

DAILY HEADACHE TRACKER										
Date		Day								
Start Time		Time Ended		Duration						
PAIN AREA										
FRONT	TEMPLE	MIGRAINE	CLUSTER	TMJ	NOSE					
SEVERITY OF PAIN	1	2	3	4	5	6	7	8	9	10
CAFFEINE	<input type="checkbox"/>	BRIGHT LIGHTS	<input type="checkbox"/>	TOOTHACHE	<input type="checkbox"/>	ENERGY LEVEL				
ALCOHOL	<input type="checkbox"/>	EYE STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	ACTIVITY LEVEL				
TOOTHACHE	<input type="checkbox"/>	WIND STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	SLEEP LEVEL				
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
WIND	<input type="checkbox"/>	COMMENTS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
RELIEF MEASURES										
MEDICATION										
SLEEP										
DURING										
AFTER										
OTHER										
NOTES										

DAILY HEADACHE TRACKER										
Date		Day								
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PAIN AREA										
FRONT	TEMPLE	MIGRAINE	CLUSTER	TMJ	NOSE					
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CAFFEINE	<input type="checkbox"/>	BRIGHT LIGHTS	<input type="checkbox"/>	TOOTHACHE	<input type="checkbox"/>	ENERGY LEVEL				
ALCOHOL	<input type="checkbox"/>	EYE STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	ACTIVITY LEVEL				
TOOTHACHE	<input type="checkbox"/>	WIND STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	SLEEP LEVEL				
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
WIND	<input type="checkbox"/>	COMMENTS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
RELIEF MEASURES										
MEDICATION										
SLEEP										

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Start Time		Time Ended		Duration						
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SEVERITY OF PAIN	1	2	3	4	5	6	7	8	9	10
CAFFEINE	<input type="checkbox"/>	BRIGHT LIGHTS	<input type="checkbox"/>	TOOTHACHE	<input type="checkbox"/>	ENERGY LEVEL				
ALCOHOL	<input type="checkbox"/>	EYE STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	ACTIVITY LEVEL				
TOOTHACHE	<input type="checkbox"/>	WIND STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	SLEEP LEVEL				
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
WIND	<input type="checkbox"/>	COMMENTS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
RELIEF MEASURES										
MEDICATION										
SLEEP										

DETAILED MIGRAINE TRACKER

DAILY HEADACHE TRACKER										
Date		Day								
Start Time		Time Ended		Duration						
PAIN AREA										
FRONT	TEMPLE	MIGRAINE	CLUSTER	TMJ	NOSE					
SEVERITY OF PAIN	1	2	3	4	5	6	7	8	9	10
CAFFEINE	<input type="checkbox"/>	BRIGHT LIGHTS	<input type="checkbox"/>	TOOTHACHE	<input type="checkbox"/>	ENERGY LEVEL				
ALCOHOL	<input type="checkbox"/>	EYE STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	ACTIVITY LEVEL				
TOOTHACHE	<input type="checkbox"/>	WIND STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	SLEEP LEVEL				
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
WIND	<input type="checkbox"/>	COMMENTS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
RELIEF MEASURES										
MEDICATION										
SLEEP										
DURING										
AFTER										
OTHER										

DAILY HEADACHE TRACKER										
Date		Day								
Start Time		Time Ended		Duration						
PAIN AREA										
FRONT	TEMPLE	MIGRAINE	CLUSTER	TMJ	NOSE					
SEVERITY OF PAIN	1	2	3	4	5	6	7	8	9	10
CAFFEINE	<input type="checkbox"/>	BRIGHT LIGHTS	<input type="checkbox"/>	TOOTHACHE	<input type="checkbox"/>	ENERGY LEVEL				
ALCOHOL	<input type="checkbox"/>	EYE STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	ACTIVITY LEVEL				
TOOTHACHE	<input type="checkbox"/>	WIND STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	SLEEP LEVEL				
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
WIND	<input type="checkbox"/>	COMMENTS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
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ALCOHOL	<input type="checkbox"/>	EYE STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	ACTIVITY LEVEL				
TOOTHACHE	<input type="checkbox"/>	WIND STRAIN	<input type="checkbox"/>	NOISE	<input type="checkbox"/>	SLEEP LEVEL				
FOOD	<input type="checkbox"/>	STRESS	<input type="checkbox"/>	OTHER	<input type="checkbox"/>					
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RELIEF MEASURES										
MEDICATION										
SLEEP										
DURING										
AFTER										
OTHER										

Migraine Headache Monthly Calendar

Adams Media



Migraine Headache Monthly Calendar:

Migraine Headache 12 Month Tracking Journal Mary Susan Carey, 2019-03-08 This Migraine Headache planner and tracker is like no other. It uses a monthly tracking check list used by doctors for recording headache triggers, pain intensity, and medication effectiveness. It is organized by the month too so that you can combine your monthly calendar to do lists and appointment note pages. Medical advice, experiences, strategies, and feelings can be recorded in an efficient organized manner. Self care is also a part of each month's records. Along with 12 monthly sections, there are additional pages at the back and front of this tracking journal for medication lists, test results, health care professional phone numbers, extra check list forms for your own design, and a mood tracking chart for the year. And since stress management is also very important in your health care, there are small areas for coloring as a tool to relax the mind if one so chooses. Features included: 8 1/2 x 11 inches, 144 pages in all, 8 pages per month, monthly calendars are adaptable to any year, just add the daily numbers, 12 personal care checklists, 12 migraine trigger tracking checklists, 12 to do lists, 12 calendars, 24 journal pages, 24 appointment note pages, annual migraine graphing chart, medication lists, test result records, doctor's address book, tracking feeling and energy chart, pages to color for relaxation. All these pages are ready for your input and use. Say yes to logging the triggers for your headaches. Learn to manage the pain. Record what gives you relief and be empowered now. *Menstrual Migraine* Susan Hutchinson, B. Lee Peterlin, 2008-01-28 Approximately 12 million women in the US suffer from menstrual migraine, a common and disabling condition. Menstrual migraine is typically defined as a migraine headache that affects a woman each month starting two days before the menstrual period and continuing to the end of menstruation. It differs from nonmenstrual attacks of migraine even in the same women in the regularity of its timing and its greater severity. Compared with other times in the menstrual cycle, a migraine is more than twice as likely to occur during the first 3 days of menstruation and more than 3 times as likely to be severe. As part of the Oxford American Pain Library, this practical handbook is designed to serve as a concise yet authoritative resource on diagnosing and treating menstrual migraine. Tailored to the needs of busy health care professionals treating female patients in the primary care setting, the book focuses on essential clinical information for physicians, nurse practitioners, and physician assistants in family practice, internal medicine, and OB/GYN. In addition to covering traditional clinical areas such as pathogenesis, comorbidities, pharmacologic and non-pharmacologic treatments, the book also presents an array of practical tools and features such as screening tools for easy diagnosis, disability assessment, tools, tips on best questions to ask, useful checklists, and additional patient resource information. The handbook also provides valuable guidance on how to proceed should initial treatment efforts fail. **Migraine in Medicine** Paolo Martelletti, 2022-08-05 This book on migraine is the first machine-generated scientific book in medicine published by Springer Nature and reflects a new publication format which focuses on literature reviews. State of the art computer algorithms were applied to select relevant sources from Springer Nature journal articles, rearrange them in a topical order.

and provide short summaries of these articles The result is the auto summarization of current texts organized by means of a similarity based clustering routine in coherent chapters and sections The human intervention of a world renowned expert in this field grants the scientific soundness and appropriate organization of the contents identified The AI based approach seemed especially suitable to provide an innovative perspective as the topics are indeed both complex interdisciplinary and multidisciplinary as is migraine the most important among the chronic non communicable diseases under the age of 50s The result of this innovative process will be of help especially for readers with limited time interested in migraine and wishing to learn more about the subject quickly and particularly if they are new to the topic Springer Nature seeks to support anyone who needs a fast and effective start in their content discovery journey from the undergraduate student exploring interdisciplinary content to Master or PhD thesis developing research questions to the practitioner seeking support materials this book can serve as an inspiration to name a few examples

The Woman's Guide to Managing Migraine Susan

Hutchinson,2013-03-14 Headaches in women is truly a major health issue Every year over 22 million women in the United States suffer from migraine headaches A concise and practical handbook that gives female headache sufferers all the tools they need to work with their healthcare providers to properly diagnose types of headache and develop the best possible treatment plans

The Migraine Brain Carolyn Bernstein,Elaine McArdle,2009-07-14 You know that your migraine isn't just a headache But you may not know that migraine actually is a neurological disease Affecting one in five women one in twenty men and one in twenty children it's a debilitating complex and chronic condition that manifests in a combination of symptoms that can include excruciating head pain as well as other distinctive physical and emotional effects Yet it's also a disease that you can get control of improve and manage as Dr Carolyn Bernstein has discovered in her seventeen years as a Harvard Medical School faculty member and practicing neurologist Praised for her excellence and compassion the founder of the Women's Headache Center near Boston and a migraine sufferer herself Dr Bernstein has helped hundreds of her patients get better Now with The Migraine Brain the most comprehensive up to the minute book on migraines ever written you will be able to do the same reduce the frequency and intensity of your migraines learn how to prevent and curtail them and how to recover from them more quickly and mitigate migraine's effects on every aspect of your life in the workplace and at home and during sex and travel Every migraine is different because everyone who gets a migraine has a distinctive Migraine Brain with its own sensitivities and triggers That's why it's so important for you to develop a personalized wellness plan to radically reduce the number and severity of your migraines Dr Bernstein also explains why migraines happen why they are so often misdiagnosed and why so few people get the right treatment for them She reveals the latest research that shows that Migraine Brains share a hypersensitivity to stimuli the Migraine Brain can actually look different from others on a brain scan and is more likely to experience a cascade of neurological reactions that give rise to the common clusters of migraine symptoms This breakthrough medical knowledge makes treatment and recovery possible with new migraine specific drugs as

well as with complementary treatments such as yoga biofeedback and an exercise regimen With the extraordinarily thorough recommendations of *The Migraine Brain* in your hands you will be fully equipped with all the latest information you need to understand migraines and to help your family and co workers understand that migraine isn't just a headache it's a serious yet treatable disease

Evidence-based Clinical Chinese Medicine - Volume 23: Episodic Migraine Claire Shuiqing Zhang, Shaohua Lyu, 2021-03-18 This 23rd volume of the Evidence based Clinical Chinese Medicine series aims to provide a multi faceted whole evidence analysis of the management of Episodic Migraine in integrative Chinese medicine Beginning with overviews of how Episodic Migraine is conceptualized and managed in both conventional medicine and contemporary Chinese medicine the authors then provide detailed analyses of how Episodic Migraine were treated with herbal medicine and acupuncture in past eras In the subsequent chapters the authors comprehensively review the current state of the clinical trial evidence for Chinese herbal medicines Chapter 5 acupuncture and other Chinese medicine therapies Chapter 7 and combination Chinese medicine therapies Chapter 8 in the management of Episodic Migraine as well as analyse and evaluate the results of these studies from an evidence based medicine perspective In Chapter 6 the authors review and summarize experimental evidence for the bioactivity of commonly used Chinese herbs in Chapter 6 The outcomes of these analyses are summarised and Chapter 1 Introduction to Migraine This book can inform clinicians and students in the fields of integrative medicine and Chinese medicine regarding contemporary practice and the current evidence base for a range of Chinese medicine therapies used in the management of Episodic Migraine including herbal formulas and acupuncture treatments in order to assist clinicians in making evidence based decisions in patient care

Migraine and Other Headaches William Boyd Young, Stephen D. Silberstein, 2004-03 Migraine and Other Headaches is the essential guide for headache sufferers providing the information needed to obtain effective medical care and long term relief Different types of headaches are thoroughly explained in easy to understand language beginning with migraine the most common severe headache which occurs in approximately 12 percent of the U S population The authors discuss the different types of migraine migraine without aura previously called common migraine migraine with aura and basilar migraine Emphasis is placed on the necessity of early treatment the importance of understanding the difference between a headache cause and a headache trigger and how to avoid common triggers Rebound headache caused by the overuse of acute medication is a topic of special significance and is discussed in detail

Migraine Sharron Murray, 2013-06-01 A nurse's guide to stopping or shortening these painful headaches through powerful drug free techniques Migraine disease affects over thirty million people in the U S alone Sharron Murray a nurse and former college professor shows readers how to develop their own wellness plan and regain control of their lives Migraine explains how to Identify headache types and triggers Break the cycle of medication dependence Create a self care plan that combines Eastern therapies yoga meditation biofeedback and reflexology with conventional Western medical approaches physical therapy chiropractic to reduce the frequency and severity of migraine

attacks and achieve wellness Murray a sufferer herself explains the cause of the disease where it comes from and the difference between primary and secondary headache types along with the impact of injuries and diseases that may occur alongside migraine disease She looks closely at both Eastern and Western medicine to help readers understand their unique headache patterns and minimize or abort migraine attacks In addition tables and charts provide at a glance reference points

Modern Day Management of Headache K Ravishankar,Randolph Warren Evans,Shuu-Jiun Wang,2017-12-31 This book is a comprehensive guide to the management of headaches Divided into five sections chapters are presented in a question and answer format The book begins with an overview of headaches explaining classification diagnostic testing and pathophysiology The following sections cover primary headaches migraine tension related and secondary headaches post trauma vascular related infections The final sections discuss headaches in specific patient groups such as children the elderly women and in pregnancy and complementary and alternative therapies Key points Comprehensive guide to management of headaches Covers both primary and secondary headaches and specific patient groups Includes section on complementary and alternative therapies Highly experienced internationally recognised editor and author team Handbook of Headache Paolo Martelletti,Timothy J. Steiner,2011-08-14 Headache disorders are among the most common disorders of the nervous system They are pandemic and in many cases they are recurrent and can accompany the patient for the whole life These disorders impose a substantial burden on headache sufferers on their families and on society the individual impact is measured by the frequency and severity of attacks while the societal burden is measured in terms of loss of activity at work and school as well as of costs for the health system As a matter of facts headaches are ranked in the top ten and maybe the top five causes of disability worldwide they are therefore extraordinarily common Population based studies have mostly focused on migraine which even if it is the most frequently studied headache disorder is not the most common Other types of headache such as the more prevalent TTH and sub types of the more disabling chronic daily headache have so far received less attention and need to be better investigated This book will provide a useful tool to a wide medical population who is required specific skills to diagnose and manage these frequent and often disabling disorders Furthermore it could also represents a compendium for medical students who are usually introduced to this topic through multidisciplinary university programmes The Everything Health Guide to Migraines Paula Ford-Martin,2008-07-01 If you are one of the 28 million Americans suffering from migraines you know how hard it is to find relief The Everything Health Guide to Migraines is your perfect resource for information about symptoms coping methods and both medicinal and natural treatment options for your migraines This handbook provides clear concise information to help you understand the problem and find a solution In this helpful guide you ll find the knowledge you need to Identify the different types of migraines Determine migraine myths and misconceptions Get a proper diagnosis the first step toward relief Avoid migraine triggers Choose traditional or alternative treatment options This book will assist you in accurately diagnosing your condition and managing your physical and

emotional health It is your compass on the road to recovery and the future of your migraine care With The Everything Health Guide to Migraines you can say goodbye to migraine pain Paula Ford Martin is a health writer with more than twelve years of experience who has suffered from migraines since childhood She is the author of several Everything health guides Paula has written extensively for traditional and alternative medicine publications She lives in Connecticut Daniel Lachance M D is a neurologist with more than twenty years of experience A graduate of the Dartmouth Medical School Dr Lachance is appointed in the Division of Regional Neurology at the Mayo Clinic He runs his own practice in his hometown of Rochester Minnesota

Migraine: Identify Your Triggers, Break Your Dependence on Medication, Take Back Your Life

Sharron E. Murray,2013-06-01 Sharon Murray meticulously researched and explored various treatments before coming to the conclusion that what migraine sufferers really need is a wellness plan unique to their specific ailments Migraine helps you create just such a plan Page 4 of cover

Psychology and the Challenges of Life Jeffrey S. Nevid,Spencer A.

Rathus,2009-11-23 A long respected standard in the psychology of adjustment Psychology and the Challenges of Life Eleventh Edition has been thoroughly updated and contemporized to provide students the ability to reflect on how psychology relates to the lives we live and the roles that psychology can play in helping us with the challenges we face Authors Jeffrey Nevid and Spencer Rathus explore the many applications of psychological concepts and principles used to meet the challenges of daily life while encouraging students to apply concepts to themselves through active learning exercises self assessment questionnaires and journaling exercises

Does Cupping Therapy Work? The Current

Answer of the Science Yasin Etli,2020-11-13 Cupping therapy is an ancient treatment method and has been used by many cultures for centuries for healing purposes It is a matter of wonder whether this treatment method which has become widespread and popular in recent years is really effective This book seeks an answer to this question and is a comprehensive summary of studies on cupping therapy In these studies it was investigated whether cupping therapy is effective on various diseases how it reveals these effects how long these effects last and whether the cupping therapy has side effects The book is an important resource for those who want to learn scientific facts about cupping therapy Besides it is a useful guide for cupping therapy practitioners as it includes methods and application points that have been shown to be useful With the hope to achieve healing under the leadership of science

Understanding Your Migraines Morris Levin,Thomas N. Ward,2017

Understanding Your Migraines is a comprehensive and authoritative resource for people who suffer from migraine headaches as well as for their families and their caretakers Drs Levin and Ward bring their vast experience studying and treating migraine to this book in a clear practical and easily understandable volume which covers all of the aspects of migraine that plague individuals and their families Numerous examples of real people with migraine help illustrate the options available for finding relief for this highly disabling worldwide health problem

The Patient Equation Glen de Vries,2020-07-23 How the

data revolution is transforming biotech and health care especially in the wake of COVID 19 and why you can t afford to let it

pass you by We are living through a time when the digitization of health and medicine is becoming a reality with new abilities to improve outcomes for patients as well as the efficiency and success of the organizations that serve them In *The Patient Equation* Glen de Vries presents the history and current state of life sciences and health care as well as crucial insights and strategies to help scientists physicians executives and patients survive and thrive with an eye toward how COVID 19 has accelerated the need for change One of the biggest challenges facing biotech pharma and medical device companies today is how to integrate new knowledge new data and new technologies to get the right treatments to the right patients at precisely the right times made even more profound in the midst of a pandemic and in the years to come Drawing on the fascinating stories of businesses and individuals that are already making inroads from a fertility tracking bracelet changing the game for couples looking to get pregnant to an entrepreneur reinventing the treatment of diabetes to Medidata's own work bringing clinical trials into the 21st century de Vries shares the breakthroughs approaches and practical business techniques that will allow companies to stay ahead of the curve and deliver solutions faster cheaper and more successfully while still upholding the principles of traditional therapeutic medicine and reflecting the current environment How new approaches to cancer and rare diseases are leading the way toward precision medicine What data and digital technologies enable in the building of robust effective disease management platforms Why value based reimbursement is changing the business of life sciences How the right alignment of incentives will improve outcomes at every stage of the patient journey Whether you're a scientist physician or executive you can't afford to let the moment pass understand the landscape with this must read roadmap for success and see how you can change health care for the better Natural Medicine, Optimal Wellness Jonathan V.

Wright, Alan R. Gaby, 2013-04-24 Imagine having holistic physicians at your fingertips to answer your medical questions With *Natural Medicine Optimal Wellness* you do For each condition you'll sit in on a consultation between Dr Jonathan Wright and a patient seeking advice By the conclusion of each visit you'll have a complete understanding of why Dr Wright prescribes particular natural treatments Then in a separate commentary Dr Alan Gaby follows up with an analysis of the scientific evidence behind the treatments discussed enabling you to make informed decisions about your health If you wish to receive the best of care from the best of physicians *Natural Medicine Optimal Wellness* is the natural choice for your personal library of health and wellness books

Vitamins & Pregnancy: The Real Story Helen Saul Case, 2016-03-08 Vitamins are absolutely essential for a healthy pregnancy before during and after Expectant parents want healthy babies and to more easily navigate pregnancy's many ups and downs Problem is standard prenatal vitamins don't come close to meeting the needs of all women Nutritional orthomolecular physicians have known this for decades Many women would benefit from an abundance of nutrients during pregnancy and the advantages are clear healthy babies and happy moms Helen Saul Case has lifelong experience with nutritional medicine having been born and raised with it her entire life Still she found pregnancy challenging with new aches pains and amazing symptoms I couldn't have dreamed up if I tried It became all too clear that how to best

use high doses of vitamins to safely and effectively address health issues was conspicuously absent from the scores of pregnancy health books out there It s time for a change Vitamins vitamin E helps prevent miscarriage magnesium helps cramping legs and sore aching backs and extra vitamin B6 alleviates morning sickness without a prescription Optimal vitamin and mineral intakes during pregnancy and breastfeeding What the research says about efficacy and safety Nutrition based advice to help alleviate more than 35 pregnancy issues from acid reflux and yeast infections to postpartum challenges including depression and losing weight *Migraines: Migraine Triggers* Adams Media,2012-04-16 Do you or a loved one suffer from migraines The Everything Healthy Living Series is here to help These concise thoughtful guides offer the expert advice and the latest medical information you need to manage your pain and lead a healthy life Identifying different triggers like alcohol food weather or environmental factors can dramatically reduce the frequency of your migraines Living with migraines can be challenging but with the right guidance you can live a happy and healthy life *Clinician's Guide to Chronic Headache and Facial Pain* Gary W. Jay,2016-04-19 As headache and facial pain are two of the most common medical complaints it is essential that clinicians are well equipped to handle these issues Clinician s Guide to Chronic Headache and Facial Pain is designed for all clinicians dealing with these syndromes in daily practice whether in the outpatient emergency or ambulatory setting Features

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Migraine Headache Monthly Calendar Introduction

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