

Shvat 5781 January 2021

BS"D

Dear Friends,

We hope your Chodesh Shvat is going well. With this month we welcome the New Year of the Trees, appreciating Hashem's handiwork in the fruits we consume each season, while taking the opportunity to metaphorically focus on our own long-term "growth."



In fact this month we at Tahareinu have such a focus: We are extremely grateful to report that we bore fruits to allow us to grow - **our annual fundraising campaign was successful in thanks to people like yourself who contributed graciously.** You enable us to continue our work to help our community attain tahara and fertility. Thank you.

Below you will find some timely updates on:

- a) **A medication to help regulate cycles** for those trying to conceive, and
- b) **Risks of the COVID-10 vaccines** for pregnancy, breastfeeding or fertility.



Looking forward to continued growth and fruitfulness all around.

Yours,

Rabbi Yitzchok and Mrs. Chaya Melber
Tahareinu Founders and Directors

Fertility: Help for Irregular Cycles

Women with irregular cycles

have difficulty conceiving because they are unsure if and when they will ovulate, making conception a particular challenge.

One cause of irregular cycles can be overweight, most often affecting women with a BMI of 30 or higher. Studies have shown that losing even as little as 5% body weight can help to regulate cycles, and therefore women who are overweight are encouraged to do so in order to raise their chances of conceiving.



A new drug, Saxenda, can be effective for losing weight and keeping it off. Read about its [benefits and side effects](#), and [speak to Tahareinu](#) for more information.



Are COVID-19 Vaccines Risky for Pregnancy, Breastfeeding, or Fertility?

To date no COVID-19 vaccine testing sought to include pregnant or breastfeeding women, or women who specifically planned to become pregnant, leaving women wondering whether they are considered safe for those circumstances.

Pregnancy

The [American College of Obstetricians and Gynecologists \(ACOG\)](#) and [Public Health England](#) recommend women who are pregnant or planning to become pregnant consider the benefits of the vaccine if they are at risk of severe COVID-19 symptoms, or are working with those who are at high risk. While most women of childbearing age are not at risk of severe COVID-19 symptoms, those who are obese or diabetic may be considered higher risk, for example. If women are concerned about their risk of severe COVID-19, it is recommended to consult with their doctor.

With regards to pregnancy and this vaccine, Israel follows the recommendations of the US and the UK.

Breastfeeding

The vaccine is considered safe for breastfeeding mothers by ACOG and Israel, whereas in the UK and Canada the current recommendation is that breastfeeding mothers should refrain from getting the COVID-19 vaccine.

Fertility

COVID-19 vaccines are not associated with causing infertility.

Note that COVID-19 vaccine safety studies are applicable for short term since the vaccine was only released for emergency approval in recent weeks. To date no longterm studies were able to be performed.

Speak to your medical care provider about your personal risk.



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 a personal
phone or Zoom consultation with our founder and president, Rabbi
Yitzchok Melber. Please send an email to
rabbimelber@tahareinu.com with your first name and location, and
briefly describe your issue. We will be plan to be in touch with you to
schedule. **Important: These personal consultations are reserved for
more involved reproductive issues.**

All other Tahareinu issues are addressed via our hotline,
13 hours a day, 5 days a week.

www.tahareinu.com

