



Tahareinu Course for the public - Women's Health & Tahara (Spring - 2021) - Syllabus

Class	Title	Details	Description
1	Arranging Cycles - Pre-wedding and Cycle Management	Regular & Irregular Cycles (AUB) - FIGO model Using hormonal drugs to coordinate menstruation with the wedding date. Treating irregular menstrual cycles before and after the wedding. Emotional wellbeing, PMS, PMDD, PPD, hormonal changes (including during the menopausal years); exploring physical and psychological causes.	Cycle management to coordinate with life and lifecycle events. Learn how to help kallah's manage their cycles before their wedding, both kallah's with regular or irregular periods. This class will help take away any stress in planning for lifecycle events and cycle management. This class will provide you with the tools to help women with emotional issues caused by the hormonal cycle.
2	Pregnancy/Miscarriage & RPL (Recurrent Pregnancy Loss)	Bleeding during pregnancy. Threatened miscarriage management. How to complete the miscarriage: induction drugs, D&C, wait it out, or hysteroscopy. How to prevent uterine damage and avoid infection/ Asherman's syndrome. Diagnosing causes of RPL (recurrent pregnancy loss).	Guide couples during complex pregnancies, including bleeding; knowing when an issue during pregnancy requires immediate attention. Help couples overcome repeated miscarriages - often for years - in the best and fastest way. Make professional assessments based on medical knowledge and history.
3	Contraception	Contraception options for women of all childbearing ages and any pre-existing medical condition, all within the framework of halacha, and without causing tahara problems. Includes review of all new and longstanding options: pills, rings, patches and other intrauterine devices (IUD's - Copper/Hormonal). This class as well focuses on Tahara challenges caused by various methods of contraception.	This class will focus on innovations within contraception's, updates and breakthroughs. Advise couples on choosing the most appropriate contraceptives for their marriage, ages, and medical backgrounds - including history of depression before or after birth. Address how contraception can assist with tahara bleeding problems.
4	Perimenopause/Menopause	Common medical problems associated with premenopausal and menopausal women which can also affect tahara. Management and treatments (with HRT/Serim/Birth Control) for irregular cycles, hot flashes, emotional imbalances and intimacy issues (VVA/GSM).	Women over the age of 40 entering their golden years must be empowered with knowledge and solutions for their physical and emotional wellbeing. This class will provide the tools and information to overcome any/all challenges that may arise during the later middle-age stage of life.
5	AUB - Abnormal Uterine Bleeding	8 medical causes for AUB (abnormal uterine bleeding). Diagnosis according to the global model of PALM COEIN (polyp; adenomyosis; leiomyoma; malignancy and hyperplasia; coagulopathy; ovulatory dysfunction; endometrial; iatrogenic; and not yet classified. Delve into hysteroscopy and laparoscopy.	For the first time the medical community is acknowledging the nuances of abnormal uterine bleeding. The objective of this class is to bring innovative medical solutions to your tahara problems, enabling more days of Tahara. AUB understood. This class will help you understand the medical model of PALM COEIN and what treatments are most effective and efficient.