



**PrP°CTHPjP°PePsP»PsPiC-C#PSC- PIP»P°CfC,PëPIPsCfC,C-.**

*PrP°CTHPjP°PePsPrPëPSP°PjC-PeP°.*

PrPµC...P°PSC-P·Pj PrC-C—

P°PëPrCTHPsPiPµCfC,PµCTHPsPS втj“ C†Pµ C†PëPSC,PµC,PëC#PSPëPNë PiCTHPsPiPµCfC,PµCTHPsPS P· PiPµCTHPsCTHP°P»CHbPSPsCTH P±C-PsPrPsCfC,CrPiPSC-CfC,CTH, CЦPePëPNë C†PiCTHPëC#PëPSCЦC” C†PµPeCTHPµC,PsCTHPSCr C,CTHP°PSC,,PsCTHPjP°C†C-CTH PµPSPPrPsPjPµC,CTHC-CЦ PI PµCfC,CTHPsPiPµPSCfC,PëPjC†P»CHbPsPIP°PSC-PNë PjP°C,C†C-. P°C-PS P·P°P±PµP·PiPµC†CrC” P·P°PiPsP±C-PiP°PSPSCЦ PiC-PrPIPëC%PµPSPsPjC† CTHPëP·PëPeCr PiC-PiPµCTHPiP»P°P·C-C— C,P°/P°P±Ps CTHP°PeCr PµPSPPrPsPjPµC,CTHC-CЦ, C†PiCTHPëC#PëPSPµPSPsPiPs PµCfC,CTHPsPiPµPSP°PjPë. P°PëPrCTHPsPiPµCfC,PµCTHPsPS PSPµ PjP°C” PµCfC,CTHPsPiPµPSPSPëC..., P°PSPPrCTHPsPiPµPSPSPëC..., P°PSP°P±PsP»C-C#PSPëC... C- PePsCTHC,PëPePsC—PrPSPëC... PIP»P°CfC,PëPIPsCfC,PµPNë.

P°PëPrCTHPsPiPµCfC,PµCTHPsPS PSPµ PiCTHPëPiPSC-C†CrC” PsPIC†P»CЦC†C-CTH. PiPµ PsP·PSP°C#P°C”, C%Ps PjPsP¶P»PëPIC-CfC,CTH P·P°PiP»C-PrPSPµPSPSCЦ CЦPNëC†PµPeP»C-C,PëPSPë Cr P¶C-PSPsPe CTHPµPiCTHPsPrCrPeC,PëPIPsPsPiPs PIC-PeCr PiCTHPë PiCTHPëPNëPsPjC- PrPëPrCTHPsPiPµCfC,PµCTHPsPSCr P·P°P»PëC€P°C”C,CTHCfCЦ.

Pj P¶C-PSPsPe Cr PiPsCfC,PjPµPSPsPiP°CrP·C- P·C- P·P±PµCTHPµP¶PµPSPsCTH PjP°C,PePsCTH P·P°PjC-C†PSP° C,PµCTHP°PiC-CЦ PµCfC,CTHPsPiPµPSP°PjPë PiCTHPëP·PIPsPrPëC,CTH PrPs PiC-PrPIPëC%PµPSPsPiPs CTHPëP·PëPeCr CTHPsP·PIPëC,PeCr PiC-PiPµCTHPiP»P°P·C-C— PµPSPPrPsPjPµC,CTHC-CЦ C- CTHP°PeCr PµPSPPrPsPjPµC,CTHC-CЦ. P°PsPrP°PIP°PSPSCЦ PiCTHPsPiPµCfC,P°PiPµPSCr P·P°PiPsP±C-PiP°C” C†CHbPsPjC† PrPsPrP°C,PePsPIPsPjC† CTHPëP·PëPeCr.

PrP»C-PSC-C#PSP° PµC,,PµPeC,PëPIPsC-CfC,CTH C,P° P±PµP·PiPµPeP°

PµCTHPsPiPµPrPµPSPs PiPsPrPIC-PNëPSPµ C†P»C-PiPµ, P· PiPsPrPIC-PNëPSPëPj PjP°C†PeCrPIP°PSPSCЦPj, CTHP°PSPPrPsPjC-P·PsPIP°PSPµ, P±P°PiP°C,PsC†PµPSC,CTHPsPiPµ PrPsC†P»C-PrP¶PµPSPSCЦ P·P° CrC#P°CfC,CTH PrPIPsC... PiP°CTHP°P»PµP»CHbPSPëC... PiCTHC†Pi PrP»CЦ PiPsCTHC-PIPsCЦPSPSCЦ PµC,,PµPeC,PëPIPsPsCfC,C-, P±PµP·PiPµPePë C- PiPµCTHPµPSPsC†PëPjPsCfC,C- PrPëPrCTHPsPiPµCfC,PµCTHPsPSCr PrP»CЦ PiPµCTHPsCTHP°P»CHbPSPsPiPs P·P°CfC,PsC†CrPIP°PSPSCЦ PI PrPsP·C- 30 PjPi PSP° PrPsP±Cr C,P° C-PSC,CTHP°PIP°PiC-PSP°P»CHbPSPsPiPs PjC-PeCTHPsPSC-P·PsPIP°PSPsPiPs PiCTHPsPiPµCfC,PµCTHPsPSCr PI PeP°PiC†CrP»P°C... PI PrPsP·C- 600 PjPi PSP° PrPsP±Cr PrP»CЦ PiC-PrC,CTHPëPjPePë P»CTHC,PµC—PSPsPIPsC— C,,P°P·Pë PiCTHPë P·P°CfC,PsC†CrPIP°PSPSC- C,PµC...PSPsP»PsPiC-PNë P·P°PiP»C-PrPSPµPSPSCЦ *in vitro* (LOTUS P†).

PµCTHPsPiPµPrPµPSPs CTHP°PSPPrPsPjC-P·PsPIP°PSPµ, PIC-PrPeCTHPëC,Pµ, P±P°PiP°C,PsC†PµPSC,CTHPsPiPµ PrPsC†P»C-PrP¶PµPSPSCЦ P·P° CrC#P°CfC,CTH PrPIPsC... PiP°CTHP°P»PµP»CHbPSPëC... PiCTHC†Pi PrP»CЦ PiPsCTHC-PIPsCЦPSPSCЦ PµC,,PµPeC,PëPIPsPsCfC,C-, P±PµP·PiPµPePë C- PiPµCTHPµPSPsC†PëPjPsCfC,C- PrPëPrCTHPsPiPµCfC,PµCTHPsPSCr PrP»CЦ PiPµCTHPsCTHP°P»CHbPSPsPiPs P·P°CfC,PsC†CrPIP°PSPSCЦ PI PrPsP·C- 30 PjPi PSP° PrPsP±Cr C,P° C-PSC,CTHP°PIP°PiC-PSP°P»CHbPSPsPiPs PiCTHPsPiPµCfC,PµCTHPsPSCr PI P»C-PeP°CTHC†CHbPeC-PNë C,,PsCTHPjC- 8 % PiPµP»CTH (PrCTHPëPSPsPS) PI PrPsP·C- 90 PjPi PSP° PrPsP±Cr PrP»CЦ PiC-PrC,CTHPëPjPePë P»CTHC,PµC—PSPsPIPsC— C,,P°P·Pë PiCTHPë

P·P°CÍC,PsCÍCrPIP°PSPSC- C,PμC...PSPsP»PsPiC-PMē P·P°PİP»C-PrPSPμPSPSCİ in vitro (LOTUS P†P†).

*PμP»C-PSC-C#PSC- PrPsCÍP»C-PrP¶PμPSPSCİ LOTUS P† C- LOTUS P†P†  
PiC-PrC,PIPμC¶PrPëP»Pë PSPëP¶C#PμP·P°P·PSP°C#PμPSPμ.*

P“PsP»PsPIPSCr PjPμC,Cr PrPsCÍP»C-PrP¶PμPSCĤ BĤ” PrPsPeP°P· PSPμ PjPμPSC€PsC—  
PμC,,PμPeC,PëPIPSPsCÍC,C- PiPμC¶PsC¶P°P»CHPSPsPiPs PrPëPrC¶PsPiPμCÍC,PμC¶PsPSCr PI  
PiPsC¶C-PIPSCİPSPSC- P· C-PSC,C¶P°PIP°PiC-PSP°P»CHPSPëPj  
PjC-PeC¶PsPSC-P·PsPIP°PSPëPj PiC¶PsPiPμCÍC,PμC¶PsPSPsPj P· C,PsC#PePë P·PsC¶CÍ  
PSP°CİPIPSPsCÍC,C- CÍPμC¶C†PμPIPëC... CÍPePsC¶PsC#PμPSCĤ Cr PiP»PsPrP° PSP° 12-PjCr  
C,PëP¶PSC- PiPμCÍC,P°C†C-C— (10-PMē C,PëP¶PrPμPSCĤ PIP°PiC-C,PSPsCÍC,C-) BĤ” P±CÍP»Ps  
PrPsCÍCİPiPSCrC,Ps.

PJ PrPsCÍP»C-PrP¶CÍPIP°PSC-PMē PiPsPiCÍP»CİC†C-C— PiP°C†C-C”PSC,C-PI C#P°CÍC,PsC,P°  
PSP°CÍC,P°PSPSCİ PIP°PiC-C,PSPsCÍC,C-, PiC-PrC,PIPμC¶PrP¶PμPSPsC— PSP° 12-PjCr  
C,PëP¶PSC- PiPμCÍC,P°C†C-C— (10-PMē C,PëP¶PrPμPSCĤ PIP°PiC-C,PSPsCÍC,C-),  
CÍC,P°PSPsPIPëP»P° 37,6 % C- 33,1 % (LOTUS P†) C,P° 36,7 % C- 34,7 % (LOTUS II).  
P C-P·PSPëC†Cİ PI C#P°CÍC,PsC,C- PSP°CÍC,P°PSPSCİ PIP°PiC-C,PSPsCÍC,C- PjC-P¶  
PrPIPSPjP° PiC¶CÍPİP°PjPë CÍC,P°PSPsPIPëP»P° 4,7 (95 % P”P†, -1,2; 10,6) (LOTUS P†) C,P° 2,0  
(95 % P”P†, -4,0; 8,0) (LOTUS II).

PJ PIPëP±C-C¶C†C- CÍCÍP±BĤ™ C”PeC,C-PI PrPsCÍP»C-PrP¶PμPSPSCİ PrP»Cİ PsC†C-PSPëPë  
P· P±PμP·PiPμPePë (1029 CÍCÍP±BĤ™ C”PeC,C-PI (LOTUS P†) C- 1030 CÍCÍP±BĤ™ C”PeC,C-PI  
(LOTUS P†P†), CİPeC- PsC,C¶PëPjP°P»Pë PiC¶PëPSP°PMēPjPSC- PsPrPSCr PrPsP·Cr  
PrPsCÍP»C-PrP¶CÍPIP°PSPsPiPs PiC¶PμPiP°C¶P°C,Cr) PIPëPiP°PrPePë PSPμP±P°P¶P°PSPëC...  
CİPIPëC%, C%Ps PIPëPSPëPeP»Pë PiC-Pr C#P°CÍ C,PμC¶P°PiC-C— (TEAE), PiC¶Ps CİPeC-  
PiPsPIC-PrPsPjP»CİP»PsCÍCİ PSP°PMēC#P°CÍC,C-C€Pμ, P±CÍP»Pë C-PrPμPSC,PëC#PSPëPjPë PI  
PsP±PsC... PrPsCÍP»C-PrP¶CÍPIP°PSPëC... PiC¶CÍPİP°C....

PJ P·PiBĤ™ CİP·PeCr P· C...P°C¶P°PeC,PμC¶PsPj PrPsCÍP»C-PrP¶CÍPIP°PSPsPiPs  
PiPsPeP°P·P°PSPSCİ C,P° PrPsCÍP»C-PrP¶CÍPIP°PSPsC— PiPsPiCÍP»CİC†C-C—  
PiP°C†C-C”PSC,C-PI PiPμPIPSP° PeC-P»CHPeC-CÍC,CH C¶P°PSPSC-C...  
P°P±PsC¶C,C-PI/PIPëPePëPrPSC-PI C” PsC#C-PeCÍPIP°PSPsCĤ, PsCÍPsP±P»PëIPs PrPs 12-PiPs  
C,PëP¶PSCİ PiPμCÍC,P°C†C-C— (10-PiPs C,PëP¶PSCİ PIP°PiC-C,PSPsCÍC,C-),  
PsCÍPeC-P»CHPePë PiC¶PsPiPSPsP·PsPIP°PSPëPMē PiPsPeP°P·PSPëPe C#P°CÍC,PsC,Pë  
PSP°CÍC,P°PSPSCİ PIP°PiC-C,PSPsCÍC,C- Cr C†PμPMē PiPμC¶C-PsPr CÍC,P°PSPsPIPëC,CH  
P±P»PëP·CHPePs 35 %.

PμC¶PsC,,C-P»CH P±PμP·PiPμPePë, C%Ps CÍPiPsCÍC,PμC¶C-PiP°PICÍCİ PI PsP±PsC...  
PrPsCÍP»C-PrP¶PμPSPSCİC... LOTUS, PIC-PrPiPsPIC-PrP°PI PsC#C-PeCÍPIP°PSPsPjCr,  
PIC¶P°C...PsPICrCĤC#Pë PICÍC,P°PSPsPIP»PμPSPëPMē PiC¶PsC,,C-P»CH P±PμP·PiPμPePë  
PrPëPrC¶PsPiPμCÍC,PμC¶PsPSCr, P° C,P°PePsP¶ PrPsCÍP»C-PrP¶CÍPIP°PSCr  
PiPsPiCÍP»CİC†C-CĤ PiP°C†C-C”PSC,C-PI C- PrPsCÍP»C-PrP¶CÍPIP°PSPμ PiPsPeP°P·P°PSPSCİ.

*PαP°C¶PjP°PePsPeC-PSPμC,PëPeP°.*

PĤP±CÍPsC¶P±C†C-Cİ

PμC-CÍP»Cİ PiPμC¶PsC¶P°P»CHPSPsPiPs PiC¶PëPMēPsPjCr PrPëPrC¶PsPiPμCÍC,PμC¶PsPSCr  
Cr C,,PsC¶PjC- C,P°P±P»PμC,PsPe, PIPeC¶PëC,PëC... PiP»C-PIPePsPIPSCĤ  
PsP±PsP»PsPSPePsCĤ, PIC-PS C€PIPëPrPePs P°P±CÍPsC¶P±CÍC”C,CHCÍCİ.





**РμСҘPsC, PëPіPsPeP°P·P°PSPSCII.**

- PкPμPrC-P°PiPSPsCГC, PsPIP°PSP° PIP°PiC-PSP°P»СҘPSP° PeCҘPsPIPsC, PμC±P°;
- PSP°CIIPIPSC- CГPμCҘPM№PsP·PSC- P·P°C...PIPsCҘCҘPIP°PSPSCII PіPμC±C-PSPePë P°P±Ps PSP°CIIPIPSC-CГC, СҘ CГPμCҘPM№PsP·PSPëC... P·P°C...PIPsCҘCҘPIP°PSCҘ PіPμC±C-PSPePë Cр PjPëPSCрP»PsPjCр, CIIPeC%Ps PіPsPeP°P·PSPëPePë C„CрPSPeCГC-C— PіPμC±C-PSPePë PSPμ PSPsCҘPjP°P»C-P·CрPIP°P»PëCГCII;
- CГP»C-Pr PICҘP°C...PsPICрPIP°C, Pë PіCҘPsC, PëPіPsPeP°P·P°PSPSCII PrP»CII PμCГC, CҘPsPiPμPSC-PI, CIIPeC%Ps C—C... P·P°CГC, PsCГPsPICрPIP°C, Pë Cр PePsPjP±C-PSP°CГC-C— P· PіCҘPsPiPμCГC, P°PiPμPSP°PjPë, C, P°PePëPjPë CIIPe PrPëPrCҘPsPiPμCГC, PμCҘPsPS;
- PICГC, P°PSPsPIP»PμPSP° PiC-PіPμCҘC±CрC, P»PëPIC-CГC, СҘ PrPs P°PeC, PëPIPSPsC— CҘPμC±PsPIPëPSPë P°P±Ps PrPs P±CрPrCҘ-CIIPePsPiPs C-PSC€PsPiPs PePsPjPіPsPSPμPSC, P° PіCҘPμPіP°CҘP°C, Cр;
- PICГC, P°PSPsPIP»PμPSC- P°P±Ps PіC-PrPsP·CҘCҘPIP°PSC- PіCҘPsPiPμCГC, P°PiPμPSP·P°P»PμP¶PSC- PSPsPIPsCрC, PIPsCҘPμPSPSCII;
- PjPμPSC-PSPiC-PsPjP° P°P±Ps PjPμPSC-PSPiC-PsPjP° PI P°PSP°PjPSPμP·C-.

P>C-PeCрPIP°PSPSCII P· PjPμC, PsCҘ PіC-PrC, CҘPëPjPePë P»CҘC, PμC—PSPsPIPsC— C„P°P·Pë PіCҘPë P·P°CГC, PsCГCрPIP°PSPSC- PrPsPіPsPjC-P¶PSPëC... CҘPμPіCҘPsPrCрPeC, PëPIPSPëC... C, PμC...PSPsP»PsPiC-PN№ (P”P Pÿ) CГP»C-Pr PіCҘPëPіPëPSPëC, Pë, CIIPeC%Ps PrC-P°PiPSPsCГC, PsPIP°PSPëPN№ P°P±PsCҘC, /PIPëPePëPrPμPSCҘ.

**P°P·P°C”PjPsPrC-CII P· C-PSC€PëPjPë P»C-PeP°CҘCГCҘPëPëPjPë P·P°CГPsP±P°PjPë C, P° C-PSC€C- PIPëPrPë PIP·P°C”PjPsPrC-PN№.**

P”P°PSC- PrPsCГP»C-PrP¶PμPSCҘ C-n vitro CГPIC-PrC±P°C, СҘ, C%Ps PsCГPSPsPIPSPëPN№ C€P»CII... PjPμC, P°P±PsP»C-P·PjCр, P·P°PIPrCIIPePë CIIPePsPjCр CрC, PIPsCҘCҘC”C, СҘCГCII PіPsP»PsPIPSPëPN№ C„P°CҘPjP°PePsP»PsPiC-C±PSPs P°PeC, PëPIPSPëPN№ PjPμC, P°P±PsP»C-C, 20α-PrPëPiC-PrCҘPsPrPëPrCҘPsPiPμCГC, PμCҘPsPS (P”P”P”), PeP°C, P°P»C-P·CрC”C, СҘCГCII P°P»СҘPrPsPePμC, PsCҘPμPrCрPeC, P°P·PsCҘ 1Pÿ (AKR 1C) Cр CтPëC, PsP·PsP»C- P»CҘPrPëPSPë. PкP°CҘC-PIPSC- C-P· CтPëC, PsP·PsP»СҘPSPëPj PjPμC, P°P±PsP»C-P·PjPsPj PjPμC, P°P±PsP»C-C±PSC- PіPμCҘPμC, PIPsCҘPμPSPSCII P·PrC-PN№CГPSCҘCҘC, СҘCГCII C-P·PsC„PμCҘPjPμPSC, P°PjPë CтPëC, PsC...CҘPsPjCр P 450 (CYP), PjP°PN№P¶Pμ PIPëPSCII, PePsPIPs C-P·PsC„PμCҘPjPμPSC, PsPj CYP3PҘ4, C%Ps CГPіCҘPëC±PëPSCII” CрC, PIPsCҘPμPSPSCII PrPμPeC-P»СҘPePsC... PSPμP·PSP°C±PSPëC... PjPμC, P°P±PsP»C-C, C-PI. P”PsP»PsPIPSPëPN№ P°PeC, PëPIPSPëPN№ PjPμC, P°P±PsP»C-C, P”P”P” C” CГCрP±CГC, CҘP°C, PsPj PrP»CII PjPμC, P°P±PsP»C-C±PSPsPiPs PіPμCҘPμC, PIPsCҘPμPSPSCII P·P° PrPsPіPsPjPsPiPsCҘ CYP3PҘ4. PÿPsPjCр PjPμC, P°P±PsP»C-P·Pj PrPëPrCҘPsPiPμCГC, PμCҘPsPSCр C- P”P”P” PjPsP¶Pμ PіCҘPëCГPePsCҘCҘPIP°C, PëCГCII PіCҘPë PsPrPSPsC±P°CГPSPsPjCр PіCҘPëPN№PsPjC- CҘPμC±PsPIPëPS, C%Ps C-PSPPrCрPeCрCҘC, СҘ C„PμCҘPjPμPSC, Pë CтPëC, PsC...CҘPsPjCр P 450, C, P°PePëC... CIIPe P°PSC, PëPePsPSPICрP»СҘCГP°PSC, Pë (PSP°PіCҘPëPeP»P°Pr

C,,PμPSPsP±P°CḡP±C-C,P°P», C,,PμPSC-C,PSC—PS, PeP°CḡP±P°PjP°P·PμPīC-PS), PīCḡPSC,PēPjC-PeCḡPSP±PSC- PīCḡPμPīP°CḡP°C,Pē (PSP°PīCḡPēPeP»P°Pr CḡPēC,,P°PjPīC-C†PēPS, CḡPēC,,P°P±CfC,PēPS, PSPμPIC-CḡP°PīC-PS, PμC,,P°PIC-CḡPμPSC†) C,P° C,,C-C,PSPiCḡPμPīP°CḡP°C,Pē, C%Ps PjC-CfC,CfC,CH P·PIC-CḡPSP±C-PNē (*Hypericum perforatum*), CēP°PIP»C-Cḡ P°P±Ps PīC-PSPePīPs P±C-P»PsP±P°.

P PēC,PSPSP°PIC-Cḡ C,P° PSPμP»C,,C-PSP°PIC-Cḡ PIC-PrPsPjC- CfPe CfPēP»CHPSC- C-PSPiC-P±C-C,PSCḡPē C,,PμCḡPjPμPSC,C-PI C†PēC,PSC...CḡPSPjCf, PrPμPjPsPSCfC,CḡCfCḡC,CH C,,PμCḡPjPμPSC,PSC-PSPrCfPeCfCḡC†C- PIP»P°CfC,PēPIPSCfC,C- PīCḡPē PsPrPSPSC†P°CfPSPSPjCf P·P°CfC,PSCfCfPIP°PSPSC- P·C- CfC,PμCḡPSC—PrPSPēPjPē PīPsCḡPjPsPSP°PjPē. PḡP»C-PSC-C†PSPs PīC-PrPIPēC%PμPSPēPNē PjPμC,P°P±PsP»C-P·Pj PrPēPrCḡPSPiPμCfC,PμCḡPSPSCf PjPsP¶Pμ PīCḡPēP·PIPμCfC,Pē PrPs P·PSPēP¶PμPSPSCf PμC,,PμPeC,Cf.

P"PsCfP»C-PrP¶PμPSPSCf C-n vitro PīPsPeP°P·P°P»Pē, C%Ps PrPēPrCḡPSPiPμCfC,PμCḡPSP C,P° P"P"P" Cf PeP»C-PSC-C†PSPs P·PSP°C†CfC%PēC... PePsPSC†PμPSC,CḡP°C†C-CfC... PSPμ PīCḡPēPīPSC-C†CfCḡC,CH C,P° PSPμ C-PSPrCfPeCfCḡC,CH C,,PμCḡPjPμPSC,Pē C†PēC,PSC...CḡPSPjCf P 450, C%Ps P±PμCḡCfC,CH CfC†P°CfC,CH Cf PjPμC,P°P±PsP»C-P·PjC- P»C-PeP°CḡCfCḡPePēC... PīCḡPμPīP°CḡP°C,C-PI.

**PhCfPsP±P»PēPIPSCfC,C- P·P°CfC,PSCfCzPIP°PSPSCf.**

PμPμCḡPμPr PīPsC†P°C,PePsPj P·P°CfC,PSCfCfPIP°PSPSCf PrPēPrCḡPSPiPμCfC,PμCḡPSPSCf PrP»Cf P»C-PeCfPIP°PSPSCf PīP°C,PSP»PsPīC-C†PSPsC— PeCḡPSPiPsC,PμC†C- CfP»C-Pr PIPēPeP»CḡC†PēC,Pē PsCḡPīP°PSC-C†PSCf PīCḡPēC†PēPSCf PeCḡPSPiPsC,PμC†C-.

Pj PīPμCḡCēC- PjC-CfCfC†C- P»C-PeCfPIP°PSPSCf PjPsP¶CfC,CH PIPēPSPēPeP°C,Pē PīCḡPSPCḡPēPIPSC- PeCḡPSPiPsC,PμC†C- P°P±Ps PeCḡPSPiPḡ™ CfPSPēCfC,C- PIPēPrC-P»PμPSPSCf. PīPeC%Ps PīCḡPSPCḡPēPIPSP° PeCḡPSPiPsC,PμC†P° P°P±Ps PeCḡPSPiPḡ™ CfPSPēCfC,C- PIPēPrC-P»PμPSPSCf PīCḡPSPPrPsPIP¶CfCḡC,CH PIPēPSPēPeP°C,Pē C†PμCḡPμP· PrPμCfPePēPNē C†P°Cf P»C-PeCfPIP°PSPSCf P°P±Ps PīCḡPSPPrPsPIP¶CfCḡC,CHCfCf PīC-CfP»Cf P·P°PeC-PSC†PμPSPSCf P»C-PeCfPIP°PSPSCf, CfP»C-Pr PīCfC,P°PSPsPIPēC,Pē PīCḡPēC†PēPSCf, PI C,PSPjCf C†PēCfP»C-, Cf PIPēPīP°PrPeCf PSPμPsP±C...C-PrPSPSCfC,C-, PIPēPeP»CḡC†PēC,Pē P·P»PsCfPeC-CfPSPμ PSPsPIPSCfC,PIPSCḡPμPSPSCf PμPSPPrPsPjPμC,CḡC-Cf CēP»CfC...PsPj PīCḡPSPiPμPrPμPSPSCf P±C-PSPiCfC-C— PμPSPPrPsPjPμC,CḡC-Cf.

PīPeC%Ps P±CfPrCH-CfPePμ P·PSPēP¶C†PμPSP°PIPμPrPμPSPēC... PīPsCḡCfCēPμPSCḡ PIC-PrP±CfPIP°C"C,CHCfCf PIPiPμCḡCēPμ P°P±Ps PīPsPīC-CḡCēCfC"C,CHCfCf PīC-Pr C†P°Cf P·P°CfC,PSCfCfPIP°PSPSCf PīCḡPμPīP°CḡP°C,Cf, PjP°C" P±CfC,Pē CḡPSP·PīP»CfPSCfC,Ps PīPēC,P°PSPSCf PīCḡPSP PīCḡPēPīPēPSPμPSPSCf P»C-PeCfPIP°PSPSCf:

- PSP°PrP·PIPēC†P°PNēPSPs CfPēP»CHPSPēPNē PīPsP»PsPIPSPēPNē P±C-P»CH, PjC-PīCḡPμPSCḡ P°P±Ps CfPēPjPīC,PsPjPē, CfPeC- PjPsP¶CfC,CH PIPēP°P·CfPIP°C,Pē PSP° C-CēPμPjC-Cḡ PīPsP»PsPIPSPsPīPs PjPsP·PeCf;
- P·PSP°C†PSPμ PīC-PrPIPēC%PμPSPSCf P°CḡC,PμCḡC-P°P»CHPSPsPīPs C,PēCfPeCf;
- PīPsCfPIP° PIPμPSPsP·PSPsC— C,CḡPSPjP±PsPμPjP±PsP»C-C—.

Pj CḡP°P·C- P·PIPēC†PSPsPīPs P°P±Ps P·P°PīCḡPSP·P»PēPIPSPiPs PIPēPePēPrPSCf

PSPμPs±C...C-PrPSPs PIPëP·PSP°C±PëC,Pë C- PìPμCḡPμPIC-CḡCḡC,Pë PìC-Pr C±P°Cḡ  
P»C-PeCfPIP°PSPSCḡ PḡPëC,C,C”P·PrP°C,PSC-CḡC,CH PìP»PsPrP°, C%PsP±  
PìPμCḡPμPePsPSP°C,PëCḡCḡ, C%Ps PIP°PìC-C,PSC-CḡC,CH C,CḡPëPIP°C” C- PμPjP±CḡC-PsPS  
PḡPëPIPëP№.

PŸC,P°PSPë, C%Ps PìPsC,CḡPμP±CfCḡC,CH PSP°PìP»CḡPrCḡ

P’C-PrPsPjPs, C%Ps PSP° PSP°CḡC,CfPìPSC- CḡC-PrPeC-CḡPSC- CḡC,P°PSPë PjPsPḡCḡC,CH  
PIPìP»PëPIP°C,Pë CḡC,P°C,PμPIC- PìPsCḡPjPsPSPë, C- C,PsjCḡ PìC-Pr C±P°Cḡ  
PIP°PìC-C,PSPsCḡC,C- P°P±Ps PìCḡPë P·P°CḡC,PsCḡCfPIP°PSPSC- CḡC,P°C,PμPIPëC...  
PìPsCḡPjPsPSC-PI PjPsPḡPμ P·Bḡ™ CḡPIPëC,PëCḡCḡ P°P±Ps PìPsPìC-CḡCëPëC,PëCḡCḡ:  
C...PsP»PμCḡC,P°C,PëC±PSP° PḡPsPIC,CḡPSPëCḡCḡ, PìPμCḡPìPμCḡ PIP°PìC-C,PSPëC...,  
C,CḡPḡPëPëP№ CḡPIPμCḡP±C-Pḡ, PsC,PsCḡPëP»PμCḡPsP’, PìPsCḡC,,C-CḡC-Cḡ,  
PrPμPìCḡPμCḡC-Cḡ C,P° P°PSPsPjP°P»CHPSC- PìPsPeP°P·PSPëPePë C,,CfPSPeCḡC-C—  
PìPμC±C-PSPePë, CḡPìCḡPëC±PëPSPμPSC- PìPsCḡC,CḡPëPj P°P±Ps C...CḡPsPSC-C±PSPëPj  
PìPμC±C-PSPePsPIPëPj P·P°C...PIPsCḡCḡPIP°PSPSCḡPj. PìPeC%Ps P±CfPrCH-CḡPëPëP№ C-P·  
CḡPëC... CḡC,P°PSC-PI PìCḡPëCḡCḡC,PSC-P№ P°P±Ps P·Bḡ™ CḡPIP»CḡPICḡCḡ CḡP°PSC-CëPμ,  
C,P°/P°P±Ps PìPsPìC-CḡCëCfPIP°PICḡCḡ Cḡ PìPμCḡC-PsPr PIP°PìC-C,PSPsCḡC,C- P°P±Ps  
PìPsPìPμCḡPμPrPSCḡPsPìPs P»C-PeCfPIP°PSPSCḡ PìPsCḡPjPsPSP°PjPë, PìP°CḡC-C”PSC,  
PìPsPIPëPSPμPS P·PSP°C...PsPrPëC,PëCḡCḡ PìC-Pr CḡPμC,PμP»CHPSPëPj PSP°PìP»CḡPrPsPj.  
PḡPμPs±C...C-PrPSPs PICḡP°C...PsPICfPIP°C,Pë, C%Ps CḡC- CḡC,P°PSPë PjPsPḡCḡC,CH  
CḡPμCḡPëPrPëPICfPIP°C,Pë P°P±Ps PìPsPìC-CḡCëPëC,PëCḡCḡ PìC-Pr C±P°Cḡ C,PμCḡP°PìC-C—  
PrPëPrCḡPsPìPμCḡC,PμCḡPsPSPsPj, C,PsjCḡ CḡP»C-Pr CḡPsP·PìP»CḡPSCḡC,Pë  
PìCḡPëPìPëPSPμPSPSCḡ C,PμCḡP°PìC-C— Cḡ C,P°PePëC... PIPëPìP°PrPeP°C....

PμP°CḡC-C”PSC,PeP°Pj P· PrPμPìCḡPμCḡC-C”Cḡ PI P°PSP°PjPSPμP·C- CḡP»C-Pr  
P·PSP°C...PsPrPëC,PëCḡCḡ PìC-Pr CḡPμC,PμP»CHPSPëPj PSP°PìP»CḡPrPsPj. PìPeC%Ps  
C,CḡPḡPëP° PrPμPìCḡPμCḡC-Cḡ CḡPμCḡPëPrPëPICfC”, P»C-PeCfPIP°PSPSCḡ  
PrPëPrCḡPsPìPμCḡC,PμCḡPsPSPsPj CḡP»C-Pr PìCḡPëPìPëPSPëC,Pë.

PḡP°CḡC,CfPìPSC- P·P°CḡC,PμCḡPμPḡPμPSPSCḡ CḡC,PsCḡCfCḡC,CHCḡCḡ  
P·P°CḡC,PsCḡCfPIP°PSPSCḡ PìCḡPμPìP°CḡP°C,Cḡ P”CḡC,,P°CḡC,PsPS<sup>B®</sup> P·P°  
PìPsPeP°P·P°PSPSCḡPj B«PrP»Cḡ PìPsPìPμCḡPμPrPḡPμPSPSCḡ  
PìC-PìPμCḡPìP»P°P·C-C— PμPSPPrPsPjPμC,CḡC-Cḡ Cḡ PìPμCḡC-PsPr  
PjPμPSPsPìP°CḡP·PëB»

P”PëPI. C,P°PePsPḡ P·P°CḡC,PμCḡPμPḡPμPSPSCḡ PI C-PSCḡC,CḡCḡPëCḡC-CḡC... PrP»Cḡ  
PjPμPrPëC±PSPsPìPs P·P°CḡC,PsCḡCfPIP°PSPSCḡ PìCḡPμPìP°CḡP°C,C-PI  
PμCḡC,CḡPsPìPμPSC-PI.

P”P»Cḡ P»C-PeCfPIP°PSPSCḡ PìPsCḡC,PjPμPSPsPìP°CḡP·P°P»CHPSPëC... CḡPëPjPìC,PsPjC-PI  
P·P°PjC-CḡPSCḡ PìPsCḡPjPsPSP°P»CHPSCḡ C,PμCḡP°PìC-Cḡ CḡP»C-Pr  
P·P°CḡC,PsCḡPsPICfPIP°C,Pë PIPëPSCḡC,PePsPIPs Cḡ PIPëPìP°PrPeP°C..., PePsP»Pë  
CḡPëPjPìC,PsPjPë PSPμPìP°C,PëPIPSPs PIPìP»PëPIP°CḡC,CH PSP° CḡPëC-CḡC,CH PḡPëC,C,Cḡ.  
P’ CḡCḡC-C... PIPëPìP°PrPeP°C... PSPμPsP±C...C-PrPSPs CḡPμC,PμP»CHPSPs  
PsCḡC-PSCḡPIP°C,Pë PePsCḡPëCḡC,CH C,P° CḡPëP·PëPe P·P°PjC-CḡPSPsC—  
PìPsCḡPjPsPSP°P»CHPSPsC— C,PμCḡP°PìC-C— PSPμ PjPμPSCëPμ PsPrPSPsPìPs CḡP°P·Cḡ PSP°  
CḡC-Pe. P—P°PjC-CḡPSCḡ PìPsCḡPjPsPSP°P»CHPSCḡ C,PμCḡP°PìC-Cḡ CḡP»C-Pr  
PìCḡPsPrPsPIPḡCfPIP°C,Pë P»PëCëPμ PI C,PsPjCḡ PIPëPìP°PrPeCḡ, CḡPëC%Ps PePsCḡPëCḡC,CH  
PìPμCḡPμPIP°PḡP°C” CḡPëP·PëPe.

P”PsPeP°P·Pë CḡC,PsCḡPsPIPSPs CḡPëP·PëPeC-PI, PìPsPìBḡ™ CḡP·P°PSPëC... C-P·

P·P°PjC-CÍPSPsCĤ PiPsCĤPjPsPSP°P»CĤPSPsCĤ C,PμCĤP°PiC-C"Ĥ PrP»CĬ  
P»C-PeCfPIP°PSPSCĬ PiPμCĤPμPrC±P°CÍPSPsC— PjPμPSPsPiP°CfP·Pë, C"  
PsP±PjPμP¶PμPSPëPjPë. P—P°PIPrCĬPePë PSPëP·CĤPePsPjCf CĤC-PIPSCĤ  
P°P±CÍP°P»CĤC,PSPsPiPs CĤPëP·PëPeCf Cf P¶C-PSPsPe PjPsP»PsPrCëPsPiPs PIC-PeCf  
P±P°P»P°PSCÍ PjC-P¶ PePsCĤPëCÍC,CĤ C,P° CĤPëP·PëPePsPj Cf C†C-PMē PiCĤCfPiC- PjPsP¶Pμ  
P±CfC,Pë P±C-P»CĤCë CÍPiCĤPëCĬC,P»PëPIPëPj, PSC-P¶ Cf P¶C-PSPsPe CÍC,P°CĤCëPsPiPs  
PIC-PeCf.

PĤPμPrPëC±PSPμ PsP±CÍC,PμP¶PμPSPSCĬ/PiPsPrP°P»CĤCëPμ P»C-PeP°CĤCÍCĤPePμ  
CÍPiPsCÍC,PμCĤPμP¶PμPSPSCĬ

PμPμCĤPμPr PiPsC±P°C,PePsPj P·P°PjC-CÍPSPsC— PiPsCĤPjPsPSP°P»CĤPSPsC—  
C,PμCĤP°PiC-C— P°P±Ps PiCĤPë C—C— PIC-PrPSPsPIP»PμPSPSC- PiC-CÍP»CĬ  
PiPμCĤPμCĤPIPë PSPμPsP±C...C-PrPSPs P·C-P±CĤP°C,Pë PiPsPIPSPëPNē PsCÍP°P±PëCÍC,PëPNē  
C,P° CÍC-PjPμPNēPSPëPNē P°PSP°PjPSPμP· P'ĤP°C...PsPICfCĤC±Pë PrP°PSC- P°PSP°PjPSPμP·Cf,  
P° C,P°PePsP¶ PiCĤPsC,PëPiPsPeP°P·P°PSPSCĬ C- P·P°CÍC,PμCĤPμP¶PμPSPSCĬ PrPs  
PiCĤPëPNēPsPjCf PiCĤPμPiP°CĤP°C,Cf, CÍP»C-Pr PiCĤPsPIPμCÍC,Pë PsP±BĤ™C"PeC,PëPIPSPμ  
PsP±CÍC,PμP¶PμPSPSCĬ PiP°C†C-C"°PSC,PePë (PIPeP»CĤC±P°CĤC±Pë PsP±CÍC,PμP¶PμPSPSCĬ  
C,P°P·PsPIPëC... PsCĤPiP°PSC-PI C- PsPiP»CĬPr PjPsP»PsC±PSPëC... P·P°P»PsP·). PμC-Pr C±P°CÍ  
P»C-PeCfPIP°PSPSCĬ CĤPμPePsPjPμPSPPrCfC"C,CĤCÍCĬ PiCĤPsPIPsPrPëC,Pë  
PiPμCĤC-PsPrPëC±PSC- PsPiP»CĬPrPë, C±P°CÍC,PsC,P° C- C...P°CĤP°PeC,PμCĤ CĬPePëC...  
P·P°P»PμP¶P°C,CĤ PIC-Pr C-PSPPrPëPIC-PrCfP°P»CĤPSPëC... PsCÍPsP±P»PëPIPsCÍC,PμPNē  
PiP°C†C-C"°PSC,PePë. P-C-PSPsPe CÍP»C-Pr PiPsC-PSC,,PsCĤPjCfPIP°C,Pë, PiCĤPs CĬPeC-  
P·PjC-PSPë Cf PjPsP»PsC±PSPëC... P·P°P»PsP·P°C... PIPsPSPë PjP°CĤC,CĤ  
PiPsPIC-PrPsPjP»CĬC,Pë P»C-PeP°CĤPμPIC- P°P±Ps PjPμPrCÍPμCÍC,CĤC- (PrPëPI. PSPëP¶C±Pμ  
P P°Pe PjPsP»PsC±PSPsC— P·P°P»PsP·Pë). PĤP±CÍC,PμP¶PμPSPSCĬ PjPsP»PsC±PSPëC...  
P·P°P»PsP·, PIPeP»CĤC±P°CĤC±Pë PIC-PrPiPsPIC-PrPSC- PjPμC,PsPrPë  
PIC-P·CfP°P»C-P·P°C†C-C—, PSP°PiCĤPëPeP»P°Pr, PjP°PjPsPiCĤP°C,,C-CĤ, CÍP»C-Pr  
PiCĤPsPIPsPrPëC,Pë P·PiC-PrPSPs P· PrC-CĤC±PsCĤ PiCĤP°PeC,PëPePsCĤ  
CÍPeCĤPëPSC-PSPiCf P· CfCĤP°C...CfPIP°PSPSCĬPj C-PSPPrPëPIC-PrCfP°P»CĤPSPëC...  
PeP»C-PSC-C±PSPëC... PiPsC,CĤPμP± PiP°C†C-C"°PSC,PePë.

P"C-PiPμCĤPiP»P°P·C-CĬ C,P° PeP°CĤC†PëPSPsPjP° PμPSPPrPsPjPμC,CĤC-CĬ

Pj P¶C-PSPsPe P· C-PSC,P°PeC,PSPsCĤ PjP°C,PePsCĤ CĤPëP·PëPe PIPëPSPëPePSPμPSPSCĬ  
PiC-PiPμCĤPiP»P°P·C-C— C,P° PeP°CĤC†PëPSPsPjPë PμPSPPrPsPjPμC,CĤC-CĬ  
PiC-PrPIPëC%°CfC"C,CĤCÍCĬ PiCĤPë C,CĤPëPIP°P»C-PMē PjPsPSPsC,PμCĤP°PiC-C—  
PμCÍC,CĤPsPiPμPSP°PjPë. P—P°P»PμP¶PSPs PIC-Pr C,CĤPëPIP°P»PsCÍC,C-  
P»C-PeCfPIP°PSPSCĬ C,P° PrPsP·Pë PμCÍC,CĤPsPiPμPSCf, CĤPëP·PëPe PjPsP¶Pμ P±CfC,Pë  
PIC-Pr 2 PrPs 12 CĤP°P·C-PI PIPëC%°PëPNē, PSC-P¶ Cf P¶C-PSPsPe, CĬPeC- PSPμ  
PiCĤPëPNēPjP°CĤC,CĤ PμCÍC,CĤPsPiPμPS. PμC-CÍP»CĬ PiCĤPëPiPëPSPμPSPSCĬ  
C,PμCĤP°PiC-C— PμCÍC,CĤPsPiPμPSP°PjPë C†PμPNē CĤPëP·PëPe P·P±PμCĤC-PiP°C"C,CĤCÍCĬ  
C%°PsPSP°PNēPjPμPSCëPμ CfPiCĤPsPrPsPIP¶ 10 CĤPsPeC-PI. P"PsPrP°PIP°PSPSCĬ  
PiCĤPsPiPμCÍC,P°PiPμPSC-PI, C,P°PePëC... CĬPe PrPëPrCĤPsPiPμCÍC,PμCĤPsPS,  
C†PëPeP»C-C±PSPs PiCĤPsC,CĬPiPsPj C%°PsPSP°PNēPjPμPSCëPμ 12 PrPSC-PI PSP°  
PjC-CÍCĬC†CĤ/28-PrPμPSPSPëPNē C†PëPeP» P°P±Ps Cf PIPëPiP»CĬPrC- PiPsCÍC,C-PMēPSPsC—  
PePsPjP±C-PSPsPIP°PSPsC— PμCÍC,CĤPsPiPμPS-PiCĤPsPiPμCÍC,P°PiPμPSPsPIPsC—  
C,PμCĤP°PiC-C— Cf P¶C-PSPsPe P·C- P·P±PμCĤPμP¶PμPSPsCĤ PjP°C,PePsCĤ PjPsP¶Pμ  
P·P°PiPsP±C-PiC,Pë PSP°PrPjC-CĤPSPsPjCf CĤPëP·PëPeCf, P°CÍPsC†C-PMēPsPIP°PSPsPjCf C-P·  
P·P°PjC-CÍPSPsCĤ PiPsCĤPjPsPSP°P»CĤPSPsCĤ C,PμCĤP°PiC-C"Ĥ P»PëCëPμ  
PμCÍC,CĤPsPiPμPSP°PjPë.

PμCḡPsCḡPēPIPSC- PeCḡPsPIPsC, PμC†C- C, P° PeCḡPsPIBḡ™ CḡPSPēCḡC, C-  
PIPēPrC-P»PμPSPSCḡ PjPsPḡCḡC, Cḡ PIPēPSPēPeP°C, Pē PiCḡPsC, CḡPiPsPj PiPμCḡCēPēC...  
PjC-CḡCḡC†C-PI P»C-PeCḡPIP°PSPSCḡ. PīPeC%Ps PiCḡPsCḡPēPIPSC- PeCḡPsPIPsC, PμC†C-  
P°P±Ps PeCḡPsPIBḡ™ CḡPSC- PIPēPrC-P»PμPSPSCḡ PIPēPSPēPeP°CḡC, Cḡ PiC-CḡP»Cḡ  
PiCḡPēP·PSP°C†PμPSPSCḡ C, PμCḡP°PiC-C- PiCḡPsC, CḡPiPsPj PrPμCḡPePsPiPs C†P°CḡCḡ,  
P°P±Ps CḡPeC%Ps PIPsPSPē C, CḡPēPIP°CḡC, Cḡ C- PiC-CḡP»Cḡ P·P°PeC-PSC†PμPSPSCḡ  
P»C-PeCḡPIP°PSPSCḡ, PiPsPeP°P·P°PSPμ PiPsPrP°P»CḡCēPμ PsP±CḡC, PμPḡPμPSPSCḡ. PjPμ  
PjPsPḡPμ PsP·PSP°C†P°C, Pē, C%Ps PSPμPsP±C...C-PrPSPs PiCḡPsPIPμCḡC, Pē P±C-PsPiCḡC-Cḡ  
PμPSPPrPsPjPμC, CḡC-Cḡ, C%PsP± PIPēPeP»CḡC†PēC, Pē P·P»PsCḡPeC-CḡPSC-CḡC, Cḡ.

P P°Pe PjPsP»PsC†PSPsC— P·P°P»PsP·Pē

PjCḡC- PSP°CḡPIPSC- PrP°PSC- PIPeP°P·CḡCḡC, Cḡ PSP° PiC-PrPIPēC%PμPSPēPμ CḡPēP·PēPe  
CḡP°PeCḡ PjPsP»PsC†PSPsC— P·P°P»PsP·Pē Cḡ PḡC-PSPsPe, CḡPeC- PiCḡPēPμPjP°CḡC, Cḡ  
PePsPjP±C-PSPsPIP°PSCḡ PμCḡC, CḡPsPiPμPS-PiCḡPsPiPμCḡC, P°PiPμPSPsPICḡ C, PμCḡP°PiC-Cḡ  
P°P±Ps P·P°PjC-CḡPSCḡ PiPsCḡPjPsPSP°P»CḡPSCḡ C, PμCḡP°PiC-Cḡ P»PēCēPμ  
PμCḡC, CḡPsPiPμPSP°PjPē. PjPμPμ CḡPēP·PēPe P·P°P»PμPḡPēC, Cḡ PIC-Pr  
C, CḡPēPIP°P»PsCḡC, C- P·P°CḡC, PsCḡCḡPIP°PSPSCḡ P·P°PjC-CḡPSPsC—  
PiPsCḡPjPsPSP°P»CḡPSPsC— C, PμCḡP°PiC-C—.

*PμPsPjP±C-PSPsPIP°PSP° PμCḡC, CḡPsPiPμPS-PiCḡPsPiPμCḡC, P°PiPμPSPsPIP° C, PμCḡP°PiC-Cḡ:*  
CḡP°PSPPrPsPjC-P·PsPIP°PSPμ PiP»P°C†PμP±Ps-PePsPSC, CḡPsP»CḡPsPIP°PSPμ  
PrPsCḡP»C-PrPḡPμPSPSCḡ Womenḡ™'s Health Initiative (WHI) C, P° PjPμC, P°P°PSP°P»C·P·  
PiCḡPsCḡPiPμPeC, PēPIPSPēC... PμPiC-PrPμPjC-PsP»PsPiC-C†PSPēC... PrPsCḡP»C-PrPḡPμPSCḡ  
PiPsPeP°P·P°P»Pē PiC-PrPIPēC%PμPSPēPμ CḡPēP·PēPe CḡP°PeCḡ PjPsP»PsC†PSPsC—  
P·P°P»PsP·Pē Cḡ PḡC-PSPsPe, CḡPeC- PiCḡPēPμPjP°CḡC, Cḡ PμCḡC, CḡPsPiPμPS-  
PiCḡPsPiPμCḡC, P°PiPμPSPsPICḡ P·P°PjC-CḡPSCḡ PiPsCḡPjPsPSP°P»CḡPSCḡ C, PμCḡP°PiC-Cḡ,  
C%Ps PiCḡPsCḡPIP»CḡC”C, CḡCḡCḡ PiCḡPēP±P»PēP·PSPs C†PμCḡPμP· 3 (PIC-Pr 1 PrPs 4)  
CḡPsPePē. P PμP·CḡP»CḡC, P°C, Pē CēPēCḡPsPePsPiPs PjPμC, P°P°PSP°P»C-P·Cḡ  
PiPsPeP°P·P°P»Pē, C%Ps PiC-CḡP»Cḡ PiCḡPēPiPēPSPμPSPSCḡ P»C-PeCḡPIP°PSPSCḡ C†PμPμ  
PiC-PrPIPēC%PμPSPēPμ CḡPēP·PēPe P·PjPμPSCēCḡC”C, CḡCḡCḡ P· C†P°CḡPsPj C- C%Ps  
C†P°Cḡ, PSPμPsP±C...C-PrPSPēPμ PrP»Cḡ PiPsPIPμCḡPSPμPSPSCḡ PrPs P±P°P·PsPIPsPiPs  
CḡC-PIPSCḡ CḡPēP·PēPeCḡ, P·P°P»PμPḡPēC, Cḡ PIC-Pr C, CḡPēPIP°P»PsCḡC, C-  
PiPsPiPμCḡPμPrPSCḡPsPiPs P·P°CḡC, PsCḡCḡPIP°PSPSCḡ P·P°PjC-CḡPSPsC—  
PiPsCḡPjPsPSP°P»CḡPSPsC— C, PμCḡP°PiC-C—. PīPeC%Ps C, P°PeP° C, PμCḡP°PiC-Cḡ  
C, CḡPēPIP°P»P° PIPiCḡPsPrPsPIPḡ P±C-P»CḡCē PSC-Pḡ 5 CḡPsPeC-PI, C†PμPμ CḡPēP·PēPe  
PjPsPḡPμ C-CḡPSCḡPIP°C, Pē PiCḡPsC, CḡPiPsPj 10 CḡPsPeC-PI P°P±Ps P±C-P»CḡCēPμ.

P—P°PjC-CḡPSP° PiPsCḡPjPsPSP°P»CḡPSP° C, PμCḡP°PiC-Cḡ, P·PsPeCḡPμPjP°  
PμCḡC, CḡPsPiPμPS-PiCḡPsPiPμCḡC, P°PiPμPSPsPIP° PePsPjP±C-PSPsPIP°PSP° C, PμCḡP°PiC-Cḡ,  
PiC-PrPIPēC%CḡC” C%C-P»CḡPSC-CḡC, Cḡ PjP°PjPsPiCḡP°C,, C-C†PSPēC...  
P·PsP±CḡP°PḡPμPSCḡ, C%Ps PjPsPḡPμ PSPμPiP°C, PēPIPSPs PIPiP»PēPSCḡC, Pē PSP°  
CḡP°PrC-PsP»PsPiC-C†PSPμ PIPēCḡPIP»PμPSPSCḡ CḡP°PeCḡ PjPsP»PsC†PSPsC—  
P·P°P»PsP·Pē.B

P P°Pe CḡC”C†PSPēPeC-PI

P P°Pe CḡC”C†PSPēPeC-PI PIPēPSPēPeP°C” P·PSP°C†PSPs CḡC-PrCēPμ P·P° CḡP°Pe  
PjPsP»PsC†PSPsC— P·P°P»PsP·Pē. P·PiC-PrPμPjC-PsP»PsPiC-C†PSC- PrP°PSC-,  
PsC, CḡPēPjP°PSC- PI CḡPμP·CḡP»CḡC, P°C, C- CēPēCḡPsPePsPiPs PjPμC, P°P°PSP°P»C-P·Cḡ,  
PiPsPeP°P·P°P»Pē PrPμC%Ps PiC-PrPIPēC%PμPSPēPμ CḡPēP·PēPe Cḡ PḡC-PSPsPe, CḡPeC-  
P·P°CḡC, PsCḡPsPICḡCḡC, Cḡ PjPsPSPsC, PμCḡP°PiC-Cḡ PμCḡC, CḡPsPiPμPSPsPj P°P±Ps

PePsPjP±C-PSP°C†C-CT PμC†C,CḡPsPiPμPSCr P· PiCḡPsPiPμC†C,P°PiPμPSPsPj C‡Pe  
P·P°PjC-C†PSCr PiPsCḡPjPsPSP°P»CHPSCr C,PμCḡP°PiC-CT; C†PμPNḡ CḡPḡP·PḡPe  
PiCḡPsC‡PIP»C‡C”C,CHC†C‡C PiCḡPsC,C‡PiPsPj 5 CḡPsPeC-PI P·P°C†C,PsC†C†PIP°PSPSC‡  
C,P° P·PjPμPSC€C†C”C,CHC†C‡C P· C†P°C†PsPj PiC-C†P»C‡C PiCḡPḡPiPḡPSPμPSPSC‡  
C,PμCḡP°PiC-C—. P”PμC‡PeC- C-PSC€C- PrPsC†P»C-PrP¶PμPSPSC‡, Cr C,PsPjCr C†PḡC†P»C-  
WHI, PiPsPeP°P·P°P»Pḡ, C°Ps P·P°C†C,PsC†C†PIP°PSPSC‡ PePsPjP±C-PSPsPIP°PSPsC—  
P·P°PjC-C†PSPsC— PiPsCḡPjPsPSP°P»CHPSPsC— C,PμCḡP°PiC-C— PjPsP¶Pμ P±C†C,Pḡ  
PiPsPiBḡ™ C‡P·P°PSPμ P· C,P°PePḡPj C†P°PjPḡPj P°P±Ps PrPμC°Ps PSPḡP¶C†PḡPj  
CḡPḡP·PḡPePsPj (PrPḡPI. B«PμPsP±C-C†PSC- CḡPμP°PeC†C-C—B»).

P’PμPSPsP·PSP° C,CḡPsPjP±PsPμPjP±PsP»C-C‡C

P—P°PjC-C†PSP° PiPsCḡPjPsPSP°P»CHPSP° C,PμCḡP°PiC-C‡C PiPsPiBḡ™ C‡P·P°PSP° P· 1,3-3-  
CḡP°P·PsPIPḡPj PiC-PrPIPḡC°PμPSPSC‡Pj CḡPḡP·PḡPeCr PIPμPSPsP·PSPsC—  
C,CḡPsPjP±PsPμPjP±PsP»C-C—, C,PsP±C,Ps C,CḡPsPjP±PsP·Cr PiP»PḡP±PsPePḡC... PIPμPS  
P°P±Ps P»PμPiPμPSPμPIPSC— PμPjP±PsP»C-C—. P’PḡPSPḡPePSPμPSPSC‡ C,P°PePsC—  
PiPsPrC-C— P±C-P»CHC€ C-PjPsPIC-CḡPSPμ PSP° PiPμCḡC€PsPjCr CḡPsC†C-  
P·P°PjC-C†PSPsC— PiPsCḡPjPsPSP°P»CHPSPsC— C,PμCḡP°PiC-C—, PSC-P¶ PiC-P·PSC-C€Pμ.

PμP°C†C-C”PSC,Pḡ P· PIC-PrPsPjPḡPjPḡ C,CḡPsPjP±PsC,,C-P»C-C†PSPḡPjPḡ C†C,P°PSP°PjPḡ  
PjP°CḡC,CH PiC-PrPIPḡC°PμPSPḡPNḡ CḡPḡP·PḡPe CḡPsP·PIPḡC,PeCr PIPμPSPsP·PSPsC—  
C,CḡPsPjP±PsPμPjP±PsP»C-C—, C- P·P°PjC-C†PSP° PiPsCḡPjPsPSP°P»CHPSP° C,PμCḡP°PiC-C‡C  
PjPsP¶Pμ C°Pμ PiC-PrPIPḡC°PḡC,Pḡ C†PμPNḡ CḡPḡP·PḡPe. PḡPsPjCr P·P°PjC-C†PSP°  
PiPsCḡPjPsPSP°P»CHPSP° C,PμCḡP°PiC-C‡C PiCḡPsC,PḡPiPsPeP°P·P°PSP° C†C-PNḡ PiCḡCrPiC-  
PiP°C†C-C”PSC,PsPe.

P—P°PiP°P»CHPSPsPIPḡP·PSP°PSPḡPjPḡ C,,P°PeC,PsCḡP°PjPḡ CḡPḡP·PḡPeCr PIPμPSPsP·PSPsC—  
C,CḡPsPjP±PsPμPjP±PsP»C-C— C” P·P°C†C,PsC†C†PIP°PSPSC‡ PμC†C,CḡPsPiPμPSC-PI,  
P»C-C,PSC-PNḡ PIC-Pe, PIPμP»PḡPeC- C...C-CḡCrCḡPiC-C†PSC- PIC,CḡCrC†P°PSPSC‡,  
C,CḡPḡPIP°P»P° C-PjPjPsP±C-P»C-P·P°C†C-C‡C, PsP¶PḡCḡC-PSPSC‡ (P†PḡPḡ > 30 PePi/Pj²),  
PIP°PiC-C,PSC-C†C,CH/PiC-C†P»C‡CḡPsPrPsPIPḡPNḡ PiPμCḡC-PsPr, C†PḡC†C,PμPjPSPḡPNḡ  
C†PμCḡPIPḡPSPḡPNḡ PIPsPIC†P°Pe (PḡPḡP) C,P° CḡP°Pe. PkPμPjP°C” C”PrPḡPSPsC— PrCrPjPḡPḡ  
C†C,PsC†PsPIPSPs PjPsP¶P»PḡPIPSC— CḡPsP»C- PIP°CḡPḡPePsP·PSPsPiPs  
CḡPsP·C€PḡCḡPμPSPSC‡ PIPμPS Cr PIPḡPSPḡPePSPμPSPSC- PIPμPSPsP·PSPsC—  
C,CḡPsPjP±PsPμPjP±PsP»C-C—.

PiPe C- Cr PIC†C-C... PiC-C†P»C‡C‡PiPμCḡP°C†C-PNḡPSPḡC... PiP°C†C-C”PSC,C-PI,  
PiCḡPsC,,C-P»P°PeC,PḡC†PSC- P·P°C...PsPrPḡ PSPμPsP±C...C-PrPSPs CḡPsP·PiP»C‡PSC†C,Pḡ  
PrP»C‡C P·P°PiPsP±C-PiP°PSPSC‡ PIPμPSPsP·PSPsC— C,CḡPsPjP±PsPμPjP±PsP»C-C—  
PiC-C†P»C‡C C...C-CḡCrCḡPiC-C†PSPsPiPs PIC,CḡCrC†P°PSPSC‡. PiPeC°Ps PiP»P°PSPsPIPμ  
PsPiPμCḡP°C,PḡPIPSPμ PIC,CḡCrC†P°PSPSC‡ PiPsC,CḡPμP±C†C” PiPsPrP°P»CHC€PsC—  
C,CḡPḡPIP°P»PsC— C-PjPjPsP±C-P»C-P·P°C†C-C—, CḡPμPePsPjPμPSPPrPsPIP°PSPs  
C,PḡPjC†P°C†PsIPs PiCḡPḡPiPḡPSPḡC,Pḡ P·P°PjC-C†PSCr PiPsCḡPjPsPSP°P»CHPSCr  
C,PμCḡP°PiC-CT P·P° 4-6 C,PḡP¶PSC-PI PrPs PsPiPμCḡP°C†C-C—. PμPsPePḡ P¶C-PSPeP° PSPμ  
PSP°P±C†PrPμ PiPsPIPSPsC— CḡCrC...P»PḡPIPSC†C,C-, PIC-PrPSPsPIP»CHPIP°C,Pḡ  
P»C-PeCrPIP°PSPSC‡ PSPμ C†P»C-Pr.

P-C-PSPeP°Pj P±PμP· PsC†PsP±PḡC†C,PsPiPs P°PSP°PjPSPμP·Cr PIPμPSPsP·PSPsC—  
C,CḡPsPjP±PsPμPjP±PsP»C-C—, P°P»Pμ PiCḡPḡ PSP°C‡PIPSPsC†C,C- PI P°PSP°PjPSPμP·C- Cr  
CḡPsPrPḡC†C-PI PiPμCḡC€PsPiPs C†C,C†PiPμPSC‡C,CḡPsPjP±PsP·Cr Cr PjPsP»PsPrPsPjCr  
PIC-C†C- PjPsP¶PSP° P·P°PiCḡPsPiPsPSCrPIP°C,Pḡ C†PeCḡPḡPSC-PSPi PiC-C†P»C‡C  
CḡPμC,PμP»CHPSPsPiPs PsP±PiPsPIPSCḡPμPSPSC‡ PNḡPsPiPs PsP±PjPμP¶PμPSCḡ (P»PḡC€Pμ

C#P°CÍC,PëPSP° C,CĤPsPjP±PsC,,C-P»C-C#PSPëC... PrPµC,,PµPeC,C-PI PjPsP¶Pµ  
PIPëCĬPIP»CĬC,PëCÍCĬ PíCĤPë CÍPëCĤPëPSC-PSPiCí). PĬPeC%Ps PIPëCĬPIP»PµPSPëPNë  
C,CĤPsPjP±PsC,,C-P»C-C#PSPëPNë PrPµC,,PµPeC, PĬPsPIBĤ™ CĬP·P°PSPëPNë C-P·  
C,CĤPsPjP±PsP·PsPj Cí C#P»PµPSC-PI CĤPsPrPëPSPë P°P±Ps PrPµC,,PµPeC,  
PĬPsPIBĤ™ CĬP·P°PSPëPNë C-P· CÍPµCĤPNëPsP·PSPsCĤ P°PSPsPjP°P»C-C"Ĥ  
(PSP°PíCĤPëPeP»P°Pr PSPµPrPsCÍC,P°C,PSC-CÍC,ĤĤ P°PSC,PëC,CĤPsPjP±C-PSCí,  
PíCĤPsC,PµC—PSCí S P°P±Ps PíCĤPsC,PµC—PSCí PŸ, P°P±Ps PePsPjP±C-PSP°C†C-CĬ  
PrPµC,,PµPeC,C-PI), P·P°PjC-CÍPSP° PĬPsCĤPjPsPSP°P»ĤĤPSP° C,PµCĤP°PíC-CĬ  
PíCĤPsC,PëPĬPsPeP°P·P°PSP°.

PJ P¶C-PSPsPe, CĬPeC- PIP¶Pµ PsC,CĤPëPjCíCĤC,ĤĤ PĬPsCÍC,C-PNëPSCí  
P°PSC,PëPePsP°PíCíP»CĬPSC,PSCí C,PµCĤP°PíC-CĤ, CÍP»C-Pr CĤPµC,PµP»ĤĤPSPs  
P·PIP°P¶PëC,Pë PePsCĤPëCÍC,ĤĤ C,P° CĤPëP·PëPe P·P°PjC-CÍPSPsC—  
PĬPsCĤPjPsPSP°P»ĤĤPSPsC— C,PµCĤP°PíC-C—.

PĬPeC%Ps PIPµPSPsP·PSP° C,CĤPsPjP±PsPµPjP±PsP»C-CĬ CĤPsP·PIPëPIP°C"C,ĤĤCÍCĬ  
PíC-CÍP»CĬ PĬPsC#P°C,PeCí C,PµCĤP°PíC-C—, PíCĤPëPNëPsPj PíCĤPµPíP°CĤP°C,Cí CÍP»C-Pr  
PíCĤPëPíPëPSPëC,Pë. PµP°C†C-C"PSC,PsPe CÍP»C-Pr PĬPsC-PSC,,PsCĤPjCíPíP°C,Pë, C%Ps C—Pj  
CÍP»C-Pr PSPµPíP°PNëPSPs P·PIPµCĤPSCíC,PëCÍCĬ PrPs P»C-PeP°CĤCĬ PíCĤPë  
PIPëPSPëPePSPµPSPSC- PĬPsC,PµPSC†C-PNëPSPëC... C,CĤPsPjP±PsPµPjP±PsP»C-C#PSPëC...  
CÍPëPjPíC,PsPjC-PI (PSP°PíCĤPëPeP»P°Pr P±PsP»ĤĤC#PëPNë PSP°P±CĤCĬPe PSPsPíPë,  
CĤP°PíC,PsPIPëPNë P±C-P»ĤĤ Cí PíCĤCíPrCĬC..., P·P°PrPëCëPeP°).

P†CëPµPjC-C#PSP° C...PIPScĤPsP±P° CÍPµCĤC†CĬ

PJ CĤP°PSPPrPsPjC-P·PsPIP°PSPëC... PePsPSC,CĤPsP»ĤĤPsPIP°PSPëC...  
PrPsCÍP»C-PrP¶PµPSPSCĬC... PSPµ PIPëCĬPIP»PµPSPs PrPsPeP°P·C-PI P·P°C...PëCÍC,Cí PIC-Pr  
C-PSC,,P°CĤPeC,Cí PjC-PsPeP°CĤPrP° Cí P¶C-PSPsPe P· P°P±Ps P±PµP· C-CëPµPjC-C#PSPsC—  
C...PIPScĤPsP±Pë CÍPµCĤC†CĬ, CĬPeC- PsC,CĤPëPjCíCĤC,ĤĤ PePsPjP±C-PSPsPIP°PSCí  
PµCÍC,CĤPsPíPµPS-PíCĤPsPíPµCÍC,P°PíPµPSPsPíCí C,PµCĤP°PíC-CĤ P°P±Ps P·P°PjC-CÍPSCí  
PĬPsCĤPjPsPSP°P»ĤĤPSCí C,PµCĤP°PíC-CĤ P»PëCëPµ PµCÍC,CĤPsPíPµPSP°PjPë.

*PµPsPjP±C-PSPsPIP°PSP° PµCÍC,CĤPsPíPµPS-PíCĤPsPíPµCÍC,P°PíPµPSPsPIP° C,PµCĤP°PíC-CĬ:*  
PIC-PrPSPsCÍPSPëPNë CĤPëP·PëPe PIPëPSPëPePSPµPSPSCĬ C-CëPµPjC-C#PSPsC—  
C...PIPScĤPsP±Pë CÍPµCĤC†CĬ PíC-Pr C#P°CÍ P·P°PjC-CÍPSPsC—  
PĬPsCĤPjPsPSP°P»ĤĤPSPsC— C,PµCĤP°PíC-C— PSPµP·PSP°C#PSPs PíC-PrPIPëC%PµPSPëPNë.  
PĤCÍPeC-P»ĤĤPePë P±P°P·PsPIPëPNë P°P±CÍPsP»ĤĤC,PSPëPNë CĤPëP·PëPe  
C-CëPµPjC-C#PSPsC— C...PIPScĤPsP±Pë CÍPµCĤC†CĬ P·PSP°C#PSPsCĤ PjC-CĤPsCĤ  
P·P°P»PµP¶PëC,ĤĤ PIC-Pr PIC-PeCí, PeC-P»ĤĤPeC-CÍC,ĤĤ PrPsPrP°C,PePsPIPëC...  
PIPëPíP°PrPeC-PI C-CëPµPjC-C#PSPsC— C...PIPScĤPsP±Pë CÍPµCĤC†CĬ C#PµCĤPµP·  
P·P°CÍC,PsCÍCíPíP°PSPSCĬ PµCÍC,CĤPsPíPµPSC-PI-PíCĤPsPíPµCÍC,P°PíPµPSC-PI PrCíP¶Pµ  
PjP°P»P° Cí P·PrPsCĤPsPIPëC... P¶C-PSPsPe PSP° PjPsPjPµPSC, PSP°CÍC,P°PSPSCĬ  
PjPµPSPsPíP°CíP·Pë, P°P»Pµ P±CíPrPµ P·CĤPsCÍC,P°C,Pë CíB CÍC,P°CĤCëPsPjCí PIC-C†C-.

P†CëPµPjC-C#PSPëPNë C-PSCÍCíP»ĤĤC,

PµPsPjP±C-PSPsPIP°PSP° PµCÍC,CĤPsPíPµPS-PíCĤPsPíPµCÍC,P°PíPµPSPsPIP° C,PµCĤP°PíC-CĬ  
C,P° PjPsPSPsC,PµCĤP°PíC-CĬ PµCÍC,CĤPsPíPµPSP°PjPë P°CÍPsC†C-PNëPsPIP°PSP° P· 1-1,5-  
CĤP°P·PsPIPëPj PíC-PrPIPëC%PµPSPSCĬPj CĤPëP·PëPeCí C-CëPµPjC-C#PSPsPíPs  
C-PSCÍCíP»ĤĤC,Cí. P·C-PrPSPsCÍPSPëPNë CĤPëP·PëPe PSPµ P·PjC-PSCĤC"C,ĤĤCÍCĬ P·  
PIC-PePsPj P°P±Ps C#P°CÍPsPj P· PjPsPjPµPSC,Cí PSP°CÍC,P°PSPSCĬ PjPµPSPsPíP°CíP·Pë.  
PµCĤPsC,Pµ, PsCÍPeC-P»ĤĤPePë P±P°P·PsPIPëPNë CĤPëP·PëPe C-PSCÍCíP»ĤĤC,Cí

P·PSP°C±PSPsCḤ PjC-CḤPsCḤ P·P°P»PμP¶PëC,CH PIC-Pr PIC-PeCf, P·P°PiP°P»CHPSPëPNë  
CḤPëP·PëPe C-PSCfCfP»CHC,Cf Cf P¶C-PSPsPe, C¶PeC- PiCḤPëPNëPjP°CḤC,CH  
P·P°PjC-CfPSCf PiPsCḤPjPsPSP°P»CHPSCf C,PμCḤP°PiC-CḤ, P·P±C-P»CHCëCfC”C,CHCfC¶ P·  
PIC-PePsPj.

PḤPμPSC-PSPiC-PsPjP°

PμPsPIC-PrPsPjP»C¶P»PsCfC¶ PiCḤPs PIPëPSPëPePSPμPSPSC¶ PjPμPSC-PSPiC-PsPj  
(PiPsPsPrPëPSPsPePëC... C,P° PjPSPsP¶PëPSPSPëC...) PiCḤPë P·P°CfC,PsCfCfPIP°PSPSC-  
PePsPjP±C-PSPsPIP°PSPsC— C,PμCḤP°PiC-C—  
PμCfC,CḤP°PrC-PsP»PsPj/PrPëPrCḤPsPiPμCfC,PμCḤPsPSPsPj. PμP°C†C-C”PSC,Pë  
PiPsPIPëPSPSC- PiPμCḤPμP±CfPIP°C,Pë PiC-Pr PSP°PiP»C¶PrPsPj PrP»C¶  
PIPëC¶PIP»PμPSPSC¶ PsP·PSP°Pe C,P° CfPëPjPiC,PsPjC-PI PjPμPSC-PSPiC-PsPj  
PIC-PrPiPsPIC-PrPSPs PrPs PeP»C-PSC-C±PSPsC— PiCḤP°PeC,PëPePë. PiPeC%Ps Cf  
PiP°C†C-C”PSC,P° PrC-P°PiPSPsCfC,PsPIP°PSPs PjPμPSC-PSPiC-PsPjCf, P±CfPrCH-C¶PePμ  
P»C-PeCfPIP°PSPSC¶ PrPëPrCḤPsPiPμCfC,PμCḤPsPSPsPj PSPμPsP±C...C-PrPSPs  
PiCḤPëPiPëPSPëC,Pë (PrPëPI. CḤPsP·PrC-P» B«PμCḤPsC,PëPiPsPeP°P·P°PSPSC¶B»).

PμC-CfP»C¶ PiCḤPëPiPëPSPμPSPSC¶ P»C-PeCfPIP°PSPSC¶ CfPiPsCfC,PμCḤC-PiP°P»PsCfC¶  
P·PjPμPSCëPμPSPSC¶ PiCfC...P»PëPSPë.

P”PsPiPsPjC-P¶PSC- CḤPμC±PsPIPëPSPë

PiPμPNë P»C-PeP°CḤCfCHPePëPNë P·P°CfC-P± PjC-CfC,PëC,CH P»P°PeC,PsP·Pë  
PjPsPSPsPiC-PrCḤP°C,. PμP°C†C-C”PSC,P°Pj P· CḤC-PrPeC-CfPSPëPjPë CfPiP°PrPePsPIPëPjPë  
C,,PsCḤPjP°PjPë PSPμPiPμCḤPμPSPsCfPëPjPsCfC,C- PiP°P»P°PeC,PsP·Pë,  
PSPμPrPsCfC,P°C,PSC-CfC,CḤ P»P°PeC,P°P·Pë P°P±Ps CfPëPSPrCḤPsPjPsPj PiP»CḤPePsP·Ps-  
PiP°P»P°PeC,PsP·PSPsC— PjP°P»CHP°P±CfPsCḤP±C†C-C— PSPμ CfP»C-Pr  
P·P°CfC,PsCfPsPICfPIP°C,Pë C†PμPNë PiCḤPμPiP°CḤP°C,.

*P—P°CfC,PsCfCzPIP°PSPSC¶ Cz PiPμCḤC-PsPr PIP°PiC-C,PSPsCfC,C- P°P±Ps  
PiPsPrCzPIP°PSPSC¶ PiCḤCzPrPrCḤ.*

P’P°PiC-C,PSC-CfC,CH

P—P° CḤPsP·CḤP°C...CfPSPeP°PjPë P±C-P»CHCëPμ 9 PjC-P»CHPNëPsPSC-PI PIP°PiC-C,PSPëC...  
P¶C-PSPsPe PiCḤPëPNëPjP°P»Pë PrPëPrCḤPsPiPμCfC,PμCḤPsPS. P”PsC,PμPiPμCḤ PSPμ  
PIPëC¶PIP»PμPSPs PrPsPeP°P·C-PI CëPeC-PrP»PëPiPsPiPs PIPiP»PëPICf  
PrPëPrCḤPsPiPμCfC,PμCḤPsPSCf PiCḤPë P·P°CfC,PsCfCfPIP°PSPSC- Cf PiPμCḤC-PsPr  
PIP°PiC-C,PSPsCfC,C-.

Pj P»C-C,PμCḤP°C,CfCḤC- PsPiPëCfP°PSPμ PrPsCfP»C-PrP¶PμPSPSC¶, C¶PePμ  
PiPsPeP°P·P°P»Ps, C%Ps P·P°CfC,PsCfCfPIP°PSPSC¶ PrPμC¶PePëC...  
PiCḤPsPiPμCfC,P°PiPμPSC-PI PjPsP¶Pμ P±CfC,Pë PiPsPiBḤ™ C¶P·P°PSPμ P·  
PiC-PrPIPëC%PμPSPëPj CḤPëP·PëPePsPj PiC-PiPsCfPiP°PrC-C—. PḥP»Pμ PsCfPeC-P»CHPePë  
PrPs C†CHPsPiPs C±P°CfCf C†Pμ PSPμ P±CfP»Ps PiC-PrC,PIPμCḤPrP¶PμPSPs PI C-PSCëPëC...  
PrPsCfP»C-PrP¶PμPSPSC¶C..., PSPμ PjPsP¶PSP° PsCfC,P°C,PsC±PSPs PIPëP·PSP°C±PëC,PëCfC¶  
C%PsPrPs CḤPsP»C- PiCḤPsPiPμCfC,P°PiPμPSC-PI Cf CḤPsP·PIPëC,PeCf  
PiC-PiPsCfPiP°PrC-C—. PḥP»C-PSC-C±PSC- PrPsCfP»C-PrP¶PμPSPSC¶, PI C¶PePëC...  
PsP±PjPμP¶PμPSP° PeC-P»CHPeC-CfC,CH P¶C-PSPsPe P»C-PeCfPIP°P»PëCfC¶  
PrPëPrCḤPsPiPμCfC,PμCḤPsPSPsPj PSP° CḤP°PSPSC-C... C,PμCḤPjC-PSP°C...

PIP°PiC-C,PSPsCÍC,C-, PSPµ PīPsPeP°P·P°P»Pë PiC-PrPIPëC%PµPSPSCÍ CĤPëP·PëPeCf.  
P'kC-CÍPëPëC... C-PSCëPëC... PµPīC-PrPµPjC-PsP»PsPiC-C†PSPëC... PrP°PSPëC... PrPsCÍC-  
PSPµPjP°C”.

Pj PrPsPeP»C-PSC-C†PSPëC... PrPsCÍP»C-PrP¶PµPSPSCÍC...  
PµPjP±CĤC-PsC,,PµC,P°P»CHPSPsPiPs C,P° PīPsCÍC,PSP°C,P°P»CHPSPsPiPs CĤPsP·PIPëC,PeCf  
PµC,,PµPeC,Pë PIC-PrPīPsPIC-PrP°P»Pë C,,P°CĤPjP°PePsP»PsPiC-C†PSPsPjCf PīCĤPsC,,C-P»CĤ.  
P'kPµCÍPīCĤPëCÍC,P»PëPIC- PµC,,PµPeC,Pë PIPëPSPëPeP°P»Pë P»PëCëPµ C,PsPrC-, PePsP»Pë  
PIPīP»PëPI PīCĤPµPīP°CĤP°C,Cf P·PSP°C†PSPs PīPµCĤPµPIPëC%CfPIP°PI  
PjP°PeCÍPëPjP°P»CHPSCf PµPeCÍPīPsP·PëC†C-CĤ PrP»CÍ P»CĤPrPëPSPë.

P”PëPrCĤPsPiPµCÍC,PµCĤPsPS PjPsP¶PSP° P·P°CÍC,PsCÍPsPICfPIP°C,Pë PīCĤPsC,CÍPīPsPj  
PIP°PiC-C,PSPsCÍC,C- P·P° C†C-C,PePëPjPë PīPsPeP°P·P°PSPSCÍPjPë.

PµPµCĤC-PsPr PīPsPrCfPIP°PSPSCÍ PīCĤCfPrPrCĤ

P'kPµPjP°C” PrP°PSPëC... PīCĤPs PīCĤPsPSPëPePSPµPSPSCÍ PrPëPrCĤPsPiPµCÍC,PµCĤPsPSCf  
Cf PīCĤCfPrPSPµ PjPsP»PsPePs. P”PsCÍP»C-PrP¶PµPSCĤ C%PsPrPs  
PīCĤPsPSPëPePSPµPSPSCÍ PrPëPrCĤPsPiPµCÍC,PµCĤPsPSCf Cf PīCĤCfPrPSPµ PjPsP»PsPePs  
PSPµ PīCĤPsPiPsPrPëP»Pë.

P”PsCÍPIC-Pr P·P°CÍC,PsCÍCfPIP°PSPSCÍ C-PSCëPëC... PīCĤPsPiPµCÍC,P°PiPµPSC-PI  
PIPeP°P·CfC”, C%Ps PīCĤPsPiPµCÍC,P°PiPµPSPë C,P° C—C... PjPµC,P°P±PsP»C-C,Pë  
PīCĤPsPSPëPeP°CĤC,CH Cf PīCĤCfPrPSPµ PjPsP»PsPePs PI PjP°P»PëC...  
PeC-P»CHPePsCÍC,CÍC.... P'kPµPIC-PrPsPjPs, C†Pë C-CÍPSCfC” CĤPëP·PëPe PrP»CÍ  
PrPëC,PëPSPë, C,PsPjCf PrPëPrCĤPsPiPµCÍC,PµCĤPsPS PSPµ CÍP»C-Pr  
P·P°CÍC,PsCÍPsPICfPIP°C,Pë Cf PīPµCĤC-PsPr PīPsPrCfPIP°PSPSCÍ PīCĤCfPrPrCĤ.

PµPµCĤC,PëP»CHPSC-CÍC,CH

P'kPµPjP°C” PrPsPeP°P·C-PI, C%Ps PrPëPrCĤPsPiPµCÍC,PµCĤPsPS Cf  
C,PµCĤP°PīPµPIC,PëC†PSPëC... PrPsP·P°C... P·PSPëP¶CfC” C,,PµCĤC,PëP»CHPSC-CÍC,CH.

*P—PrP°C,PSC-CÍC,CH PIPīP»PëPIP°C,Pë PSP° CëPIPëPrPeC-CÍC,CH CĤPµP°PeC†C-C—  
PīCĤPë PePµCĤCžPIP°PSPSC- P°PIC,PsC,CĤP°PSCÍPīPsCĤC,PsPj P°P±Ps C-PSCëPëPjPë  
PjPµC...P°PSC-P·PjP°PjPë.*

P”CfC,,P°CÍC,PsPS<sup>B</sup> PjP°C” PSPµC-CÍC,PsC,PSPëPµ PIPīP»PëPI PSP° P·PrP°C,PSC-CÍC,CH  
PePµCĤCfPIP°C,Pë P°PIC,PsPjPsP±C-P»PµPj C- PīCĤP°C†CĤPIP°C,Pë P· PjP°CëPëPSP°PjPë C-  
PjPµC...P°PSC-P·PjP°PjPë.

P'kPµC†P°CÍC,Ps PrPëPrCĤPsPiPµCÍC,PµCĤPsPS PjPsP¶Pµ CÍPīCĤPëC†PëPSCÍC,Pë  
PSPµPIPµP»PëPeCf CÍPsPSP»PëPIC-CÍC,CH C,P°/P°P±Ps P·P°PīP°PjPsCĤPsC†PµPSPSCÍ,  
PsCÍPsP±P»PëPIPs Cf PīPµCĤCëC- PeC-P»CHPeP° PiPsPrPëPS PīC-CÍP»CÍ PīCĤPëPµPsPjCf.  
PŷPsPjCf PePµCĤCfPIP°C,Pë P°PIC,PsPjPsP±C-P»PµPj P°P±Ps PīCĤP°C†CĤPIP°C,Pë P·  
PjPµC...P°PSC-P·PjP°PjPë PSPµPsP±C...C-PrPSPs P· PsP±PµCĤPµP¶PSC-CÍC,CH.

**PŷPīPsCÍC-P± P·P°CÍC,PsCÍCžPIP°PSPSCÍ C,P° PrPsP·Pë.**





11-PiPs PiPs 25-PN<sub>2</sub> PrPμPSC<sub>H</sub> C†PëPeP»C<sub>r</sub> PrP»C<sub>l</sub> P·P°P±PμP·PiPμC±PμPSPSC<sub>l</sub>  
PsPiC,PëPjP°P»CH<sub>H</sub>PSPsC— C<sub>r</sub>PμPeC<sub>H</sub>PμC,P<sub>s</sub>C<sub>H</sub>PSPsC— C,C<sub>H</sub>P°PSC<sub>r</sub>C,,P<sub>s</sub>C<sub>H</sub>PjP°C†C-C—  
PμPSPrPsPjPμC,C<sub>H</sub>C-C<sub>l</sub>, P°PrPμPePIP°C,PSPs C<sub>r</sub>C,PëPjC<sub>r</sub>P»CH<sub>H</sub>PsPIP°PSPsPiPs  
PμPSPrPsPiPμPSPSPëPj P°P±Ps PμPeP·PsPiPμPSPSPëPj PμC<sub>r</sub>C,C<sub>H</sub>PsPiPμPSPsPj.

P°P»C<sub>l</sub> PiPsPiPμC<sub>H</sub>PμPrP<sub>l</sub>PμPSPSC<sub>l</sub> PiC-PiPμC<sub>H</sub>PiP»P°P·C-C— PμPSPrPsPjPμC,C<sub>H</sub>C-C<sub>l</sub>  
C<sub>r</sub> PiPμC<sub>H</sub>C-PsPr PjPμPSPsPiP°C<sub>r</sub>P·Pë

PμC<sub>H</sub>PsC,C<sub>l</sub>PiPsPj PePsP<sub>l</sub>PSPsPiPs 28-PrPμPSPSPsPiPs C†PëPeP»C<sub>r</sub> C,PμC<sub>H</sub>P°PiC-C—  
PμC<sub>r</sub>C,C<sub>H</sub>PsPiPμPSP°PjPë PiC<sub>H</sub>PëPN<sub>2</sub>PjP°C,Pë P»PëC€Pμ PμC<sub>r</sub>C,C<sub>H</sub>PsPiPμPS PiC<sub>H</sub>PsC,C<sub>l</sub>PiPsPj  
PiPμC<sub>H</sub>C€PëC... 14 PrPSC-PI, C- PiC<sub>H</sub>PsC,C<sub>l</sub>PiPsPj PSP°C<sub>r</sub>C,C<sub>r</sub>PiPSPëC... 14 PrPSC-PI  
PiC<sub>H</sub>PëPN<sub>2</sub>PjP°C,Pë 1 P°P±Ps 2 C,P°P±P»PμC,PePë, C%<sub>o</sub>Ps PjC-C<sub>r</sub>C,C<sub>l</sub>C,CH 10 PjPi  
PrPëPrC<sub>H</sub>PsPiPμC<sub>r</sub>C,PμC<sub>H</sub>PsPSC<sub>r</sub>, PrPsPrP°C,PePsPIPs PrPs C,PμC<sub>H</sub>P°PiC-C—  
PμC<sub>r</sub>C,C<sub>H</sub>PsPiPμPSP°PjPë. Pj C<sub>H</sub>P°P·C- PrPsP·C<sub>r</sub>PIP°PSPSC<sub>l</sub> 10 PjPi  
PrPëPrC<sub>H</sub>PsPiPμC<sub>r</sub>C,PμC<sub>H</sub>PsPSC<sub>r</sub> 2 C<sub>H</sub>P°P·Pë PSP° PrPsP±C<sub>r</sub> PiC<sub>H</sub>PëPN<sub>2</sub>PsPj C,P°P±P»PμC,P<sub>s</sub>Pe  
C<sub>r</sub>P»C-Pr C<sub>H</sub>PsP·PiPsPrC-P»PëC,Pë PiC<sub>H</sub>PsC,C<sub>l</sub>PiPsPj PrPsP±Pë. P<sub>l</sub>C<sub>H</sub>PsPIPsC,PμC±P°  
PIC-PrPjC-PSPë P·P°P·PIPëC±P°PN<sub>2</sub> PIPëPSPëPeP°C” PiC-Pr C±P°C<sub>r</sub> P·P°C<sub>r</sub>C,P<sub>s</sub>C<sub>r</sub>C<sub>r</sub>PIP°PSPSC<sub>l</sub>  
PrPëPrC<sub>H</sub>PsPiPμC<sub>r</sub>C,PμC<sub>H</sub>PsPSC<sub>r</sub>.

P—P°C<sub>r</sub>C,P<sub>s</sub>C<sub>r</sub>C<sub>r</sub>PIP°PSPSC<sub>l</sub> PePsPjP±C-PSPsPIP°PSPsC— C,PμC<sub>H</sub>P°PiC-C—  
PμC<sub>r</sub>C,C<sub>H</sub>PsPiPμPSPsPj C,P° PiC<sub>H</sub>PsPiPμC<sub>r</sub>C,P°PiPμPSPsPj C<sub>r</sub> P<sub>l</sub>C-PSPsPe C<sub>r</sub>  
PiPsC<sub>r</sub>C,PjPμPSPsPiP°C<sub>r</sub>P·C- PSPμPsP±C...C-PrPSPs PsP±PjPμP<sub>l</sub>PëC,Pë  
PjC-PSC-PjP°P»CH<sub>H</sub>PSPsC<sub>H</sub> PμC,,PμPeC,PëPIPsC<sub>H</sub> PrPsP·PsC<sub>H</sub> C,P° PSP°PN<sub>2</sub>PePsC<sub>H</sub>PsC,C€PëPj  
C,PμC<sub>H</sub>PjC-PSPsPj, C<sub>l</sub>PeC- C<sub>r</sub>P·PiPsPrP<sub>l</sub>C<sub>r</sub>C<sub>H</sub>C,CHC<sub>r</sub>C<sub>l</sub> P· C,PμC<sub>H</sub>P°PiPμPIC,PëC±PSPëPjPë  
C†C-P»C<sub>l</sub>PjPë C,P° C<sub>H</sub>PëP·PëPeP°PjPë PrP»C<sub>l</sub> PePsP<sub>l</sub>PSPsC— P<sub>l</sub>C-PSPePë, P° C,P°PePsP<sub>l</sub>  
PiPμC<sub>H</sub>C-PsPrPëC±PSPs C<sub>r</sub>P»C-Pr PiPμC<sub>H</sub>PμPiP»C<sub>l</sub>PrP°C,Pë PrPsC†C-P»CH<sub>H</sub>PSC-C<sub>r</sub>C,CH  
C,P°PePsPiPs P»C-PeC<sub>r</sub>PIP°PSPSC<sub>l</sub> (PrPëPI. B«P<sub>h</sub>C<sub>r</sub>PsP±P»PëPIPsC<sub>r</sub>C,C-  
P·P°C<sub>r</sub>C,P<sub>s</sub>C<sub>r</sub>C<sub>r</sub>PIP°PSPSC<sub>l</sub>B»).

P<sub>l</sub>PiPsC<sub>r</sub>C-P± P·P°C<sub>r</sub>C,P<sub>s</sub>C<sub>r</sub>C<sub>r</sub>PIP°PSPSC<sub>l</sub>

P°P»C<sub>l</sub> PiPμC<sub>H</sub>PsC<sub>H</sub>P°P»CH<sub>H</sub>PSPsPiPs PiC<sub>H</sub>PëPN<sub>2</sub>PsPjC<sub>r</sub>.

PμC<sub>H</sub>Pë P·P°C<sub>r</sub>C,P<sub>s</sub>C<sub>r</sub>C<sub>r</sub>PIP°PSPSC- PIPëC%<sub>o</sub>PëC... PrPsP· C,P°P±P»PμC,PePë PjP°C<sub>H</sub>C,CH  
P±C<sub>r</sub>C,Pë C<sub>H</sub>C-PIPsPjC-C<sub>H</sub>PSPs C<sub>H</sub>PsP·PiPsPrC-P»PμPSC- PrP»C<sub>l</sub> PiC<sub>H</sub>PëPN<sub>2</sub>PsPjC<sub>r</sub>  
PiC<sub>H</sub>PsC,C<sub>l</sub>PiPsPj PrPsP±Pë.

P°C-C,Pë.

P°PëPrC<sub>H</sub>PsPiPμC<sub>r</sub>C,PμC<sub>H</sub>PsPS PSPμ P·P°C<sub>r</sub>C,P<sub>s</sub>C<sub>r</sub>PsPIC<sub>r</sub>C<sub>H</sub>C,CH PrPs PiPsC±P°C,PeC<sub>r</sub>  
PjPμPSC<sub>r</sub>C,C<sub>H</sub>C<sub>r</sub>P°C†C-PN<sub>2</sub>. P’PμP·PiPμPeP° C,P° PμC,,PμPeC,PëPIPsC-C<sub>r</sub>C,CH  
P·P°C<sub>r</sub>C,P<sub>s</sub>C<sub>r</sub>C<sub>r</sub>PIP°PSPSC<sub>l</sub> PrPëPrC<sub>H</sub>PsPiPμC<sub>r</sub>C,PμC<sub>H</sub>PsPSC<sub>r</sub> PiC-PrP»C-C,PeP°Pj PIC-PePsPj  
PIC-Pr 12 PrPs 18 C<sub>H</sub>PsPeC-PI PSPμ PIC<sub>r</sub>C,P°PSPsPIP»PμPSC-.

**PμPμC<sub>H</sub>PμPrPsP·C<sub>2</sub>PIP°PSPSC<sub>l</sub>.**

P<sub>l</sub>PëPjPiC,P<sub>s</sub>PjPë.

P°PëPrC<sub>H</sub>PsPiPμC<sub>r</sub>C,PμC<sub>H</sub>PsPS C” PiC<sub>H</sub>PμPiP°C<sub>H</sub>P°C,P<sub>s</sub>Pj P· PrC<sub>r</sub>P<sub>l</sub>Pμ PSPëP·CH<sub>H</sub>PePsC<sub>H</sub>

C,PsPeCfPëC±PSC-CfC,Ch. PŸPëPjPïC,PsPjPë, CŸPeC- C,PµPsCŸPµC,PëC±PSPs PjPsP¶CfC,Ch PIPëPSPëPePSCfC,Pë Cr CŸP°P·C- PïPµCŸPµPrPsP·CfPIP°PSPSCŸ BŸ“ PSCfPrPsC,P°, P±P»CŸPIP°PSPSCŸ, CfPsPSP»PëPIC-CfC,Ch C- P·P°PïP°PjPsCŸPsC±PµPSPSCŸ. PkPµPIC-PrPsPjC- PIPëPïP°PrPePë, PePsP»Pë PïPµCŸPµPrPsP·CfPIP°PSPSCŸ PrPëPrCŸPsPiPµCfC,PµCŸPsPSCf PïCŸPëP·PIPµP»Ps PrPs CëPeC-PrP»PëPIPëC... PSP°CfP»C-PrPeC-PI (PjP°PeCfPëPjP°P»ChPSP° PrPµPSPSP° PrPsP·P°, PïCŸPëPµPSCŸC,P° P»CŸPrPëPSPsCŸ, CfC,P°PSPsPIPëP»P° 360 PjPi).

*P>C-PeCzPIP°PSPSCŸ.*

PŸPïPµC±PëC,,C-C±PSPµ P»C-PeCfPIP°PSPSCŸ PSPµ PïPsC,CŸC-P±PSPµ. Pj CŸP°P·C- PïPµCŸPµPrPsP·CfPIP°PSPSCŸ PjPsP¶PSP° CŸPsP·PiP»CŸPrP°C,Pë CfPëPjPïC,PsPjP°C,PëC±PSPµ P»C-PeCfPIP°PSPSCŸ.

***PµPsP±C-C±PSC- CŸPµP°PeC†C-C—.***

PµCŸPë P·P°CfC,PsCfCfPIP°PSPSC- PrPëPrCŸPsPiPµCfC,PµCŸPsPSCf Cr PeP»C-PSC-C±PSPëC... PrPsCfP»C-PrP¶PµPSPSCŸC... P·P° PïPsPeP°P·P°PSPSCŸPjPë P±PµP· P»C-PeCfPIP°PSPSCŸ PµCfC,CŸPsPiPµPSP°PjPë PSP°PµC±P°CfC,C-CëPµ PïPsPIC-PrPsPjP»CŸP»PsCfCŸ PïCŸPs C,P°PeC- PïPsP±C-C±PSC- CŸPµP°PeC†C-C—: PIP°PiC-PSP°P»ChPSP° PeCŸPsPiPsC,PµC±P°, PjC-PiCŸPµPSCŸ/PiPsP»PsPIPSPëPµ P±C-P»Ch, PSCfPrPsC,P°, P±P»CŸPIP°PSPSCŸ, P±C-P»Ch Cr P¶PëPiPsC,C-, PjPµPSCfC,CŸCfP°P»ChPSC- CŸPsP·P»P°PrPë C,P° P±C-P»Ch/C±CfC,P»PëPIC-CfC,Ch PjPsP»PsC±PSPëC... P·P°P»PsP·.

P—P°P·PSP°C±PµPSC- PSPëP¶C±Pµ PïPsP±C-C±PSC- CŸPµP°PeC†C-C— CfPïPsCfC,PµCŸC-PiP°P»PëCfCŸ P· PSPëP¶C±PµPSP°PIPµPrPµPSPsCŸ C±P°CfC,PsC,PsCŸ Cr PeP»C-PSC-C±PSPëC... PrPsCfP»C-PrP¶PµPSPSCŸC... P·P°CfC,PsCfCfPIP°PSPSCŸ PrPëPrCŸPsPiPµCfC,PµCŸPsPSCf (n=3483) P·P° PïPsPeP°P·P°PSPSCŸPjPë P±PµP· P»C-PeCfPIP°PSPSCŸ PµCfC,CŸPsPiPµPSP°PjPë, Cr PrPIP°C... CfPïPsPSCfPsCŸPsPIP°PSPëC... PePsPjPïP°PSC-C”CŸ C-PSC,PµCŸPIPµPSC†C-PµPSPëC... PeP»C-PSC-C±PSPëC... PrPsCfP»C-PrP¶PµPSPSCŸC... C%PsPrPs PïC-PrC,CŸPëPjPePë P»CŸC,PµC—PSPsPiPsC— C,,P°P·Pë PïCŸPë P·P°CfC,PsCfCfPIP°PSPSC- PrPsPïPsPjC-P¶PSPëC... CŸPµPïCŸPsPrCfPeC,PëPIPSPëC... C,PµC...PSPsP»PsPiC-Pµ (P”P PŸ) C-P· P·P°CfC,PsCfCfPIP°PSPSCŸPj PrPëPrCŸPsPiPµCfC,PµCŸPsPSCf (n=1036) C,P° P·P° CfPïPsPSC,P°PSPSPëPjPë PïPsPIC-PrPsPjP»PµPSPSCŸPjPë. P’PëP·PSP°C±PµPSPSCŸ C±P°CfC,PsC,Pë PIPëPSPëPePSPµPSPSCŸ PïPsP±C-C±PSPëC... CŸPµP°PeC†C-Pµ T’CŸCfPSC,CfC”C,ChCfCŸ PSP° PSP°PµP±C-P»ChCë PePsPSCfPµCŸPIP°C,PëPIPSPsPjCf PïC-PrC...PsPrC-: PrCfP¶Pµ C±P°CfC,Ps (≥1/10); C±P°CfC,Ps (≥1/100, <1/10); PSPµC±P°CfC,Ps (≥1/1000, <1/100); CŸC-PrPePs (≥1/10000, <1/1000).

PkPsPiPsCfC,PIPsCŸPµPSPSCŸ PrPsP±CŸPsCŸPeC-CfPSC-, P·P»PsCŸPeC-CfPSC- C,P° PSPµPIPëP·PSP°C±PµPSC- (PIPëP»CŸC±P°CŸC±Pë PeC-CfC,Pë C,P° PïPsP»C-PïPë):

P C-PrPePs: P·P±C-P»ChCëPµPSPSCŸ Cr CŸPsP·PjC-CŸP°C... PïCŸPsPiPµCfC,P°PiPµPSP·P°P»PµP¶PSPëC... PSPsPiPsCfC,PIPsCŸPµPSCŸ (PSP°PïCŸPëPeP»P°Pr PjPµPSC-PSPiC-PsPjPë)\*.

PµCŸPsPi C- P»C-PjC,,P°C,PëC±PSP° CfPëCfC,PµPjP°

P C-PrPePs: PiPµPjPsP»C-C,PëC±PSP° P°PSPµPjC-CŸ\*.

РиСГРёС...С-С±PSC- СЪPsP·P»P°PrPë

РкРµС±P°СГС,Ps: PrPµPìСЪPµСГРёPIPSPëP№ PSP°СГС,СЪС-Р№.

Р±PjСГPSPSP° СГРёСГС,РµPjP°

P C-PrPePs: СЪPµP°PeС†С-С— PiC-PìPµСЪС±СГС,P»PëPIPsСГС,С-.

РкРµСЪPIPsPIP° СГРёСГС,РµPjP°

P§P°СГС,Ps: PiPsP»PsPIPSPëP№ P±C-P»СЪ С- PjC-PiСЪPµPSCЪ.

РкРµС±P°СГС,Ps: P·P°PìP°PjPsСЪPsС±PµPSPSCЦ.

P C-PrPePs: СГPsPSP»PëPIC-СГС,СЪ.

РÿСЪP°PIPSPëP№ С,СЪP°PeC.

P§P°СГС,Ps: PSCГPrPsC,P°, P±P»СЪPIP°PSPSCЦ, P±C-P»СЪ СГ P¶PëPIPsC,С-.

Р"РµPìP°C,PsP±C-P»C-P°СЪPSP° СГРёСГС,РµPjP°

РкРµС±P°СГС,Ps: PìPsСЪСГС€PµPSPSCЦ С,,СГPSPeС†С-С— PìPµС±C-PSPePë, C%Ps СГСГPìСЪPsPIPsPrP¶СГСЪС,СЪСГСЦ СГР»P°P±PeC-СГС,СЪ P°P±Ps PSPµP·PrСГP¶P°PSPSCЦPj, P¶PsPIC,СЦPSPëС±PµСЪ С,P° P±PsP»PµPj СГ P¶PëPIPsC,С-.

РëPeC-СЪP° С- PìC-PrC€PeC-СЪPSC- С,PeP°PSPëPSPë

РкРµС±P°СГС,Ps: P°P»PµСЪPiC-С±PSPëP№ PrPµСЪPjP°C,PëC, (PSP°PìСЪPëPeP»P°Pr PIPëСГРёPìP°PSPSCЦ, СГPIPµСЪP±C-P¶ C- PeСЪPsPìPëPIBЪ™ СЦPSPeP°).

P C-PrPePs: P°PSPiC-PsPSPµPICЪPsC,PëC±PSPëP№ PSP°P±СЪСЦPe\*.

Р PµPìСЪPsPrСГPeC,PëPIPSP° СГРёСГС,РµPjP° C- PjPsP»PsC±PSC- P·P°P»PsP·Pë

Р"СГP¶Pµ С±P°СГС,Ps: PIP°PiC-PSP°P»СЪPSP° PeСЪPsPIPsC,РµС±P°.

P§P°СГС,Ps: PjPµPSCГС,СЪСГP°P»СЪPSC- СЪPsP·P»P°PrPë (СГ С,PsPjСГ С±PëСГР»C- PjPµC,СЪPsСЪP°PiC-СЦ, PjPµPSPsСЪP°PiC-СЦ, PsP»C-PiPs-/P°PjPµPSPsСЪPµCЦ, PrPëСГPjPµPSPsСЪPµCЦ С,P° PSPµСЪPµPiСГP»CЦСЪPSC- PjPµPSCГС,СЪСГP°С†С-С—), P±C-P»СЪ СГ PjPsP»PsC±PSPëC... P·P°P»PsP·P°C.../С±СГС,P»PëPIC-СГС,СЪ PjPsP»PsC±PSPëC... P·P°P»PsP·.

P C-PrPePs: PìСЪPëPìСГС...P»C-СГС,СЪ PjPsP»PsC±PSPëC... P·P°P»PsP·.

Р—P°PìP°P»СЪPSC- СЪPsP·P»P°PrPë C- PjC-СГС†PµPIC- СЪPµP°PeС†С-С—

P C-PrPePs: PSP°P±СЪСЦPePë.

РhP±СГС,РµP¶PµPSPSCЦ

РкРµС±P°СГС,Ps: P·P±C-P»СЪC€PµPSPSCЦ PjP°СГРё С,С-P»P°.

\*PµPsP±C-С±PSC- СЪPµP°PeС†С-С— P·C- СГPìPsPSC,P°PSPSPëC... PìPsPIC-PrPsPjP»PµPSCЪ, C%Ps PSPµ СГPìPsСГС,РµСЪС-PìP°P»PëСГСЦ СГ PeP»C-PSC-С±PSPëC...

PrPsCÍP»C-PrP¶PµPSPSCÍC..., P±CÍP»Pë PIPSPµCÍPµPSC- PrPs C±P°CÍC,PsC,Pë  
B«CĤC-PrPePsB» PSP° PsCÍPSPsPIC- C,PsPiPs, C%Ps PIPµCĤC...PSCÍ PjPµP¶P° 95 %  
PrPsPIC-CĤC±PsPiPs C-PSC,PµCĤPIP°P»CÍ PsC±C-PeCÍPIP°PSPsC— C±P°CÍC,PsC,Pë  
PsC±C-PSCĤC”C,CHCÍCÍ PSpµ PIPëC%Pµ 3/C..., PrPµ C...=3483 (P·P°PiP°P»CHPSPµ  
C±PëCÍP»Ps CÍCÍP±BĤ™C”PeC,C-PI CÍPiPsCÍC,PµCĤPµP¶PµPSPSCÍ CÍ PeP»C-PSC-C±PSPëC...  
PrPsCÍP»C-PrP¶PµPSPSCÍC...).B

PµPsP±C-C±PSC- CĤPµP°PeC±C-C—, P°CÍPsC±C-PNëPsPIP°PSC- P· PµCÍC,CĤPsPiPµPS-  
PiCĤPsPiPµCÍC,P°PiPµPSPsPIPëPj P»C-PeC±PIP°PSPSCÍPj (PrPëPI. C,P°PePsP¶ CĤPsP·PrC-P»  
B«PhCÍPsP±P»PëPIPsCÍC,C- P·P°CÍC,PsCÍC±PIP°PSPSCÍB» C,P° C-PSCÍC,CĤC±PeC±C-C—  
PrP»CÍ PjPµPrPëC±PSPsPiPs P·P°CÍC,PsCÍC±PIP°PSPSCÍ PiCĤPµPiP°CĤP°C,C-PI  
PµCÍC,CĤPsPiPµPSC-PI):

- CĤP°Pe PjPsP»PsC±PSPsC— P·P°P»PsP·Pë, PiC-PiPµCĤPiP»P°P·C-CÍ C,P°  
PeP°CĤC±PëPSPsPjP° PµPSPPrPsPjPµC,CĤC-CÍ, CĤP°Pe CÍC”C±PSPëPeC-PI\*\*;
- PIPµPSPsP·PSP° C,CĤPsPjP±PsPµPjP±PsP»C-CÍ;
- C-PSC,,P°CĤPeC, PjC-PsPeP°CĤPrP°, C-CëPµPjC-C±PSP° C...PIPsCĤPsP±P° CÍPµCĤC±CÍ,  
C-CëPµPjC-C±PSPëPNë C-PSCÍCÍP»CHC,.

\*\* P—P°CÍC,PsCÍCÍPIP°PSPSCÍ PjPsPSPsC,PµCĤP°PiC-C— PµCÍC,CĤPsPiPµPSPsPj P°P±Ps  
PePsPjP±C-PSPsPIP°PSPsC— PµCÍC,CĤPsPiPµPS-PiCĤPsPiPµCÍC,P°PiPµPSPsPiPsC—  
P·P°PjC-CÍPSPsC— PiPsCĤPjPsPSP°P»CHPSPsC— C,PµCĤP°PiC-C— (P—P”Pÿ) P±CÍP»Ps  
P°CÍPsC±C-PNëPsPIP°PSPµ C-P· PrPµC%Ps PiC-PrPIPëC%PµPSPëPj CĤPëP·PëPePsPj  
PrC-P°PiPSPsCÍC,CÍPIP°PSPSCÍ CĤP°PeCÍ CÍC”C±PSPëPeC-PI (PrPëPI.  
B«PhCÍPsP±P»PëPIPsCÍC,C- P·P°CÍC,PsCÍCÍPIP°PSPSCÍB»). PĤPµC,P°P°PSP°P»C-P· 52  
PµPiC-PrPµPjC-PsP»PsPiC-C±PSPëC... PrPsCÍP»C-PrP¶PµPSCĤ PiPsPeP°P·P°PI  
PiC-PrPIPëC%PµPSPëPNë CĤPëP·PëPe CĤP°PeCÍ CÍC”C±PSPëPeC-PI CÍ P¶C-PSPsPe, CÍPeC-  
P·P°CÍC,PsCÍPsPICÍPIP°P»Pë P—P”Pÿ, PiPsCĤC-PIPSCÍPSPs P· P¶C-PSPeP°PjPë, CÍPeC-  
PSC-PePsP»Pë PSpµ P·P°CÍC,PsCÍPsPICÍPIP°P»Pë P—P”Pÿ (RR 1,43; 95 % CI 1,31-1,56). Pj  
P¶C-PSPsPe PIC-PePsPj 50-54 CĤPsPePë, CÍPeC- P·P°CÍC,PsCÍPsPICÍPIP°P»Pë P—P”Pÿ  
CÍPiCĤPsPrPsPIP¶ 5 CĤPsPeC-PI, CĤPµP·CÍP»CHC,P°C, PiPsPeP°P·P°PI PsPrPëPS  
PrPsPrP°C,PePsPIPëPNë PIPëPiP°PrPsPe PSP° 2000 PiP°C±C-C”PSC,C-PI. Pj P±P»PëP·CHPePs 2  
C-P· 2000 P¶C-PSPsPe PIC-PePsPj 50-54 CĤPsPePë, CÍPeC- PSpµ P·P°CÍC,PsCÍPsPICÍPIP°P»Pë  
P—P”Pÿ, P±CÍPI PrC-P°PiPSPsCÍC,PsPIP°PSPëPNë CĤP°Pe CÍC”C±PSPëPeC-PI P·P° 5-  
CĤC-C±PSPëPNë PiPµCĤC-PsPr.

**PÿPµCĤPjC-PS PiCĤPëPrP°C,PSPsCÍC,C-.** 5 CĤPsPeC-PI.

**PjPjPsPIPë P·P±PµCĤC-PiP°PSPSCÍ.** PkPµ PiPsC,CĤPµP±CÍC” PsCÍPsP±P»PëPIPëC...  
CÍPjPsPi P·P±PµCĤC-PiP°PSPSCÍ. P—P±PµCĤC-PiP°C,Pë CÍ PSpµPrPsCÍC,CÍPiPSPsPjCÍ PrP»CÍ  
PrC-C,PµPNë PjC-CÍC±C-.

**PjPiP°PePsPIPëP°.** PµPs 14 P°P±Ps 20, P°P±Ps 28 C,P°P±P»PµC,PsPe CÍ P±P»C-CÍC,PµCĤC-;  
PiPs 1 P±P»C-CÍC,PµCĤCÍ PI PeP°CĤC,PsPSPSC-PNë PePsCĤPsP±C±C-.

**РљР°С,РµРiРsСҒС-СЦ PIC-РrРiСrСiРeСr. Р—Р° СҒРµС†РµРiС,РsРj.**

**Р'РёСҒРsР±РSPёРe. РҒР±Р±РsС,С, Р'С-РsР»РsРrР¶С-РeР°Р»Р· Р'.Р'.,**  
РќС-РrРµСҒР»Р°РSPrРё/Abbott Biologicals B.V., The Netherlands.

**РњС-СiС†РµР·РSP°С...РsРrР¶РµРSPSCЦ РiРёСҒРsР±РSPёРeР° С,Р° Р°РrСҒРµСiР°**  
**РjС-СiС†СЦ РiСҒРsРiР°РrР¶РµРSPSCЦ РN°РsРiРs РrС-СЦР»СҒРSPsСiС,С-.B**  
Р'РµС"СҒРiРµРi 12, 8121 РҒРҒ РҒР»»СҒСiС,, РќС-РrРµСҒР»Р°РSPrРё/Veerweg 12, 8121 AA Olst,  
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