

Sivan 5781 May 2021 Updates and News You Can Use

BS"D

Over 1700 Attend Tahareinu "TED Talk" Style Webinar

Dear Friends,

Call it Tahareinu Torahs. As we near the end of Omer count in preparation to receive the Torah, we at Tahareinu are increasingly expanding our reach to fellow Jews thirsty for the "Torahs" we give over. To that end, we were thrilled with the participation of over 1700 attendees at our latest Webinar, "Medical Innovations for Tahara, Fertility and More" last week.



Missed the Webinar? Watch the recording.

WATCH: Webinar for Tahara and Medical Professionals

WATCH: Webinar for the Public

GET TAHAREINU EDUCATED

Following the success of the webinar, we are offering **two courses starting after Shavuot**. Scroll down for info.

MEDICAL NEWS YOU CAN USE

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.

HOTLINE UPDATE

The central portal for Tahareinu help is our hotline. B"H we are getting more and more calls every month, and for this reason, we are launching training for an additional fourteen advisors!

WISHING

A SAFE AND GOOD YOM TOV TO ALL OF AM YISRAEL
חג שמח ובטוח לכל עם ישראל

Yours,
Rabbi Yitzchok and Chaya Melber

NEWS YOU CAN USE

Medical Innovation That Wow Us

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

Fibroids: Solutions without Surgery

Uterine fibroid pain can be debilitating for many women. At long last, there are now non-surgical options for reducing symptoms.

1. Hormonal pills are available for heavy menstrual bleeding (HMB) associated with fibroids. Two products are on the market - Oriahnn, available now, and YSely, still in clinical trials. Both are pills whose ingredients scale down certain hormones to reduce menstrual bleeding, in turn reducing fibroid pain.

2. A new ultrasound device shrinks fibroids. Sonata's new innovation uses radiofrequency energy to reduce the size of uterine fibroids, limiting their problematic effects.

Contraception

Read the latest on new contraceptions below.

Lower Estrogen Methods

Two new contraceptives offer novel low estrogen levels, reducing risks of physical and mental side effects. The products are Twirla, a patch worn for 21 consecutive days per cycle, and Nextellis, a 28-day combination pill.

IUD

Liletta is a new hormonal IUS (intrauterine system, or IUS, otherwise known as an IUD, intrauterine device). Its advantages are that it is smaller in size and flexible, able to mold better within the body. For use up to six years.

Non-Spermicidal Suppository

Launching a totally new concept, Phexxi is a vaginal suppository contraceptive which is not a spermicide. Instead, Phexxi works to maintain vaginal pH, reducing sperm mobility to lower the chance of conception by 96% on average.

Fertility and POI (Premature Ovarian Insufficiency)

Some women experience a type of early menopause whereby their eggs are unusable for conception during childbearing age. Two procedures are now available to combat this problem.

1) IVA, or in-vitro activation, can reverse egg insufficiency. The procedure involves removing the eggs, freezing them, treating them and then grafting them back onto the woman. From there, these renewed eggs are extracted for use in IVF.

2) Platelet Rich Plasma (PRP) Ovarian Rejuvenation. With this process, a woman's own PRP is injected into her ovaries in order to stimulate and activate her eggs with growth-factor-rich proteins and relevant stem-cell properties (chemoattractants).

While these two procedures are obviously quite involved, nonetheless they may be the saving grace for some couples. Call the [Tahareinu hotline](#) for more information.

COVID-19 Inoculation Update

Tahareinu is consulted routinely about the Covid-19 inoculations. It's a controversial topic and here's the latest info.

Conception/Pregnancy

For women receiving the Pfizer or Moderna Covid-19 symptom-reducing immunizations, major medical bodies have released studies recently denouncing direct correlation with infertility or miscarriage in the short term. No long term studies on overall health or fertility are available because the products were permitted by the FDA under emergency use authorization (EUA) only six months ago.

IVF

For couples undergoing IVF, a slight reduction in success rates was noted by an Israeli study for up to three months after completing the second dose of the Pfizer inoculations. Therefore, especially for couples whose embryo reserves are low, Tahareinu recommends waiting until at least three months after the injections before starting or resuming fertility treatments.



ONLINE TAHAREINU COURSES STARTING AFTER SHAVUOT!

Get educated! We offer comprehensive online courses for professionals as well as self-help for couples. Here are our two upcoming courses.

Certification for Tahara and Medical Professionals (10 sessions)

Are you a medical professional, Rav, Rebbetzin, or Kallah/Chassan Teacher? Get Tahareinu certified to help your frum clients much more comprehensively, based on the latest in reproductive health medicine. **Sign up for early bird \$100 off!**

Tahara Mini Course for Couples (5 sessions)

Married and want comprehensive Tahareinu self-help knowledge for taharat hamishpacha? Learn tools for any age and stage. **Sign up for early-bird \$50 off!**

FIND OUT MORE ABOUT COURSES



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

