

眼睛疼痛、视力下降或是角膜疾病

新民健康送出 100 名角膜病免费筛查名额

◆ 本版撰文 吴瑞莲

角膜病是目前困扰众多上班族和退休老年人的病症之一。由于生活节奏加快和生活方式的现代化,比如电子产品的普及以及隐形眼镜、美瞳等的出现,使角膜感染的发病率有所增加,而人们对角膜病的危害缺乏足够的认识,常乱用眼药水,加上一些基层医生也缺乏足够的角膜专业知识,滥用误用药物使患者得不到早期规范诊治,致使一些常见的多发性角膜病延误治疗,最终致盲。本月,新民健康工作室送出 100 名角膜病免费筛查名额,有需求的患者可拨打新民健康工作室热线 021-62476396(时间:周一至周五 10:00-

17:00)报名参与。据世界卫生组织报告,我国因角膜病致盲的患者约有 300 万,每年新发的感染性角膜病致盲患者约 10 万,其中青壮年患者占 85%。调查结果显示,85%的角膜盲源自感染性角膜病,感染性角膜病患者数量占眼科住院患者总人数的第二位。除了感染性角膜病,还有免疫性角膜病、角膜营养不良及变性等,都有可能致盲。上海爱尔眼科医院角膜病专科陶津华主任介绍,多数的青年人、上班族如果发现自己眼睛上布满了红血丝,并且眼睛会痛会痒,总

想用手去揉,视力也越来越不好,他们都会认为可能是看电脑时间长,或者没休息好用眼过度导致的眼疲劳,或者近视眼等,用点眼药水或者配眼镜就好了。而许多老年人看报纸、看电视的时候也会发现自己看不清上面的字儿了,像是被什么遮住一样,眼前有一层雾,有时候可能还会眼睛发疼,去公园晒太阳、散步还觉得眼睛怕见光,一般这种情况,老年人都会认为是老花眼了。但陶主任提醒,角膜病的症状与以上表现十分相似,人们往往由于对角膜病的了解不够,而没有意识到,这也可能是角膜病在搞鬼。

陶主任提醒,眼部疾病多有相似的症状,很容易混淆,以上这些人们经常出现的症状:眼睛充血、疼痛、畏光、视力下降等,恰恰是角膜病最常出现的症状,因此要仔细区分。近视眼一般看远处的东西会模糊,发虚,好像拍照对不准焦距;老花眼则是看东西模糊不清,重影,偶尔伴有头晕;而角膜病导致的视力下降,则是眼前像是被遮住了一样,好像有一层东西挡住了、同时还会眼睛疼痛、怕光。因此,感觉有以上情况的出现时就要尽快到眼专科医院进行专业的角膜、视光等检查,不让眼病继续扩展,造成不可逆转的后果。

乱用眼药水、隐形眼镜易致角膜感染

角膜位于眼球的最外层,眼睛睁开的时候,角膜是暴露在空气中的,直接与外界接触,因此也最容易受到外界各种因素的影响而发炎。陶津华主任举例说,比如直接从从事工农业生产者最容易引发角膜病,很多做过电焊的人,尽管有防护,也会或多或少溅入眼睛里面一些东西,导致角膜病,还有一些从事建筑工作的人,在外作业,与粉尘泥沙等接触较多,很容易异物入眼,导致角膜发炎,这种外伤与感染是引发角膜病的最常见原因。而现在人们最常见的沙眼,也极易容易导致角膜感染,引起角膜炎。还有很多人只要眼睛不舒服,不管是干涩或是疼痛,喜欢用手去揉或者用眼药水,但是很多眼药水中含有防腐剂等成分,会对角膜造成损伤,易发炎。此外,现在的年轻人也都爱美,为了美观选择带隐形眼镜,甚至是美瞳,隐形眼镜与美瞳都是直接接触角膜的软性镜片,长时间佩戴容易造成眼部“缺氧”很容易感染,而且会磨损

角膜,都很容易引发角膜炎。另外,某些全身性疾病也可引起角膜病,例如结核、风湿、梅毒等引起的变态反应性角膜炎。全身营养不良,特别是婴幼儿维生素 A 缺乏引起的角膜软化症,以及三叉神经麻痹所致的神经麻痹性角膜炎等,慢性泪囊炎也是造成角膜感染的危险因素,先天性遗传和角膜肿瘤也可导致角膜病。不论何种原因引起的角膜病,其致盲率都不可小视,如果治疗及时,都可完全恢复,而如果治疗或发现不及时,导致疾病进一步扩展,损害角膜基质,形成角膜溃疡,就算此时治愈,愈合后将形成翳或斑,严重影响视力,若一旦无法治愈将角膜穿孔,最终致盲。陶主任介绍,我们提倡疾病的早期干预早期治疗,很多角膜病患者若早期发现疾病,进行及时干预,便不会延误到失明的程度,早期通过药物和其他治疗都能得到控制或者能够治愈。

角膜病可致盲 角膜移植重见光明

一旦角膜疾病严重到一定程度,就需要考虑进行角膜移植了,比如由于各种原因造成的角膜白斑而影响视力、角膜溃疡久治不愈甚至角膜穿孔以及各种原因造成的角膜变性等。陶津华主任表示,眼角膜移植是最常见的人体组织移植手术之一,自 1961 年以来,全球已有数百万人通过移植手术恢复了视觉,包括男人、妇女、老人和儿童,年龄从几个月大到 80 岁不等。陶津华主任介绍,角膜移植手术是利用异体的正常透明角膜组织,取代病变混浊的不健康角膜组织,达到控制病变进展及提高视功能的手术方法。目前,角膜移植手术早已是一项成熟的眼科技术,帮助许多角膜病患者重见光明,提高生活质量。陶津华强调,施行角膜移植手术的关键是要有健康的角膜供体材料,要经过专业、严格的筛

选、采集及保存等环节,保证优质安全健康的供体材料能够适时提供给施行角膜移植手术的医生,才能满足临床需要,顺利进行角膜移植手术。在我国角膜病防治工作受到诸多条件的限制,角膜供体来源严重匮乏,限制了角膜移植手术的施行。资料显示,我国因角膜病致残致盲者(包括单眼患者)约有 400 万人,他们中的大多数是通过角膜移植脱残脱盲。但由于角膜材料来源困难,甚至有了角膜材料,因为保存方法落后,仍使广大患者难以得到及时治疗。据了解,就华东地区而言,每年在医院排队注册等候角膜源的患者都有几千人,而真正接受了手术的每年最多也就几十人。很多人不了解角膜捐献,以为角膜捐献就是直接取走角膜,那样自己就会失明,这种理解是不对的,只要人们拥有满足捐献条件的角膜,找到可以接收角膜的眼库,签订角膜捐献同意书,在捐献者去世后,医生才会取走角膜,为需要的人移植,并且取走角膜后,医生会给捐献者用义眼填充,不会影响捐献者仪容。陶主任提醒,日常生活中要注意对眼角膜的保护,避免机械性和化学性的角膜外伤。如果一旦有外伤,应第一时间去专业眼科做角膜检查,也不要使用他人的洗漱用具,双手要清洁,不要总是揉眼睛,注意眼睛的休息,更不要自行购买药水或借用别人的眼药水点眼。角膜病潜伏的危险性非常大,不可麻痹大意,一旦出现眼部疼痛、视力下降、角膜充血等症状,应及时发现,早期用药,坚持治疗,争取在角膜病的发病初期,也就是最轻的时候,抓准最好的治疗时机,达到痊愈,阻止疾病扩展。

骨伤病人懂得康复恢复更好



退休工人老王的脾气火爆异常,一点就着。生活中凡事都喜欢与人争个高下,这不,和老李为了一粒象棋子两个人脸红脖子粗争执了半天,突发脑血管意外,摔倒时还造成了腰椎部位骨折。当病情渐渐稳定下来时,半个身子已经不能动弹,嘴角歪斜。不光是因为脑卒中的并发症,还因为常年劳累已使他患病的腰椎不堪重负,到现在他的半身还不能动弹。为此,上海开元骨科医院康复医学科毕霞主任强调,患者在发病后的前六个月是康复的黄金时期,越早懂得康复介入,功能恢复就会越好。毕主任进一步介绍说:康复治疗针对的是功能的概念。“很多家属关心患者什么时候能走?什么时候能自己上厕所?如何走

路不摔倒?说白了就是患者自身运动功能的恢复程度如何。有些患者会出现疼痛,半身麻木等感觉障碍以及言语障碍等,这些也都是康复医学科所需要关心的问题。”康复医学是预防医学、临床医学等“四大医学”其中之一。毕霞主任特别介绍了康复治疗骨科的常见疾病有:1)四肢骨折功能康复;2)关节损伤后的僵硬及挛缩,包括韧带损伤、肌腱肌肉损伤、关节软骨损伤;3)脊椎骨折及脊髓损伤、截瘫;4)关节炎,包括风湿、类风湿性关节炎、强直性关节炎;5)颈(腰)椎间盘突出、突出症等。此外,对脑中风、运动神经元变性疾病患者的及早康复介入具有重要意义。毕霞主任指出,康复医学对

蹲点开抢免费专家咨询号

由本市各医院临床一线医务工作者为广大就医人群贴心准备“红包”——免费专家咨询号,有需求的读者可拨打新民健康工作室热线:021-62476396。时间:周一至周五 10:00-17:00。报名截止日期:8月27日(周三)12:00。



范金鲁
主任医师
擅长:泪器疾病的诊断及手术治疗;通过鼻腔内窥镜下泪道微创手术治疗各种原因造成的泪道阻塞、急性慢性泪囊炎等泪道疑难杂症。



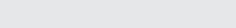
毕霞
副主任医师
擅长:从事屈光性白内障手术的个性化治疗,熟练掌握常规白内障及复杂性白内障超声乳化手术,以及各类角膜病的诊断与治疗。



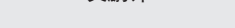
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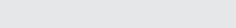
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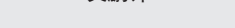
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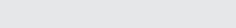
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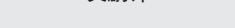
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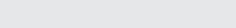
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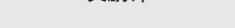
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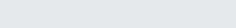
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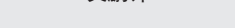
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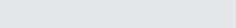
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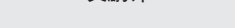
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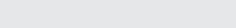
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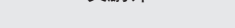
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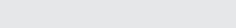
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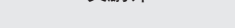
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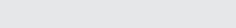
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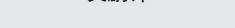
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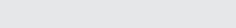
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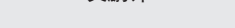
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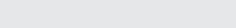
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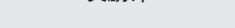
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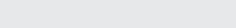
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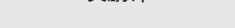
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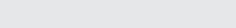
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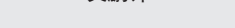
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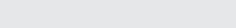
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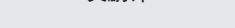
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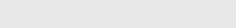
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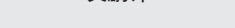
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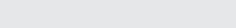
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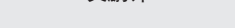
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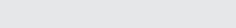
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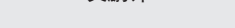
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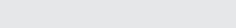
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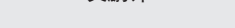
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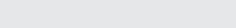
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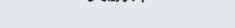
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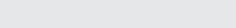
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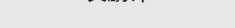
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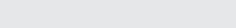
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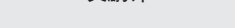
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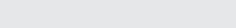
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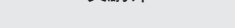
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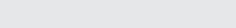
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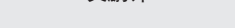
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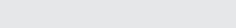
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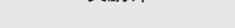
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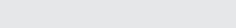
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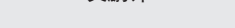
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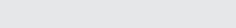
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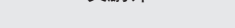
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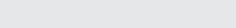
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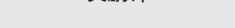
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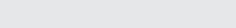
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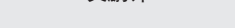
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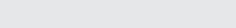
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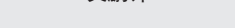
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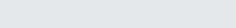
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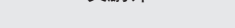
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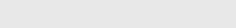
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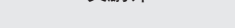
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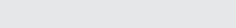
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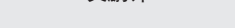
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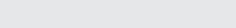
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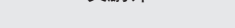
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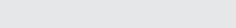
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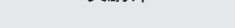
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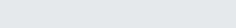
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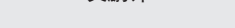
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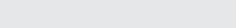
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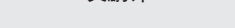
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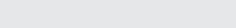
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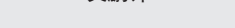
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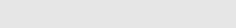
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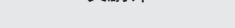
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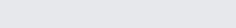
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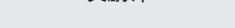
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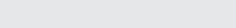
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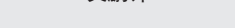
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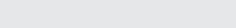
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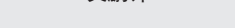
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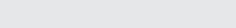
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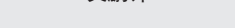
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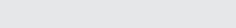
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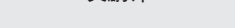
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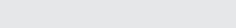
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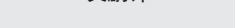
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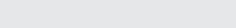
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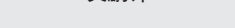
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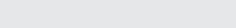
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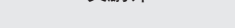
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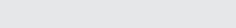
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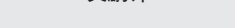
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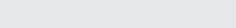
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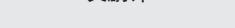
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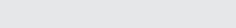
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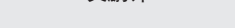
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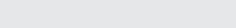
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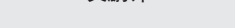
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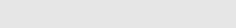
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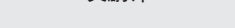
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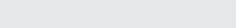
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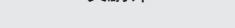
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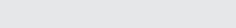
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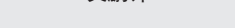
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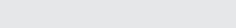
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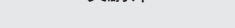
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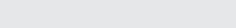
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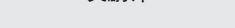
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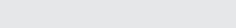
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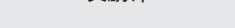
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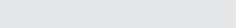
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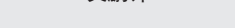
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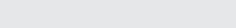
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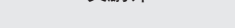
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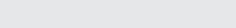
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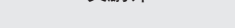
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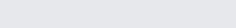
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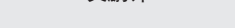
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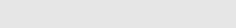
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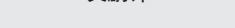
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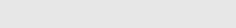
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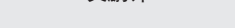
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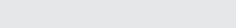
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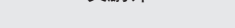
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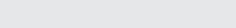
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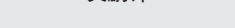
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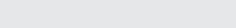
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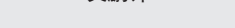
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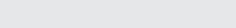
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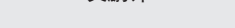
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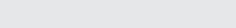
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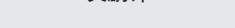
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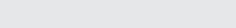
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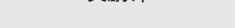
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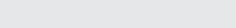
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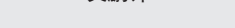
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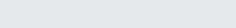
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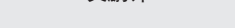
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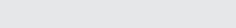
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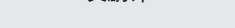
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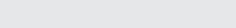
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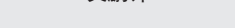
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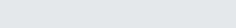
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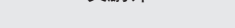
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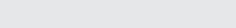
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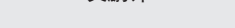
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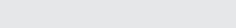
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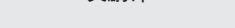
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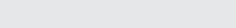
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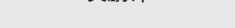
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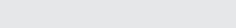
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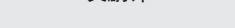
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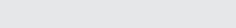
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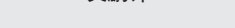
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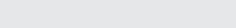
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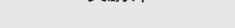
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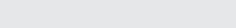
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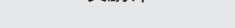
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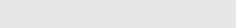
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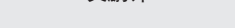
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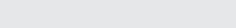
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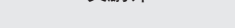
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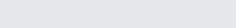
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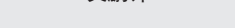
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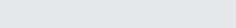
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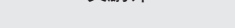
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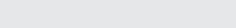
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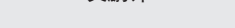
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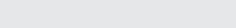
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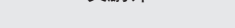
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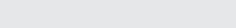
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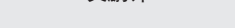
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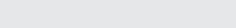
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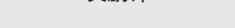
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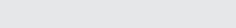
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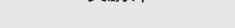
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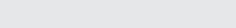
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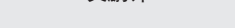
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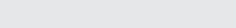
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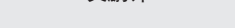
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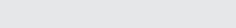
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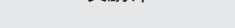
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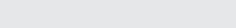
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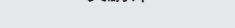
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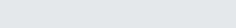
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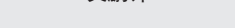
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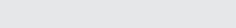
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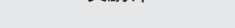
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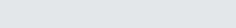
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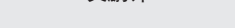
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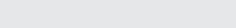
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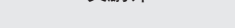
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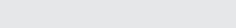
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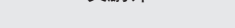
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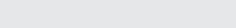
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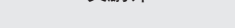
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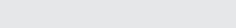
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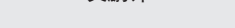
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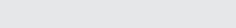
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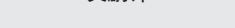
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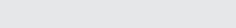
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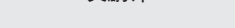
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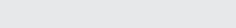
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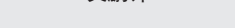
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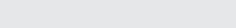
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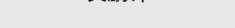
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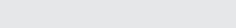
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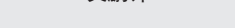
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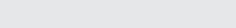
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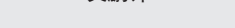
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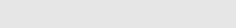
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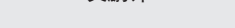
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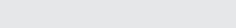
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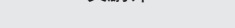
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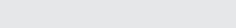
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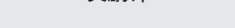
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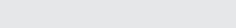
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