

Imagine suffering from the worst stomach bug or food poisoning you've ever had...vomiting, severe nausea, inability to eat...not for hours, not for days, not even for weeks.

Imagine suffering for months on end.

If you can try fathom what that might feel like, you might be getting an inkling of what it's like to suffer from Hyperemesis Gravidarum, or HG.

HG is a disease of pregnancy which causes significant physical suffering. Extreme nausea 24 hours a day, seven days a week, with no letup. Vomiting multiple times a day – often a few times an hour. Inability to eat and drink, which causes severe weight loss and dehydration.

The medical definition of HG is a potentially life-threatening pregnancy disease that may cause weight loss, malnutrition, dehydration, and debility due to severe nausea and/or vomiting, and may cause long-term health issues for mother and baby(ies).

There are other symptoms of HG which add untold suffering to the woman struggling with HG. For more information on the disease, please visit: <https://www.hyperemesis.org/about-hyperemesis-gravidarum/>

Unfortunately, doctors are not taught how to recognize and treat HG, leaving many women in a very helpless, dark place, which also leads to emotional distress and in many cases, prenatal and postpartum depression.

At Chavalim Sheli, we work hard to provide women with up-to-date, relevant information – in Hebrew. We do this so that every woman can access appropriate medical care for herself and for her unborn children.

By getting her symptoms under control with the right medical care, we can improve her quality of life, her ability to eat and drink, the health of her fetus, and her ability to be there for the rest of her family. We can also prevent long-term complications that can result from untreated HG.

With your help, we can continue helping these women and their families. Please consider donating to Chavalim Sheli, and may you be blessed with much health and success in everything you do.

For tax deductible donations in Israel: <https://nedar.im/bbuo>

For tax deductible donations in the US and Canada: <https://www.jgive.com/new/en/ils/donation-targets/132333>

**Please see below for an overview on our work.**

Mrs. Tali Edelstein, Director

**Board:**

Rabbi Chaim Aryeh Chodosh, Rosh Yeshivas Ohr Elchanan

Rabbi Avraham Edelstein, Organizational Consultant

Mrs. Shayna Safran, Founder & Director of Shifrah-For an Easier Nine Months

Dr. Dzov Singman, PhD

**Mission Statement:** Chavalim Sheli was founded to provide women Israeli women suffering from Hyperemesis Gravidarum, a severe pregnancy-related illness, the information and empowerment they need in order to access adequate medical care for themselves and their unborn babies.

**Services:**

- Application of protocols to relieve symptoms;
- Having relevant medical materials translated into Hebrew;
- Arranging in-person conferences for support & information
- Maintaining lending gemachs for medications used to treat HG across the country;
- Meeting with medical staff to introduce them to HER's materials & treatment protocols;
- Writing and compiling new information;
- Printing the materials to make them accessible to communities without access to technology;
- Managing Chavalim Sheli's website and mailing list & updating with current information;

**Yearly Budget: \$6,000**

- HG conventions/conferences: \$3000
- Translating medical materials in a clear, easy-to-understand format: \$1000
- Printing materials for women: \$1000
- Website and Mailing List: \$600
- Medication Gemach: \$400