

Hajj

Richard Bronson, MD

AUTHOR AFFILIATION:

Renaissance School of Medicine at Stony Brook University, Stony Brook, NY

CORRESPONDING AUTHOR:

Richard Bronson, Renaissance School of Medicine at Stony Brook University, Stony Brook, NY, Richard.Bronson@Stonybrookmedicine.edu

HOW TO CITE: Bronson R. Hajj. *Fam Med.* 2023;55(X):0-0.
doi: [10.22454/FamMed.2023.325350](https://doi.org/10.22454/FamMed.2023.325350)

© Society of Teachers of Family Medicine

A patient of mine for many years, born and raised in Pakistan, trained in medicine, came in with an issue unrelated to her recent illness.

“My period is due when we arrive next month. If any woman is unclean, none in our party can enter of the holy cities. We won’t be allowed! What can I do?”

“An oral contraceptive will shift your cycle,” I suggested.
“Use a low dose, less side effects than the higher. The only problem, there may be light breakthrough bleeding.”

She frowned, shook her head. “The higher dose.”

“Who’d know?” I asked.

“Allah would.” She’d smiled, then took my script.