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# MIMA e-NEWSLETTER

## INDIAN MEDICAL ASSOCIATION

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VOLUME XXIII

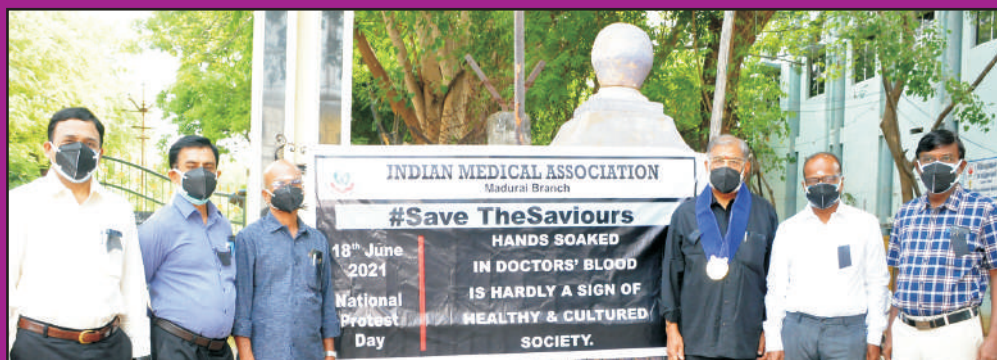
ISSUE 7

MONTHLY NEWSLETTER

JULY 2021

PRICE Rs. 5/-

### IMA NATIONAL PROTEST DAY (18.06.2021)



IMA NATIONAL PROTEST DAY (18.06.2021)



NATIONAL DOCTORS'S DAY (JULY 1)


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## OFFICE BEARERS - 2021

JULY 2021



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Hon. Secretary  
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**Dr. R. Ravindran**  
President  
98944 12390



**Dr. R.R. Vijayakumar**  
Hony. Finance Secretary  
94434 39935



**Dr. R. Mahalingam**  
Vice President  
94434 56078



**Dr. N.J. Manivannan**  
Joint Secretary  
96292 54247



**Dr. V.N. Alagavenkatesan**  
Imm. Past President & President Elect  
97877 28505

### Legal Consultants

Mr. C. Karthik 99942 66443  
Mr. Panner Selvam 97894 20006

### MAGAZINE COMMITTEE

Editor : **Dr. N.J. Manivannan**

Associate Editors : **Dr. N. Vijaya Sankaran**  
**Dr. R. Rajeev Ayyappan**

Members : **Dr. V. Kumaravel**  
**Dr. K. Arun, Dr. V.K. Aravind**

Published on behalf of IMA MADURAI BRANCH by  
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## President Message

JULY 2021

Respected Seniors and Colleagues !

Greetings!

It gives me great pleasure to write to you through this President column of MIMA, Newsletter.

July is seeing a dip in Corona cases after its peak in May. The second wave of the pandemic brought tragic losses and sufferings to individuals and community. From losing jobs to losing their dear ones young many suffered mental agony as a result of contracting the illness or caring for family member who had contracted the illness.

The second wave clearly overwhelmed the health infrastructure. Many hospitals faced difficulty catering to the influx of COVID patients with inadequate staff. COVID recognized hospital was dealing with problem of insufficient oxygen, beds and lack of availability of life saving drugs.

We have lost many of our colleagues leaving a indelible scar in our mind. We salute all frontline workers who have lost their precious lives to save others.

Tiding once crisis was possible with the united support of National, State and all brochure of IMA.

On June 18<sup>th</sup> "IMA Protest Day" was held with an objective to prevent assault on Profession and Professionals with the slogan "Save the Saviours" IMA Premises. Members of the Madurai IMA participated in large number and contributed their views about the safety of the Doctor's community.

A Demand for a Competitive Central law forbidding violence against Doctors was placed. Uniform Insurance coverage for Doctor's was also insisted. Insisting the above message a letter was handed over to Madurai Collector on behalf of IMA, Madurai Branch, by the President and State IMA NHB Office bearers Dr. S.G. Balamurugan and Dr. Ganesh.

"IMA COVID RELIEF ACTION FUND" was raised to the tune of Rs.17,95,000/- and was handed over to the State IMA with good appreciation from State President and Secretary.

We are thankful to all our members who donated liberally for the noble cause.

An urgent Governing Body was arranged in view of absence of ailing Secretary Dr.M.Amanullah, and assigned Dr.N.J.Manivannan as Secretary and Editor of the IMA, Madurai Branch.

Regarding IMA Financial Crisis, Fund resource Mobilization was discussed and covered up in the Building Committee and Magazine Committee meeting Minutes.

With united support from all quarter along with a profound sense of optimism we march forward once again serve and rebuild our community.

**With Regards!**

Always in IMA Service

*R. Ravindran*

**(Dr. R. Ravindran)**





## Secretary's Report



*Dear members,  
Greetings.*

We regret to report the parting of the following members

1. Dr. T.S. Krishnamoorthy 3. Dr. Smt. K.G. Subangi 5. Dr. V. Ravindranath
2. Dr. R. Kanagarajan 4. Dr. Smt. S. Tamilarasi

Indian Medical Association Madurai Branch places on record the contribution of these distinguished members to the association and sends its deep felt condolences to the bereaved members of the family.

Equally grieved we are to note the demise of the Er. A. Abdul Rahim son of our beloved Secretary Dr.M.Amanullah.

We pray for the repose of their soul.

As Dr.M.Amanullah is recuperating from Covid illness, I have been assigned to act as Secretary of IMA Madurai Branch and Editor MIMA News Letter till he resumes his duties

It is with great sense of gratification I am to inform you that we have collected a decent sum of Rs.17,95,000/- to IMA COVID relief Fund. In this connection, we would like thank Dr. S.G. Balamurguan for his untiring efforts to mobilise a sum of Rs. 8,40,000/- on his part from NHB members for above relief fund.

IMA Madurai Branch profusely thank all the members for their generous contribution to this noble cause. With the approval of the Governing Body, the whole amount was transferred to the Tamil Nadu State Branch IMA Action Fund.

The following Members deserve special mention for their personal contributions of Rupees ONE LAKH each :

1. Dr. Pugalagiri Vadamalayan (Vadamalayan Hospital)
2. Dr. Amutha Kumar (S.K.G.Hospital)
3. Dr. M.J. Arun Kumar (Hannah Joseph Hospital)
4. Dr. V. Ramesh (HarlyRaam Hospital)
5. Dr. S.G. BalaMurguan (Guru Hospital)
6. Dr. R. BalaChandar (Lakshmana Hospital)
7. Dr. Vikram (Ahanna Hospital)
8. Dr. C.N. Ilankumaran (HarsithaNeoway Hospital)

Let us now bring to your notice that our financial situation is "RED" due to poor rental income through the IMA Halls during the pandemic. Hence we have made the following decisions in the urgent Governing Body meeting to stabilize the financial position

1. We appeal to all the Governing Body members and life members to donate a minimum of Rs. 5,000/- per head or any amount in accordance to their will and wish
2. Individual/ Family photos of members can be displayed at the IMA Hall by donating a sum of Rs. 25,000/- for Individual photo and Rs.40,000/- for family photos

We have decided to give a wide publicity regarding the reduction in tariff for IMA Hall for the general public by giving advertisements in newspapers and erect a digital sign board in front of our IMA Building .We request members to display details of the slashed tariff in their Clinic /NH/Hospitals at a prominent location to help the association to get over this crisis.

Let us thank Dr. G. Aneethjagaraj and Dr.V.Ramesh for their spontaneous gesture of paying Rs.5,000/- as member donation and Dr. S.G. Balamurguan for his assurance to pay Rs.50,000/- as his personal contribution . Suggestions on any of these matters are welcome

*Thanking you,*

Always in IMA Service

**Dr. N.J. Manivannan**



## FROM THE EDITOR'S DESK



**Dear Esteemed members,  
Greetings!**

Editorial Committee has noted the decision to make the Joint Secretary Dr.N.J.Manivannan to act as Secretary and the Editor of IMA MIMA News Letter till Dr.M.Amanullah recovers from his indisposition.

The burning issue was the publication of hard copy with its usual colourful grandeur. While it was emphasized that News Letter should bring all relevant information to the members, the main constraint is the terrific paucity of funds during the pandemic specifically due to scarce social functions held in the IMA Hall. Instead, E-NEWS letter was considered to be the best option and the committee is thankful for the valuable inputs by Dr. V.Kumaravel.

Request was made to Dr.V.Kumaravel to activate the dysfunctional website "imamaduai.com" and improve the IMA communications through the website and Whatsapp. Dr. V. Kumaravel has graciously agreed to sponsor the installation of website and its annual maintenance for the first two years. The website will have modern key features like members data, applications for new enrollments, CME notifications, IMA newsletter/journal, gallery of photos and provisions for online voting etc. This website will be updated thrice in a year.

As it appears implausible to include all 2,500 in one whatsapp group, he felt multiple groups of each 250 members may be started for official communications, not allowing any clutters. Only admin will be posting official and authentic informations to avoid miscommunications.

We have resolved to prominently publish the reduction in tariff for the IMA hall in the Newsletter specifically to facilitate display of the same in their clinic / NH/Hospitals to help the association to stabilise the financial crisis.

We have noted member's opinion that the Newsletter can also carry President's views on important national and regional issues concerning us like "Assault on Doctors in Assam" "IMA Bihar fight against Dr. RAMDEV's utterances" and "Government Policy on integrating Ayush with modern medicine etc". Members views and articles on such matters can also be considered for publications.

The members suggestions are invited on the above matters.

*Thanking you*

*Always in IMA Service*

*(Dr. N.J. Manivannan)*

## BUILDING IMPROVEMENT COMMITTEE MESSAGE

**Dear Members,  
Greetings!**

We are concerned about the financial crises of the Association due to poor income though the IMA Halls. This is mainly because of the pandemic associated scarce utilization of our halls by the public. Moreover, all neighbourhood marriage halls have slashed their tariff by 50% for their survival, our tariff appeared catchy to the pursue. Hence we have decided to reduce the tariff of our IMA hall by 50% to attract the public to utilize the IMA hall for more social functions. The details of the reduced and revised tariff are given below.

### Revised Tariff

	IMA ASI Hall (Upstairs)	IMA A/c Hall (Downstairs)
6 Hours	Rs. 10,000/- (Earlier 20,000)	IMA Rs. 5,000/- (Earlier 10,000)
12 Hours	Rs. 20,000/- (Earlier 40,000)	IMA Rs. 10,000/- (Earlier 20,000)
24 Hours	Rs. 30,000/- (Earlier 60,000)	IMA Rs. 15,000/- (Earlier 30,000)

The already existing rate concession for members will continue as usual. We appeal to all our members to display this information in their clinic /NH/ Hospitals for the public view and help the association to improve the patronage for the IMA hall. We have resolved to give advertisement in the newspapers and also erect digital display of sign boards in front of the IMA Building.

The following recommendation may also help us to stabilize the financial situation of the association.

-Individual/Family photos of members can be displayed in IMA Hall for the donation of Rs. 25,000/- and Rs 40,000/- respectively

The current tenure of the Building Improvement Committee expires on July 2021, election for the committee members for the year 2021-2024 will be conducted as per the Bye Law of the IMA Madurai Branch.

Earnestly soliciting the co-operation of beloved members,

*With Regards!*

Dr. V.N. Alagavenkatesan  
Dr. V. Amuthan  
Dr. V.K. Aravind  
Dr. S.I. Arivazhagan  
Dr. K. Arun  
Dr. S. Babu  
Dr. M. Chidambaram

Dr. N. Durairaj  
Dr. V. Kumaravel  
Dr. R. Mahalingam  
Dr. K.S. Mayilvaganan  
Dr. P. Meenambal  
Dr. B.K.C. Mohan Prasad

Dr. A. Muthu Arumugam  
Dr. V. Rajagopalan  
Dr. R. Rajeev Ayyappan  
Dr. R. Ravindran  
Dr. V. Ravindranath  
Dr. S. Swaminathan  
Dr. R.R. Vijayakumar

*Yours Sincerely*

*(Signature)*  
Dr. P. Vijayarathinam  
Secretary

குழந்தையின்மை, பாலியல், மறைமுக பிரச்சனைகள் நூல்கள்-மூன்று முறை அரசு விருதும், தங்கபதக்கமும், சர்வதேச, விருதுகளும், காங்கிரஸ், தி.மு.க., எம்.ஜி.ஆர்., விருதுகளும், சென்னையில் மருத்துவமாமணி, கோவையில் சேவைச் சிகரம், மதுரையில் மதுரையின் மாத்ருபூதம் விருதும் பெற்ற பாலியல் நிபுணர் :டாக்டர் என்.என். கண்ணப்பன் - SEXOLOGY & S.T.D துறைகளில் 42 ஆண்டுகளுக்கு மேல்.



**"சிறந்த மாவட்ட தலைவர் விருது"**

அரிமா மாவட்ட அளவில் விருது வழங்கும் விழாவில்-அரிமா ஆளுனர்கள் R. குருமூர்த்தி, P.D. மோகன் சிங், Dr. N.N.K. க்கு சிறந்த மாவட்ட தலைவர் விருது வழங்கினார்கள்.



**"பழனியில் பாராட்டு"**

பழனியில் நடந்த அரிமா மாநாட்டில் பாராட்டு பதக்கம்-அரிமா ஆளுனர் டாக்டர் பிரம்மநாயகத்திடமிருந்து. அருகில் 2009-2010 ஆளுநர் T. வேலுச்சாமி.



**"மதுரை அபிராமியில் பாராட்டு"**

மதுரை நகர் அரிமா சங்க உறுப்பினர் Dr.N.N.K- யின் சேவைகளை பாராட்டி மதுரை அபிராமி அரிமா சங்கத்தில் Ex. கவர்னர் S.V.S. சிவநாதத்தின் பாராட்டு, பொன்னாடை, பரிசு.



**"சிறந்த மாவட்ட தலைவர் விருது"**

ராஜா முத்தையா மன்றத்தில் நடந்த அரிமா மாவட்ட விருது வழங்கும் விழாவில் கவர்னர் SP. அண்ணாமலை அவர்களிடமிருந்து சிறந்த மாவட்ட தலைவர் விருது.

I.M.A. மதுரை கிளையில் முதல் ஆயுள் உறுப்பினர் பாலியல் துறையில் 42 ஆண்டுகளுக்கு மேல் அரிமா இயக்கத்தில் 40 ஆண்டுகளுக்கு மேல்

**Dr. N.N.கண்ணப்பன், செக்சாலஜிஸ்ட், செக்சாலஜி கிளினிக்**

4, சர்வேயர் காலனி To மாட்டுதாவணி 120 அடி ரோடு, K. புதூர், மதுரை -7.



Founded 1928

Reg. No. 5/1934

# INDIAN MEDICAL ASSOCIATION

## MADURAI BRANCH

No.1, Panagal Road, Madurai - 625 020. Phone : 2535329

### ELECTION CIRCULAR

Madurai  
01.07.2021

**Dear Member,**

Nomination is called for Election of 22 members for Building Improvement Committee 2021-2024 of Indian Medical Association, Madurai Branch.

Prescribed nomination form is available at the IMA office. The nomination should be proposed and seconded by Life Members of IMA, Madurai Branch. The filled up nomination form must reach the Election Officer, Dr.V.N.Alagavenkatesan, Indian Medical Association, Madurai Branch on or before 21.07.2021 at 5.00 P.M. The last date for withdrawal of nomination is on 23.07.2021 at 5.00 P.M.

*Eligibility Criteria as per Bylaws:*

- Shall be elected from members of IMA Madurai Branch after proper election notification.
- There shall be one member for every 100 members of IMA Madurai Branch.
- Only Governing Body members with minimum four years of Governing Body membership of IMA Madurai Branch are eligible
- The building improvement committee once elected they shall elect one chairman and one secretary and one Securitizing Officer and one Inventory Officer among the elected members. Tenure of Building Improvement Committee shall be 3years.

The contesting Members should enclose a non-refundable deposit of Rs.2,000/- for contesting the post along with the nomination form.

Yours Sincerely



**Dr. R. Ravindran**  
President



**Dr. V.N. Alagavenkatesan**  
Election Officer 2021



**Dr. N.J. Manivannan**  
Hon. Secretary





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### INTERVENTIONS

- ♦ THYROID FNAC
- ♦ PROSTATE BIOPSY
- ♦ BREAST FNAC / BIOPSY
- ♦ ASCITIC / PLEURAL TAPPING

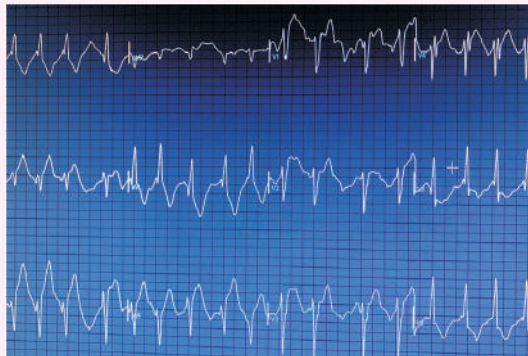
### ELASTOGRAPHY

- ♦ THYROID
- ♦ BREAST
- ♦ LIVER



### ECG Quiz

(Picture 1)



55 year lady was admitted with sudden loss of consciousness with uneventful recovery. She had NYHA Class IV breathlessness, BP of 110/70 and her Coronary Angiogram was normal. Her ECG on admission is shown left side. What is the ECG Diagnosis and what is the final diagnosis?

(Picture 2)



### Picture Quiz

(Picture 3)



**Winners of the quiz will be honoured in the upcoming CME**

**Answer to be forwarded to [imamaduraibranch@yahoo.in](mailto:imamaduraibranch@yahoo.in)**

### Welcome to the Fold of IMA



**Dr. R. Harikrishnan, M.B.B.S.,**

Plot No.12, Mahal Illam, Malaimgal Street,  
Nehru Nagar, Bypass Road, Madurai - 625 003.  
Ph : 81899 81943



**Dr. C. Jagan, M.B.B.S., M.D.,**

House No.11, Officers Avenue, Jawaharlalapuram Main Road,  
Suryanagar, K. Pudur, Madurai - 625 007.  
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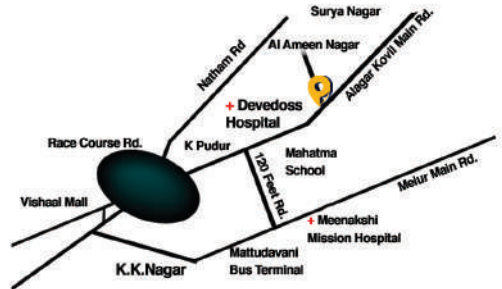
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- Gypsum Plaster for Internal Walls & Emulsion paint on all external walls • UPVC windows with MS safety grills • Main door would be teak wood frame with solid shutter and necessary hardware • Country wood door frames with flush shutters for other doors and necessary hardware • 15000 liters minimum water UG sump • High quality modular switches •
- MDB with Breakers and ELCB with three phase power • Copper electrical cables, concealed wiring in walls • Western closets in all bathrooms, half pedestal basin • Service area will have washing machine provision • Provision for geyser in the toilets • Granite platform with stainless steel sink in the kitchen • Lifts will be automatic • R.O provision in the kitchen for drinking purpose •
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**Mail ID :** shenshosp7@gmail.com

**Website :** [www.shenbagamhospital.org](http://www.shenbagamhospital.org)





### Family Security Scheme (FSS)

Fraternity Amount Demand Draft of Rs. 26,85,000 /- from the Family Security Scheme (FSS I & FSS II) was handedover to the Son and Daughter of late

**Dr. T.S. Krishnamoorthi**

### Obituary

IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. T.S. Krishnamoorthy** on **11.05.2021**  
May his soul rest in peace



IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. K.G. Subangai** on **05.06.2021**  
May her soul rest in peace

IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. R. Kanagarajan** on **13.06.2021**  
May his soul rest in peace



IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. S. Tamilarasi, M.B.B.S.,** on **14.06.2021**  
May her soul rest in peace

IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. V. Ravindranath** on **26.06.2021**  
May his soul rest in peace







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- ▶ MAMMOGRAM
- ▶ SONOMAMMOGRAM with Elastography
- ▶ ULTRASONOGRAM
- ▶ ECHOCARDIOGRAM
- ▶ COLPOSCOPY, CRYOTHERAPY for cervical cancer.
- ▶ TUMOUR MARKERS, IHC, GENETIC SCREENING.



### OUR TEAM:

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## COVID Management - RULE OF 3



### **\*\*3 Must Remember Warning Signs**

1. High grade fever even after 5 days
2. Increasing dry cough while sleeping, talking
3. Exhaustion, dyspnea exertion (worsening from before)

### **\*\*3 Mistakes To Avoid**

1. Starting steroids in first 5 days( prolongs viral clearance and duration of illness, late and severe storm)
2. Early CT and lab work up (before 5th day unless sick)
3. Missing on prophylactic anticoagulation in high risk (as dimer normal despite other signs of storm)

### **\*\*3 Indicators of Cytokine Storm**

1. Re spiking/continued high fevers +/- chills, past 5th day
2. Loose stools after 5th day
3. Increasing dry cough/breathless/exhaustion on routine work

### **\*\*3 Most Important Medications To Counter Storm**

1. Steroids (oral/IV)
2. Anticoagulant(oral/SC)
3. Oxygen (rebreather mask very useful)

### **\*\*3 Supportive Care Measures Usually Neglected**

1. Prone positioning
2. Glycemic control
3. Fluid intake (dehydration increases thrombosis risk)

### **\*\*3 Mistakes With Steroids**

1. Early use from day 1 or 2 (irrespective of dose)
2. Using very high doses(IV 40-80 mg Methylpred or equivalent is sufficient in most)
3. Not tapering at the earliest improvement

### **\*\*3 Points Not To Forget on First OP/ Tele Visit**

1. 6 to 12 days is the dangerous period.
2. Report ASAP if danger signs present (give a written printed format)
3. Avoid long prescriptions with 10 + drugs, patient misses what's important.

### **\*\*3 Things To Be Monitored Daily and Inform**

1. SpO2 with 6 min walk <94
2. Temperature>101( after 4th day)
3. Heart rate (resting >100)



## COVID Management - RULE OF 3



### **\*\*3 Lab Parameters Indicating Storm**

1. CBP - high N/L ratio >3.5, high monocyte >8%
2. CRP, Ferritin, LDH (inflammatory markers)
3. D Dimer (coagulation risk)

### **\*3 Must Do Things if Hypoxic and Waiting for a Bed(HOME or Ambulance)**

1. Inj.Dexa 2 ml bd / Tab.Predmet 32mg BD
2. Inj.Clexane 0.6 ml SC BD / Tab.Apixaban 5mg Bd
3. Dont panic if remdesvir not available, above 2 drugs make all the difference.

### **3 Minor Symptoms- Can Be Ignored**

1. Anosmia, altered taste
2. Cold, stuffy nose
3. Body aches, throat pain

### **3 Must Have Things With Home Treated Patients**

1. Thermometer
2. Pulse oximeter
3. Doctor/hosp contact details

### **3 Lab Values in Resource Poor Settings**

1. CBC - TLC above 10000, N/L ratio >3.5 High monocytes
2. CRP, ESR
3. CXR

### **3 Things To See on CT**

1. Day of illness (early CT misleads)
2. Severity Score (not CORAD 1-5, CORAD 5 doesn't mean severe covid)
3. Progressive/ resolving changes

### **3 Causes of Exhaustion in COVID**

1. Viral myalgia severe (improves over 1 st week)
2. Cytokine Storm, happy hypoxia (worsening towards end of 1st week)
3. Hyperglycaemia (weakness plus polyuria)

### **3 Clues To Catch in Early Happy Hypoxia**

1. Mandatory 6 min walk SpO2 test daily
2. afebrile resting heart rate (>110)
3. Cough on lying down, deep inspiration, interrupting speech



## COVID Management - RULE OF 3

JULY 2021 

### 3 Complications With Steroids

1. Poor glycemic control (most need insulin)
2. Bacterial sepsis (re spiking fevers/ worsening lung)
3. Opportunistic infections (oral, esophageal candidiasis, pulmonary aspergillosis, rhinoocular mucormycosis)

### 3 Misinterpreted Lab Values

1. Increasing WBC, Neutrophil count after steroids as sepsis. (NLR in CBP is not reliable after starting steroid)
2. High CRP as sepsis in early 2nd week
3. Normal dimer value as no need for anticoagulant even in sick (False positive widal due to cross antibodies as typhoid).

### 3 Extended Tests Useful in ICU

1. IL6 (more than 10 times, >50 indicates severe cytokine storm)
2. Pro-calcitonin ( as CRP can't differentiate inflammation vs sepsis, to rule out severe bacterial infection if >2. Useful only in ICU sick cases)
3. Bacterial and fungal cultures

### 3 Unnecessary Tests

1. CT chest to see for improvement /resolution ( despite clinical improvement)
2. PCR /Rapid @ day 14( false positive even if dead virus present)
3. Lab markers despite clinical improvement, off oxygen (except dimer to be done if high)

### 3 Points on Remdesvir

1. Mild disease : Dont give
2. Moderate, Affordable, available - Dont delay. Affordable, not available -Dont panic. Not affordable, unavailable-Dont bother.
3. Severe/late - Role questionable.

### 3 Things To Avoid While on Treatment

1. Whatsapp
2. Google updates
3. NEWS

### 3 Things Which Are Making the Difference

1. Will power
2. Immunity
3. Faith in treatment (fake Remdesivir also worked)

**Dr. Deepthi**, MD, PGIMER,  
Varma Hospitals.



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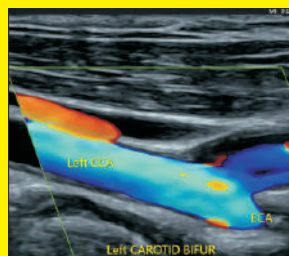
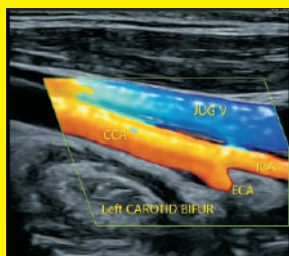
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