Beware of Winter Burn Hazards

March is National Nutrition Month

Don't Have A Stroke

Plus Technology Update: Artificial Neck Disc May Offer Greater Relief • New Laser Procedure Helps Local Lung Cancer Patient • Latest Imaging System Enhances Diagnostics • New Treatment Options For Depression
For over 30 years now Doctors Hospital has been committed to putting people first. It’s a philosophy we not only strive to support daily by providing expert medical care, respectful customer service, and generous community support, but one we assess annually when planning for the New Year and beyond.

In keeping with this commitment, Doctors Hospital will soon launch the largest expansion and renovation project ever undertaken in the facility’s history. Its scope encompasses improvements we believe will greatly benefit our patients, including a new three-story addition to the main hospital and renovations to the Joseph M. Stull Burn Center at Doctors Hospital.

The ‘tower’ addition will feature a new classroom facility, expanded main lobby, 24 medical/surgical beds, 24 I.C.U. rooms, and the support spaces required to service the new rooms. Improvements to the Burn Center include the addition of a third operating room and new waiting/registration area. Burn Center renovations will also focus on improving the clinical staff workflow, segregating wound care services into one central area, and patient room modifications.

Lastly, the hospital is very excited to announce that we will be renovating our labor/delivery facilities and launching one of the nation’s newest, most progressive childbirth programs; Family-Centered Maternity Care. Believing that the birth experience creates lifelong memories and family bonds, the new Clyde A. Burgamy, MD Family Center for New Life will focus on providing personalized support and creating a holistic environment for the mother, baby, and family throughout the entire continuum of pre- and post-natal care.

We look forward to sharing more about each of these exciting changes as they progress throughout the year. As always, we care about you as a person and look forward to serving your future healthcare needs.

Sincerely,

C. Shayne George
President/CEO Doctors Hospital

Meet your Board Member

As a physician in private practice associated with Doctors Hospital for over 25 years, Dr. Bill Byars brings a historical perspective to his role as Moderator of the hospital’s 2007-2008 Board of Trustees.

“Through the years, I have had the pleasure of serving in numerous leadership roles at Doctors Hospital. As a result, I tend to look at the big picture. I try to ask, ‘What’s good about this situation?’ by focusing on teamwork, proactive thinking, and flexibility when advancing an initiative. In my experience, pessimism is seldom productive.”

–Dr. Bill Byars
OB/GYN

Dr. Byars has served as Chairman of the hospital’s Department of Obstetrics and Gynecology five times and as President, Vice President and Secretary/Treasurer of its Medical Staff respectively. He was also named a “Top Doc” in 2004 by Best Doctors in America, an annual publication that references about 30,000 U.S. physicians in more than 40 medical specialties. A graduate of the Medical University of South Carolina, Dr. Byars served his internship and subsequent residency in Obstetrics and Gynecology at Fitzsimons Army Medical Center in Denver, Colorado. In private practice in Augusta since 1981, Dr. Byars is a member of several professional organizations, including the American College of Obstetrics and Gynecology; Georgia Obstetrical & Gynecological Society; Medical Association of Georgia; Richmond County Medical Society; and a Charter Member of the Augusta Obstetrical and Gynecological Society, having served as President in 1987-1988.
Sudden trouble walking, numbness or weakness in your face, arm or leg, especially on one side of the body, high blood cholesterol, diet high in fats or sodium, heart and/or artery diseases, diabetes mellitus, cigarette smoking, alcohol abuse, sudden, severe headache with or without nausea, high blood pressure, sudden trouble seeing in one or both eyes, physical inactivity and obesity.

Dr. Charles Wolf, a neurologist at the Center for Stroke Care at Doctors Hospital, said: "Secondly, learn the facts to know about stroke is one of the most important factors goes a long way toward preventing an occurrence," Dr. Wolf said. "One of the most important facts to know about stroke is that managing your personal risk factors and/or may also reduce the degree of disability including loss of speech or movement. It's an equally safe wager that many people at risk for suffering a stroke are in effect playing the odds—putting their health in harm’s way by failing to manage their risk factors and/or mistakenly assuming that, should they experience one, all hospitals offer equal standards of care.

According to Dr. Charles Wolf, "Doctors Hospital is certified by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) as a Primary Center for Stroke Care," Smith said. "In other words, we are certified by one of the nation's predominate healthcare standards-setting bodies to provide the highest standard of stroke care."

More specifically, Smith said that a JCAHO-certified hospital must undergo a rigorous accreditation process to demonstrate that it has specially trained staff, top-quality equipment, and advanced capabilities. It must also show it provides a consistent, comprehensive approach to stroke care that includes: stroke prevention education; Emergency Department response protocols; acute stroke treatment; chronic stroke care including secondary stroke prevention; stroke rehabilitation; and continuous quality improvement initiatives.

“A big benefit of the system approach to stroke care is that it formalizes the process and encourages multi-disciplinary or team involvement,” Dr. Wolf said. “The ‘team’ model promotes a more proactive care environment in which patients at risk of stroke, or perhaps those who have suffered ‘mini’ strokes may be identified, counseled and treated, thus decreasing the likelihood of a future severe stroke.”

Mini strokes, or transient ischemic attacks (TIAs), are "warning strokes" that produce stroke-like symptoms but no lasting damage. However, according to ASA statistics, a person who has had one or more TIAs is almost 10 times more likely to have a stroke than someone of the same age and sex who has never experienced one. Recognizing and treating TIAs can greatly reduce a person’s risk of having a major stroke. It’s also important to know that the risk of stroke for someone who has already suffered one is many times that of a person who has not.

"The bottom line is that preventing a stroke from occurring is by far and away the ‘best’ approach to stroke care,” Dr. Wolf said.

To learn more about stroke prevention and risk factors, visit the American Heart Association website at www.americanheart.org. For information on the Center for Stroke Care at Doctors Hospital, please call 706.651.2001 or visit www.doctors-hospital.net.

Ignoring Signs is Risky Business
Recognizing the symptoms of stroke—even if you lack risk factors for suffering one—ultimately saves lives! If you or someone nearby should experience any of the following symptoms, call 9-1-1 immediately!

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden, severe headache with no known cause

Change, Treat or Control!
While some stroke risk factors are hereditary or a function of natural processes and therefore cannot be changed, there are many resulting from a person’s lifestyle or environment that can be modified with the help of a healthcare professional. Below is a sample of stroke risk factors that can be changed or medically treated and controlled.

1. High blood pressure
2. Cigarette smoking
3. Diabetes mellitus
4. Heart and/or artery diseases
5. High blood cholesterol
6. Diet high in fats or sodium
7. Physical inactivity and obesity
8. Alcohol abuse
9. Drug abuse, especially of cocaine, amphetamines and heroin

It’s a sure bet that no one purposely chooses to have a stroke—-the obstruction of blood flow to a region of the brain that can result in death or permanent disability including loss of speech or movement. It’s an equally safe wager that many people at risk for suffering a stroke are in effect playing the odds—putting their health in harm’s way by failing to manage their risk factors and/or mistakenly assuming that, should they experience one, all hospitals offer equal standards of care.

The American Heart Association (AHA), the American Stroke Association (ASA) and the National Institute of Neurological Disorders & Stroke (NINDS) all agree that receiving top-notch stroke care reduces a patient’s likelihood of permanent disability or death from the disease. According to Sondra Smith, Vice President of Service Line Development at Doctors Hospital, the hospital not only meets the recommendations set forth by these organizations, it exceeds them.

"The key to surviving a stroke is knowing the signs and getting to a hospital quickly," Dr. Wolf said. "One of the most important facts to know about stroke is that managing your personal risk factors and/or may also reduce the degree of disability including loss of speech or movement. It’s an equally safe wager that many people at risk for suffering a stroke are in effect playing the odds—putting their health in harm’s way by failing to manage their risk factors and/or mistakenly assuming that, should they experience one, all hospitals offer equal standards of care.

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The new artificial disc replaces a patient's damaged neck disc and is unique in its ability to allow motion.

AREA PATIENTS AMONG FIRST IN STATE TO RECEIVE SPINE PROCEDURE

Each year, thousands of Americans live with ailments such as arm weakness and pain, neck discomfort, and headaches due to a damaged cervical disc—the small cushion of cartilage located between two vertebrae or bone segments that serves as the spine’s shock absorbers.

Now, thanks to a new procedure being performed at the Spine Center at Doctors Hospital Human Motion Institute, several Augusta-area patients are hoping to get relief from their pain by replacing a damaged disc with an artificial one.

In this procedure, the SECURE-C™ artificial disc (which is still in clinical trials) is used to replace a damaged neck disc. Recently performed on several local patients by neurosurgeon, Dr. Ildemaro Volcan and orthopedic surgeon, Dr. Allan Goodrich, the patients were among the first in Georgia to receive the new mechanical articulating device that allows motion in the spine—a characteristic Dr. Goodrich said may prove preferable to the treatment now routinely used for similar cervical disc disorders.

“Unlike the current standard of surgical treatment which involves removing the damaged disc that cushions the spine then fusing the bones together, the SECURE-C™ artificial disc allows motion,” Goodrich said.

According to studies backing the clinical trial, over 130,000 cervical fusions were performed in the U.S. in 2003. Cervical fusion is a “welding” process by which two or more of the small bones (vertebrae) that make up the cervical column are fused together with bone grafts and internal devices so that they heal into a single solid bone. The surgery eliminates motion between vertebrae segments.

While spinal fusion remains the treatment of choice for many degenerative conditions, over the past few decades, surgeons and researchers have noted that this lack of motion may cause secondary biomechanical difficulties over time. As a result, they have been actively investigating disc replacement alternatives to fusion.

In answer, the SECURE-C™ artificial disc consists of articulating endplates and a polyethylene core that provide motion in the spine. Surgeons implant it by first removing the damaged disc from the neck then fitting an artificial one to take its place in the patient’s spine. Once the new, artificial disc is placed between the vertebrae, the metal plates of the disc can be seen with X-ray.

According to Dr. Goodrich, one of the goals of the study is to determine whether or not allowing continued movement of the spinal segment will help reduce pressure on the discs above and below where the artificial disc has been implanted and also better alleviate the patient’s pain. Dr. Goodrich added that a similar procedure and disc implant has been used in Europe for over ten years.

To learn more about the Spine Center at Doctors Hospital Human Motion Institute, visit www.doctors-hospital.net or please call 706.651.2449.
Valerie Martin, an eighth grade language arts teacher with a rare and incurable type of lung cancer, is now back in the classroom doing what she loves—teaching students. Martin credits her return to work to a new laser procedure performed by Dr. Carmel Joseph, a pulmonologist with the Center for Pulmonary Medicine at Doctors Hospital.

As recently as last summer, Martin barely had the energy to climb steps—a condition she first noticed while vacationing with her family in Williamsburg, Virginia. What she didn’t know at the time was that the cancer she had been diagnosed with over five years ago had caused several large lung lesions. They were dramatically blocking her airway, causing not only her shortness of breath, but also increasing fatigue.

“When I first noticed that I felt short of breath, I assumed I was just tired from touring,” Martin said. “The alarm bells really went off after we returned home. By early August, I was extremely fatigued and had begun to notice blood after coughing.”

Martin saw her oncologist immediately. She was told that the blood coming from her respiratory tract (hemoptysis) was life threatening. She was immediately referred to Dr. Joseph, a specialist in Interventional Pulmonology noted for introducing several innovative pulmonary procedures to the Augusta area through Doctors Hospital.

Upon examination, Dr. Joseph told Martin she had tennis ball sized lesions in both of her lungs along with multiple pulmonary nodules that had completely occluded her left main stem bronchus. He immediately performed a new laser procedure to remove most of the tumors blocking the air passages in her lungs. Although Dr. Joseph said it was not a curative solution, the procedure was able to greatly alleviate Martin’s symptoms and dramatically improved her total lung capacity from 37 percent to 87 percent.

“Dr. Joseph was incredible. I called him in mid-August and he saw me immediately—even though he really didn’t have an opening until September. Looking back, knowing how bad I felt, I realize now I would never have made it to September,” Martin said.

Dr. Joseph was equally impressed with Martin. He said that helping Martin—a woman he stated he especially admires for her spirit and passion for returning to what she loves—only further confirms his commitment to helping patients achieve the best quality of life possible.

“Through it all, Ms. Martin’s main concern and total focus was on how quickly she could return to her classroom,” Dr. Joseph said. “She never complained. She is a remarkable lady with a very optimistic attitude.”

Dr. Joseph also performs other specialized interventional procedures such as tracheobronchial stenting and brachytherapy—a process that benefits lung cancer patients by delivering a high dose of radiation directly to tumors in the airway without affecting the surrounding lung tissue.

To learn more about Pulmonary Medicine at Doctors Hospital, visit www.doctors-hospital.net or please call 706.651.6846.
You're A Big Girl Now *  
Saturday, January 20, 10:00 a.m. – 12:00 p.m.
Hosanna Women's Ministry, 3696 Wheeler Rd.
Cost: $10 per student.

Boys to Men  
Saturday, February 24, 9:00 a.m. – 12:00 p.m.
Location: Doctors Hospital, MOB I, Third Floor, Suite 304
This class is for boys 13-16 years old. Please call 706.651.2450 to register.

Caregiver Support Group *  
Tuesday, February 13 & March 13, 6:00 p.m.
Location: Augusta Oncology Associates, 3696 Wheeler Rd.
A free educational seminar for people caring for a family member with cancer and their family members. Please call 706.651.2283 for more information.

Diabetes Support Group *  
Tuesday, February 13, 6:00 p.m.
Location: Doctors Hospital, MOB I, Third Floor, Suite 304
An educational seminar offered the second Tuesday every other month for the person with diabetes and their family members. There is no charge for this class. Please call 706.651.2450 to register.

Bunswick Stew  
Prep Time: 20 minutes  
Cook: 8 to 10 hours on low or 4 to 5 hours on high
3 medium onions, cut into thin wedges  
2 pounds meaty chicken pieces, skinned  
1/2 cups diced cooked ham (8 ounces)  
1/4-ounce can diced tomatoes  
1/4-ounce can chicken broth  
1/2 cups drained canned whole kernel corn  
1/2 cup frozen baby lima beans  
1/2 teaspoon dried thyme, crushed  
1/4 teaspoon dry mustard  
1/2 teaspoon dried thyme, crushed  
1/4 teaspoon dry mustard  
1/4 cup chopped cilantro  
1/4 cup chopped green onion  
1/4 cup chopped parsley  
1/2 teaspoon bottled hot pepper sauce  
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Directions
In a 3¾ -to 4-quart crockery cooker place onion. Top with chicken and ham. In a small bowl combine undrained tomatoes, broth, garlic, Worcestershire sauce, mustard, thyme, pepper, and hot pepper sauce; pour over chicken and ham. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. If desired, remove chicken; cool slightly. (Keep lid on the crockery cooker) Remove meat from chicken bones; cut meat into bite-size pieces. Return chicken to crockery cooker; discard bones.
Add okra, lima beans, and corn to crockery cooker. If using low-heat setting turn to high-heat setting. Cover and cook 45 minutes more or until vegetables are tender. Makes 6 servings.

LOSE THE CHILL WITH A HEALTHY MEAL!

Nothing takes the edge off a frantic winter workday like a piping hot bowl of stew—even more so if it’s ready to go when you get home. One-pot, slow-cook dishes are ideal for chilly weekday suppers and are a great way to ensure that your family gets a wholesome, healthy meal on nights when you’re too cold and tired to cook!

Try this comforting crockery cook-up, an easy one-pot dinner that will keep you warm and satisfied. The crockery cooker also saves you the time and energy of cooking separate soups and stews. Just toss everything into the cooker, turn it on, and you’re set. According to Sheri Loflin, a registered dietician at Doctors Hospital and member of the ADA, when it comes to achieving long-term weight and health management success, one size does not fit all.

“Our culture is very attuned to fad dieting—the notion that there is a miracle method for losing weight and feeling better,” Loflin said. “While following a trendy diet can often provide immediate results, unfortunately its success is generally short-lived. Perhaps more troubling is the potential harm it may cause to people with certain health conditions.”

For lasting weight and health management results, Loflin recommends working with your physician and/or a registered dietician-professionals that can help you evaluate your current nutritional and fitness habits, then work with you to create a plan that meets both your individual goals and your long-term health needs.

In keeping with this recommendation, Doctors Hospital offers outpatient nutritional therapy. Through the program, patients can address a variety of weight and health concerns including weight loss, food allergies, diabetes, and high cholesterol. The one-on-one counseling sessions, usually arranged through a physician’s referral, consist of working with a dietician to create a current diet history then developing an optimal food and exercise plan designed to accomplish each patient’s personal weight and health objectives.

“Our goal is to help people develop a food and fitness plan that promotes lifelong health,” Loflin said.

To learn more about outpatient nutritional therapy at Doctors Hospital, contact Sheri Loflin at 706.651.6043. To schedule an outpatient nutrition therapy visit, call the Diabetes Care Center at Doctors Hospital at 706.651.2468.

G
iven the fact that about 55% of adults in the U.S. are overweight and obesity, and holiday excess has become an American tradition, it’s not surprising that ‘losing weight’ and ‘getting fit’ top the nation’s New Year’s resolutions. Unfortunately, many of us lose sight of our resolve almost immediately, only to frantically re-commit in early spring when we suddenly realize swimsuit season is just around the corner!

Perhaps in recognition of this tendency, the American Dietetic Association (ADA) has designated March as National Nutrition Month™. A nutrition education and information crusade, the annual ADA campaign is designed to focus attention on the importance of timely, science-based food and nutrition information. According to the ADA, when it comes to achieving long-term weight and health management success, one size does not fit all.

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Bunswick Stew  
Prep Time: 20 minutes  
Cook: 8 to 10 hours on low or 4 to 5 hours on high
3 medium onions, cut into thin wedges  
2 pounds meaty chicken pieces, skinned  
1/2 cups diced cooked ham (8 ounces)  
1/4-ounce can diced tomatoes  
1/4-ounce can chicken broth  
1/2 cups drained canned whole kernel corn  
1/2 cup frozen baby lima beans  
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BEWARE OF BURN HAZARDS

PREVENT WINTER FIRE ACCIDENTS!

According to the American Burn Association (ABA), each year over one million people in the U.S. incur burn injuries severe enough to require medical attention. Of these, about 45,000 are hospitalized. Amongst the 2,000-plus patients treated annually from throughout the Southeast at the Joseph M. Still Burn Center at Doctors Hospital, about one-third of them are children.

As we move into the colder months—a time when the majority of major burn injuries to children occur—it is important to review ways to prevent against winter burn accidents. To that end, the Joseph M. Still Burn Center provides the following tips and guidelines.

Cooking

Cooking-related fires are the number one cause of fires in the home.

- Do not leave cooking food unattended. If you must leave, turn off all cooking appliances.
- Keep any combustible materials such as towels, potholders, papers, etc., away from any heat source. Don’t wear loose fitting clothing while cooking.
- Do not attempt to move a pan of grease that is on fire. Put a lid on the pan to smother the fire and then turn off the heat, or use an ABC-rated fire extinguisher. Alert your family so they can evacuate safely.
- Be sure to turn pot handles towards the back of the stove. Small children are generally curious and may reach for a handle to see what is in the pot. They could get burned.

Fireplaces and Heaters

- Never leave small children alone in the home, even for a minute.
- Place a barrier around open flames.
- Do not allow children to play near fireplaces, radiators, or space heaters.
- Have your heating system and fireplace checked and cleaned yearly. Fall is a great time to do this.
- Leave plenty of room around space heaters. They should be at least 3 feet from anything that might burn, like curtains and furniture. Turn space heaters off and unplug them when you go to bed or leave the home.

General Fire Safety

One of the best ways to protect yourself and your family from a house fire is by having working smoke detectors in your home. By providing early warning of fire, smoke detectors can double your chances of escaping a fire safely.

- Check your smoke detectors monthly. Only a working smoke detector can save your life.
- Replace the batteries in your smoke detectors twice a year; when you change your clocks, change your batteries.
- Install smoke detectors on each level of your home and in sleeping areas. Sleep with your bedroom door closed.
- Install a carbon monoxide detector if you have any appliance or device that has a flame; stove, water heater, furnace, fireplace, space heater, etc.
- Don’t use your oven or stove to heat your house.
- Keep matches and lighters up high, out of sight and reach of children—preferably in a locked cabinet. If your child sees you lighting candles or starting the fireplace, they may think it is OK for them to do it too. Teach your kids about fire safety; matches and lighters are “tools” for adults, not “toys” for kids.

For more information about burn prevention, please visit www.josephmstillburncenter.com or contact Beth Frits at 706.364.6400.

CRADLE CLUB

Join our Cradle Club today! Membership and classes are FREE! Please pre-register for all classes. Call 706.651.BABY (2229) or register online, www.doctors-hospital.net.

Prepared Childbirth Classes
- Mondays, February 12 – March 12
- Tuesdays, February 20 – March 27 & April 3 – May 15
- 7:00 – 9:30 p.m.

Labor and Delivery Tour
- Thursday, February 1 & March 1
- 7:00 – 8:30 p.m.
- Location: MOB 1, Suite 309

Breastfeeding*
- Thursday, January 18, February 22 & March 15, 6:30 – 8:30 p.m.

Infant CPR
- Thursday, January 25, February 22 & March 29, 6:30 – 9:00 p.m.
- Location: MOB 1, Suite 309

Baby’s Brother & Sister*
- Sunday, February 11 & March 4
- 2:00 – 3:30 p.m.

Baby Care*
- Sunday, February 11 & March 4
- 4:00 – 6:30 pm

Saturday Express*
- Saturday, February 3, March 3
- 9:00 a.m. – 5:00 p.m.

Infant Massage*
- Saturday, February 10
- 1:00 – 2:00 p.m.

Free Fitness Class**
- Monday, Wednesday & Friday
- 8:30 a.m. & 9:15 a.m.
- Members only.

Tuesday and Thursday evenings:
- 5:15 p.m. Members only.

Mind/Body Fusion Class**
- Tuesdays & Thursdays, 9:30 a.m.
- Experience the ultimate mind and body workout combining tai-chi, pilates, yoga, stretching and relaxation to rejuvenate a healthier and happier you. Ten classes for only $40.00. For more information, call 706.651.6716.

H2U

Join our H2U today! Membership and classes are FREE! Please pre-register for all classes. Call 706.651.BABY (2229) or register online, www.doctors-hospital.net.

AARP Driver Safety Program**
- February 8 & 9, March 8 & 9, and April 10 & 11, 1:00 p.m. Open to all interested in joining H2U. Please RSVP to 706.651.6716.

Orientation Coffee**
- February 13, March 13, and April 10, 11:00 a.m. Open to all interested in joining H2U. Please RSVP to 706.651.6716.

Education Program**
- "Nutrition 101*
- February 15, 11:30 a.m.

Education Program**
- "Mail Fraud and Identity Theft**
- February 25, 11:30 a.m.
- Taught by a U.S. Postal Inspector. For more information, call 706.651.6716.

Education Program**
- "Nutrition 101"*
- February 15, 11:30 a.m.
- Presented by a dietician at Doctors Hospital. For more information, call 706.651.6716.


* H2U Classes are held in the H2U Meeting Area on the Doctors Hospital Campus, Building III, 1305 Interstate Pkwy. To join or register for classes, please call 706.651.6716.

* Cradle Club and Community Education Classes will be held on the Doctors Hospital Campus, 3023 J. Dewey Gray Circle, Medical Office Building (MOB) I, Cradle Club Classroom, 3rd Floor, Suite 310.
Life is a gift. Live it well.

www.doctors-hospital.net

Doctors Hospital believes caring for your health extends beyond hospital walls. So we offer convenient outpatient rehab centers community-wide; individualized cardiopulmonary health programs near your home; sports injury rehab in your neighborhood; and occupational health services including injury management and prevention near your work.

Of course, if you should suffer a serious injury or illness, Doctors Hospital is here—providing advanced healthcare at the center of your life.

3651 Wheeler Road
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Please send comments or suggestions to:
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