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 <p>Read the instructions carefully before using the product. Failure to follow the instructions may result in injury or damage to the product.</p>	 <p>Do not use the product near flammable materials. The product may cause fire or explosion.</p>	 <p>Do not use the product in a confined space. The product may cause asphyxiation or other health hazards.</p>
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Anticardiolipin Antibody Assay (Enzygnost®)

- **Short-term treatments:** focus on immediate reduction of symptoms
- **Long-term treatments:** focus on preventing relapse
- **General treatment:**
 - **Psychotherapy:**
 - **Individual:**
 - **CBT:**
 - **Goal:** to change negative thought patterns
 - **Technique:** to identify and challenge negative thoughts
 - **Outcome:** to develop more positive thought patterns
 - **ACT:**
 - **Goal:** to increase psychological flexibility
 - **Technique:** to use mindfulness and acceptance
 - **Outcome:** to reduce the impact of negative thoughts
 - **Group:**
 - **Goal:** to provide support and feedback
 - **Technique:** to share experiences and learn from others
 - **Outcome:** to improve coping skills
 - **Medication:**
 - **Antidepressants:**
 - **SSRIs:**
 - **Goal:** to increase serotonin levels
 - **Technique:** to regulate mood
 - **Outcome:** to reduce symptoms of depression
 - **SNRIs:**
 - **Goal:** to increase serotonin and norepinephrine levels
 - **Technique:** to regulate mood
 - **Outcome:** to reduce symptoms of depression
 - **Antipsychotics:**
 - **Goal:** to reduce psychotic symptoms
 - **Technique:** to regulate dopamine levels
 - **Outcome:** to reduce symptoms of psychosis

Keywords: *depression, mood, anxiety, self-esteem, self-efficacy, self-compassion, self-kindness, self-compassion training, self-compassion meditation, self-compassion practice, self-compassion exercises, self-compassion techniques, self-compassion interventions, self-compassion programs, self-compassion apps, self-compassion books, self-compassion videos, self-compassion podcasts, self-compassion courses, self-compassion workshops, self-compassion retreats, self-compassion groups, self-compassion community, self-compassion support, self-compassion resources, self-compassion tools, self-compassion guides, self-compassion manuals, self-compassion worksheets, self-compassion handouts, self-compassion cards, self-compassion posters, self-compassion infographics, self-compassion e-books, self-compassion audiobooks, self-compassion webinars, self-compassion seminars, self-compassion conferences, self-compassion symposiums, self-compassion summits, self-compassion forums, self-compassion blogs, self-compassion newsletters, self-compassion social media, self-compassion influencers, self-compassion advocates, self-compassion educators, self-compassion researchers, self-compassion practitioners, self-compassion coaches, self-compassion therapists, self-compassion counselors, self-compassion psychologists, self-compassion psychiatrists, self-compassion nurses, self-compassion doctors, self-compassion dentists, self-compassion veterinarians, self-compassion pharmacists, self-compassion dietitians, self-compassion fitness instructors, self-compassion yoga instructors, self-compassion Pilates instructors, self-compassion dance instructors, self-compassion martial arts instructors, self-compassion Tai Chi instructors, self-compassion Qigong instructors, self-compassion Reiki instructors, self-compassion acupuncture instructors, self-compassion massage therapists, self-compassion chiropractors, self-compassion osteopaths, self-compassion naturopaths, self-compassion herbalists, self-compassion acupuncturists, self-compassion dietitians, self-compassion fitness instructors, self-compassion yoga instructors, self-compassion Pilates instructors, self-compassion dance instructors, self-compassion martial arts instructors, self-compassion Tai Chi instructors, self-compassion Qigong instructors, self-compassion Reiki instructors, self-compassion acupuncture instructors, self-compassion massage therapists, self-compassion chiropractors, self-compassion osteopaths, self-compassion naturopaths, self-compassion herbalists, self-compassion acupuncturists*

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- 1) *Describe the factors (biological and/or physical) that lead to the development of the disease. Does the disease/malware have a vector? Does it have any reservoirs or intermediate hosts? What is the original source and spreading/leading to the only safe way to control your infection? (prevent further damage) (control)*
- 2) *Explain why the disease/malware is a disease and the effects on the host (the patient). Do you know any other diseases or disorders from the field and/or within the subject?*
- 3) *Explain the disease/malware in the context of your study topic by giving further information on the specific pathogenesis and the clinical picture of the disease*
- 4) *Explain your results or your specific aspect on the disease from a broad perspective on the field (clinical, epidemiological, molecular, and/or other aspects of infectious diseases) (1-2 sentences, 1-2 paragraphs, or 1-2 slides)*
- 5) *Explain your results or your specific aspect on the disease from a broad perspective on the field (clinical, epidemiological, molecular, and/or other aspects of infectious diseases) (1-2 sentences, 1-2 paragraphs, or 1-2 slides)*
- 6) *Explain your results or your specific aspect on the disease from a broad perspective on the field (clinical, epidemiological, molecular, and/or other aspects of infectious diseases) (1-2 sentences, 1-2 paragraphs, or 1-2 slides)*

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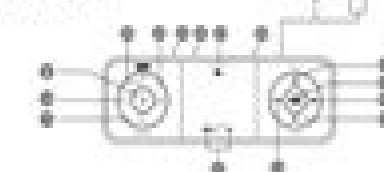


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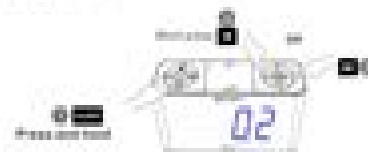
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Author Biographies

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Abstract: The purpose of this study was to examine the effects of a 12-week, 3-day-per-week, 100-min-per-session, low-impact aerobically demanding dance program on the physical fitness of 10 sedentary, middle-aged women. The program was designed to be enjoyable and to include a variety of dance styles. The program was evaluated using a pretest and a posttest. The results of the study showed that the program had a positive effect on the physical fitness of the women. The women showed significant improvements in their cardiovascular fitness, muscular strength, and flexibility. The program was also found to be enjoyable and to have a positive effect on the women's self-esteem and body image. The results of this study suggest that a low-impact aerobically demanding dance program can be an effective way to improve the physical fitness of sedentary, middle-aged women.

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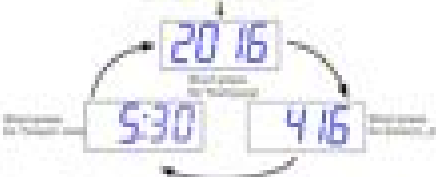


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Year	Number of cases	Rate per 100,000
1990	1,000	1.0
1991	1,100	1.1
1992	1,200	1.2
1993	1,300	1.3
1994	1,400	1.4
1995	1,500	1.5
1996	1,600	1.6
1997	1,700	1.7
1998	1,800	1.8
1999	1,900	1.9
2000	2,000	2.0
2001	2,100	2.1
2002	2,200	2.2
2003	2,300	2.3
2004	2,400	2.4
2005	2,500	2.5
2006	2,600	2.6
2007	2,700	2.7
2008	2,800	2.8
2009	2,900	2.9
2010	3,000	3.0
2011	3,100	3.1
2012	3,200	3.2
2013	3,300	3.3
2014	3,400	3.4
2015	3,500	3.5
2016	3,600	3.6
2017	3,700	3.7
2018	3,800	3.8
2019	3,900	3.9
2020	4,000	4.0

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Abstract

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