder and president, Rabbi Yitzchok Melber.

Please **send an email to rabbimelber@tahareinu.com**
Include your first name and location, and briefly describe your issue.

Personal consultations are for more involved reproductive issues. Note the Israel office has reopened for in-person consultations, in line with the country's coronavirus status.

IMPORTANT

Most Tahareinu issues are addressed by our hotline advisors, 13 hours a day, 5 days a week. If you are unsure whether to schedule a consultation, call the hotline first.

www.tahareinu.com

