

KISLEV 5780

BS"D

Daily Miracles

Dear Friends,

Kislev is here, and with it, the topic of *pirsumei nisa* - imparting the Chanukah miracle by lighting the Chanukah in a location viewable to passersby.



Tahareinu, Baruch Hashem, strives to bring light year-round to you or people you know. This month we were *zocheh* to:

- 1) Receive endorsement from the **Rosh Yeshiva of Lakewood Yeshiva, Rav Malkiel Kottler**, who gave a **bracha to expand** our services in the Lakewood community.
- 2) Lecture in English and Hebrew at the **Chabad Kinus HaShluchim**, with over 6000 attendees.
- 3) Attend **global women's reproductive health conferences**. One conference was on minimally-invasive gynecological surgery (AAGL - Vancouver), and another on endometriosis (Hadassah Ein Karem in Jerusalem).
- 4) Lead educational seminars in **Monsey, Flatbush, Lakewood, Crown Heights, and Montreal**. In particular, we were delighted to work within the **Syrian community** for the first time: We received approbation from Yeshivat Shaare Torah Founder **Rabbi Hillel Haber**, and ran a workshop for over 30 kallah teachers.



In this newsletter, **we present you medical updates**, and announce to stay tuned for our **annual campaign in just a couple of weeks**, in line with celebrating our 10th anniversary, B"H!

Chanukah Sameach,
Rabbi Yitzchok and Mrs. Chaya Melber
Tahareinu Founders

Testimonial Story: Helping Fertility and Tahara Challenges Simultaneously

This is a case where the woman's family doctor and rav separately recommended she call the Tahareinu hotline, indicating that Tahareinu is becoming well known across the board.



Chani*, a 20-year-old woman with an 11-month-old baby, wanted to have another child. However, her short menstrual cycles (21-24 days) meant she was either not ovulating, or ovulating before mikveh, either of which would prevent her from becoming pregnant. After assessing her medical history, Tahareinu advised her to first determine whether she was ovulating, using home test

sticks or via ultrasound. Tahareinu also advised her to consider a medication that would enable more tahara days.

Tahareinu's comprehensive approach gave Chani the medical advice she needed for both reproduction and tahara simultaneously, something beyond the scope of most doctors. Empowered by knowing her medical options, Chani returned to her gynecologist to discuss next steps. B'shaah tovah!

**Identifying details were changed in order to preserve anonymity.*

Do you, or does someone you know, need a solution for fertility, taharas hamishpacha, or another reproductive health issue? [Call the Tahareinu hotline today.](#)



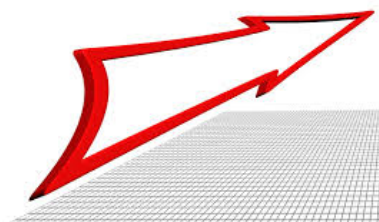
Medical News

Promising Updates from Reproductive Health Conferences

Here are highlights about innovations, gleaned from the American Association of Gynecologic Laparoscopists (AAGL) Global Congress on Minimally Invasive Gynecologic Surgery, which Tahareinu attended in Vancouver in November.

Fibroids: Finally a quick, risk-free procedure.

Uterine fibroids can cause severe and incessant irregular bleeding, especially for women over the age of forty. Until now, they could only be dealt with via aggressive methods such as laparoscopy, ablation, hysteroscopy or even hysterectomy (removal of the uterus). Now, the new Sonata 2 System eliminates the need for invasive procedures, instead using radio-frequency energy, guided by intrauterine ultrasound, to **evaporate the fibroid on the spot**. This procedure **takes only five minutes**, and is not associated with uterine damage, thereby preserving fertility.

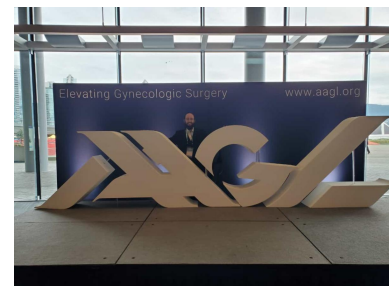


Endometrial ablation: New procedures offer higher success rates

Heavy menstrual bleeding (HMB) might warrant a procedure called endometrial ablation, which surgically destroys (ablates) the inner uterine lining (endometrium), with the goal of reducing menstrual flow. Now, higher success rates can be obtained with new, innovative procedures.

AUB: Office hysteroscopy emerges as gold standard

Abnormal uterine bleeding (AUB) is sometimes caused by a uterine scar or other defect. This phenomenon has increased due to high cesarean section rates (Israel - 15%, US - 32%, Brazil - 86%). Office hysteroscopy offers the least invasive treatment option, sometimes even healing the uterus completely for future pregnancies. In fact, the central message from the AAGL Conference was that office hysteroscopy is now the gold standard for many AUB cases.



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Call the Hotline

We register 380 calls per week on average, answered by our expertly-trained team advisors in several languages.



Partner

Medical institutions benefit from Tahareinu's 'umbrella' knowledge. [Contact us](#) for strategy.



Educate

[Contact us](#) to find out about or schedule an educational conference for Rabbanim, Rebbetzins, Kallah Teachers, or other leaders.



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