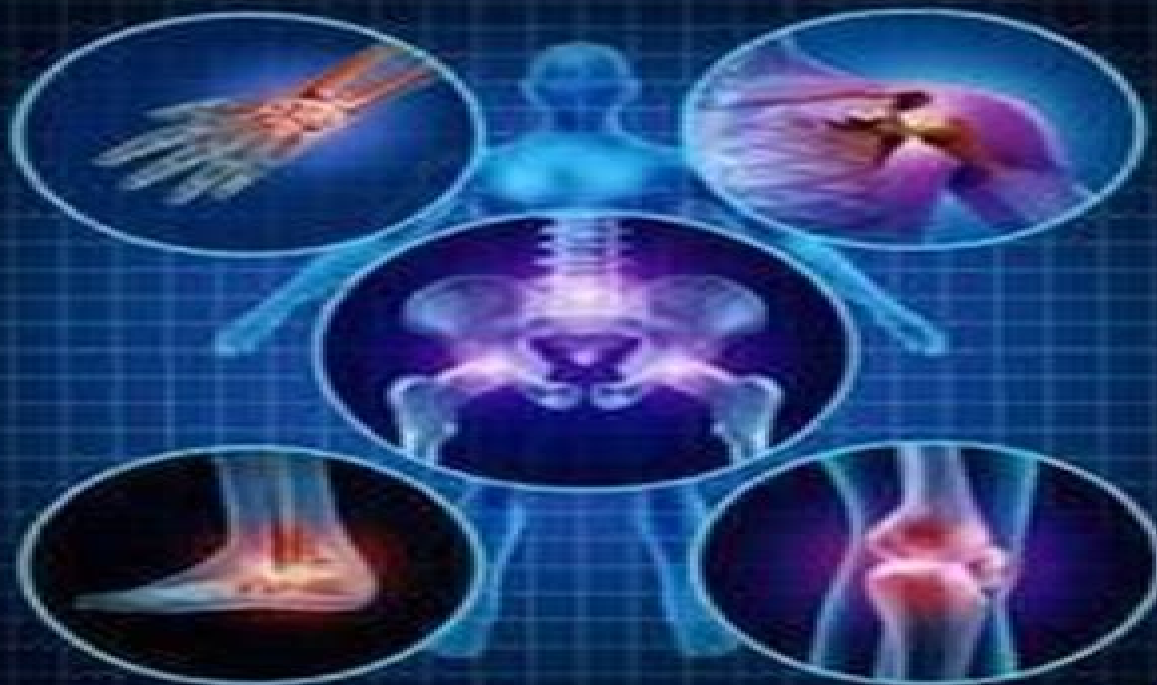
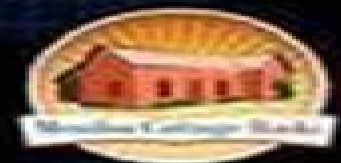


# MANAGING JOINT PAIN

## How to Control Arthritis



**Health Learning Series**  
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# Managing Joint Pain How To Control Arthritis

**George Downie, Jean Mackenzie, Arthur  
Williams, Caroline Milne**



## **Managing Joint Pain How To Control Arthritis:**

**Managing Joint Pain - How to Control Arthritis** Dueep J. Singh, John Davidson, 2015-01-11 Managing Joint Pain How to Control Arthritis Table of Contents Introduction Types of Arthritis Symptoms of Arthritis Risk Factors for Arthritis Preventive measures for arthritis Do s Don ts Diet Natural Cures for Arthritis Tomatoes Thyme Tea Thyme oil Arthritis Remedy Treating Gout Traditional Cayenne Hot Oil Fennel Seeds for Arthritis Olive Oil Cure Is Surgery Advisable CAS Computer Assisted Knee Surgery Pinless Computer Navigation Conclusion Author Bio Introduction Many people are confused when they come across terms like arthritis and rheumatism According to the Mayo Clinic arthritis is the medical term for joint pain Rheumatism is muscular pain brought about by inflammation and infection in the muscular tissues Did you know that about 52 million people in the USA alone are suffering from some sort of arthritis or joint pain Most of them have a feeling that this is one of the occupational hazards which one has to bear the moment one starts getting old But that is not necessarily true Arthritis can be caused due to any injury or to some disease than is going to include pain stiffness and swelling It can hit you at any age especially when the joint has got inflamed Inflammation is the body s natural reaction to any portion of the body which has undergone some sort of muscular tissue trauma due to injury or infection Arthritis is going to affect the musculoskeletal system of your body especially the joints This is then going to cause slow and steady disability and stiffness and people over the age of 50 are more vulnerable to such problems **Oligoarthritis: Managing**

**Symptoms, Inflammation, and Joint Health in Children** Dr. Spineanu Eugenia, 2025-02-19 Are you or someone you love grappling with the challenges of oligoarthritis This comprehensive guide empowers families with the knowledge to manage symptoms reduce inflammation and improve joint health in children KEY FEATURES OF THIS BOOK EVIDENCE BASED STRATEGIES Explore proven techniques for managing oligoarthritis effectively DIETARY CONSIDERATIONS Discover anti inflammatory diets and nutritional supplements that support overall health ALTERNATIVE THERAPIES Learn about acupuncture manual therapies and herbal remedies to enhance treatment outcomes EXPERT INSIGHTS Benefit from guidance from pediatric rheumatologists and healthcare professionals PRACTICAL TIPS Implement lifestyle modifications that promote well being and encourage active living This book serves as an essential resource for parents caregivers and healthcare providers offering actionable insights and practical advice By integrating the latest research with real life applications readers will gain confidence in managing oligoarthritis and improving their child s quality of life Take control of your health journey today *Evaluation and Management of Hip and Knee Arthritis in Women* Claudette M. Lajam, Anna

Cohen-Rosenblum, 2025-03-28 Women often experience arthritis differently from men for many reasons ranging from biological and joint anatomy differences to pain perception and psychosocial factors Evaluation and Management of Hip and Knee Arthritis in Women is the first reference to directly address the unique needs of women in this challenging area helping you improve diagnosis and treatment outcomes for your female patients Offering comprehensive up to date coverage of

medical surgical and sociological considerations this title is an essential resource for orthopaedic surgeons and primary care physicians in training and practice rheumatologists adult reconstruction fellows advanced practice practitioners and other clinicians who provide care to women with hip and knee osteoarthritis Covers all aspects of hip and knee osteoarthritis that are specifically relevant to women s health biological differences and hormonal changes pain perception joint anatomy comorbid conditions that are more prevalent in women psychosocial factors and expectations response to treatment and research gaps Features concise detailed text accompanied by abundant high quality clinical and radiologic images to provide a practical tool for use in the office in the clinic and at point of care Discusses intraoperative considerations including implant design implant sizing use of technology bearing surfaces and fixation Covers etiology of and gender differences in bone health and development of hip and knee arthritis Addresses postoperative pain and unique social considerations for women with fibromyalgia mental health disorders and or chronic opioid use Includes value based care considerations such as impact on health disparities the doctor patient relationship cost to patients and access to care Any additional digital ancillary content may publish up to 6 weeks following the publication date

Current Concepts in Thumb Carpometacarpal Joint Disorders, An Issue of Hand Clinics, E-Book Phillip Ross, Sarah E. Sasor, 2022-04-28 In this issue of Hand Clinics guest editors Drs Phillip Ross and Sarah E Sasor bring their considerable expertise to the topic of the Thumb CMC Joint Top experts in the field discuss different strategies for the management of problems with the thumb carpometacarpal CMC joint as well as treatment options Contains 14 relevant practice oriented topics including joint preserving treatments for thumb CMC osteoarthritis thumb CMC implant arthroplasty revision CMC arthroplasty diagnosis and treatment of CMC instability and more Provides in depth clinical reviews on the thumb CMC joint offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

**Diagnosis and Nonsurgical Management of Osteoarthritis** Kenneth D. Brandt, 2010

Pharmacology and Medicines Management for Nurses E-Book George Downie, Jean Mackenzie, Arthur Williams, Caroline Milne, 2007-12-28 This title is directed primarily towards health care professionals outside of the United States An understanding of medicines and their effects on patients remains a crucial area of nursing knowledge This book provides a thorough foundation upon which nurses can build their clinical experience to achieve competence It not only provides information on the actions of drugs on the body but also gives clear guidance on the practical aspects of medicines management in both hospital and community Organisation of the text broadly follows the British National Formulary for ease of use Management of medicines linked to their therapeutic use Medicine administration linked with relevant care of patients where possible Basic principles of clinical pharmacology underpin the therapeutic chapters A chapter on the role of patients and carers is included All content revised in the light of changes in drug therapy clinical practice and medicines management including nurse prescribing Key objectives for each

chapter Self assessment exercises with answers More detail relating to palliative care nurse prescribing A new section on Intensive Therapy Totally redesigned in two colours with improved design and page layout and better illustrations

*Principles of Pathophysiology* Shane Bullock,Majella Hales,2012-09-20 TAKING IT TO THE WARD Principles of Pathophysiology has been specifically written for local nursing and Allied Health students with the aim of clearly integrating the science of Pathophysiology with clinical practice within Australia and New Zealand Taking a systems approach to help facilitate stronger understanding this new Australian text is the perfect learning resource for Nursing and Allied Health students

Medical-Surgical Nursing - E-Book Donna D. Ignatavicius,M. Linda Workman,2013-12-27 Using a uniquely collaborative and reader friendly approach expert authors Donna D Ignatavicius and M Linda Workman cover all the latest trends evidence based treatment guidelines and additional updated information needed for safe clinical practice in medical surgical nursing This seventh edition features an expanded emphasis on patient safety and NCLEX Examination preparation new ties to the QSEN priorities for patient safety and a greater alignment with the language and focus of clinical practice A new chapter on evidence based practice and a wealth of effective online learning tools help solidify your mastery of medical surgical nursing UNIQUE Collaborative approach presents all medical surgical nursing and other interventions through the lens of the nursing process Reader friendly direct writing style makes this one of the most readable medical surgical nursing textbooks available UNIQUE Cutting edge focus on the latest trends in nursing practice and nursing education prepares you for both today and tomorrow s nursing practice UNIQUE Integrated tools for NCLEX preparation get you ready for your licensure examination Chapter opening Learning Outcomes are linked to Self Assessment Questions for the NCLEX Examination on the Evolve website Unique chapter ending Get Ready for the NCLEX Examination sections include Key Points organized by NCLEX Client Needs Categories UNIQUE Focus on nursing concepts helps bridge the gap between the concepts learned in Nursing Fundamentals and disorders content learned in the medical surgical nursing course UNIQUE Emphasis on clinical decision making teaches you to apply concepts to true to life clinical situations UNIQUE Concentration on the core body of knowledge for the RN level of medical surgical nursing practice focuses your attention on need to know content to pass the NCLEX Examination and practice safely as a beginning nurse Rich array of effective learning aids includes Best Practice for Patient Safety Quality Care Best Practice for Emergency Care Patient and Family Education Preparing for Self Management Nursing Focus on the Older Adult Home Care Assessment Focused Assessment Common Examples of Drug Therapy Evidence Based Practice Concept Maps Laboratory Profiles Assessment Using Gordon s Functional Health Patterns

**Little and Falace's Dental Management of the Medically Compromised Patient - E-Book** Craig Miller,Nelson L. Rhodus,Nathaniel S Treister,Eric T Stoopler,Alexander Ross Kerr,2023-01-31 Selected for Doody s Core Titles 2024 with Essential Purchase designation in Dentistry Little and Falace s Dental Management of the Medically Compromised Patient 10th Edition is thoroughly revised to provide the information needed to assess common

problems and make safe dental management decisions This new edition contains revised content on Cancer and Women s Health and includes an enhanced ebook plus patient based practice questions with print purchase Also each chapter features informative illustrations and well organized tables to provide you with in depth details and overall summaries required for understanding and applying medical concepts in dentistry NEW Thoroughly revised content provides the most current evidence based information you need to make dental management decisions UPDATED Information correlating to the revised INBDE exam prepares you for the boards NEW An ebook version is included with print purchase The ebook allows you to access all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Plus patient based questions are included UPDATED Revised coverage of Women s Health addresses issues specific to women that can impact dental management NEW Completely revised chapter on Cancer discusses essential considerations for the oral care of these patients NEW Key Points at the beginning of each chapter highlight important content to guide study efforts

**Medical-surgical Nursing** Donna D. Ignatavicius, M. Linda Workman, 2013 Using a uniquely collaborative and reader friendly approach expert authors Donna D Ignatavicius and M Linda Workman cover all the latest trends evidence based treatment guidelines and additional updated information needed for safe clinical practice in medical surgical nursing This seventh edition features an expanded emphasis on patient safety and NCLEX Examination preparation new ties to the QSEN priorities for patient safety and a greater alignment with the language and focus of clinical practice A new chapter on evidence based practice and a wealth of effective online learning tools help solidify your mastery of medical surgical nursing

**Non Pharmacological Therapies in the Management of Osteoarthritis** Yves Henrotin, Kim Bennell, Francois Rannou, 2012-03-31 Osteoarthritis is a chronic disease prevalent among the elderly Its most prominent feature is the progressive destruction of articular cartilage which results in impaired joint motion severe pain and ultimately disability Its prevalence and its impact on daily life pose a significant public health problem Today a cure for osteoarthritis remains elusive and the management of the disease is largely palliative focusing on the alleviation of symptoms Current recommendations include a combination of pharmacological and non pharmacological treatments The term non pharmacological includes physical therapy and rehabilitation but also nutraceuticals All guidelines on osteoarthritis management highlight the importance of weight loss and physical activity to improve the functional status of patients A number of alternative therapies are also commonly suggested by physicians and physiotherapists in their daily practice The efficacy of these therapies is not evidenced by strong clinical trials This category includes education information electrotherapy ultrasound electromagnetic field spa hydrotherapy acupuncture etc Non Pharmacological Therapies in the Management of Osteoarthritis reviews the clinical relevance of these therapies and the difficulties in conducting high quality trials assessing their efficacy This e book presents supportive scientific evidence for their efficacy and explains the mechanism of action of nutraceuticals targeting osteoarthritis It also includes many example of exercises mobilization and

manipulation techniques directly useful for medical professionals      *Rheumatology E-Book* Marc C. Hochberg, Alan J. Silman, Josef S. Smolen, Michael E. Weinblatt, Michael H. Weisman, 2014-06-16 Stay current in the ever changing discipline of rheumatology with clear reliable guidance from Hochberg's Rheumatology one of the most respected and trusted sources in the field Designed to meet the needs of the practicing clinician this medical reference book provides extensive authoritative coverage of rheumatic diseases from basic scientific principles to practical points of clinical management in a lucid logical user friendly manner Track disease progression and treat patients more effectively with the information on genetic findings imaging outcomes cell and biologic therapies rheumatoid arthritis and SLE Incorporate recent findings about pathogenesis of disease imaging outcomes for specific diseases like RA osteoarthritis and spondyloarthropathies cell and biologic therapies and other timely topics Remain up to date on the latest information in rheumatology through 13 brand new chapters covering biomedical and translation science disease and outcome assessment new imaging modalities early emerging disease clinical therapeutics patient management and rehabilitation Take advantage of expanded coverage of small molecule treatment biologics biomarkers epigenetics biosimilars and cell based therapies Focus on the core knowledge needed for successful results with each chapter co authored by an internationally renowned specialist in the field Easily find the information you need thanks to a consistent user friendly format with templated content and large scale images      **Management of**

**Temporomandibular Disorders and Occlusion - E-Book** Jeffrey P. Okeson, 2012-05-16 Covering both new and proven techniques in this rapidly changing field this classic text helps you provide solutions to many common occlusal and TMD problems Clear descriptions and a new full color design promote a complete understanding of normal abnormal and dysfunctional occlusal relationships and masticatory function and dysfunction With its conservative cost effective approach this book shows you how to achieve treatment goals while keeping your patients best interests in mind Solid foundation of the anatomical physiological and biomechanical aspects of the masticatory system gives you the basic foundation for clinical use Detailed how to information on clinical examination data gathering and differential diagnosis for temporomandibular disorders helps you learn to correctly plan treatment Clinical Comment boxes give you critical thinking points and instructions on how to apply these to everyday clinical practice NEW Robust Q website features an image library case studies and NBDE style questions NEW Full color design offers more vivid clinical photos illustrations and information NEW Major revisions to Part II with specific detail to Etiology provides more up to date information on this critical area NEW Patient education sheets include the most common TMDs NEW Updated treatment algorithms are included for each TMD

**Manual of Dietetic Practice** Briony Thomas, Jacki Bishop, 2013-07-08 The standard work for all those involved in the field of clinical nutrition and dietetics The Manual of Dietetic Practice has been equipping health care professionals with the essential foundations on which to build expertise and specialist skill since it was first published in 1988 The fourth edition responds to the changing demand for multidisciplinary patient centred evidence based practice and has been expanded to

include dedicated chapters covering adult nutrition freelance dietetics complementary and alternative therapies Compiled from the knowledge of both individual experts and the British Dietetic Association s Specialist Groups this truly is the essential guide to the principles of dietetics across its whole range

**Lyme Disease: Pathophysiology, Clinical Management, and Integrative Approaches** Dr. Spineanu Eugenia,2025-02-19 Lyme Disease Pathophysiology Clinical Management and Integrative Approaches is a comprehensive treatise offering an in depth exploration of Lyme disease from multiple perspectives This detailed work covers the disease s etiology with a focus on the spirochete *Borrelia burgdorferi* and delves into its complex transmission mechanisms and life cycle It provides a thorough examination of clinical manifestations across all stages from early localized to late disseminated disease and explores advanced diagnostic criteria and methods Emphasizing both conventional and innovative treatment strategies this treatise includes detailed sections on antibiotic therapies symptomatic management and emerging integrative approaches It also highlights the role of complementary therapies nutrition and lifestyle modifications in managing chronic symptoms and improving patient outcomes Essential for medical professionals and researchers this treatise offers valuable insights into the evolving landscape of Lyme disease treatment and management

**Pain Management** Magdalena Anitescu,2018-05-01 Pain Management A Problem Based Learning Approach provides a comprehensive review of the dynamic and ever changing field of pain medicine Its problem based format incorporates a vast pool of practical ABA board exam style multiple choice questions for self assessment Each its 46 case based chapters is accompanied by 20 questions and answers accessible online in a full practice exam The cases presented are also unique as each chapter starts with a case description usually a compilation of several actual cases it then branches out through case based questions to increasingly complex situations This structure is designed to create an authentic experience that mirrors that of an oral board examination The discussion sections that follow offer a comprehensive approach to the chapter s subject matter thus creating a modern complete and up to date medical review of that topic This book is equally a solid reference compendium of pain management topics and a comprehensive review to assist the general practitioner both in day to day practice and during preparation for certification exams Its problem based format makes it an ideal resource for the lifelong learner and the modern realities of education

**ABC of Rheumatology** Ade Adebajo,Lisa Dunkley,2018-06-18 ABC of Rheumatology continues to be a practical and informative guide to the assessment treatment and management of common rheumatic and musculoskeletal conditions within primary care Fully updated to reflect developments in this fast growing field the fifth edition covers overviews of all key areas of rheumatology and includes new chapters on radiology and immunology as well as expanded coverage on metabolic bone disease chronic widespread pain and complex regional pain syndrome Featuring highly illustrated chapters boxed summaries and links to further resources ABC of Rheumatology is an accessible reference for all primary care health professional general practitioners family physicians junior doctors medical students and nurses

**Biochemical Aspects of Metabolic Disorders**



Muhammad Sajid Hamid Akash, Kanwal Rehman, 2025-05-17 *Biochemical Aspects of Metabolic Disorders* offers a comprehensive exploration of the intricate biochemical mechanisms and or pathways underlying a wide array of metabolic disorders. From the genetic basis of inherited metabolic conditions to the environmental factors impacting metabolic dysregulation, each chapter investigates the molecular insights essential for understanding and managing these complex diseases. Covering topics such as carbohydrate and lipid metabolism disorders, amino acid catabolism, hepatic and renal metabolism, mitochondrial dysfunction, pediatric obesity, and diagnostic approaches, this book will serve as a requisite resource for researchers, clinicians, and students alike looking to unravel the biochemical intricacies of metabolic disorders. Provides comprehensive coverage of various aspects of metabolic disorders including carbohydrate and lipid metabolism disorders and amino acid metabolism disorders. Offers detailed molecular insight into the biochemical mechanisms and or pathways involved in metabolic disorders, helping readers understand the underlying mechanisms driving disease pathogenesis. Includes diagnostic algorithms and therapeutic approaches enabling readers to apply biochemical knowledge to real world clinical scenarios.

*Nursing Care Plans & Documentation* Lynda Juall Carpenito-Moyet, 2009. The Fifth Edition of *Nursing Care Plans and Documentation* provides nurses with a comprehensive guide to creating care plans and effectively documenting care. This user friendly resource presents the most likely diagnoses and collaborative problems with step by step guidance on nursing action and rationales for interventions. New chapters cover moral distress in nursing, improving hospitalized patient outcomes, and nursing diagnosis risk for compromised human dignity. The book includes over 70 care plans that translate theory into clinical practice. Online Tutoring powered by Smarthinking. Free online tutoring powered by Smarthinking gives students access to expert nursing and allied health science educators whose mission like yours is to achieve success. Students can access live tutoring support, critiques of written work, and other valuable tools.

[Canine Parvovirus: Everything You Need to Know](#) Samantha D. Thompson, 2023-01-01. Take charge of your pet's health by understanding parvovirus. Discover the comprehensive guide to understanding, preventing, and treating canine parvovirus, an essential resource for every dog owner. *Canine Parvovirus: Everything You Need to Know* is your go-to resource for understanding and managing this highly contagious and potentially deadly virus. This book covers everything from the history and types of parvovirus to transmission, risk factors, diagnosis, treatment, and prevention. Inside, you'll find detailed information on the signs and symptoms of canine parvovirus, as well as chapters dedicated to parvovirus in puppies and kittens. Learn how to protect your pet with vaccination protocols, disinfection, and environmental control and quarantine and isolation procedures. This guide also delves into the role of veterinary professionals, parvovirus outbreak management, and debunking common myths and misconceptions. Learn about the long-term effects and care for parvovirus survivors and stay informed about the latest research and developments in the field. In addition, *Canine Parvovirus: Everything You Need to Know* provides valuable resources and support, including veterinary organizations, online resources, and support groups. You'll also find

chapters on parvovirus and public health the future of parvovirus the economic impact of the virus and parvovirus in wildlife Whether you re a pet owner or a professional this comprehensive guide will equip you with the knowledge and tools needed to better understand and protect your beloved pets from the threat of parvovirus Don t wait empower yourself and protect your pet today Contents Understanding Parvovirus What is Parvovirus The History of Parvovirus Types of Parvovirus Canine Parvovirus Feline Panleukopenia Human Parvovirus B19 Parvovirus Transmission and Risk Factors Modes of Transmission High Risk Environments Vulnerable Populations Canine Parvovirus Signs and Symptoms Gastrointestinal Symptoms Cardiac Symptoms Additional Signs of Infection Feline Panleukopenia Signs and Symptoms Gastrointestinal Symptoms Neurological Symptoms Additional Signs of Infection Human Parvovirus B19 Signs and Symptoms Fifth Disease Erythema Infectiosum Arthritis and Arthralgia Severe Anemia Diagnosing Parvovirus Diagnostic Tests Differential Diagnoses Treating Parvovirus Supportive Care Fluid Therapy Medications and Antiviral Agents Parvovirus in Puppies and Kittens Signs and Symptoms Treatment and Prognosis Parvovirus Prevention Vaccination Protocols Disinfection and Environmental Control Quarantine and Isolation The Role of Veterinary Professionals Diagnosis and Treatment Client Education Parvovirus Outbreak Management Parvovirus in Shelters and Rescue Organizations Prevention Strategies Outbreak Management Responsible Adoption Practices Parvovirus Myths and Misconceptions Common Misconceptions Dispelling Myths Living with Parvovirus Survivors Long Term Effects Care and Management Emotional Support Parvovirus Research and Developments Advances in Treatment Vaccine Development Future Directions Frequently Asked Questions General Questions Prevention and Vaccination Treatment and Prognosis Parvovirus Case Studies Canine Parvovirus Feline Panleukopenia Human Parvovirus B19 Parvovirus Resources and Support Veterinary Organizations Online Resources Support Groups Parvovirus and Public Health Zoonotic Risks Public Health Initiatives Parvovirus Surveillance The Future of Parvovirus Emerging Research Advances in Prevention Global Initiatives The Economic Impact of Parvovirus Costs of Treatment Impact on Animal Shelters and Rescue Organizations Public Health Costs Parvovirus in Wildlife Susceptible Species Impact on Wildlife Populations Conservation Efforts Holistic Approaches to Parvovirus Prevention and Care Nutritional Support Herbal Remedies Complementary Therapies Parvovirus in the Media Media Coverage of Outbreaks Public Awareness Campaigns Parvovirus in Popular Culture Traveling with Pets Parvovirus Considerations Vaccination and Health Certificates Reducing Exposure Risks Managing Illness While Traveling Parvovirus and the Human Animal Bond Emotional Impact on Owners Supporting Grieving Pet Owners The Healing Power of Pets Parvovirus and Breeding Practices Risks in Breeding Facilities Responsible Breeding Practices Genetic Factors and Parvovirus Resistance Parvovirus and Legal Considerations Liability for Pet Owners Veterinary Malpractice Reporting Obligations Parvovirus Survivor Stories Inspirational Stories of Recovery Lessons Learned The Power of Community Support Parvovirus Advocacy and Education Raising Awareness Community Outreach Programs Parvovirus Education in Schools

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section learning objectives by the end of this section you will be able to do the following describe simple and complex machines calculate mechanical advantage and efficiency of

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two or more simple machines operate together to form a compound machine study with quizlet and memorize flashcards containing terms like simple machines lever wheel and axle

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how well do you know your simple machines complete both sides of this chart define it what is it describe it what does it do what happens to the force explain your answer

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answer key a wedge has a slanted edge like an inclined plane the difference is in how it s used an inclined plane is used to move things from here to there while a wedge breaks

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procedure answer the following questions regarding simple machine systems each question requires proper illustration and annotation including labeling of forces distances direction

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across 1 simple machine that has a straight slanted surface 4 most common type of lever 5 all inclined planes must have this kind of angle 7 the fe fr 8 made up of a twisted inclined

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1 something that reduces the friction lever 5 of moving something inclined plane 3 2 something that can hold things together or lift an object wedge 6 3 a ramp 4 something

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