



Your Medical Frontline
Taharat Hamishpacha and
Reproductive Health

Teves Newsletter 5782/December 2021

BS"D

Dear Friends of Tahareinu,

As the temperature drops and we all prepare for the cold stretch ahead, the Tahareinu office remains warm and inviting as ever.

Couples consult. Doctors discuss. Advisors assist.

It's a hub of activity and a haven of support for thousands, as the mission of Tahareinu is realized more every day.

And now, we are gearing up full speed for our Tahareinu Around the World campaign! We are heartened by the enthusiastic response to our call for collaboration. *Over 500 people have already joined as key team members!*

Thank you for joining us on this journey every month; we welcome your feedback, questions, and suggestions always.

Yitzchok Melber

**content in this newsletter is appropriate for medical professionals and married individuals.*

Exciting campaign news:

Tahareinu around the world!

Our official campaign pre-launch is coming the week of December 12!

To date, over 500 passionate partners have joined as raisers in this campaign, and we invite every one of you to join as well!

Although we encourage you to choose a goal amount and join the momentum, we are grateful for any donations amassed and appreciate the input of every single partner.

Help build Jewish families around the world!

Join the pre-launch today:



Commit to raising
\$1,800 to partner
with Tahareinu



Commit to
raising **\$3,600** to
sponsor a day of
the Tahareinu
Hotline



Commit to
raising **\$5,000** to
partner in the birth
of a healthy Jewish
child

[Sign up to Partner with Tahareinu](#)

CONFERENCES AND MEDICAL UPDATES:

Rabbi Melber invited to speak to Orthodox medical advisors

At an upcoming conference for 280 medical advisors in the Jewish community from a vast spectrum of organizations, Rabbi Melber will convey updates on the future of fertility and genetics.

Rabbi Melber attends Israeli Society of Infertility conference at Shaare Zedek hospital

This was a conference dedicated to the relationship between obesity and fertility. Though this is a topic that has long been researched, recently there has been an additional emphasis on both female and male obesity and its impact on implantation and live birth rates.

The research has shown that there is a significantly greater chance of recurrent pregnancy loss (especially early miscarriages) among the significantly overweight population.

In an article published in 2021 in the journal *Fertility Sterility*, similar evidence is cited as well.

Unfortunately, even with successful IVF (and PGTA testing), if either of the parents is obese, the pregnancy may fail. In males, a high BMI can result in high DNA Fragmentation Index (DFI), sometimes even above 30%, which precludes successful implantation in too many cases. Stillbirth, as well, has been linked to parental obesity.

Obesity is a recognized medical condition, but thankfully, one that can be corrected without long-term repercussions.

Of course, a lifestyle change and/or diet is an important step; however, there are safe, effective, FDA-approved medications such as Wegovy, available, which can expedite weight loss and subsequent successful pregnancies. In certain cases, surgery should be considered as well; some couples have obviated the need for IVF treatments once their weight was under control!

A perfect BMI is not necessary in order to change one's metabolism; even a 10% decrease in body weight has been shown to improve fertility chances.

Israeli Society of Obstetrics Conference

An interesting lecture was delivered by **Professor Basky Thilaganathan**, lead professor at St. George's Hospital in London. He focused on preventing stillbirth at term, encouraging physicians to do a complete workup to discover the cause of stillbirth. It is no longer always considered an accident; over 75% of stillbirths are related to a problem with the placenta. If there is any indication throughout pregnancy of slow fetal growth and/or small placental size, early birth should often be recommended to prevent stillbirth.

Of course, every individual case should be discussed with one's rabbi; however, early delivery can save the baby's life in many cases.

New medication - RYEQO, approved in Europe

This drug is similar to the FDA-approved American drug Myfembree, used to treat heavy menstrual bleeding associated with fibroids.

This is a wonderful development; fibroids can now be treated with a once-daily pill instead of more invasive procedures.



This drug contains a combination of relugolix, estrogen, and progesterone, and is already being used effectively in the US.



PRP treatment used successfully to improve AMH

As we've mentioned in the past, Platelet-Rich Plasma (PRP) has been shown to improve Anti-müllerian Hormone (AMH), which in turn greatly enhances fertilization. It has been used successfully in the RMA New Jersey clinic, and more recently in Nahariya, Israel. Rabbi Melber was in touch with a doctor there who happily reported that a woman with an AMH of 0 was able to build it back up again!

New drug for hyperemesis gravidarum (HG) approved in Israel

Venagista has been available in the US for two years, and has now been brought to Israel. Similar to the original Diclectin, this is a slow-release drug that can be taken once a day to stave off nausea symptoms.

Slynd now available in Europe

Tahareinu has been recommended the Slynd contraceptive drug as the mini-pill of choice for a while. It is now available in most cities in Europe as well.

New solution for premature ejaculation

Until now, there has been no approved medical solution for the common and frustrating problem of premature ejaculation.

That has changed with the introduction of the Israeli VPatch, which can greatly improve the quality of intimacy for both young as well as middle-aged couples.

Look out for a personal one-on-one interview:

A Day in the life of Rabbi Melber

In your inbox soon!



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.

TAHAREINU.COM

