

Р—PSPëP¶PµPSPSCЦ ЧЪPëP·PëPeCí P°P±Ps P·P°C,ЧЪPëPjPeP° PíPc±P°C,PeCí
C†CíPeCЪPsPIPsPiPs PrC-P°P±PµC,Cí 2 C,PëPíCí

РµЧЪPsPiCЪP°PjP° PíCЪPsC,,C-P»P°PeC,PëPePë PrC-P°P±PµC,Cí (DPP) Cí PrPsCЪPsCíP»PëC...
P±CíP»P° P±P°PiP°C,PsC†PµPSC,ЧЪPsPIPëPj ЧЪP°PSPPrPsPjC-P·PsPIP°PSPëPj
PePsPSC,ЧЪPsP»ЧЪPsPIP°PSPëPj PeP»C-PSC-C†PSPëPj PrPsCíP»C-PrP¶PµPSPSCЦPj, PI
CЦPePsPjCí PsC†C-PSCЪPIP°P»Pë PµC,,PµPeC,PëPIPSC-CíC,ЧЪ PIPíCЪPsPIP°PrP¶PµPSPSCЦ
P°PeC,PëPIPSPsPiPs CíPíPsCíPsP±Cí P¶PëC,C,CЦ P°P±Ps P·P°CíC,PsCíCíPIP°PSPSCЦ
PjPµC,C,,PsCЪPjC-PSCí PrP»CЦ PíPsPíPµCЪPµPrP¶PµPSPSCЦ, P°P±Ps P·P°C,ЧЪPëPjPePë
ЧЪPsP·PIPëC,PeCí C†CíPeCЪPsPIPsPiPs PrC-P°P±PµC,Cí 2 C,PëPíCí. PъЧЪPëC,PµCЪC-CЦPjPë
PIPeP»CЪC†PµPSPSCЦ P±CíP»Pë PIC-Pe ≥ 25 ЧЪPsPeC-PI, C-PSPPrPµPeCí PjP°CíPë C,C-P»P°
(P†PъPÿ) ≥ 24 PePi/Pj² (≥ 22 PePi/Pj² PrP»CЦ P°PjPµCЪPëPeP°PSC†C-PI P°P·C-PNëCíЧЪPePsPiPs
PíPsC...PsPrP¶PµPSPSCЦ) C,P° PíPsCЪCíCëPµPSPSCЦ C,PsP»PµCЪP°PSC,PSPsCíC,C- PrPs
PiP»CЪPePsP·Pë PíP»CЪCí CЪC-PIPµPSCЪ PiP»CЪPePsP·Pë PSP°C,C%Pµ 95вЪ“125 PjPi/PrP»
(P°P±Ps ≤ 125 PjPi/PrP» PrP»CЦ P°PjPµCЪPëPeP°PSCíЧЪPePëC... C-PSPPrC-P°PSC†C-PI).
PµP°C†C-C”PSC,P°Pj P±CíPI PíCЪPëP·PSP°C†PµPSPëPñ P°PeC,PëPIPSPëPñ CíPíPsCíC-P±
P¶PëC,C,CЦ, 2 × 850 PjPi PjPµC,C,,PsCЪPjC-PSCí C,P° CíC,P°PSPPrP°CЪC,PSC- P·PjC-PSPë
CíPíPsCíPsP±Cí P¶PëC,C,CЦ P°P±Ps PíP»P°C†PµP±Ps C,P° CíC,P°PSPPrP°CЪC,PSC- P·PjC-PSPë
CíPíPsCíPsP±Cí P¶PëC,C,CЦ.

PÿPµCЪPµPrPSC- PíPsC±P°C,PePsPIC- P·PSP°C†PµPSPSCЦ PrP»CЦ CíC±P°CíPSPëPeC-PI DPP
(n=3,234 PíCЪPsC,CЦPiPsPj 2,8 ЧЪPsPeCí) вЪ“ PIC-Pe 50,6 B± 10,7 ЧЪPsPeCí, ЧЪC-PIPµPSCЪ
PiP»CЪPePsP·Pë Cí PíP»P°P·PjC- PeCЪPsPIC- PSP°C,C%Pµ 106,5 B± 8,3 PjPi/PrP»,
ЧЪC-PIPµPSCЪ PiP»CЪPePsP·Pë Cí PíP»P°P·PjC- PeCЪPsPIC- C†PµCЪPµP· 2 PíPsPrPëPSPë
PíC-CíP»CЦ PíCЪPëPñPsPjCí PiP»CЪPePsP·Pë PíPµCЪPsCЪP°P»ЧЪPSPs 164,6 B± 17,0 PjPi/PrP»
C,P° 34,0 B± 6,7 PePi/Pj² P†PъPÿ. P’PíCЪPsPIP°PrP¶PµPSPSCЦ P°PeC,PëPIPSPsPiPs
CíPíPsCíPsP±Cí P¶PëC,C,CЦ ЧЪP°P·PsPj P·C- P·P°CíC,PsCíCíPIP°PSPSCЦPj
PjPµC,C,,PsCЪPjC-PSCí P·PrP°C,PSC- P·PSP°C†PSPs P·PjPµPSCëPëC,Pë ЧЪPëP·PëPe
ЧЪPsP·PIPëC,PeCí C†CíPeCЪPsPIPsPiPs PrC-P°P±PµC,Cí PíPsCЪC-PIPSCЦPSPs P·
PíP»P°C†PµP±Ps, 58 % (95 % PrPsPIC-ЧЪC†PëPñ C-PSC,PµCЪPIP°P» (P”P†) 48вЪ“66 %) C,P° 31
% (95 % P”P† 17вЪ“43 %) PIC-PrPíPsPIC-PrPSPs.

РµPµCЪPµPIP°PiP° PIPíCЪPsPIP°PrP¶PµPSPSCЦ P·PjC-PS CíPíPsCíPsP±Cí P¶PëC,C,CЦ PSP°Pr
P·P°CíC,PsCíCíPIP°PSPSCЦPj PjPµC,C,,PsCЪPjC-PSCí P±CíP»P° P±C-P»ЧЪCëPsCЪ Cí
PíP°C†C-C”PSC,C-PI P»C-C,PSCЪPsPiPs PIC-PeCí.

РµP°C†C-C”PSC,Pë, CЦPeC- PsC,ЧЪPëPjP°P»Pë PSP°PNëP±C-P»ЧЪCëCí PePsCЪPëCíC,ЧЪ
PIC-Pr P»C-PeCíPIP°PSPSCЦ PjPµC,C,,PsCЪPjC-PSPsPj, P±CíP»Pë PIC-PePsPj PIC-Pr 45
ЧЪPsPeC-PI P· P†PъPÿ ≥ 35 PePi/Pj², Cí CЦPePëC... P±P°P·PsPIPëPñ ЧЪC-PIPµPSCЪ
PiP»CЪPePsP·Pë C†PµCЪPµP· 2 PíPsPrPëPSPë CíC,P°PSPsPIPëPI 9,6вЪ“11,0 PjPjPsP»ЧЪ/P»,
P±P°P·PsPIPëPñ HbA1C ≥ 6,0 % P°P±Ps PíP°C†C-C”PSC,Pë P· PíPµCíC,P°C†C-PNëPSPëPj
PrC-P°P±PµC,PsPj. P”P»CЦ P·P°PíPsP±C-PiP°PSPSCЦ ЧЪPsP·PIPëC,PeCí C†CíPeCЪPsPIPsPiPs
PrC-P°P±PµC,Cí PíCЪPsC,CЦPiPsPj 3 ЧЪPsPeC-PI C-P· CíC±P°CíPSPëPeC-PI DPP вЪ“ 6,9
PíP°C†C-C”PSC,P° P±CíP»Pë Cí PíCЪCíPíC- P°PeC,PëPIPSPsPiPs CíPíPsCíPsP±Cí P¶PëC,C,CЦ
C,P° 13,9 вЪ“ Cí PíCЪCíPíC- PjPµC,C,,PsCЪPjC-PSCí. PÿPsC†PeP° PrPsCíCЦPiPSPµPSPSCЦ
PeCíPjCíP»CЦC,PëPIPSPsC— C†P°CíC,PsC,Pë PIPëPSPëPePSPµPSPSCЦ C†CíPeCЪPsPIPsPiPs
PrC-P°P±PµC,Cí, CЦPeP° CíC,P°PSPsPIPëC,ЧЪ 50 %, P±CíP»P° PIC-PrCíC,ЧЪPsC†PµPSP°
PíCЪPëP±P»PëP·PSPs PSP° 3 ЧЪPsPePë Cí PíCЪCíPíC- PjPµC,C,,PsCЪPjC-PSCí
PíPsCЪC-PIPSCЦPSPs P· PíP»P°C†PµP±Ps.

P”PsCíP»C-PrP¶PµPSPSCЦ PsC†C-PSPëPë ЧЪPµP·CíP»ЧЪC,P°C,C-PI PíCЪPsPiCЪP°PjPë
PíCЪPsC,,C-P»P°PeC,PëPePë PrC-P°P±PµC,Cí (DPPOS) вЪ“ C†Pµ PrPsPIPiPsC,ЧЪPëPIP°P»Pµ

СГРiPsCГC, PμCГPμP¶PμPSPSCЦ DPP, C%oPs PIPeP»CГC±P°C” PI CГPμP±Pμ P±C-P»CГC€ PSC-P¶ 87 % PiPsC±P°C, PePsPIPëC... DPP PiP°C†C-C”PSC, C-PI PrP»CЦ PiPsPrP°P»CГC€PsPiPs PrPsPIPiPsC, CГPëPIP°P»PsPiPs CГPiPsCГC, PμCГPμP¶PμPSPSCЦ.

PŸPμCГPμPr CГC±P°CГPSPëPeC-PI DPPOS (n = 2776) PeCГPjCГP»CЦC, PëPIPSP° C±P°CГC, PsC, P° PIPëPSPëPePSPμPSPSCЦ C†CГPeCГPsPIPsPiPs PrC-P°P±PμC, CГ PSP° 15-PjCГ CГPsC†C-CГC, P°PSPsPIPëC, CГ 62 % CГ PiCГCГPiC- PiP»P°C†PμP±Ps, 56 % CГ PiCГCГPiC- PjPμC, C,, PsCГPjC-PSCГ C, P° 55 % CГ PiCГCГPiC- PIPiCГPsPIP°PrP¶PμPSPSCЦ P°PeC, PëPIPSPsPiPs CГPiPsCГPsP±CГ P¶PëC, C, CЦ. P—P°PiP°P»CГPSC- PePsPμC,, C-C†C-C”PSC, Pë CГC, P°PSPsPIP»CЦC, CГ 7,0, 5,7 C, P° 5,2 PIPëPiP°PrPeCГ PrC-P°P±PμC, CГ PSP° 100 PiP°C†C-C”PSC, Ps-CГPsPeC-PI CГ PiCГCГPiP°C... PiP»P°C†PμP±Ps, PjPμC, C,, PsCГPjC-PSCГ C, P° P°PeC, PëPIPSPsPiPs CГPiPsCГPsP±CГ P¶PëC, C, CЦ PIC-PrPiPsPIC-PrPSPs.B PμPsCГC-PIPSCЦPSPs C-P· PiCГCГPiPsCГ PiP»P°C†PμP±Ps, CГ PiCГCГPiC- PjPμC, C,, PsCГPjC-PSCГ CГPëP·PëPe PrC-P°P±PμC, CГ P±CГPI P·PjPμPSC€PμPSPëP№ PSP° 18 % (PePsPμC,, C-C†C-C”PSC, CГPëP·PëPeCГ (PъP) 0,82, 95 % P”P† 0,72BГ”0,93; CГ = 0,001) C, P° PSP° 27 % (PъP 0,73, 95 % P”P† 0,65BГ”0,83; p < 0,0001) BГ” CГ PiCГCГPiC- P°PeC, PëPIPSPsPiPs CГPiPsCГPsP±CГ P¶PëC, C, CЦ. P©PsPrPs CГCГPeCГPiPSPsC— PjC-PeCГPsC†PëCГPeCГP»CЦC, PsCГPSPsC— PeC-PSC†PμPIPsC— C, PsC±PePë PSPμC,, CГPsPiP°C, C-C—, CГPμC, PëPSPsPiP°C, C-C— C, P° PSPμP№CГPsPiP°C, C-C— CГPμP·CГP»CГC, P°C, Pë PSPμ PIC-PrCГC-P·PSCЦP»PëCГCЦ P·PSP°C±PSPs PjC-P¶ PiCГCГPiP°PjPë, P°P»Pμ PrP»CЦ CГC±P°CГPSPëPeC-PI, CГ CЦPePëC... PSPμ CГPsP·PIPëPSCГPICГCЦ C†CГPeCГPsPIPëP№ PrC-P°P±PμC, PiCГPsC, CЦPiPsPj DPP/DPPOS, PiPsC€PëCГPμPSC-CГC, CГ PjC-PeCГPsCГCГPrPëPSPSPëC... CГCГPeP»P°PrPSPμPSCГ P±CГP»P° PSP° 28 % PSPëP¶C±PsCГ, PSC-P¶ CГ C, PëC..., CГ PePsPiPs CГPsP·PIPëPSCГPICГCЦ PrC-P°P±PμC, (PъP 0,72, 95 % P”P† 0,63BГ”0,83; CГ < 0,0001). PкPμPjP°C” P¶PsPrPSPëC... PiPsCГC-PIPSCЦP»CГPSPëC... PrP°PSPëC... C%oPsPrPs PIPiP»PëPICГ PjPμC, C,, PsCГPjC-PSCГ PSP° PjP°PeCГPsCГCГPrPëPSPSC- CГCГPeP»P°PrPSPμPSPSCЦ CГ PiP°C†C-C”PSC, C-PI C-P· PμPŸP” C, P°/P°P±Ps PμP”Pк, C, P°/P°P±Ps PiC-PrPIPëC%oPμPSPëPj HbA1c.

PαP°PeC, PsCГPë CГPëP·PëPeCГ PrC-P°P±PμC, CГ 2 C, PëPiCГ, PiCГPs CЦPeC- PIC-PrPsPjPs P· PiCГP±P»C-PeP°C†C-P№: PiP°C†C-C”PSC, Pë PjPsPSPiPsP»PsC—PrPSPsC— CГP°CГPë P°P±Ps PSPμPiCГPsC—PrPSPsC— CГP°CГPë, PIC-Pe PiPsPSP°Pr 40 CГPsPeC-PI, PrPëCГP»C-PiC-PrPμPjC-CЦ, P°CГC, PμCГC-P°P»CГPSP° PiC-PiPμCГC, PμPSP·C-CЦ, PsP¶PëCГC-PSPSCЦ P°P±Ps PSP°PrPjC-CГPSP° PjP°CГP° C, C-P»P°, B CГPsPrPëPSPSPëP№ P°PSP°PjPSPμP· (1-P№ CГC, CГPiC-PSCГ CГC-PjPμP№PSPsC— CГPiPsCГC-PrPSPμPSPsCГC, C-C-P· C...PiPsCГPëPj PSP° C†CГPeCГPsPIPëP№ PrC-P°P±PμC, PiPμCГC, P°C†C-P№PSPëP№ C†CГPeCГPsPIPëP№ PrC-P°P±PμC, PI P°PSP°PjPSPμP·C- C, P° CГPëPSPrCГPsPj PiPsP»C-PeC-CГC, PsP·PSPëC... CЦC”C±PSPëPeC-PI (PŸPμPъPi).

P>C-PeCГPIP°PSPSCЦ C†CГPeCГPsPIPsPiPs PrC-P°P±PμC, CГ 2 C, PëPiCГ

PμCГPsCГPiPμPeC, PëPIPSPμ CГP°PSPrPsPjC-P·PsPIP°PSPμ (UKPDS) PrPsCГP»C-PrP¶PμPSPSCЦ PICГC, P°PSPsPIPëP»Ps PiPμCГPμPIP°PiCГ PiPsPiP»PëP±P»PμPSPsPiPs PePsPSC, CГPsP»CГ CГC-PIPSCЦ PiP»CГPePsP·Pë PI PeCГPsPIC- CГ C...PiPsCГPëC... PSP° C†CГPeCГPsPIPëP№ PrC-P°P±PμC, 2 C, PëPiCГ P·PSP°PrPjC-CГPSPsCГ PjP°CГPsCГ C, C-P»P°, CЦPeC- P·P°CГC, PsCГPsPICГPIP°P»Pë PjPμC, C,, PsCГPjC-PSCГ PiC-PrCГPsC...P»PsCГPëPr PSPμPiP°P№PSPsPiPs PIPëPIC-P»CГPSPμPSPSCЦB CЦPe C, PμCГP°PiC-CГ PiPμCГC€PsC— P»C-PSC-C— PiC-CГP»CЦ C, PsPiPs, CЦPe PrC-C”C, P° PIPëCЦPIPëP»P°CГCГ PSPμPrC-C”PiPsCГ. PђPSP°P»C-P· CГPμP·CГP»CГC, P°C, C-PI C...PiPsCГPëC... P·PSP°PrPjC-CГPSPsCГ PjP°CГPsCГ C, C-P»P°, CЦPeC- PsC, CГPëPjCГPIP°P»Pë PjPμC, C,, PsCГPjC-PSCГ

PiC-PrC₇PsC...P»PsC₇PëPr PiC-C₇P»C₇ C,PsPiPs, C₇Pe PrC-C^oC,P^o
PIPëC₇PIPëP»P^oC₇CH₇ PSp₇PrC-C^oPIP₇CH₇, B PiPsPeP^oP·P^oPI:

B· P·PSP^oC₇PSP₇ P·PSPëP₇ P₇PSPSC₇ P^oP±C₇PsP»CH₇C,PSPsPiPs C₇PëP·PëPeC₇
P±C₇PrC₇CH₇-C₇PePsPiPs C₇C₇PeP»P^oPrPSP₇PSPSC₇, PiPsPiB₇TM C₇PeP·P^oPSPsPiPs P·
C₇C₇PrC₇PsPIPëPj PrC-P^oP±P₇C,PsPj, C₇ PiC₇C₇PrC₇- PjP₇C,C₇,PsC₇PjC-PSC₇
PiC-PrC₇PsC...P»PsC₇PëPrC₇ (29,8 PIPëPiP^oPrPeC₇/1000 PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI)
PiPsC₇C-PIPSC₇IPSPs P· PiC₇C₇PrC₇ PiP^oC₇C-C^oPSC,C-PI PSP^o PrC-C^oC,C- (43,3
PIPëPiP^oPrPeC₇/1000 PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI), p 0,0023, C,P^o PiPsC₇C-PIPSC₇IPSPs P·
PiC₇C₇PrC₇PjPë PePsPjP±C-PSPsPIP^oPSPsC— C,P₇C₇P^oPiC-C— C-P·
C₇C₇PrC₇»CH₇C₇,PsPSC-P»C₇P₇C₇PsPIPëPSPsCH₇ C,P^o PjPsPSPsC,P₇C₇P^oPiC-C—
C-PSC₇C₇PrC₇»C-PSPsPj (40,1 PIPëPiP^oPrPeC₇/1000 PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI), p = 0,0034;

B· P·PSP^oC₇PSP₇ P·PSPëP₇ P₇PSPSC₇ P^oP±C₇PsP»CH₇C,PSPsPiPs C₇PëP·PëPeC₇
PiPsPiB₇TM C₇PeP·P^oPSPsC— P· C₇C₇PrC₇PsPIPëPj PrC-P^oP±P₇C,PsPj P»P₇C,P^oP»CH₇PSPsC₇C,C-:
PjP₇C,C₇,PsC₇PjC-PSC₇ PiC-PrC₇PsC...P»PsC₇PëPrC₇ б₇“ 7,5 PIPëPiP^oPrPeC₇/1000
PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI, P»PëC₇PeP₇ PrC-C^oC,P^o б₇“ 12,7 PIPëPiP^oPrPeC₇/1000
PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI, p = 0,017;

B· P·PSP^oC₇PSP₇ P·PSPëP₇ P₇PSPSC₇ P^oP±C₇PsP»CH₇C,PSPsPiPs C₇PëP·PëPeC₇
P·P^oPiP^oP»CH₇PSPsC— P»P₇C,P^oP»CH₇PSPsC₇C,C-: C₇ PiC₇C₇PrC₇- PjP₇C,C₇,PsC₇PjC-PSC₇
PiC-PrC₇PsC...P»PsC₇PëPrC₇ 13,5 PIPëPiP^oPrPeC₇/1000 PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI
PiPsC₇C-PIPSC₇IPSPs P· 20,6 PIPëPiP^oPrPeC₇/1000 PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI (p = 0,011), C₇
PiC₇C₇PrC₇- PiP^oC₇C-C^oPSC,C-PI PSP^o PrC-C^oC,C-, C,P^o PiPsC₇C-PIPSC₇IPSPs C₇ PiC₇C₇PrC₇-
PePsPjP±C-PSPsPIP^oPSPsC— C,P₇C₇P^oPiC-C— P·C-
C₇C₇PrC₇»CH₇C₇,PsPSC-P»C₇P₇C₇PsPIPëPSPsCH₇ C,P^o PjPsPSPsC,P₇C₇P^oPiC-C—
C-PSC₇C₇PrC₇»C-PSPsPj; 18,9 PIPëPiP^oPrPeC₇/1000 PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI (p = 0,021);

B· P·PSP^oC₇PSP₇ P·PSPëP₇ P₇PSPSC₇ P^oP±C₇PsP»CH₇C,PSPsPiPs C₇PëP·PëPeC₇
C-PSC₇,P^oC₇PeC,C₇ PjC-PsPeP^oC₇PrP^o: PjP₇C,C₇,PsC₇PjC-PSC₇ PiC-PrC₇PsC...P»PsC₇PëPrC₇ 11
PIPëPiP^oPrPeC-PI/1000 PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI, P»PëC₇PeP₇ PrC-C^oC,P^o б₇“ 18
PIPëPiP^oPrPeC-PI/1000 PiP^oC₇C-C^oPSC,Ps-C₇PsPeC-PI (p 0,01).

P^oP»C₇ PjP₇C,C₇,PsC₇PjC-PSC₇ PiC-PrC₇PsC...P»PsC₇PëPrC₇, C₇Ps
P·P^oC₇C,PsC₇PsPIC₇C^oC,CH₇C₇C₇ C₇Pe C,P₇C₇P^oPiC-C₇ PrC₇C₇PrC₇- P»C-PSC-C—, C₇
PePsPjP±C-PSP^oC₇C— P· C₇C₇PrC₇»CH₇C₇,PsPSC-P»C₇P₇C₇PsPIPëPSPsCH₇ PiP₇C₇P₇PIP^oPiP^o
C₇PsPrPs PeP»C-PSC-C₇PSPëC... C₇P₇P·C₇PrC₇»CH₇C,P^oC,C-PI PSP₇ P±C₇PrP^o PiPsPeP^oP·P^oPSP^o.

P₇C₇Pë C₇C₇PrC₇PsPIP₇PjC₇ PrC-P^oP±P₇C,C- 1 C,PëPiC₇ PePsPjP±C-PSP^oC₇C-CH₇
PjP₇C,C₇,PsC₇PjC-PSC₇ PiC-PrC₇PsC...P»PsC₇PëPrC₇ C,P^o C-PSC₇C₇PrC₇»C-PSC₇
P·P^oC₇C,PsC₇PsPIC₇PIP^oP»Pë PsPeC₇P₇PjPëPj PiP^oC₇C-C^oPSC,P^oPj, P^oP»P₇ PeP»C-PSC-C₇PSP^o
PiP₇C₇P₇PIP^oPiP^o C₇C-C^oC— PePsPjP±C-PSP^oC₇C— PSP₇ P±C₇PrP^o PsC₇,C-C₇C-PM₇PSPs
PIC₇C,P^oPSPsPIP^oP₇PSP^o.

P^oP»C₇PjP^oPePsPeC-PSP₇C,PëPeP^o.

P^oC₇PjPsPeC,C₇PIP^oPSPSC₇

P₇C-C₇PrC₇»C₇ PiP₇C₇PsC₇P^oP»CH₇PSPsPiPs PiC₇PëP₇PsPjC₇ PjP₇C,C₇,PsC₇PjC-PSC₇
C-P· PiC₇PsP»PsPSPiPsPIP^oPSPëPj PIPëPIC-P»CH₇PSP₇PSPSC₇IPj P^oP±C₇PsC₇P±C₇C-C₇
PjP₇C,C₇,PsC₇PjC-PSC₇ P·PSP^oC₇PSPs C₇PiPsPIC-P»CH₇PSC₇C^oC,CH₇C₇C₇
PiPsC₇C-PIPSC₇IPSPs P· C,P^oP±P»P₇C,PeP^oPjPë PjP₇C,C₇,PsC₇PjC-PSC₇ C-P·

PSP μ PiP°PN $\text{\textcircled{P}}$ PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj. P \check{S} P°C \acute{r} PrPsC \acute{r} C \ddot{U} PiPSP μ PSPSC \ddot{U} PjP°PeC \acute{r} P \ddot{e} PjP°P»CH $\text{\textcircled{P}}$ PSPsC— PePsPSC \ddot{U} P μ PSC,C \check{H} P°C \ddot{U} C-C— (P \check{Y}_{max}) C \acute{r} C,P°PSPsPIP \ddot{e} C,CH $\text{\textcircled{P}}$ 7 PiPsPrP \ddot{e} PS (P \check{Y}_{max} PrP»C \ddot{U} C,P°P \pm P»P μ C,PsPe C-P· PSP μ PiP°PN $\text{\textcircled{P}}$ PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj C \acute{r} C,P°PSPsPIP \ddot{e} C,CH $\text{\textcircled{P}}$ 2,5 PiPsPrP \ddot{e} PSP \ddot{e}).

P μ C-C \acute{r} P»C \ddot{U} P \ddot{i} P μ C \check{H} PsC \check{H} P°P»CH $\text{\textcircled{P}}$ PSPsPiPs P·P°C \acute{r} C,PsC \acute{r} C \acute{r} PIP°PSPSC \ddot{U} 1 C,P°P \pm P»P μ C,PeP \ddot{e} PjP μ C,C,,PsC \check{H} PjC-PSC \acute{r} C-P· P \ddot{i} C \check{H} PsP»PsPSPiPsPIP°PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj 1000 PjPi P \ddot{i} P°C \ddot{U} C-C”PSC,P°PjP \ddot{e} P \ddot{i} C-C \acute{r} P»C \ddot{U} PIP \ddot{U} P \ddot{e} PIP°PSPSC \ddot{U} C—P \check{U} C- C,P° PSP°C,C% $\text{\textcircled{P}}$ PjP°PeC \acute{r} P \ddot{e} PjP°P»CH $\text{\textcircled{P}}$ PSP° P \ddot{i} P»P°P·PjPsPIP° PePsPSC \ddot{U} P μ PSC,C \check{H} P°C \ddot{U} C-C \ddot{U} C \acute{r} C,P°PSPsPIP \ddot{e} C,CH $\text{\textcircled{P}}$ 1214 PSp \ddot{i} /PjP» C- PrPsC \acute{r} C \ddot{U} PiP°C”C,CH $\text{\textcircled{P}}$ C \acute{r} C \ddot{U} P \ddot{i} C \acute{r} P μ C \check{H} P μ PrPSC $\text{\textcircled{P}}$ PsPjC \acute{r} P·P° 5 PiPsPrP \ddot{e} PS (PIC-Pr 4 PrPs 10 PiPsPrP \ddot{e} PS).

P \check{H} P°PeC \acute{r} P \ddot{e} PjP°P»CH $\text{\textcircled{P}}$ PSP° PePsPSC \ddot{U} P μ PSC,C \check{H} P°C \ddot{U} C-C \ddot{U} (P \check{Y}_{max}) C,P° P \ddot{i} P»PsC% $\text{\textcircled{P}}$ P \ddot{i} C-Pr C,,P°C \check{H} PjP°PePsPeC-PSP μ C,P \ddot{e} C \ddot{U} PSPsC \check{H} PeC \check{H} P \ddot{e} PIPsC \check{H} B«PePsPSC \ddot{U} P μ PSC,C \check{H} P°C \ddot{U} C-C \ddot{U} -C \ddot{U} P°C \acute{r} B» (AUC) PjP μ C,C,,PsC \check{H} PjC-PSC \acute{r} C-P· P \ddot{i} C \check{H} PsP»PsPSPiPsPIP°PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj 1000 PjPi C” P \pm C-PsP μ PePIC-PIP°P»P μ PSC,PSP \ddot{e} PjP \ddot{e} PrPsP·C-B 1000 PjPi PjP μ C,C,,PsC \check{H} PjC-PSC \acute{r} C-P· P \ddot{i} C \check{H} PsP»PsPSPiPsPIP°PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj 500 PjPi C \acute{r} P·PrPsC \check{H} PsPIP \ddot{e} C... PrPsP \pm C \check{H} PsPIPsP»CH $\text{\textcircled{P}}$ C \ddot{U} C-PI C \ddot{U} Pe P \ddot{i} C-C \acute{r} P»C \ddot{U} PIP \ddot{U} P \ddot{e} PIP°PSPSC \ddot{U} C—P \check{U} C-, C,P°Pe C- PSP°C,C% $\text{\textcircled{P}}$.

P·C-PsP μ PePIC-PIP°P»P μ PSC,PSP \ddot{e} PN $\text{\textcircled{P}}$ P \ddot{i} C \check{H} P μ PiP°C \check{H} P°C, PjP°C” PSP°C \acute{r} C,C \acute{r} PiPSC- PIP»P°C \acute{r} C,P \ddot{e} PIPsC \acute{r} C,C-.

P μ C \check{H} P \ddot{e} C \check{H} C-PIPSPsPIP°P \check{U} PSPsPjC \acute{r} C \acute{r} C,P°PSC-, C \ddot{U} Pe C- P \ddot{i} C \check{H} P \ddot{e} P·P°C \acute{r} C,PsC \acute{r} C \acute{r} PIP°PSPSC- C,P°P \pm P»P μ C,PsPe C-P· PSP μ PiP°PN $\text{\textcircled{P}}$ PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj, P \check{Y}_{max} C,P° AUC P·P \pm C-P»CH $\text{\textcircled{P}}$ C \acute{r} C \check{H} C,CH $\text{\textcircled{P}}$ C \acute{r} C \ddot{U} PSP μ P \ddot{i} C \check{H} PsP \ddot{i} PsC \check{H} C \ddot{U} C-PN $\text{\textcircled{P}}$ PSPs PrPs PIPiP μ PrP μ PSPsC— PIPSC \acute{r} C,C \check{H} C-C \acute{e} PSCH $\text{\textcircled{P}}$ Ps PrPsP·P \ddot{e} . AUC P \ddot{i} C-C \acute{r} P»C \ddot{U} PsPrPSPsC \check{H} P°P·PsPIPsPiPs P \ddot{i} C \check{H} P \ddot{e} PN $\text{\textcircled{P}}$ PsPjC \acute{r} PIPSC \acute{r} C,C \check{H} C-C \acute{e} PSCH $\text{\textcircled{P}}$ Ps 2000 PjPi PjP μ C,C,,PsC \check{H} PjC-PSC \acute{r} P \ddot{i} C-PrC \check{H} PsC...P»PsC \check{H} P \ddot{e} PrC \acute{r} C \acute{r} PIP \ddot{e} PiP»C \ddot{U} PrC- C,P°P \pm P»P μ C,PsPe C-P· P \ddot{i} C \check{H} PsP»PsPSPiPsPIP°PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj P°PSP°P»PsP \ddot{i} C-C \ddot{U} PSP μ AUC, C% $\text{\textcircled{P}}$ Ps C \acute{r} P \ddot{i} PsC \acute{r} C,P μ C \check{H} C-PiP°C”C,CH $\text{\textcircled{P}}$ C \acute{r} C \ddot{U} P \ddot{i} C-C \acute{r} P»C \ddot{U} P \ddot{i} C \check{H} P \ddot{e} PN $\text{\textcircled{P}}$ PsPjC \acute{r} 1000 PjPi PjP μ C,C,,PsC \check{H} PjC-PSC \acute{r} P \ddot{i} C-PrC \check{H} PsC...P»PsC \check{H} P \ddot{e} PrC \acute{r} C \acute{r} PIP \ddot{e} PiP»C \ddot{U} PrC- C,P°P \pm P»P μ C,PsPe C-P· PSP μ PiP°PN $\text{\textcircled{P}}$ PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj 2 C \check{H} P°P·P \ddot{e} PSP° PrPsP \pm C \acute{r} .

P \check{L} PsP»P \ddot{e} PIP°PSPSC \ddot{U} P \check{Y}_{max} C,P° AUC P \ddot{i} PsPeC \check{H} P μ PjP \ddot{e} C... P \ddot{i} P°C \ddot{U} C-C”PSC,C-PI C \acute{r} PIP \ddot{e} PiP°PrPeC \acute{r} P \ddot{i} C \check{H} P \ddot{e} PN $\text{\textcircled{P}}$ PsPjC \acute{r} C,P°P \pm P»P μ C,PsPe PjP μ C,C,,PsC \check{H} PjC-PSC \acute{r} P \ddot{i} C-PrC \check{H} PsC...P»PsC \check{H} P \ddot{e} PrC \acute{r} P· P \ddot{i} C \check{H} PsP»PsPSPiPsPIP°PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj P \ddot{i} PsC \check{H} C-PIPSC \ddot{U} PSPs P· PePsP»P \ddot{e} PIP°PSPSC \ddot{U} PjP \ddot{e} , C \ddot{U} PeC- C \acute{r} P \ddot{i} PsC \acute{r} C,P μ C \check{H} C-PiP°C \check{H} C,CH $\text{\textcircled{P}}$ C \acute{r} C \ddot{U} C \acute{r} PIP \ddot{e} PiP°PrPeC \acute{r} P \ddot{i} C \check{H} P \ddot{e} PN $\text{\textcircled{P}}$ PsPjC \acute{r} C,P°P \pm P»P μ C,PsPe PjP μ C,C,,PsC \check{H} PjC-PSC \acute{r} P \ddot{i} C-PrC \check{H} PsC...P»PsC \check{H} P \ddot{e} PrC \acute{r} C-P· PSP μ PiP°PN $\text{\textcircled{P}}$ PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj.

P μ C-C \acute{r} P»C \ddot{U} P·P°C \acute{r} C,PsC \acute{r} C \acute{r} PIP°PSPSC \ddot{U} C,P°P \pm P»P μ C,PsPe C-P· P \ddot{i} C \check{H} PsP»PsPSPiPsPIP°PSP \ddot{e} Pj PIP \ddot{e} PIC-P»CH $\text{\textcircled{P}}$ PSP μ PSPSC \ddot{U} Pj 1000 PjPi P \ddot{i} C-C \acute{r} P»C \ddot{U}

PIP¶PëPIP°PSPSC¶ C—P¶C- CÍPíPsCÍC,PµC¶C—PiP°P»PsCÍC¶ P·P±C—P»CHC€PµPSPSC¶ AUC
PSP° 77 % (PŸ_{max} PiC—PrPIPëC%oCÍPIP°P»PsCÍC¶ PSP° 26 % C-B PŸ_{max}
PíPsPrPsPIP¶CÍPIP°P»PsCÍC¶ PrPs 1 PiPsPrPëPSPë).

P' CÍPjPsPeC,CÍPIP°PSPSC¶ PjPµC,C,,PsC¶PjC—PSCÍ P· C,P°P±P»PµC,PsPe C—P·
PíC¶PjPsP»PsPSPiPsPIP°PSPëPj PIPëPIC—P»CHBPSPµPSPSC¶Pj PSPµ
P·PjC—PSC¶C”C,CHCÍC¶ P·P°P»PµP¶PSPs PIC—Pr cPeP»P°PrCÍ C—P¶C-. PkPµ
CÍPíPsCÍC,PµC¶C—PiP°C”C,CHCÍC¶ PeCÍPjCÍP»C¶C†C—C— PíC¶Pë
P±P°PiP°C,PsC¶P°P·PsIPsPjCÍ PíC¶PëPNëPsPjC— PrPs 2000 PjPi PjPµC,C,,PsC¶PjC—PSCÍ
PiC—PrC¶PjPsC...P»PsC¶PëPrCÍ CÍ PIPëPiP»C¶PrC— C,P°P±P»PµC,PsPe C—P·
PíC¶PjPsP»PsPSPiPsPIP°PSPëPj PIPëPIC—P»CHBPSPµPSPSC¶Pj.

P PsP·PíPsPrC—P»

P—PI' C¶P·CÍPIP°PSPSC¶ P· P±C—P»PeP°PjPë PiP»P°P·PjPë PeC¶PjPsPIC—
PSPµP·PSP°C±PSPµ. PµPµC,C,,PsC¶PjC—PS PíC¶PjPsPSPëPeP°C” PI
PµC¶PëC,C¶PjPsC†PëC,Pë. PµP°PeCÍPëPjP°P»CHBPSP° PePsPSC†PµPSC,C¶P°C†C—C¶ CÍ
PeC¶PjPsPIC— PSPëP¶C±P°, PSC—P¶ PjP°PeCÍPëPjP°P»CHBPSP°
PePsPSC†PµPSC,C¶P°C†C—C¶ CÍ PíP»P°P·PjC— PeC¶PjPsPIC-, C—
PrPsCÍC¶PiP°C”C,CHCÍC¶ PíC¶PëP±P»PëP·PSPs C±PµC¶PµP· C,PsPNë CÍP°PjPëPNë
C±P°CÍ. P·C¶PëC,C¶PjPsC†PëC,Pë, C—PjPsPIC—C¶PSC—C€Pµ P·P° PICÍPµ,
PíC¶PµPrCÍC,P°PIP»C¶C¶C,CH PrC¶CÍPiCÍ PeP°PjPµC¶CÍ C¶PjPsP·PíPsPrC—P»CÍ.
PŸPµC¶PµPrPSC—PNë PsP±'C”Pj C¶PjPsP·PíPsPrC—P»CÍ (Vd) PePsP»PëPIP°C”C,CHCÍC¶ CÍ
PrC—P°PiP°P·PsPSC— 63B¶“276 P».

PµPµC,P°P±PsP»C—P·Pj

PµPµC,C,,PsC¶PjC—PS PIPëIPsPrPëC,CHCÍC¶ CÍ PSPµP·PjC—PSPµPSPsPjCÍ
PIPëPiP»C¶PrC— P·C— CÍPµC±PµC¶. PµPµC,P°P±PsP»C—C,C—PI CÍ P»C¶PrPëPSPë PSPµ
PIPëC¶PIP»PµPSPs.

P'PëPIPµPrPµPSPSC¶

PkPëC¶PePsPIPëPNë PeP»C—C¶PµPSCÍ PjPµC,C,,PsC¶PjC—PSCÍ CÍC,P°PSPsPIPëC,CH >
400 PjP»/C...PI. PíPµ PIPëP°P·CÍC” PSP° C,Pµ, C%oPs PjPµC,C,,PsC¶PjC—PS
PIPëIPsPrPëC,CHCÍC¶ P·P° C¶P°C...CÍPSPsPe PeP»CÍP±PsC±PePsIPsC—
C,,C—P»CHC,C¶P°C†C—C— C,P° PeP°PSP°P»CHC†PµPIPSC— CÍPµPeC¶PµC†C—C—.
PµC—CÍP»C¶ PíPµC¶PjPsC¶P°P»CHBPSPsPiPs PíC¶PëPNëPsPjCÍ PrPsP·Pë PíPµC¶C—PsPr
PSP°PíC—PIPIPëPIPµPrPµPSPSC¶ CÍC,P°PSPsPIPëC,CH PíC¶PëP±P»PëP·PSPs 6,5
PiPsPrPëPSPë.

PµC¶Pë PíPsC¶C€PµPSPSC— C,,CÍPSPeC†C—C— PSPëC¶PjPsPe PSPëC¶PePsPIPëPNë
PeP»C—C¶PµPSCÍ P·PSPëP¶CÍC”C,CHCÍC¶ PíC¶PjPsPíPsC¶C†C—PNëPSPs PrPs
PeP»C—C¶PµPSCÍCÍ PeC¶PµP°C,PëPSC—PSCÍ, B C,PsPjCÍ PíPµC¶C—PsPr
PSP°PíC—PIPIPëPIPµPrPµPSPSC¶ P·P±C—P»CHC€CÍC”C,CHCÍC¶, C%oPs
PíC¶PëP·PIPjPsPrPëC,CH PrPs P·P±C—P»CHC€PµPSPSC¶ C¶C—PIPSC¶
PjPµC,C,,PsC¶PjC—PSCÍ CÍ PíP»P°P·PjC— PeC¶PjPsPIC-.

PkCÍPsP±P»PëPIC— PiC¶C±PiPë PiP°C†C—C”PSC,C—PI.

PkPëCtjPePsPIP° PSPµPrPsCtC,P°C,PSC-CtC,CH

PkP°CtjPIPSC- PsP±PjPµP¶PµPSC- PrP°PSC- C%PsPrPs PiP°CtC-C" PSC,C-PI C-P·
PiPsPjC-CtjPSPëPj CtC,CrPiPµPSPµPj PSPëCtjPePsPIPSc—
PSPµPrPsCtC,P°C,PSPScTtC,C-, C,PsPjCr PSPµPjPsP¶P»PëPIPs C,PsC±PSPs
PsCtC-PSPëC,Pë CtPëCtC,PµPjPSCr PµPeCtPiPsP·PëCtC-Ct PjPµC,C,,PsCtjPjC-PSCr PI
CtC-PMë PiCtjCrPiC- PiP°CtC-C" PSC,C-PI PiPsCtjC-PIPSCtjPSPs P· PiP°CtC-C" PSC,P°PjPë
P· PSPScTjPjP°P»CHPSPScT C,,CrPSPëCtC-C" Ct PSPëCtjPsPe. PÿPsPjCr
PSPµPsP±C...C-PrPSPµ PePsCtjPëPiCrPIP°PSPSCtj PrPsP·Pë P·PiC-PrPSPs P·
PeP»C-PSC-C±PSPScT PµC,,PµPeC,PëPIPSC-CtC,CH/PiPµCtjPµPSPScTjPëPjC-CtC,CH
(PrPëPI. CtjPsP·PrC-P» B«PÿPiPsCtC-P± P·P°CtC,PsCtCtjPIP°PSPSCtj C,P° PrPsP·PëB»).

PlbP»C-PSC-C±PSC- C...P°CtjP°PeC,PµCtjPëCtC,PëPePë.

PµPsPeP°P·P°PSPSCtj.

B· P—PSPëP¶PµPSPSCtj CtjPëP·PëPeCr P°P±Ps P·P°C,CtjPëPjPeP° PiPsC±P°C,PeCr
CtCrPeCtjPsPIPsPiPs PrC-P°P±PµC,Cr 2 C,PëPiCr Cr PrPsCtjPsCtjP»PëC... PiP°CtC-C" PSC,C-PI
C-P· PSP°PrPjC-CtjPSPScT PjP°CtjPsCt C,C-P»P° C,P° P· PµPÿP"* C,P°/P°P±Ps PµP"Pk*,
C,P°/P°P±Ps PiC-PrPIPëC%PµPSPëPj CtjC-PIPSPµPj HbA1C, CtjPeC- PjP°CtC,CH:

- PIPëCtjPsPePëPMë CtjPëP·PëPe CtjPsP·PIPëC,PeCr CtjPIPSPsPiPs
(PjP°PSC-C,,PµCtC,PSPsPiPs) CtCrPeCtjPsPIPsPiPs PrC-P°P±PµC,Cr 2 C,PëPiCr (PrPëPI.
CtjPsP·PrC-P» B«PαP°CtjPjP°PePsPrPëPSP°PjC-PeP°B»);

- PiCtjPsPiCtjPµCtjCrCtC±C- PiPsCtjCrCëPµPSPSCtj PICrPiP»PµPIPsPrPSPsPiPs
PsP±PjC-PSCr, PSPµP·PIP°P¶P°CtC±Pë PSP° PjPsPrPëC,,C-PeP°CtC-Ct P°PeC,PëPIPSPsPiPs
CtPiPsCtjPsP±Cr P¶PëC,C,Ctj PiCtjPsC,CtjPiPsPj PIC-Pr 3 PrPs 6 PjC-CtCtjCtC-PI.

P—P°CtC,PsCtCtjPIP°PSPSCtj P»C-PeP°CtjCtjCHPePsPiPs P·P°CtjPsP±Cr P" C-P°C,,PsCtjPjC-PS^{B®}
SR PiPsPIPëPSPSPs P±CrC,Pë P·P°CtjPSPsPIP°PSPµ PSP° PsCtC-PSCtC- CtjPëP·PëPeCr, C%Ps
PIPeP»CtC±P°C" PIC-PrPiPsPIC-PrPSC- P·P°C...PsPrPë PePsPSC,CtjPsP»Ct PiP»C-PePµPjC-C—
C,P° CtPIC-PrC±PµPSPSCtj PIPëCtjPsPePsPiPs CtjPëP·PëPeCr P· P±PsPeCr CtPµCtjCtPµPIPs-
CtCtPrPëPSPSPSc— CtPëCtC,PµPjPë.

PµP°CtjP°P»PµP»CHPSPs P· PiPsC±P°C,PePsPj P·P°CtC,PsCtCtjPIP°PSPSCtj
PjPµC,C,,PsCtjPjC-PSCr PiPsC,CtjC-P±PSPs PiCtjPsPrPsPIP¶CtjPIP°C,Pë P·PjC-PSPë
CtPiPsCtjPsP±Cr P¶PëC,C,Ctj P·P° PIPëPSCtjC,PePsPj C,PëC... PIPëPiP°PrPeC-PI, PePsP»Pë
PiP°CtC-C" PSC, PSPµCtjPiCtjPsPjPsP¶PSPëPMë PrPs C,P°PePëC... P·PjC-PS P· PjPµPrPëC±PSPëC...
PiCtjPëC±PëPS.

*PµPÿP": PiPsCtjCrCëPµPSP° C,PsP»PµCtjP°PSC,PSC-CtC,CH PrPs PiP»CtjPePsP·Pë; PµP"Pk:
PiPsCtjCrCëPµPSP° PiP»C-PePµPjC-Ctj PSP°C,C%Pµ.

B· P»C-PeCrPIP°PSPSCtj CtCrPeCtjPsPIPsPiPs PrC-P°P±PµC,Cr 2 C,PëPiCr Cr
PrPsCtjPsCtjP»PëC..., PsCtjPsP±P»PëPIPs Cr C...PIPsCtjPëC... P· PSP°PrPjC-CtjPSPScT
PjP°CtjPsCt C,C-P»P°, PePsP»Pë P»PëCëPµ PrC-C" C,PsC,PµCtjP°PiC-Ctj C,P° C,,C-P·PëC±PSC-
PSP°PIP°PSC,P°P¶PµPSPSCtj PSPµ P·P°P±PµP·PiPµC±CrCtC,CH P°PrPµPePIP°C,PSPëPMë
PiP»C-PePµPjC-C±PSPëPMë PePsPSC,CtjPsP»CH. P»C-PeP°CtjCtjCHPePëPMë P·P°CtC-P±
P" C-P°C,,PsCtjPjC-PS^{B®} SR PjPsP¶PSP° P·P°CtC,PsCtjPsPICtjPIP°C,Pë CtjPe

PjPsPSPsC, PμCḡP°PīC-ḡ P°P±Ps Cr PePsPjP±C-PSP°C†C-C— P· C-PSC€PēPjPē
PīPμCḡPsCḡP°P»CHBPSPēPjPē PīCḡPsC, PēPrC-P°P±PμC, PēC†PSPēPjPē
P·P°C†PsP±P°PjPē, P°P±Ps C†C†PjC-C†PSPs P· C-PSC†C†P»C-PSPsPj.

B B

PμCḡPsC, PēPīPsPeP°P·P°PSPSCII.

Б҂“ PμC-PrPIPēC%PμPSP° C†C†C, P»PēPIC-C†C, CH PrPs PjPμC, C,, PsCḡPjC-PSC† P°P±Ps PrPs
P±C†PrCH-ClPePsPiPs C-PSC€PsPiPs PePsPjPīPsPSPμPSC, P° PīCḡPμPīP°CḡP°C, Cr;

Б҂“ P±C†PrCH-ClPePēPNē C, PēPī PiPsC†C, CḡPsPiPs PjPμC, P°P±PsP»C-C†PSPsPiPs
P°C†PēPrPsP·Cr (PSP°PīCḡPēPeP»P°Pr, P»P°PeC, PsP°C†PēPrPsP·, PrC-P°P±PμC, PēC†PSPēPNē
PePμC, PsP°C†PēPrPsP·); B

- PrC-P°P±PμC, PēC†PSP° PīCḡPμPePsPjP°;

Б҂“ PSPēCḡPePsPIP° PSPμPrPsC†C, P°C, PSC-C†C, CH C, ClP¶PePsPiPs C†C, CrPīPμPSCII
(C€PIPēPrPeC-C†C, CH PeP»C†P±PsC†PePsPIPSC— C,, C-P»CHC, CḡP°C†C-C— (PēPḡPα)
< 30 PjP»/C...PI);

Б҂“ PiPsC†C, CḡC- C†C, P°PSPē, C%Ps PīCḡPsC, C-PeP°CḡC, CH P· CḡPēP·PēPePsPj
CḡPsP·PIPēC, PeCr PīPsCḡC†C€PμPSCḡ C,, CrPSPeC†C-C— PSPēCḡPsPe, C, P°PePēC... ClPeB
P·PSPμPiPsPrPSPμPSPSCII PsCḡPīP°PSC-P·PjCr, C, ClP¶PeC- C-PSC,, PμPeC†C-PNēPSC-
P·P°C...PIPSCḡPīP°PSPSCII, C€PsPe;

Б҂“ P·P°C...PIPSCḡPīP°PSPSCII, C%Ps PjPsP¶C†C, CH PīCḡPēP·PIPPrPēC, Pē PrPs
CḡPsP·PIPēC, PeCr PīC-PiPsPeC†C-C— C, PeP°PSPēPS (PsC†PsP±P»PēPIP s PiPsC†C, CḡC-
P·P°C...PIPSCḡPīP°PSPSCII P°P±Ps P·P°PiPsC†C, CḡPμPSPSCII
C...CḡPsPSC-C†PSPSC— C...PIPSCḡPsP±Pē): PrPμPePsPjPīPμPSC†PsPIP°PSP°
C†PμCḡC†PμPIP° PSPμPrPsC†C, P°C, PSC-C†C, CH, PrPēC...P°P»CHBPSP°
PSPμPrPsC†C, P°C, PSC-C†C, CH, PSPμC%PsPrP°PIPSPs PīPμCḡPμPSPμC†PμPSPēPNē
C-PSC,, P°CḡPeC, PjC-PsPeP°CḡPrP°, C€PsPe;

Б҂“ PīPμC†C-PSPePsPIP° PSPμPrPsC†C, P°C, PSC-C†C, CH, PiPsC†C, CḡPμ
PsC, CḡC†C”PSPSCII P°P»PePsPiPsP»PμPj, P°P»PePsPiPsP»C-P·Pj.

**P°P°C”PjPsPrC-Cl P· C-PSC€PēPjPē P»C-PeP°CḡC†CHPePēPjPē P·P°C†PsP±P°PjPē C, P°
C-PSC€C- PIPēPrPē PIP·P°C”PjPsPrC-PNē.**

PḡPsPjP±C-PSP°C†C-C—, ClPeC- PSPμ CḡPμPePsPjPμPSP†C†C”C, CHC†CII
P·P°C†C, PsC†PsPIC†PIP°C, Pē

PḡP»PePsPiPsP»CH. PḡP»PePsPiPsP»CHBPSP° C-PSC, PsPeC†PēPeP°C†C-Cl
P°C†PsC†C-CḡC”C, CHC†CII P· PīC-PrPIPēC%PμPSPēPj CḡPēP·PēPePsPj
P»P°PeC, PsP°C†PēPrPsP·Cr, PsC†PsP±P»PēPIP s Cr PIPēPīP°PrPeP°C... PiPsP»PsPrC†PIP°PSPSCII
P°P±Ps PrPsC, CḡPēPjP°PSPSCII PSPēP·CHPePsPeP°P»PsCḡC-PNēPSPSC— PrC-C”C, Pē, P°
C, P°PePsP¶ PīCḡPē PīPμC†C-PSPePsPIC-PNē PSPμPrPsC†C, P°C, PSPsC†C, C-.

P™ PsPrPsPIPjC-C†PSC- CḡPμPSC, PiPμPSPsPePsPSC, CḡP°C†C, PSC- CḡPμC†PsPIPēPSPē.

PμP°C†C-C°PSC,P°Pj CÍP»C-Pr PíCĤPëPíPëPSPëC,Pë P·P°CÍC,PsCÍCíPIP°PSPSCĬ
PjPμC,C,,PsCĤPjC-PSCí PrPs P°P±Ps PíC-Pr C‡P°CÍ PíCĤPsPIPμPrPμPSPSCĬ
PrPsCÍP»C-PrP¶PμPSPSCĬ C- PíPsPSPsPIPëC,Pë PSPμ CĤP°PSC-C€Pμ PSC-P¶ C‡PμCĤPμP· 48
PíPsPrPëPS PíC-CÍP»CĬ PrPsCÍP»C-PrP¶PμPSPSCĬ P·P° CíPjPsPI PsC,CĤPëPjP°PSPSCĬ
PSPsCĤPjP°P»CHPSPsPiPs CĤPμP·CíP»CHC,P°C,Cí C,,CíPSPeC†C-C— PSPëCĤPsPe (PrPëPI.
CĤPsP·PrC-P»Pë B«PhCÍPsP±P»PëPIPsCÍC,C- P·P°CÍC,PsCÍCíPIP°PSPSCĬB» C,P°
B«PŸPíPsCÍC-P± P·P°CÍC,PsCÍCíPIP°PSPSCĬ C,P° PrPsP·PëB»).

*PμPsPjP±C-PSP°C†C-C—, CĬPeC- CÍP»C-Pr P·P°CÍC,PsCÍPsPIC¿PIP°C,Pë P·
PsP±PμCĤPμP¶PSC-CÍC,CĤ*

P°PμCĬPeC- P»C-PeP°CĤCÍCHPeC- P·P°CÍPsP±Pë, PSP°PíCĤPëPeP»P°Pr
PSPμCÍC,PμCĤPsC—PrPSC- PíCĤPsC,PëP·P°PíP°P»CHPSC- PíCĤPμPíP°CĤP°C,Pë
(PáPμP—Pμ), PíPeP»CĤC‡P°CĤC‡Pë CÍPμP»PμPeC,PëPIPSC- C-PSPiC-P±C-C,PsCĤPë
C†PëPeP»PsPsPeCÍPëPíPμPSP°P·Pë (PíPhP“) II, C-PSPiC-P±C-C,PsCĤPë
P°PSPiC-PsC,PμPSP·PëPSPiPμCĤPμC,PIPsCĤCĤPIP°P»CHPSPsPiPs C,,PμCĤPjPμPSC,Cí
(PĥPμPα), P°PSC,P°PíPsPSC-CÍC,Pë CĤPμC†PμPíC,PsCĤC-PI P°PSPiC-PsC,PμPSP·PëPSCí
II C- PrC-CíCĤPμC,PëPePë, PsCÍPsP±P»PëPIPs PíPμC,P»CHPsPIC-
PrC-CíCĤPμC,PëPePë, PjPsP¶CíC,CH PSPμPíP°C,PëPIPSPs PíPíP»PëPSCíC,Pë PSP°
C,,CíPSPeC†C-CĤ PSPëCĤPsPe, C°Ps PjPsP¶Pμ P·P±C-P»CHC€PëC,Pë CĤPëP·PëPe
PIPëPSPëPePSPμPSPSCĬ P»P°PeC,PsP°C†PëPrPsP·Cí. PáP° PíPsC‡P°C,PeCí
P·P°CÍC,PsCÍCíPIP°PSPSCĬ PíPëC°PμP·P°P·PSP°C‡PμPSPëC...
P»C-PeP°CĤCÍCHPePëC... P·P°CÍPsP±C-PI P°P±Ps Cí CĤP°P·C- C—C...
P·P°CÍC,PsCÍCíPIP°PSPSCĬ Cí PePsPjP±C-PSP°C†C-C— P· PjPμC,C,,PsCĤPjC-PSPsPj
PSPμPsP±C...C-PrPSPs P·PrC-PN¿CÍPSCĤPIP°C,Pë CĤPμC,PμP»CHPSPëPN¿
PePsPSC,CĤPsP»CH C,,CíPSPeC†C-C— PSPëCĤPsPe.

*P>C-PeP°CĤCÍCHPeC- P·P°CÍPsP±Pë, C°Ps C‡PëPSCĬC,CH PíC-PíPμCĤPiP»C-PePμPjC-C‡PSC¿
PrC-CĤ (PiP»CĤPePsPePsCĤC,PëPePsCÍC,PμCĤPsC—PrPë CÍPëCÍC,PμPjPSPsC— C,P°
PjC-CÍC†PμPIPSC— PrC-C—, CÍPëPjPíP°C,PsPjC-PjPμC,PëPePë). PáPμPsP±C...C-PrPSPs
C‡P°CÍC,C-C€Pμ PePsPSC,CĤPsP»CĤPIP°C,Pë CĤC-PIPμPSCĤ PíP»CĤPePsP·Pë Cí PeCĤPsPIC-,
PsCÍPsP±P»PëPIPs PSP° PíPsC‡P°C,PeCí P»C-PeCíPIP°PSPSCĬ. PμC-Pr C‡P°CÍ C- PíC-CÍP»CĬ
PíCĤPëPíPëPSPμPSPSCĬ C,P°PePsC— CÍCíPjC-CÍPSPsC— C,PμCĤP°PíC-C— PíPsC,CĤC-P±PSPs
PePsCĤPëPíCíPIP°C,Pë PrPsP·Cí PíCĤPμPíP°CĤP°C,Cí P”C-P°C,,PsCĤPjC-PS^{B®} SR.*

*PŸCĤP°PSCÍPíPsCĤC,PμCĤPë PsCĤPíP°PSC-C‡PSPëC... PeP°C,C-PsPSC-PI (OCT).
PĥPμC,C,,PsCĤPjC-PS C” CÍCíP±CÍC,CĤP°C,PsPj PsP±PsC... C,CĤP°PSCÍPíPsCĤC,PμCĤC-PI -
OCT1 C- OCT2.*

PŸCíPíCíC,PSC” P·P°CÍC,PsCÍCíPIP°PSPSCĬ PjPμC,C,,PsCĤPjC-PSCí P·:

- C-PSPiC-P±C-C,PsCĤP°PjPë OCT1 (C,P°PePëPjPë CĬPe PíPμCĤP°PíP°PjC-P») PjPsP¶Pμ
P·PjPμPSC€PëC,Pë PμC,,PμPeC,PëPIPSC-CÍC,CH PjPμC,C,,PsCĤPjC-PSCí;

- C-PSPrCíPeC,PsCĤP°PjPë OCT1 (C,P°PePëPjPë CĬPe CĤPëC,,P°PjPíC-C†PëPS) PjPsP¶Pμ
P·P±C-P»CHC€PëC,Pë C€P»CíPSPePsPIPs-PePëC€PePsPIPμ PíCíPjPsPeC,CíPIP°PSPSCĬ C,P°
PμC,,PμPeC,PëPIPSC-CÍC,CH PjPμC,C,,PsCĤPjC-PSCí;

- C-PSPiC-P±C-C,PsCĤP°PjPë OCT2 (C,P°PePëPjPë CĬPe C†PëPjPμC,PëPrPëPS,
PrPsP»CíC,PμPíCĤP°PIC-CĤ, CĤP°PSPsP»P°P·PëPS, C,CĤPëPjPμC,PsPíCĤPëPj,

PIP°PSPPrPμC,P°PSC-P±, C-P·P°PICrPePsPSP°P·PsP») PjPsP¶Pμ P·PjPμPSC€PëC,Pë
PIPëPIPμPrPμPSPSC¶ PjPμC,C,,PsC¶PjC-PSCr PSPëC¶PeP°PjPë P· PSP°C¶C,CrPiPSPëPj
P·P±C-P»CHC€PμPSPSC¶Pj PePsPSC†PμPSC,C¶P°C†C-C— PjPμC,C,,PsC¶PjC-PSCr Cr
PiP»P°P·PjC- PeC¶PsPIC-;

- C-PSPiC-P±C-C,PsC¶P°PjPë PsP±PsC... OCT1 C- OCT2 (C,P°PePëPjPë C¶Pe
PeC¶PëP·PsC,PëPSC-P±, PsP»P°PiP°C¶PëP±) PjPsP¶Pμ PIPiP»PëPSCrC,Pë PSP°
PμC,,PμPeC,PëPIPSC-C¶C,CH C,P° PIPëPIPμPrPμPSPSC¶ PjPμC,C,,PsC¶PjC-PSCr
PSPëC¶PeP°PjPë.

PÿPsPjCr C¶PμPePsPjPμPSPrCfC"C,CHC¶C¶ P±CrC,PëB PrCrP¶Pμ PsP±PμC¶PμP¶PSPëPjPë
PiC¶Pë C¶CfPiCrC,PSCHPsPjCr P·P°C¶C,PsC¶C¶PIP°PSPSC- C†PëC... PiC¶PμPiP°C¶P°C,C-PI
C-P· PjPμC,C,,PsC¶PjC-PSPsPj, PsC¶PsP±P»PëPIPs PiP°C†C-C"PSC,P°Pj C-P·
PiPsC¶CfC€PμPSPSC¶PjPë C,,CrPSPeC†C-C— PSPëC¶PsPe, PsC¶PeC-P»CHPePë
PePsPSC†PμPSC,C¶P°C†C-C¶ PjPμC,C,,PsC¶PjC-PSCr Cr PiP»P°P·PjC- PeC¶PsPIC- PjPsP¶Pμ
P·C¶PsC¶C,Pë. PμC¶Pë PSPμPsP±C...C-PrPSPsC¶C,C- C¶P»C-Pr P·PIP°P¶PëC,Pë
PjPsP¶P»PëPIC-C¶C,CH PePsC¶PëPiCrPIP°PSPSC¶ PrPsP·Pë PjPμC,C,,PsC¶PjC-PSCr,
PsC¶PeC-P»CHPePë C-PSPiC-P±C-C,PsC¶Pë/C-PSPrCrPeC,PsC¶Pë OCT PjPsP¶C¶C,CH
PIPiP»PëPSCrC,Pë PSP° PμC,,PμPeC,PëPIPSC-C¶C,CH PjPμC,C,,PsC¶PjC-PSCr.

PhC¶PsP±P»PëPIPsC¶C,C- P·P°C¶C,PsC¶C¶PIP°PSPSC¶.

P»P°PeC,PsP°C†PëPrPsP·

P»P°PeC,PsP°C†PëPrPsP· C" PrCrP¶Pμ C¶C-PrPeC-C¶PSPëPj, P°P»Pμ C,C¶P¶PePëPj
PjPμC,P°P±PsP»C-C†PSPëPj CrC¶PeP»P°PrPSPμPSPSC¶Pj, C%Ps PSP°PNëC†P°C¶C,C-C€Pμ
PIPëPSPëPeP°C" PiC¶Pë PiPsC¶C,C¶PsPjCr PiPsC¶CfC€PμPSPSC- C,,CrPSPeC†C-C—
PSPëC¶PsPe, C¶PμC¶C†PμPIPs-P»PμPiPμPSPμPIPsPjCr P·P°C...PIPsC¶C¶PIP°PSPSC-
P°P±Ps C¶PμPiC¶PëC¶C-. PμC¶Pë PiPsC¶C,C¶PsPjCr PiPsC¶CfC€PμPSPSC- C,,CrPSPeC†C-C—
PSPëC¶PsPe PIC-PrP±CfPIP°C"C,CHC¶C¶ PSP°PePsPiPëC†PμPSPSC¶ PjPμC,C,,PsC¶PjC-PSCr,
C%Ps P·P±C-P»CHC€C¶C" C¶PëP·PëPe C¶PsP·PIPëC,PeCr P»P°PeC,PsP°C†PëPrPsP·Cf.

PJ C¶P°P·C- P·PSPμPIPsPrPSPμPSPSC¶ (C¶PëP»CHPSPsC— PrC-P°C¶PμC— P°P±Ps
P±P»C¶HIP°PSPSC¶, PiP°C¶C¶C†PePë P°P±Ps P·PjPμPSC€PμPSPSC¶ PIP¶PëPIP°PSPSC¶
C¶C-PrPëPSPë) C¶PμPePsPjPμPSPrCfC"C,CHC¶C¶ C,PëPjC†P°C¶PsIPs PiC¶PëPiPëPSPëC,Pë
P·P°C¶C,PsC¶C¶PIP°PSPSC¶ PjPμC,C,,PsC¶PjC-PSCr C- P·PIPμC¶PSCrC,PëC¶C¶ P·P°
PjPμPrPëC†PSPsC¶ PrPsPiPsPjPsPiPsC¶.

PiPeC%Ps PiP°C†C-C"PSC, P·P°C¶C,PsC¶PsPICfC" PjPμC,C,,PsC¶PjC-PS, C¶P»C-Pr P·
PsP±PμC¶PμP¶PSC-C¶C,C¶ C¶PsP·PiPsC†PëPSP°C,Pë P·P°C¶C,PsC¶C¶PIP°PSPSC¶
P»C-PeP°C¶C¶CHPePëC... P·P°C¶PsP±C-PI, C%Ps PjPsP¶C¶C,CH PiPsC¶C,C¶Ps
PiPsPiC-C¶C€PëC,Pë C,,CrPSPeC†C-C¶ PSPëC¶PsPe (PSP°PiC¶PëPeP»P°Pr,
PiC-PiPsC,PμPSP·PëPIPSPëC... PiC¶PμPiP°C¶P°C,C-PI, C¶PμC†PsPiC-PSPSPëC... P·P°C¶PsP±C-PI
C,P° PkPμP—Pμ). P†PSC€C- C,,P°PeC,PsC¶Pë C¶PëP·PëPeCr PIPëPSPëPePSPμPSPSC¶
P»P°PeC,PsP°C†PëPrPsP·Cf PIPeP»C¶C†P°C¶C,CH PSP°PrPjC-C¶PSPμ PIP¶PëPIP°PSPSC¶
P°P»PePsPiPsP»C¶, PiPμC†C-PSPePsPICr PSPμPrPsC¶C,P°C,PSC-C¶C,CH,
PSPμPrPsC¶C,P°C,PSCHPs PePsPSC,C¶PsP»CHPsPIP°PSPëPNë C†CfPeC¶PsPIPëPNë
PrC-P°P±PμC,, PePμC,PsP·, C,C¶PëPIP°P»Pμ PiPsP»PsPrCfPIP°PSPSC¶ C- P±CfPrCH-C¶PeC-
C¶C,P°PSPë, PiPsPiB¶™ C¶P·P°PSC- P· PiC-PiPsPeC¶C-C"C¶, P° C,P°PePsP¶ C¶CfPiCrC,PS"
P·P°C¶C,PsC¶C¶PIP°PSPSC¶ P»C-PeP°C¶C¶CHPePëC... P·P°C¶PsP±C-PI, C%Ps PjPsP¶C¶C,CH

РiСҫРёР·РiРµСГC,Рё РrPs P»P°PeC,PsP°С†РёРrPsP·Сr (РrРёРi. СҫPsP·РrC-Р»Рё
В«РµСҫPsC,РёРiPsPeP°P·P°PSPSCЦB» C,Р° В«Р'P·P°C"РjPsPrC-ЦЦ P· C-PSC€РёРjРё
Р»C-РeP°СҫСГCҫРёРёРjРё P·P°СГPsP±P°РjРё C,Р° C-PSC€C- РiРёРrРё РiP·P°C"РjPsPrC-РNёB»).

РµP°С†C-С"PSC,Рё C,Р°/P°P±Ps PsСГPsP±Рё, ЦЦPeC- P·РrC-РNёСГPSCҫҫC,Сҫ РrPsPiP»ЦЦРr
P·P° PSPёРjРё, РjP°СҫC,Сҫ P±СrC,Рё РiPsC-PSC,,PsСҫРjPsPiP°PSC- РiСҫPs СҫРёР·РёРё
СҫPsP·РiРёC,РeСr P»P°PeC,PsP°С†РёРrPsP·Сr.

РГP°СҫP°PeC,РµСҫPSPёРjРё PsP·PSP°PeP°РjРё P»P°PeC,PsP°С†РёРrPsP·Сr С"
P°С†РёРrPsC,РёC±PSP° P·P°РrРёC€РeP°, P±C-Р»Сҫ Сr P¶РёРiPsC,C-, РjBҫ™ ЦЦP·PsPiC-
СГСrРrPsРjРё, P°СГC,РµPSC-ЦЦ C,Р° РiC-РiPsC,РµСҫРjC-ЦЦ P· РjPsP¶P»РёРiРёРj
РiPsPrP°P»СҫC€РёРj СҫPsP·РiРёC,РePsРj РePsРjРё. Рj СҫP°P·C- РiPsЦЦРiРё Р±СrРrСҫ-
ЦЦPePsPiPs СГРёРjРiC,PsРjСr РiРёPSPёРePSPµPSPSCЦ P»P°PeC,PsP°С†РёРrPsP·Сr
РiP°С†C-С"PSC, РiPsPiРёPSPµPS РiСҫРёРiРёPSPёC,Рё P·P°СГC,PsСГСrРiP°PSPSCЦ
РjРµC,C,,PsСҫРjC-PSCr C- PSPµPiP°PSPs P·РiРµСҫPSCrC,РёСГЦЦ РrPs P»C-РeP°СҫЦЦ.

Р"С-Р°РiPSPsСГC,РёC±PSC- СҫРµP·СrP»СҫC,Р°C,Рё P»P°P±PsСҫP°C,PsСҫPSPёC...
РrPsСГP»C-РrP¶РµPSCҫ Bҫ" P·PSPёP¶РµPSPSCЦ pH РeСҫPsPiC- (< 7,35),
РiC-РrРiРёC%PµPSPSCЦ СҫC-РiPSCЦ P»P°PeC,Р°C,Сr Рi СГРёСҫPsPiP°C,С†C- РeСҫPsPiC- (> 5
РjРjPsP»СҫP/P») C- P·P±C-Р»СҫC€РµPµPSPSCЦ P°PSC-РsPSPSPsPiPs РiСҫPsРjC-P¶РeСr C,Р°
СГРiC-РiРiC-РrPSPsC€РµPµPSPSCЦ P»P°PeC,Р°C,/РiC-СҫСrРiP°C,.

*РµP°С†C-С"PSC,Рё P· РiСГC,Р°PSPsPiP»РµPSPёРjРё P°P±Ps РiC-РrPsP·СҫСҫРiP°PSPёРjРё
РjC-C,PsC...PsPSPrСҫC-Р°P»СҫPSPёРjРё P·P°C...РiPsСҫСҫРiP°PSPSCЦРjРё*

РµP°С†C-С"PSC,Р°Рj C-Р· РiСГC,Р°PSPsPiP»РµPSPёРjРё
РjC-C,PsC...PsPSPrСҫC-Р°P»СҫPSPёРjРё P·P°C...РiPsСҫСҫРiP°PSPSCЦРjРё, C,Р°РeРёРjРё ЦЦPe
РjC-C,PsC...PsPSPrСҫC-Р°P»СҫPSP° РµPSC†РµC,,P°P»PsРiP°C,C-ЦЦ P·
P»P°PeC,PsP°С†РёРrPsP·PsРj C,Р° C-PSCГrP»СҫC,PsРiPsPrC-Р±PSPёРjРё РµРiC-Р·PsPrP°РjРё
(СГРёPSPrСҫPsРj MELAS) C,Р° РjC-C,PsC...PsPSPrСҫC-Р°P»СҫPSPёP°
СrСГРiP°РrРePsPiP°PSPёP° РrC-Р°P±РµC, C- РiP»СrC...PsC,Р° (MIDD),
P·P°СГC,PsСГСrРiP°PSPSCЦ РjРµC,C,,PsСҫРjC-PSCr PSPµ СҫРµPePsРjРµPSPrСrC"С,СҫСГЦЦ
С†РµСҫРµP· СҫРёР·РёРё P·P°РiPsСГC,СҫРµPSPSCЦ P»P°PeC,PsP°С†РёРrPsP·Сr C,Р°
PSPµРiСҫPsP»PsРiC-С†PSPёC... СrСГРeP»P°РrPSPµPSCҫ, C%Ps РjPsP¶СrC,Сҫ
РiСҫРёР·РiРёPµСГC,Рё РrPs РiPsРiC-СҫC€РµPµPSPSCЦ РiРµСҫРµP±C-РiСr
P·P°C...РiPsСҫСҫРiP°PSPSCЦ.

Рj СҫP°P·C- РiРёPSPёРePSPµPSPSCЦ PsP·PSP°Pe C- СГРёРjРiC,PsРjC-Рi, C%Ps
СГРiC-РrC±P°C,Сҫ РiСҫPs СГРёPSPrСҫPsРj MELAS P°P±Ps MIDD РiC-СГР»ЦЦ
P·P°СГC,PsСГСrРiP°PSPSCЦ РjРµC,C,,PsСҫРjC-PSCr, P»C-РeСrРiP°PSPSCЦ
РjРµC,C,,PsСҫРjC-PSPsРj СГР»C-Рr PSPµPiP°PSPs РiСҫРёРiРёPSPёC,Рё C,Р°
РiСҫPsPiPµСГC,Рё C€РiРёРrРeСr РrC-Р°РiPSPsСГC,РёC±PSCr PsС†C-PSPeСr.

РкРёСҫРePsPiP° PSPµРrPsСГC,Р°C,PSC-СГC,Сҫ

РёРP°С†C-С"PSC,Рё РrPs РiPsC±P°C,РeСr P»C-РeСrРiP°PSPSCЦ C-
СҫРµРiСrP»ЦЦСҫPSPs РiC-СГР»ЦЦ РNёPsPiPs P·P°РiРµСҫC€РµPµPSPSCЦ (РrРёРi.
СҫPsP·РrC-Р» В«РҮРiPsСГC-Р± P·P°СГC,PsСГСrРiP°PSPSCЦ C,Р° РrPsP·РёB»).

Р—P°СГC,PsСГСrРiP°PSPSCЦ РjРµC,C,,PsСҫРjC-PSCr РiСҫPsC,РёРiPsPeP°P·P°PSPµ
РiP°С†C-С"PSC,Р°Рj P·C- РёРP°С†C < 30 РjP»/C...Рi C- РjP°C" P±СrC,Рё C,РёРjC±P°СГPsPiPs
РiСҫРёРiРёPSPµPSPµ РiСҫРё PSP°ЦЦРiPSPsСГC,C- P·P°C...РiPsСҫСҫРiP°PSCҫ, C%Ps
P·РjC-PSCҫҫC,Сҫ C,,СrPSPeС†C-Сҫ PSPёСҫPsPe (РrРёРi. СҫPsP·РrC-Р»

В«PμCḡPsC,PëPīPsPeP°P·P°PSPSCḡB»).

PαCζPSPeC†C-Cḡ CḡPμCḡC†Cḡ

PμP°C†C-C" PSC,Pë C-P· CḡPμCḡC†PμPIPScḡ PSPμPrPsCḡC,P°C,PSC-CḡC,Cḡ PjP°CḡC,Cḡ P±C-P»CḡC€ PIPëCḡPsPePëPñ CḡPëP·PëPe CḡPsP·PIPëC,PeCḡ PiC-PīPsPeCḡC-C— C,P° PSPëCḡPePsPIPSc— PSPμPrPsCḡC,P°C,PSPScḡC,C-. PμP°C†C-C" PSC,P°Pj P·C- CḡC,P°P±C-P»CḡPSPScḡ C...CḡPsPSC-C†PSPScḡ CḡPμCḡC†PμPIPScḡ PSPμPrPsCḡC,P°C,PSC-CḡC,Cḡ PjPμC,C,,PsCḡPjC-PS PjPsPḡPSP° P·P°CḡC,PsCḡPsPICḡPIP°C,Pë PīCḡPë CḡPμPiCḡP»CḡCḡPSPScḡPjCḡ PjPsPSC-C,PsCḡPëPSPiCḡ C,,CḡPSPeC†C-C— CḡPμCḡC†Cḡ C,P° PSPëCḡPsPe. PḡPμC,C,,PsCḡPjC-PS PīCḡPsC,PëPīPsPeP°P·P°PSPëPñ PīP°C†C-C" PSC,P°Pj C-P· PiPsCḡC,CḡPsCḡ C,P° PSPμCḡC,P°P±C-P»CḡPSPScḡ CḡPμCḡC†PμPIPScḡ PSPμPrPsCḡC,P°C,PSC-CḡC,Cḡ (PrPëPI. CḡPsP·PrC-P» В«PμCḡPsC,PëPīPsPeP°P·P°PSPSCḡB»).

PμP°C†C-C" PSC,Pë P»C-C,PSCHPsPiPs PIC-PeCζ

PSPμCḡPμP· PsP±PjPμPḡPμPSC- PrP°PSC- C%PsPrPs C,PμCḡP°PīPμPIC,PëC†PSPSc— PμC,,PμPeC,PëPIPSPScḡC,- PrP»Cḡ P·PjPμPSC€PμPSPSCḡ CḡPëP·PëPeCḡ PIPëPSPëPePSPμPSPSCḡ C†CḡPeCḡPsPIPScḡ PrC-P°P±PμC,Cḡ 2 C,PëPīCḡ P°P±Ps P·P°C,CḡPëPjPePë PñPsPiPs PīPsC†P°C,PeCḡ Cḡ PīP°C†C-C" PSC,C-PI PIC-PePsPj PIC-Pr 75 CḡPsPeC-PI PīCḡPëP·PSP°C†PμPSPSCḡ PjPμC,C,,PsCḡPjC-PSCḡ PSPμ CḡPμPePsPjPμPSPPrPsPIP°PSPμ.

P™ PsPrPsPIPjC-CḡPSC- CḡPμPSC,PiPμPSPsPePsPSC,CḡP°CḡC,PSC- P·P°CḡPsP±Pë

P'PSCḡC,CḡC-C€PSCḡPsCḡCḡPrPëPSPSPμ PIPμPrPμPSPSCḡ PñPsPrPsPIPjC-CḡPSPëC... PePsPSC,CḡP°CḡC,PSPëC... CḡPμC†PsPIPëPS PjPsPḡPμ CḡPīCḡPëC†PëPSCḡC,Pë PePsPSC,CḡP°CḡC,-C-PSPrCḡPePsPIP°PSCḡ PSPμC,,CḡPsPīP°C,C-Cḡ, C%Ps PīCḡPëP·PIPScḡPrPëC,Cḡ PrPs PSP°PePsPīPëC†PμPSPSCḡ PjPμC,C,,PsCḡPjC-PSCḡ C- P·P±C-P»CḡC€PμPSPSCḡ CḡPëP·PëPeCḡ CḡPsP·PIPëC,PeCḡ P»P°PeC,PsP°C†PëPrPsP·Cḡ. PμP°C†C-C" PSC,P°Pj CḡP»C-Pr PīCḡPëPīPëPSPëC,Pë P·P°CḡC,PsCḡCḡPIP°PSPSCḡ PjPμC,C,,PsCḡPjC-PSCḡ PrPs P°P±Ps PīC-Pr C†P°Cḡ PīCḡPsPIPμPrPμPSPSCḡ PrPsCḡP»C-PrPḡPμPSPSCḡ C- PīPsPSPsPIPëC,Pë PSPμ CḡP°PSC-C€Pμ PSC-Pḡ C†PμCḡPμP· 48 PiPsPrPëPS PīC-CḡP»Cḡ PrPsCḡP»C-PrPḡPμPSPSCḡ P·P° CḡPjPsPI PsC,CḡPëPjP°PSPSCḡ PSPScḡPjP°P»CḡPSPsPiPs CḡPμP·CḡP»CḡC,P°C,Cḡ C,,CḡPSPeC†C-C— PSPëCḡPsPe (PrPëPI. CḡPsP·PrC-P»Pë В«P·P·P°C" PjPsPrC-Cḡ P· C-PSC€PëPjPë P»C-PeP°CḡCḡPëPëPjPë P·P°CḡPsP±P°PjPë C,P° C-PSC€C- PIPëPrPë PIP·P°C" PjPsPrC-PñB» C,P° В«PḡPīPsCḡC-P± P·P°CḡC,PsCḡCḡPIP°PSPSCḡ C,P° PrPsP·PëB»).

PḡC-CḡCζCḡPiC-C†PSC- PIC,CḡCζC†P°PSPSCḡ

PḡPμPsP±C...C-PrPSPs PīCḡPëPīPëPSPëC,Pë P·P°CḡC,PsCḡCḡPIP°PSPSCḡ PjPμC,C,,PsCḡPjC-PSCḡ PīC-Pr C†P°Cḡ C...C-CḡCḡCḡPiC-C†PSPsPiPs PIC,CḡCḡC†P°PSPSCḡ P·C- P·P°CḡC,PsCḡCḡPIP°PSPSCḡPj P·P°PīP°P»CḡPSPSc—, CḡPīC-PSP°P»CḡPSPSc— P°P±Ps PμPīC-PrCḡCḡP°P»CḡPSPSc— P°PSPμCḡC,PμP·C-C— C- PīPsPSPsPIP»CḡPIP°C,Pë PSPμ CḡP°PSC-C€Pμ PSC-Pḡ C†PμCḡPμP· 48 PiPsPrPëPS

PiC-CrP>Cj PiChPsPIPmPrPmPSPSCj PsPiPmChP°C+C-C— P°P±Ps
PIC-PrPSPsPIP>PmPSPSCj PiPmChPsChP°P>ChPSPsPiPs C...P°ChC+CjPIP°PSPSCj P·P°
CrPjPsPI PsC,ChPëPjP°PSPSCj PSPsChPjP°P>ChPSPsPiPs ChPmP·CrP>ChC,P°C,Cr
C,,CrPSPeC+C-C— PSPëChPsPe.

P†PSC€C- P·P°CjC,PmChPmP¶PSC- P·P°C...PsPrPë

PmP°C+C-C" PSC,P°Pj PSPmPsP±C...C-PrPSPs PrPsC,ChPëPjCrPIP°C,PëCjCj PrC-C"C,Pë,
ChC-PIPSPsPjC-ChPSPsPiPs PiChPëPmPsPjCr PICrPiP>PmPIPsPrC-PI PiChPsC,CjPiPsPj
PrPsP±Pë. PmP°C+C-C" PSC,P°Pj C-P· PSP°PrPjC-ChPSPsCh PjP°CjPsCh C,C-P>P°
CjP>C-Pr PiChPsPrPsPIP¶CrPIP°C,Pë PrPsC,ChPëPjCrPIP°C,PëCjCj
PSPëP·ChPePsPeP°P>PsChC-PmPSPsC— PrC-C"C,Pë. PmPsC,ChC-P±PSPs
ChPmPiCrP>CjCjPSPs PePsPSC,ChPsP>ChPIP°C,Pë P>P°P±PsChP°C,PsChPSC-
PiPsPeP°P·PSPëPePë ChC-PIPSCj PiP>ChPePsP·Pë Cr PeChPsPIC-.

PmPmC,C,,PsChPjC-PS P·P°P·PIPëC±P°Pm PjPsP¶Pm P·PSPëP¶CrPIP°C,Pë ChC-PIPmPSCCh
PIC-C,P°PjC-PSCr B₁₂ Cr CjPëChPsPIP°C,C+C- PeChPsPIC-, C%oPs PjPsP¶Pm
PiChPëP·PIPmCjC,Pë PrPs PmPsPiPs PrPmC,,C-C†PëC,Cr. P PëP·PëPe PSPëP·ChPePsPiPs
ChC-PIPSCj PIC-C,P°PjC-PSCr B₁₂ P·ChPsCjC,P°C" P·C- P·P±C-P>ChC€PmPSPSCjPj
PrPsP·Pë PjPmC,C,,PsChPjC-PSCr, P·P±C-P>ChC€PmPSPSCjPj C,ChPëPIP°P>PsCjC,C-
P>C-PeCrPIP°PSPSCj C,P° Cr PiP°C+C-C" PSC,C-PI C-P· C,,P°PeC,PsChP°PjPë
ChPëP·PëPeCr, CjPeC-, CjPe PIC-PrPsPjPs, CjPiChPëC±PëPSCjChC,Ch
PrPmC,,C-C†PëC, PIC-C,P°PjC-PSCr B₁₂. Pj ChP°P·C- PiC-PrPsP·ChPë PSP°
PrPmC,,C-C†PëC, PIC-C,P°PjC-PSCr P' ₁₂ (PSP°PiChPëPeP>P°Pr, P°PSPmPjC-Cj P°P±Ps
PSPmPmChPsPiP°C,C-Cj) CjP>C-Pr PePsPSC,ChPsP>ChPIP°C,Pë ChC-PIPmPSCCh
PIC-C,P°PjC-PSCr P' ₁₂ Cr CjPëChPsPIP°C,C+C- PeChPsPIC-. Pj PiP°C+C-C" PSC,C-PI C-P·
C,,P°PeC,PsChP°PjPë ChPëP·PëPeCr PrPmC,,C-C†PëC,Cr PIC-C,P°PjC-PSCr P' ₁₂
PiChPsPIPsPrPëC,Pë PiPmChC-PsPrPëC±PSPëPm PjPsPSC-C,PsChPëPSPi ChC-PIPSCj
PIC-C,P°PjC-PSCr P' ₁₂. PmPmChP°PiC-Ch PjPmC,C,,PsChPjC-PSPsPj CjP>C-Pr
PiChPsPrPsPIP¶CrPIP°C,Pë PrPs C,PëC... PiC-Ch, PiPsPePë PIPsPSP°
PiPmChPmPSPsCjPëC,ChCjCj C- PSPm PjP°C" PiChPsC,PëPiPsPeP°P·P°PSCCh, P°
C,P°PePsP¶ PiChPsPIPsPrPëC,Pë PIC-PrPiPsPIC-PrPSPm PePsChPëPiCrPIP°P>ChPSPm
P>C-PeCrPIP°PSPSCj PrPmC,,C-C†PëC,Cr PIC-C,P°PjC-PSCr P' ₁₂ PIC-PrPiPsPIC-PrPSPs
PrPs PiPsC,PsC±PSPëC... PeP>C-PSC-C±PSPëC... ChPmPePsPjPmPSPPrP°C+C-Pm.

PmPsPSPsC,PmChP°PiC-Cj PjPmC,C,,PsChPjC-PSPsPj PSPm CjPiChPëC±PëPSCjC"
PiC-PiPsPiP>C-PePmPjC-C—, PsPrPSP°Pe CjP>C-Pr P±CrC,Pë PsP±PmChPmP¶PSPëPj PiChPë
PsPrPSPsC±P°CjPSPsPjCr P·P°CjC,PsCjCrPIP°PSPSC- PjPmC,C,,PsChPjC-PSCr P·
C-PSCjCrP>C-PSPsPj P°P±Ps C-PSC€PëPjPë PiPmChPsChP°P>ChPSPëPjPë
PiC-PiPsPiP>C-PePmPjC-C±PSPëPjPë P·P°CjPsP±P°PjPë (PSP°PiChPëPeP>P°Pr, C-P·
PiPsC...C-PrPSPëPjPë CjCrP>ChC,,PsPSC-P>CjPmC±PsPIPëPSPë P°P±Ps
PjPmPiP>C-C,PëPSC-PrP°PjPë). PmPsP¶P>PëPIP° PSP°CjPIPSC-CjC,Ch C,,ChP°PiPjPmPSC,C-PI
PsP±PsP>PsPSPëPë C,P°P±P>PmC,PsPe Cr C,,PmPeP°P>C-CjC.... PjPm C" PSPsChPjP°P>ChPSPëPj
CjPIPëC%oPmPj C- PSPm PjP°C" PeP>C-PSC-C±PSPsPiPs P·PSP°C±PmPSPSCj.B B B

PjPmPm P>C-PeP°ChCjChPePëPm P·P°CjC-P± PjC-CjC,PëC,Ch PjPmPSC€Pm 1
PjPjPsP>Ch (23 PjPi)/PrPsP·Cr PSP°C,ChC-Ch, C,PsP±C,Ps PiChP°PeC,PëC±PSPs
PIC-P>ChPSPëPm PIC-Pr PSP°C,ChC-Ch.

*P—P°CÍC,PsCÍCžPIP°PSPSCÍ Cž PiPµCĤC-PsPr PIP°PiC-C,PSPsCÍC,C- P°P±Ps
PiPsPrCžPIP°PSPSCÍ PiCĤCžPrPrCĤ.*

P'P°PiC-C,PSC-CÍC,CH

PkPµPePsPSC,CĤPsP»CHPsPIP°PSP° PiC-PiPµCĤPiP»C-PePµPjC-CÍ Cí
PiCĤPµPePsPSC†PµPiC†C-PN°PSPëPN° PiPµCĤC-PsPr C,P° PiC-Pr C†P°CÍ
PIP°PiC-C,PSPsCÍC,C- PiPsPIBĤ™ CÍP·P°PSP° P· PiC-PrPIPëC%oPµPSPëPj
CĤPëP·PëPePsPj PICĤPsPrP¶PµPSPëC... P°PSPsPjP°P»C-PN°, PIC,CĤP°C,Pë
PIP°PiC-C,PSPsCÍC,C-, P°CĤC,PµCĤC-P°P»CHPsPSc— PiC-PiPµCĤC,PµPSP·C-C—,
CÍPiCĤPëC†PëPSPµPSPsC— PIP°PiC-C,PSC-CÍC,CĤ, PiCĤPµPµPeP»P°PjPiCÍC-C— C,P°
PiPµCĤPëPSP°C,P°P»CHPsPSc— CÍPjPµCĤC,PSPsCÍC,C-. P'P°P¶P»PëPIPs
PiC-PrC,CĤPëPjCíPIP°C,Pë CĤC-PIPµPSCĤ PiP»CĤPePsP·Pë PI PeCĤPsPIC-
CÍPePsPjPsPiP° P±P»PëP¶C†Pµ PrPs PSPsCĤPjPë PiCĤPsC,CÍPiPsPj PICÍC-C" C—
PIP°PiC-C,PSPsCÍC,C-, C%oPsP± P·PjPµPSCëPëC,Pë CĤPëP·PëPe
PSPµCÍPiCĤPëCÍC,P»PëPIPëC... PSP°CÍP»C-PrPeC-PI, PiPsPIBĤ™ CÍP·P°PSPëC... P·
PiC-PiPµCĤPiP»C-PePµPjC-C" CĤ, PrP»CÍ PjP°C,PµCĤC- C,P° C—C— PrPëC,PëPSPë.

PĤPµC,C,,PsCĤPjC-PS PiCĤPsPSPëPeP°C" C†PµCĤPµP· PiP»P°C†PµPSC,Cí PI CĤC-PIPSCÍC...,
CÍPeC- PjPsP¶CíC,CH P±CíC,Pë C,P°PePëPjPë P¶ PIPëCÍPsPePëPjPë, CÍPe C-
PePsPSC†PµPSC,CĤP°C†C-C— Cí PjP°C,PµCĤC-.

P'PµP»PëPeP° PeC-P»CHPeC-CÍC,CH PrP°PSPëC... PiCĤPs PIP°PiC-C,PSPëC... P¶C-PSPsPe
(PiPsPSP°Pr 1000 CĤPµP·CíP»CHC,P°C,C-PI) P· PePsPiPsCĤC,PSPsPiPs
PrPsCÍP»C-PrP¶PµPSPSCÍ PSP° PsCÍPSPsPIC- CĤPµC" CÍC,CĤCí C,P°
PsPiCíP±P»C-PePsPIP°PSPëC... PrP°PSPëC... (PjPµC,P°P°PSP°P»C-P·, PeP»C-PSC-C†PSC-
PrPsCÍP»C-PrP¶PµPSPSCÍ C,P° CĤPµC" CÍC,CĤPë) PIPeP°P·CíC" PSP°
PIC-PrCÍCíC,PSC-CÍC,CH PiC-PrPIPëC%oPµPSPsPiPs CĤPëP·PëPeCí PICĤPsPrP¶PµPSPëC...
P°PSPsPjP°P»C-PN° P°P±Ps C,,PµC,Ps/PSPµPsPSP°C,P°P»CHPsPSc— C,PsPeCÍPëC†PSPsCÍC,C-
PiC-CÍP»CÍ PIPiP»PëPICí PrPs PjPµC,C,,PsCĤPjC-PSCí PI PiPµCĤPëPePsPSC†PµPiC†C-PN°PSCí
C,,P°P·Cí C,P°/P°P±Ps PiC-Pr C†P°CÍ PIP°PiC-C,PSPsCÍC,C-.

P,, PrPµCÍPeC- PSPµPiC-PrC,PIPµCĤPrP¶PµPSC- PrP°PSC- PiCĤPs
PrPsPIPiPsCÍC,CĤPsPePsPIPëPN° PIPiP»PëPI PjPµC,C,,PsCĤPjC-PSCí PSP° PjP°CÍCí C,C-P»P°
PrC-C,PµPN°, CÍPeC- P·P°P·PSP°P»Pë PIPSCíC,CĤC-CëPSCĤPsCíC,CĤPsP±PSPsPiPs
PIPiP»PëPICí. PŸC...PsP¶Pµ, C%oPs PjPµC,C,,PsCĤPjC-PS PSPµ PIPiP»PëPIP°C" PSP°
CĤCíC...PsPIPëPN° C- CÍPsC†C-P°P»CHPsPëPN° CĤPsP·PIPëC,PsPe PrC-C,PµPN° PIC-PePsPj PrPs
4 CĤPsPeC-PI, CÍPeC- PsC,CĤPëPjCíPIP°P»Pë PN°PsPiPs PiC-Pr C†P°CÍ PIP°PiC-C,PSPsCÍC,C-,
C...PsC†P° PrP°PSC- PiCĤPs PIC-PrPrP°P»PµPSC- CĤPµP·CíP»CHC,P°C,Pë PsP±PjPµP¶PµPSC-.

Pj CĤP°P·C- PeP»C-PSC-C†PSPsC— PSPµPsP±C...C-PrPSPsCÍC,C- PjPsP¶PSP°
CĤPsP·PiP»CÍPrP°C,Pë P·P°CÍC,PsCÍCíPIP°PSPSCÍ PjPµC,C,,PsCĤPjC-PSCí PiC-Pr C†P°CÍ
PIP°PiC-C,PSPsCÍC,C- C,P° PI PiPµCĤPëPePsPSC†PµPiC†C-PN°PSC-PN° C,,P°P·C- CÍPe
PrPsPiPsPIPSPµPSPSCÍ P°P±Ps P°P»CHC,PµCĤPSP°C,PëPIPë C-PSCÍCíP»C-PSCí.

PµPµCĤC-PsPr PiPsPrCžPIP°PSPSCÍ PiCĤCžPrPrCĤ

PĤPµC,C,,PsCĤPjC-PS PµPeCíPeCĤPµC,CíC" C,CHCÍCÍ Cí PiCĤCíPrPSPµ PjPsP»PsPePs, P°P»Pµ
Cí PSPsPiPsPSP°CĤPsPrP¶PµPSPëC.../PSPµPjPsPIP»CÍC,, CÍPeC- P·PSP°C...PsPrPëP»PëCÍCÍ

PSP° PiCḡCfPrPSPsPjCf PiPsPrCfPIP°PSPSC-, PiPsP±C-C±PSC- CḡPμP°PeC†C-C— B PSPμ CḡPiPsCḡC,PμCḡC-PiP°P»PëCḡCḡ. PḡPrPSP°Pe, PsCḡPeC-P»CḡPePë PSPμPrPsCḡC,P°C,PSCHḡPs PrP°PSPëC... C%PsPrPs P±PμP·PiPμPePë P·P°CḡC,PsCḡCfPIP°PSPSCḡ PiCḡPμPiP°CḡP°C,Cḡ, PiPsPrCfPIP°PSPSCḡ PiCḡCfPrPrCḡ PSPμ CḡPμPePsPjPμPSPPrCḡC”C,CḡCḡCḡ PiCḡPsC,CḡPiPsPj C,PμCḡP°PiC-C— PjPμC,C,,PsCḡPjC-PSPsPj. P C-C€PμPSPSCḡ C%PsPrPs PiCḡPëPiPëPSPμPSPSCḡ PiPsPrCfPIP°PSPSCḡ PiCḡCfPrPrCḡ PSPμPsP±C...C-PrPSPs PiCḡPëPNëPjP°C,Pë P· CḡCḡP°C...CḡPIP°PSPSCḡPj PiPμCḡPμPIP°Pi PiCḡCfPrPSPsPiPs PiPsPrCfPIP°PSPSCḡ C,P° PiPsC,PμPSC†C-PNëPSPsPiPs CḡPëP·PëPeCḡ PiPsP±C-C±PSPëC... CḡPμP°PeC†C-PNë PrP»Cḡ PrPëC,PëPSPë.

PḡPμCḡC,PëP»CḡPSC-CḡC,Cḡ

PḡPμC,C,,PsCḡPjC-PS PSPμ PIPiP»PëPIP°PI PSP° C,,PμCḡC,PëP»CḡPSC-CḡC,Cḡ C,PIP°CḡPëPS PiCḡPë P·P°CḡC,PsCḡCfPIP°PSPSC- Cḡ PrPsP·C- 600 PjPi/PePi PSP° PrPsP±Cḡ, C%Ps PjP°PNëPμ Cḡ 3 CḡP°P·Pë PiPμCḡPμPIPëC%CḡPIP°P»P° PjP°PeCḡPëPjP°P»CḡPSCḡ CḡPμPePsPjPμPSPPrPsPIP°PSCḡ PrPsP±PsPICḡ PrPsP·Cḡ PrP»Cḡ P»CḡPrPëPSPë P· CḡPsP·CḡP°C...CḡPSPeCḡ PSP° PiP»PsC%Cḡ PiPsPIPμCḡC...PSC- C,C-P»P°.

P—PrP°C,PSC-CḡC,Cḡ PIPiP»PëPIP°C,Pë PSP° C€PIPëPrPeC-CḡC,Cḡ CḡPμP°PeC†C-C— PiCḡPë PePμCḡCḡPIP°PSPSC- P°PIC,PsC,CḡP°PSCḡPiPsCḡC,PsPj P°P±Ps C-PSC€PëPjPë PjPμC...P°PSC-P·PjP°PjPë.

P>C-PeP°CḡCḡCḡPePëPNë P·P°CḡC-P± P”C-P°C,,PsCḡPjC-PS^{B®} SR PSPμ PIPiP»PëPIP°C” PSP° C€PIPëPrPeC-CḡC,Cḡ CḡPμP°PeC†C-PNë PiCḡPë PePμCḡCḡPIP°PSPSC- P°PIC,PsC,CḡP°PSCḡPiPsCḡC,PsPj P°P±Ps CḡPsP±PsC,C- P· C-PSC€PëPjPë PjPμC...P°PSC-P·PjP°PjPë, PsCḡPeC-P»CḡPePë PjPsPSPsC,PμCḡP°PiC-Cḡ PiCḡPμPiP°CḡP°C,PsPj PSPμ CḡPiCḡPëC±PëPSCḡC” PiC-PiPsPiP»C-PePμPjC-C—.

PḡPrPSP°Pe CḡP»C-Pr P· PsP±PμCḡPμPμPSC-CḡC,Cḡ P·P°CḡC,PsCḡPsPICḡPIP°C,Pë PjPμC,C,,PsCḡPjC-PS Cḡ PePsPjP±C-PSP°C†C-C— P· C-PSC€PëPjPë PiC-PiPsPiP»C-PePμPjC-C±PSPëPjPë P·P°CḡPsP±P°PjPë (PiPsC...C-PrPSC- CḡCḡP»CḡC,,PsPSC-P»CḡPμC±PsPIPëPSPë, C-PSCḡCḡP»C-PS, PjPμPiP»C-C,PëPSC-PrPë) Cḡ P·PiBḡ™ CḡP·PeCḡ P· CḡPëP·PëPePsPj CḡPsP·PIPëC,PeCḡ PiC-PiPsPiP»C-PePμPjC-C— .B B B B B

PŸPiPsCḡC-P± P·P°CḡC,PsCḡCḡPIP°PSPSCḡ C,P° PrPsP·Pë.

P”PsCḡPsCḡP»C- PiP°C†C-C”PSC,Pë P· PSPsCḡPjP°P»CḡPSPsCḡ C,,CḡPSPeC†C-C”Cḡ PSPëCḡPsPe (PëPḡPḡ ≥ 90 PjP»/C...PI)

P—PSPëPμPμPSPSCḡ CḡPëP·PëPeCḡ P°P±Ps P·P°C,CḡPëPjPeP° PiPsC±P°C,PeCḡ C†CḡPeCḡPsPiPs PrC-P°P±PμC,Cḡ 2 C,PëPiCḡ

PḡPμC,C,,PsCḡPjC-PS CḡP»C-Pr PiCḡPëP·PSP°C±P°C,Pë P»PëC€Pμ C,PsPrC-, PePsP»Pë P·PjC-PSPë Cḡ CḡPiPsCḡPsP±C- PμPëC,C,Cḡ PiCḡPsC,CḡPiPsPj 3Bḡ”6 PjC-CḡCḡC†C-PI PSPμ P·P°P±PμP·PiPμC±CḡCḡC,Cḡ P°PrPμPePIP°C,PSPsPiPs PiP»C-PePμPjC-C±PSPsPiPs

PePsPSC,CTjPsP»CT.

P>C-PeCfPIP°PSPSCIJ PiPsC,CTjC-P±PSPs CTjPsP·PiPsC±PëPSP°C,Pë P· 1
C,P°P±P»PµC,PePë PiCTjPµPiP°CTjP°C,Cf P”C-P°C,,PsCTjPjC-PS^{B®} SR 500 PjPi 1 CTjP°P·
PSP° PrPsP±Cf PiC-Pr C±P°Cf PIP¶PëPIP°PSPSCIJ C—P¶C-, B PIPµC±PµCTjC-.

PŞµCTjPµP· 10Bj”15 PrPSC-PI PiCTjPsPIPµPrPµPSPsPiPs P»C-PeCfPIP°PSPSCIJ PrPsP·Cf
PSPµPsP±C...C-PrPSPs PIC-PrPePsCTjPëPiCfPIP°C,Pë PIC-PrPiPsPIC-PrPSPs PrPs
CTjPµP·CfP»CHC,P°C,C-PI PIPëPjC-CTjCTjPIP°PSCH CTjC-PIPSCIJ PiP»CTjPePsP·Pë Cf
PeCTjPsPIC- (P·PSP°C±PµPSPSCIJ PħP”PÿPÿ (PsCTjP°P»CHPSPëPÑ
PiP»CTjPePsP·PsC,PsP»PµCTjP°PSC,PSPëPÑ C,PµCfC,) C-/P°P±Ps PIPjC-CfC, PiP»CTjPePsP·Pë Cf
PiP»P°P·PjC- PeCTjPsPIC- PSP°C,C%oPµ, C-/P°P±Ps HbA1c PiPsPIPëPSPSC- P±CfC,Pë PI
PSPsCTjPjC-). PµPsPIC-P»CHPSPµ P·P±C-P»CHC€PµPSPSCIJ PrPsP·Pë PjPsP¶Pµ
PiPsPeCTjP°C%oPëC,Pë PiPµCTjPµPSPsCfPëPjC-CfC,CH P· P±PsPeCf C,CTjP°PIPSPsPiPs
C,CTjP°PeC,Cf. PħP°PeCfPëPjP°P»CHPSP° CTjPµPePsPjPµPSPPrPsPIP°PSP° PrPsP·P°
CfC,P°PSPsPIPëC,CH 2000 PjPi 1 CTjP°P· PSP° PrPsP±Cf, P·P°CfC,PsCfPsPICfPIP°C,Pë PiC-Pr
C±P°Cf PIP¶PëPIP°PSPSCIJ C—P¶C-, PIPµC±PµCTjC-.

P PµPePsPjPµPSPPrCfC”C,CHCfCfC CTjPµPiCfP»CfCTjPSPs PePsPSC,CTjPsP»CTjPIP°C,Pë
(PePsP¶PSC- 3Bj”6 PjC-CfCfCfC-PI) PiP»C-PePµPjC-C±PSPëPÑ CfC,P°C,CfCf
(P·PSP°C±PµPSPSCIJ PħP”PÿPÿ C-/P°P±Ps PIPjC-CfC,Cf PiP»CTjPePsP·Pë Cf PiP»P°P·PjC-
PeCTjPsPIC- PSP°C,C%oPµ, C-/P°P±Ps HbA1c), P° C,P°PePsP¶ C,,P°PeC,PsCTjPë CTjPëP·PëPeCf
PrP»CfCf PiCTjPëPÑPSCfC,C,Cf CTjC-C€PµPSPSCIJ C%oPsPrPs PSPµPsP±C...C-PrPSPsCfC,C-
PiCTjPsPrPsPIP¶PµPSPSCIJ, P·PjC-PSPë P°P±Ps PiCTjPëPiPëPSPµPSPSCIJ P»C-PeCfPIP°PSPSCIJ.

PÿP°PePsP¶ PSPµPsP±C...C-PrPSPs PiCTjPsPIPsPrPëC,Pë PiPsPIC,PsCTjPSCf PsCfC-PSPeCf
P»C-PeCfPIP°PSPSCIJ, CfPeC%oPs PiP°CfC-C”PSC, P·PiPsPrPsPj PIPiCTjPsPIP°PrP¶CfC”
PiPsPeCTjP°C%oPµPSPSCIJ C...P°CTjC±CfPIP°PSPSCIJ C,P°/P°P±Ps C,,C-P·PëC±PSC-
PSP°PIP°PSC,P°P¶PµPSPSCIJ, P°P±Ps CfPeC%oPs P·PjC-PSPë CfC,P°PSCf P·PrPsCTjPsPIBj™ CfCf
PiP°CfC-C”PSC,P° PrPsP·PIPsP»CfCfC,CH P·PjC-PSPëC,Pë CfPiPsCfC-P± P¶PëC,C,CfCf.

*PħPsPSPsC,PµCTjP°PiC-Cf P°P±Ps PePsPjP±C-PSPsPIP°PSP° C,PµCTjP°PiC-Cf Cž
PiPsC”PrPSP°PSPSC- P· C-PSC€PëPjPë PiPµCTjPsCTjP°P»CHPSPëPjPë
PiC-PiPsPiP»C-PePµPjC-C±PSPëPjPë P·P°CfPsP±P°PjPë*

P PµPePsPjPµPSPPrPsPIP°PSP° PiPsC±P°C,PePsPIP° PrPsP·P° Bj” 500 PjPi PSP° PrPsP±Cf.

PŞµCTjPµP· 10Bj”15 PrPSC-PI PiCTjPsPIPµPrPµPSPsPiPs P»C-PeCfPIP°PSPSCIJ PrPsP·Cf
PSPµPsP±C...C-PrPSPs PIC-PrPePsCTjPëPiCfPIP°C,Pë PIC-PrPiPsPIC-PrPSPs PrPs
CTjPµP·CfP»CHC,P°C,C-PI PIPëPjC-CTjCTjPIP°PSCH CTjC-PIPSCIJ PiP»CTjPePsP·Pë PI
PeCTjPsPIC-. PµPsPIC-P»CHPSPµ P·P±C-P»CHC€PµPSPSCIJ PrPsP·Pë CfPiCTjPëCfCfC”
P·PSPëP¶PµPSPSCf PiPsP±C-C±PSPëC... CTjPµP°PeCfC-PÑ P· P±PsPeCf C,CTjP°PIPSPsPiPs
C,CTjP°PeC,Cf. PħP°PeCfPëPjP°P»CHPSP° CTjPµPePsPjPµPSPPrPsPIP°PSP° PrPsP·P°
CfC,P°PSPsPIPëC,CH 2000 PjPi PSP° PrPsP±Cf.

P>C-PeP°CTjCfCHPëPëPÑ P·P°CfC-P± P”C-P°C,,PsCTjPjC-PS^{B®} SR P·P°CfC,PsCfPsPICfPIP°C,Pë 1
CTjP°P· PSP° PrPsP±Cf PiC-Pr C±P°Cf PIP¶PëPIP°PSPSCIJ C—P¶C-, PIPµC±PµCTjC-,
P·P±C-P»CHC€CfCTjC±Pë PSP° 500 PjPi PePsP¶PSC- 10Bj”15 PrPSC-PI PrPs 2000 PjPi. P”PsP·Cf
PSPµPsP±C...C-PrPSPs PIC-PrPePsCTjPëPiCfPIP°C,Pë PIC-PrPiPsPIC-PrPSPs PrPs
CTjPµP·CfP»CHC,P°C,C-PI PIPëPjC-CTjCTjPIP°PSCH CTjC-PIPSCIJ PiP»CTjPePsP·Pë PI
PeCTjPsPIC-.

PiPec%Ps PSPμPsP±C...C-PrPSPsPiPs CḡC-PIPSCḡ PiP»C-PePμPjC-C— PSPμ PjPsPḡPSP° PrPsCḡCḡPiPSCrC,Pe PiCḡPē P·P°CḡC,CrPIP°PSPSC- P»C-PeP°CḡCḡCḡPePsPiPs P·P°CḡPsP±Cḡ P”C-P°C,,PsCḡPjC-PS^{B®} SR Cr PrPsP·C- 2000 PjPi, CḡPeCḡ PiP°CḡC-C”PSC, PiCḡPēPNēPjP°C” 1 CḡP°P· PSP° PrPsP±Cḡ,B PiP°CḡC-C”PSC,Cḡ CḡP»C-Pr P·P°CḡC,PsCḡPsPICrPIP°C,Pe P»C-PeP°CḡCḡCḡPePēPNē P·P°CḡC-P± P”C-P°C,,PsCḡPjC-PS^{B®} SR Cr PrPsP·C- 1000 PjPi 2 CḡP°P·Pē PSP° PrPsP±Cḡ (PsPrPēPS CḡP°P· P·CḡP°PSPeCḡ C- PsPrPēPS CḡP°P· PIPμCḡPμCḡC-, PiC-Pr CḡP°Cḡ PiCḡPēPNēPsPjCḡ C—PḡC-).

PiPec%Ps PSPμPsP±C...C-PrPSPsPiPs CḡC-PIPSCḡ PiP»C-PePμPjC-C— PSPμ PrPsCḡCḡPiPSCrC,Ps, PjPsPḡPSP° P·P°CḡC,PsCḡPsPICrPIP°C,Pe P»C-PeP°CḡCḡCḡPePēPNē P·P°CḡC-P± P”C-P°C,,PsCḡPjC-PS^{B®} Cr PjP°PeCḡPēPjP°P»CḡPSC-PNē CḡPμPePsPjPμPSPPrPsPIP°PSC-PNē PrPsP·C- 3000 PjPi PSP° PrPsP±Cḡ.

PμP°CḡC-C”PSC,P°Pj, CḡPeC- P·P°CḡC,PsCḡPsPICrCḡC,Cḡ P»C-PeP°CḡCḡCḡPePēPNē P·P°CḡC-P± P”C-P°C,,PsCḡPjC-PS^{B®} SR, PSPμ CḡP»C-Pr PiPμCḡPμPIPēC%CrPIP°C,Pe PrPsP·CḡPIP°PSPSCḡ 2000 PjPi PSP° PrPsP±Cḡ.B

PμCḡPē PiPμCḡPμC...PsPrC- P· C-PSCεPsPiPs PiCḡPsC,PePrC-P°P±PμC,PeCḡPSPsPiPs P·P°CḡPsP±Cḡ PSP° P”C-P°C,,PsCḡPjC-PS^{B®} SR PiPsC,CḡC-P±PSPs CḡPsP·PiPsCḡPēPSP°C,Pe P· PiCḡPēPNēPsPjCḡ P”C-P°C,,PsCḡPjC-PS^{B®} SR 500 PjPi (PSPμPsP±C...C-PrPSPs PiCḡPēPiPēPSPēC,Pe PiCḡPēPNēPsPj C-PSCεPsPiPs PiCḡPsC,PePrC-P°P±PμC,PeCḡPSPsPiPs PiCḡPμPiP°CḡP°C,Cḡ PrP»Cḡ PiPμCḡPsCḡP°P»CḡPSPsPiPs P·P°CḡC,PsCḡCḡPIP°PSPSCḡ).

P”P»Cḡ PiP°CḡC-C”PSC,C-PI, CḡPeC- PIPḡPμ P»C-PeCḡPIP°P»PēCḡCḡ PjPμC,C,,PsCḡPjC-PSPsPj, PiPsCḡP°C,PePsPIP° PrPsP·P° PiCḡPμPiP°CḡP°C,Cḡ P”C-P°C,,PsCḡPjC-PS^{B®} SR, C,P°P±P»PμC,PsPe C-P· PiCḡPsP»PsPSPiPsPIP°PSPēPj PIPēPIC-P»CḡPSPμPSPSCḡPj, PjP°C” P±CḡC,Pe PμPePIC-PIP°P»PμPSC,PSP° PrPsP±PsPIC-PNē PrPsP·C- C,P°P±P»PμC,PsPe C-P· PSPμPiP°PNēPSPēPj PIPēPIC-P»CḡPSPμPSPSCḡPj. PμP°CḡC-C”PSC,P°Pj, CḡPeC- PsC,CḡPēPjCḡCḡC,Cḡ C,PμCḡP°PiC-Cḡ PjPμC,C,,PsCḡPjC-PSPsPj Cr PrPsP·C- PIPēC%Pμ 2000 PjPi PSP° PrPsP±Cḡ, PSPμ CḡPμPePsPjPμPSPPrCḡC,CḡCḡCḡ PiPμCḡPμC...PsPrPēC,Pe PSP° C,PμCḡP°PiC-Cḡ PiCḡPμPiP°CḡP°C,PsPj P”C-P°C,,PsCḡPjC-PS^{B®} SR.

P»C-PeP°CḡCḡCḡPeC- P·P°CḡPsP±Pē P”C-P°C,,PsCḡPjC-PS^{B®} SR 750 PjPi C,P° P”C-P°C,,PsCḡPjC-PS^{B®} SR 1000 PjPi PiCḡPēP·PSP°CḡPμPSC- PrP»Cḡ PiP°CḡC-C”PSC,C-PI, CḡPeC- PIPḡPμ P·P°CḡC,PsCḡPsPICrPIP°P»Pē PjPμC,C,,PsCḡPjC-PS (PiCḡPsP»PsPSPiPsPIP°PSPsPiPs P°P±Ps PSPμPiP°PNēPSPsPiPs PIPēPIC-P»CḡPSPμPSPSCḡ).

P”PsP·P° P”C-P°C,,PsCḡPjC-PS^{B®} SR 750 PjPi P°P±Ps P”C-P°C,,PsCḡPjC-PS^{B®} SR 1000 PjPi PiPsPIPēPSPSP° P±CḡC,Pe PμPePIC-PIP°P»PμPSC,PSP° PrPsP±PsPIC-PNē PrPsP·C- PjPμC,C,,PsCḡPjC-PSCḡ (PiCḡPsP»PsPSPiPsPIP°PSPsPiPs P°P±Ps PSPμPiP°PNēPSPsPiPs PIPēPIC-P»CḡPSPμPSPSCḡ) PrPs PjP°PeCḡPēPjP°P»CḡPSPsC— PrPsP·Pē 1500 PjPi P°P±Ps 2000 PjPi PIC-PrPiPsPIC-PrPSPs PiC-Pr CḡP°Cḡ PIPḡPēPIP°PSPSCḡ C—PḡC-, PIPμCḡPμCḡC-.

PμPsPjP±C-PSPsPIP°PSP° C,PμCḡP°PiC-Cḡ P· C-PSCḡCḡP»C-PSPsPj

P”P»Cḡ PrPsCḡCḡPiPSPμPSPSCḡ PeCḡP°C%PsPiPs PePsPSC,CḡPsP»Cḡ P·P° CḡC-PIPSPμPj PiP»CḡPePsP·Pē PI PeCḡPsPIC- PjPμC,C,,PsCḡPjC-PS C,P° C-PSCḡCḡP»C-PS PjPsPḡPSP° P·P°CḡC,PsCḡPsPICrPIP°C,Pe Cr PIPēPiP»CḡPrC- PePsPjP±C-PSPsPIP°PSPsC— C,PμCḡP°PiC-C—. P—P°P·PIPēCḡP°PNē PiPsCḡP°C,PePsPIP°

PrPsP·P° PīCḥPμPīP°CḥP°C,Cr P" C-P°C,,PsCḥPjC-PS^{B®} SR CÍC,P°PSPsPIPëC,CH 500 PjPi
 PSP° PrPsP±Cr PīC-Pr C±P°CÍ PIP¶PëPIP°PSPSCÍ C-P¶C- PIPμC±PμCḥC-, C,PsPrC- CÍPe
 PrPsP·Cr C-PSCÍCrP»C-PSCr PSPμPsP±C...C-PrPSPs PīC-PrP±PëCḥP°C,Pë
 PIC-PrPīPsPIC-PrPSPs PrPs CḥPμP·CrP»CHC,P°C,C-PI PIPëPjC-CḥCḥPIP°PSPSCÍ CḥC-PIPSCÍ
 PiP»CḥPePsP·Pë PI PeCḥPsPIC-. P" C-P°C,,PsCḥPjC-PS^{B®} SR C,P°P±P»PμC,PePë
 PīCḥPsP»PsPSPiPsPIP°PSPsC— PrC-C—, 1000 PjPi PjPsP¶PSP° P·P°CÍC,PsCÍPsPICrPIP°C,Pë
 PīC-CÍP»CÍ C,PëC,CḥCÍPIP°PSPSCÍ PrPsP·Pë PīCḥPμPīP°CḥP°C,Cr.

PJ PīP°C†C-C" PSC,C-PI P»C-C,PSCHPsPiPs PIC-PeCž PjPsP¶P»PëPIPμ PīPsCḥCrC€PμPSPSCÍ
 C,,CrPSPeC†C-C— PSPëCḥPsPe, C,PsPjCr PrPsP·Cr PjPμC,C,,PsCḥPjC-PSCr
 PSPμPsP±C...C-PrPSPs PīC-PrP±PëCḥP°C,Pë PSP° PsCÍPSPsPIC- PsC†C-PSPePë
 C,,CrPSPeC†C-C— PSPëCḥPsPe, CÍPeCr CÍP»C-Pr PīCḥPsPIPsPrPëC,Pë CḥPμPiCrP»CÍCḥPSPs
 (PrPëPI. CḥPsP·PrC-P» B«PhCÍPsP±P»PëPIPsCÍC,C-
 P·P°CÍC,PsCÍCrPIP°PSPSCÍB»).B B B B B B B

PμPμCḥPμPIP°PiP° P·PjPμPSC€PμPSPSCÍ CḥPëP·PëPeCr PIPëPSPëPePSPμPSPSCÍ
 C†CrPeCḥPsPIPsPiPs PrC-P°P±PμC,Cr 2 C,PëPīCr P°P±Ps P·P°C,CḥPëPjPePë PñPsPiPs
 PīPsC±P°C,PeCr PSPμ P±CrP»P° PICÍC,P°PSPsPIP»PμPSP° Cr PīP°C†C-C" PSC,C-PI PIC-PePsPj
 PIC-Pr 75 CḥPsPeC-PI (PrPëPI. CḥPsP·PrC-P» **B**«PαP°CḥPjP°PePsPrPëPSP°PjC-PeP°B»), C,PsPjCr
 C,P°PePëPj PīP°C†C-C" PSC,P°Pj PSPμ CḥPμPePsPjPμPSPrPsPIP°PSPμ PīCḥPëP·PSP°C±PμPSPSCÍ
 PjPμC,C,,PsCḥPjC-PSCr (PrPëPI. CḥPsP·PrC-P» B«PhCÍPsP±P»PëPIPsCÍC,C-
 P·P°CÍC,PsCÍCrPIP°PSPSCÍB»).

PkPëCḥPePsPIP° PSPμPrPsCÍC,P°C,PSC-CÍC,CH

PëPлPα CÍP»C-Pr PsC†C-PSCḥPIP°C,Pë PrPs PīPsC±P°C,PeCr
 P·P°CÍC,PsCÍCrPIP°PSPSCÍ P»C-PeP°CḥCÍCHPePëC... P·P°CÍPsP±C-PI, C%Ps
 PjC-CÍC,CÍC,CH PjPμC,C,,PsCḥPjC-PS, C,P° PīC-CÍP»CÍ PīPsC±P°C,PeCr
 P»C-PeCrPIP°PSPSCÍ PīCḥPëPSP°PñPjPSC- C%PsCḥC-C±PSPs. PJ PīP°C†C-C" PSC,C-PI
 P· PīC-PrPIPëC%PμPSPëPj CḥPëP·PëPePsPj PīPsPrP°P»CHC€PsPiPs
 PīCḥPsPiCḥPμCÍCrPIP°PSPSCÍ PSPëCḥPePsPIPsC— PSPμPrPsCÍC,P°C,PSPsCÍC,C- C,P°
 Cr PīP°C†C-C" PSC,C-PI P»C-C,PSCHPsPiPs PIC-PeCr CÍP»C-Pr PīCḥPsPIPsPrPëC,Pë
 CḥPμC,PμP»CHPSPëPñ PePsPSC,CḥPsP»CH C,,CrPSPeC†C-C— PSPëCḥPsPe
 CÍPePsPjPsPiP° C±P°CÍC,C-C€Pμ, PSP°PīCḥPëPeP»P°Pr PePsP¶PSC- 3-6 PjC-CÍCÍC†C-PI.

PëPлPα (PjP»/C...PI)	P—P°PiP°P»CHPSP° PjP°PeCÍPëPjP°P»CHPSP° PrPsP±PsPIP° PrPsP·P°	P"PsPrP°C,PePsPIC- CḥPμPePsPjPμPSPrP°C†C-C—
60Bḥ"89	2000 PjPi	PJ CḥP°P·C- P·PSPëP¶PμPSPSCÍ C,,CrPSPeC†C-C— PSPëCḥPsPe CḥPμPePsPjPμPSPrCrC" C,CHCÍCÍ CḥPsP·PiP»CÍPSCrC,Pë PjPsP¶P»PëPIC-CÍC,CH P·PjPμPSC€PμPSPSCÍ PrPsP·Pë.
45Bḥ"59	2000 PjPi	PÝP»C-Pr PīCḥPsP°PSP°P»C-P·CrPIP°C,Pë C,,P°PeC,PsCḥPë, CÍPeC- PjPsP¶CrC,CH P·P±C-P»CHC€PëC,Pë CḥPëP·PëPe CḥPsP·PIPëC,PeCr P»P°PeC,PsP°C†PëPrPsP·Cr (PrPëPI. CḥPsP·PrC-P» B«PhCÍPsP±P»PëPIPsCÍC,C- P·P°CÍC,PsCÍCrPIP°PSPSCÍB»), PrPs PīPsC±P°C,PeCr P»C-PeCrPIP°PSPSCÍ PjPμC,C,,PsCḥPjC-PSPsPj. PμPsC±P°C,PePsPIP° PrPsP·P° CÍC,P°PSPsPIPëC,CH PSPμ P±C-P»CHC€Pμ PīPsP»PsPIPëPSPë PjP°PeCÍPëPjP°P»CHPSPsC— PrPsP·Pë.

30вґ“44	1000 PjPi	
< 30	-	P—P°CÍC,PsCÍCfPIP°PSPSCII PjPµC,C,,PsCґPjC-PSCf PiCґPsC,PëPiPsPeP°P·P°PSPµ.

BBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBB

P”C-C,Pë.

PµCґPµPiP°CґP°C, PSPµ P·P°CÍC,PsCÍCfPICfPIP°C,Pë PrC-C,CII Pj, PsCÍCfPeC-P»CHPePë
PSPµPjP°C” PeP»C-PSC-CfPSPëC... PrP°PSPëC... C%PsPrPs C†C-C”C— PIC-PePsPIPSC—
PiCґCfPiPë PiP°C†C-C”PSC,C-PI.

PµPµCґPµPrPsP·CzPIP°PSPSCII.

PµCґPë P·P°CÍC,PsCÍCfPIP°PSPSC- PiCґPµPiP°CґP°C,Cf Cf PrPsP·C- 85 Pi CґPsP·PIPëC,PeCf
PiC-PiPsPiP»C-PePµPjC-C— PSPµ CÍPiPsCÍC,PµCґC-PiP°P»PsCÍCII. PhPrPSP°Pe Cf C†CHPsPjCf
PIPëPiP°PrPeCf CÍPiPsCÍC,PµCґC-PiP°PICfCII CґPsP·PIPëC,PsPe P»P°PeC,PsP°C†PëPrPsP·Cf.
P—PSP°CfPSPµ PiPµCґPµPIPëC%PµPSPSCII PrPsP·Pë PjPµC,C,,PsCґPjC-PSCf P°P±Ps
CÍCfPiCfC,PSC- C,,P°PeC,PsCґPë CґPëP·PëPeCf PjPsP¶CfC,CH CÍPiCґPëCfPëPSCII,C,Pë
PIPëPSPëPePSPµPSPSCII P»P°PeC,PsP°C†PëPrPsP·Cf. P»P°PeC,PsP°C†PëPrPsP· C”
PSPµPIC-PrPeP»P°PrPSPëPj CÍC,P°PSPsPj. PJ PIPëPiP°PrPeCf CґPsP·PIPëC,PeCf
P»P°PeC,PsP°C†PëPrPsP·Cf P·P°CÍC,PsCÍCfPIP°PSPSCII P»C-PeP°CґCfCHPePsPiPs
P·P°CÍCfPs±Cf P”C-P°C,,PsCґPjC-PS^{B®} SR PSPµPsP±C...C-PrPSPs PiCґPëPiPëPSPëC,Pë C-
C,PµCґPjC-PSPsPIPs PiPsCÍCfC-C,P°P»C-P·CfPIP°C,Pë C...PIPsCґPsPiPs.
PќP°P№PµC,,PµPeC,PëPIPSC-CëPëPj P·P°C...PsPrPsPj PrP»CII PIPëPIPµPrPµPSPSCII P·
PsCґPiP°PSC-P·PjCf P»P°PeC,P°C,Cf C- PjPµC,C,,PsCґPjC-PSCf C” PiPµPjPsPrC-P°P»C-P.

PµPsP±C-CfPSC- CґPµP°PeC†C-C—.

P—PiC-PrPSPs P· PrP°PSPëPjPë PiPsCÍC,PjP°CґPePµC,PëPSPiPsPIPëC... C,P°
PePsPSC,CґPsP»CHPsPIP°PSPëC... PeP»C-PSC-CfPSPëC... PrPsCÍCfP»C-PrP¶PµPSCH
PiPsP±C-CfPSC- CґPµP°PeC†C-C— Cf PiP°C†C-C”PSC,C-PI, CII PeC-
P·P°CÍC,PsCÍCfPICfPIP°P»Pë PjPµC,C,,PsCґPjC-PSCf PiC-PrCґPsC...P»PsCґPëPr
PiCґPsP»PsPSPiPsPIP°PSPsPiPs PIPëPIC-P»CHPSPµPSPSCII, P±CfP»Pë PiPsPrC-P±PSPëPjPë
P·P° PiCґPëCґPsPrPsCґ C,P° CÍC,CfPiPµPSPµPj C,CII P¶PePsCÍC,C- PrPs C,P°PePëC... Cf
PiP°C†C-C”PSC,C-PI, CII PeC- P·P°CÍC,PsCÍCfPICfPIP°P»Pë PjPµC,C,,PsCґPjC-PS C-P·
PSPµPiP°P№PSPëPj PIPëPIC-P»CHPSPµPSPSCII Pj P°PeC,PëPIPSPSC— CґPµCfPsPIPëPSPë.

PќP°P№CfP°CÍC,C-CëPëPjPë PSPµP±P°P¶P°PSPëPjPë CґPµP°PeC†C-CII PjPë PSP°
PiPsCfP°C,PeCf P»C-PeCfPIP°PSPSCII C” PSCfPrPsC,P°, P±P»CґPIP°PSPSCII, PrC-P°CґPµCII,
P±C-P»CH Cf P¶PëPIPsC,C-, PIC-PrCÍCfC,PSC-CÍC,CH P°PiPµC,PëC,Cf. PiC- CÍPëPjPiC,PsPjPë
Cf P±C-P»CHCëPsCÍC,C- PIPëPiP°PrPeC-PI PjPëPSP°CґC,CH CÍP°PjPsCÍC,C-P№PSPs.

$P_{\mu}PsP_{\pm}C-C_{\pm}PSC- C_{\mathcal{H}}P_{\mu}P^{\circ}PeC_{\dagger}C-C- P \cdot P^{\circ} C_{\pm}P^{\circ}C_{\mathcal{I}}C, PsC, PsC_{\mathcal{H}} PIP\ddot{e}PSP\ddot{e}PePSP_{\mu}PSPSC_{\mathcal{I}}$
 $PeP\gg P^{\circ}C_{\mathcal{I}}P\ddot{e}C,, C-PeC_{\mathcal{I}}C_{\mathcal{H}}C, C_{\mathcal{H}} P \cdot P^{\circ} C, P^{\circ}PeP\ddot{e}PjP\ddot{e} PeP^{\circ}C, P_{\mu}PiPsC_{\mathcal{H}}C-C_{\mathcal{I}}PjP\ddot{e}: PrC_{\mathcal{I}}P_{\mathcal{I}}P_{\mu}$
 $C_{\pm}P^{\circ}C_{\mathcal{I}}C, Ps (\geq 1/10), C_{\pm}P^{\circ}C_{\mathcal{I}}C, Ps (\geq 1/100 C- < 1/10), PSP_{\mu}C_{\pm}P^{\circ}C_{\mathcal{I}}C, Ps (\geq 1/1000 C- < 1/100),$
 $C_{\mathcal{H}}C-PrPePs (\geq 1/10000 C- < 1/1000), PrC_{\mathcal{I}}P_{\mathcal{I}}P_{\mu} C_{\mathcal{H}}C-PrPePs (< 1/10000).$

$P_{\mu}PsC_{\mathcal{H}}C_{\mathcal{I}}C_{\mathcal{E}}P_{\mu}PSPSC_{\mathcal{I}} PsP_{\pm}PjC-PSC_{\mathcal{I}} C_{\mathcal{H}}P_{\mu}C_{\pm}PsPIP\ddot{e}PS$

$P_{\mathcal{S}}P^{\circ}C_{\mathcal{I}}C, Ps: P \cdot PSP\ddot{e}P_{\mathcal{I}}P_{\mu}PSPSC_{\mathcal{I}}/PrP_{\mu}C,, C-C_{\dagger}P\ddot{e}C, PIC-C, P^{\circ}PjC-PSC_{\mathcal{I}} B12.$

$P''C_{\mathcal{I}}P_{\mathcal{I}}P_{\mu} C_{\mathcal{H}}C-PrPePs: P\gg P^{\circ}PeC, PsP^{\circ}C_{\dagger}P\ddot{e}PrPsP \cdot (PrP\ddot{e}PI. C_{\mathcal{H}}PsP \cdot PrC-P\gg$
 $B\ll P_{\mathcal{H}}C_{\mathcal{I}}PsP_{\pm}P\gg P\ddot{e}PIPsC_{\mathcal{I}}C, C- P \cdot P^{\circ}C_{\mathcal{I}}C, PsC_{\mathcal{I}}C_{\mathcal{I}}P_{\mathcal{I}}P^{\circ}PSPSC_{\mathcal{I}}B\gg).$

$P_{\mu}C_{\mathcal{H}}P\ddot{e} C, C_{\mathcal{H}}P\ddot{e}PIP^{\circ}P\gg PsPjC_{\mathcal{I}} P \cdot P^{\circ}C_{\mathcal{I}}C, PsC_{\mathcal{I}}C_{\mathcal{I}}P_{\mathcal{I}}P^{\circ}PSPSC- P\ddot{e}C_{\mathcal{H}}P_{\mu}P\ddot{e}P^{\circ}C_{\mathcal{H}}P^{\circ}C, C_{\mathcal{I}} PjPsP_{\mathcal{I}}P_{\mu}$
 $P \cdot PSP\ddot{e}P_{\mathcal{I}}C_{\mathcal{I}}P_{\mathcal{I}}P^{\circ}C, P\ddot{e}C_{\mathcal{I}}C_{\mathcal{I}} PIC_{\mathcal{I}}PjPsPeC, C_{\mathcal{I}}P_{\mathcal{I}}P^{\circ}PSPSC_{\mathcal{I}} PIC-C, P^{\circ}PjC-PSC_{\mathcal{I}} P'_{12}, C\%_{\circ}Ps$
 $C_{\mathcal{I}}C_{\mathcal{I}}P\ddot{e}C_{\mathcal{H}}PsPIP_{\mathcal{I}}PrP_{\mathcal{I}}C_{\mathcal{I}}C''C, C_{\mathcal{H}}C_{\mathcal{I}}C_{\mathcal{I}} P \cdot PSP\ddot{e}P_{\mathcal{I}}P_{\mu}PSPSC_{\mathcal{I}}Pj P_{\mathcal{N}}PsPiPs C_{\mathcal{H}}C-PIPSC_{\mathcal{I}} C_{\mathcal{I}}$
 $C_{\mathcal{I}}P\ddot{e}C_{\mathcal{H}}PsPIP^{\circ}C, C_{\dagger}C- PeC_{\mathcal{H}}PsPIC-. P P_{\mu}PePsPjP_{\mu}PSPPrC_{\mathcal{I}}C''C, C_{\mathcal{H}}C_{\mathcal{I}}C_{\mathcal{I}}$
 $PIC_{\mathcal{H}}P^{\circ}C...PsPIC_{\mathcal{I}}P_{\mathcal{I}}P^{\circ}C, P\ddot{e} C, P^{\circ}PeC_{\mathcal{I}} PjPsP_{\mathcal{I}}P\gg P\ddot{e}PIC_{\mathcal{I}} P\ddot{e}C_{\mathcal{H}}P\ddot{e}C_{\dagger}P\ddot{e}PSC_{\mathcal{I}}$
 $PiC-PiPsPIC-C, P^{\circ}PjC-PSPsP \cdot C_{\mathcal{I}} P'_{12}, C_{\mathcal{I}}PeC\%_{\circ}Ps C_{\mathcal{I}} P\ddot{e}P^{\circ}C_{\dagger}C-C''PSC, P^{\circ} PSP^{\circ}C_{\mathcal{I}}PIPSP^{\circ}$
 $PjP_{\mu}PiP^{\circ}P\gg PsP_{\pm}P\gg P^{\circ}C_{\mathcal{I}}C, PSP^{\circ} P^{\circ}PSP_{\mu}PjC-C_{\mathcal{I}}.$

$P- P_{\pm}PsPeC_{\mathcal{I}} PSP_{\mu}C_{\mathcal{H}}PIP_{\mathcal{I}}PsC- C_{\mathcal{I}}P\ddot{e}C_{\mathcal{I}}C, P_{\mu}PjP\ddot{e}$

$P_{\mathcal{S}}P^{\circ}C_{\mathcal{I}}C, Ps: P\ddot{e}PsC_{\mathcal{H}}C_{\mathcal{I}}C_{\mathcal{E}}P_{\mu}PSPSC_{\mathcal{I}} C_{\mathcal{I}}PjP^{\circ}PeC_{\mathcal{I}}.$

$P- P_{\pm}PsPeC_{\mathcal{I}} C, C_{\mathcal{H}}P^{\circ}PIPSPsPiPs C, C_{\mathcal{H}}P^{\circ}PeC, C_{\mathcal{I}}$

$P''C_{\mathcal{I}}P_{\mathcal{I}}P_{\mu} C_{\pm}P^{\circ}C_{\mathcal{I}}C, Ps: PSC_{\mathcal{I}}PrPsC, P^{\circ}, P_{\pm}P\gg C_{\mathcal{H}}PIP^{\circ}PSPSC_{\mathcal{I}}, PrC-P^{\circ}C_{\mathcal{H}}P_{\mu}C_{\mathcal{I}}, P_{\pm}C-P\gg C_{\mathcal{H}}$
 $C_{\mathcal{I}} P_{\mathcal{I}}P\ddot{e}PIP_{\mathcal{I}}C, C-, PIC-PrC_{\mathcal{I}}C_{\mathcal{I}}C, PSC-C_{\mathcal{I}}C, C_{\mathcal{H}} P^{\circ}P\ddot{e}P_{\mu}C, P\ddot{e}C, C_{\mathcal{I}}. P_{\mathcal{K}}P^{\circ}P_{\mathcal{N}}C_{\pm}P^{\circ}C_{\mathcal{I}}C, C-C_{\mathcal{E}}P_{\mu}$
 $C_{\dagger}C- P\ddot{e}PsP_{\pm}C-C_{\pm}PSC- C_{\mathcal{H}}P_{\mu}P^{\circ}PeC_{\dagger}C-C- B PIP\ddot{e}PSP\ddot{e}PeP^{\circ}C_{\mathcal{H}}C, C_{\mathcal{H}} PSP^{\circ} P\ddot{e}PsC_{\pm}P^{\circ}C, PeC_{\mathcal{I}}$
 $P\gg C-PeC_{\mathcal{I}}P_{\mathcal{I}}P^{\circ}PSPSC_{\mathcal{I}} C, P^{\circ} C_{\mathcal{I}} P_{\pm}C-P\gg C_{\mathcal{H}}C_{\mathcal{E}}PsC_{\mathcal{I}}C, C- PIP\ddot{e}P\ddot{e}P^{\circ}PrPeC-PI$
 $C_{\mathcal{I}}P\ddot{e}PsPSC, P^{\circ}PSPSPs P \cdot PSP\ddot{e}PeP^{\circ}C_{\mathcal{H}}C, C_{\mathcal{H}}. P''P\gg C_{\mathcal{I}} P\ddot{e}PsP\ddot{e}P_{\mu}C_{\mathcal{H}}P_{\mu}PrP_{\mathcal{I}}P_{\mu}PSPSC_{\mathcal{I}}$
 $PIP\ddot{e}PSP\ddot{e}PePSP_{\mu}PSPSC_{\mathcal{I}} P\ddot{e}PsP_{\pm}C-C_{\pm}PSP\ddot{e}C... C_{\mathcal{H}}P_{\mu}P^{\circ}PeC_{\dagger}C-P_{\mathcal{N}} \cdot P_{\pm}PsPeC_{\mathcal{I}}$
 $C, C_{\mathcal{H}}P^{\circ}PIPSPsPiPs C, C_{\mathcal{H}}P^{\circ}PeC, C_{\mathcal{I}} C_{\mathcal{H}}P_{\mu}PePsPjP_{\mu}PSPPrC_{\mathcal{I}}C''C, C_{\mathcal{H}}C_{\mathcal{I}}C_{\mathcal{I}} P\ddot{e}PsPIC-P\gg C_{\mathcal{H}}PSP_{\mu}$
 $P \cdot P_{\pm}C-P\gg C_{\mathcal{H}}C_{\mathcal{E}}P_{\mu}PSPSC_{\mathcal{I}} PrPsP \cdot P\ddot{e} P\ddot{e}C_{\mathcal{H}}P_{\mu}P\ddot{e}P^{\circ}C_{\mathcal{H}}P^{\circ}C, C_{\mathcal{I}}.$

$P- P_{\pm}PsPeC_{\mathcal{I}} PiP_{\mu}PiP^{\circ}C, PsP_{\pm}C-P\gg C-P^{\circ}C_{\mathcal{H}}PSPsC- C_{\mathcal{I}}P\ddot{e}C_{\mathcal{I}}C, P_{\mu}PjP\ddot{e}$

$P''C_{\mathcal{I}}P_{\mathcal{I}}P_{\mu} C_{\mathcal{H}}C-PrPePs: PsPeC_{\mathcal{H}}P_{\mu}PjC- P\ddot{e}PsPIC-PrPsPjP\gg P_{\mu}PSPSC_{\mathcal{I}} C\%_{\circ}PsPrPs$
 $P\ddot{e}PsC_{\mathcal{H}}C_{\mathcal{I}}C_{\mathcal{E}}P_{\mu}PSPSC_{\mathcal{I}} P\ddot{e}PsPeP^{\circ}P \cdot PSP\ddot{e}PeC-PI C,, C_{\mathcal{I}}PSPeC_{\dagger}C-C- P\ddot{e}P_{\mu}C_{\dagger}C-PSPeP\ddot{e} P^{\circ}P_{\pm}Ps$
 $PiP_{\mu}PiP^{\circ}C, P\ddot{e}C, C-PI, C\%_{\circ}Ps P\ddot{e}PsPIPSC-C_{\mathcal{I}}C, C_{\mathcal{H}} P \cdot PSP\ddot{e}PeP^{\circ}C_{\mathcal{H}}C, C_{\mathcal{H}} P\ddot{e}C-C_{\mathcal{I}}P\gg C_{\mathcal{I}}$
 $PIC-PrPjC-PSP\ddot{e} PjP_{\mu}C, C,, PsC_{\mathcal{H}}PjC-PSC_{\mathcal{I}}. B$

$P- P_{\pm}PsPeC_{\mathcal{I}} C_{\mathcal{E}}PeC-C_{\mathcal{H}}P\ddot{e} C, P^{\circ} P\ddot{e}C-PrC_{\mathcal{E}}PeC-C_{\mathcal{H}}PSPsC- PeP\gg C-C, PePsPIP\ddot{e}PSP\ddot{e}$

$P''C_{\mathcal{I}}P_{\mathcal{I}}P_{\mu} C_{\mathcal{H}}C-PrPePs: C_{\mathcal{E}}PeC-C_{\mathcal{H}}PSC- P^{\circ}P\gg P_{\mu}C_{\mathcal{H}}PiC-C_{\pm}PSC- C_{\mathcal{H}}P_{\mu}P^{\circ}PeC_{\dagger}C-C-,$
 $PIPeP\gg C_{\mathcal{H}}C_{\dagger}P^{\circ}C_{\mathcal{H}}C_{\dagger}P\ddot{e} PIP\ddot{e}C_{\mathcal{I}}P\ddot{e}P\ddot{e}P\ddot{e}, P_{\mu}C_{\mathcal{H}}P\ddot{e}C, P_{\mu}PjC_{\mathcal{I}}, C_{\mathcal{I}}P_{\mathcal{I}}P_{\mu}C_{\mathcal{H}}P_{\pm}C-P_{\mathcal{I}},$
 $PeC_{\mathcal{H}}PsPiP\ddot{e}PIB_{\mathcal{H}}^{\text{TM}} C_{\mathcal{I}}PSPeC_{\mathcal{I}}.$

*$P_{\mu}PsPIC-PrPsPjP\gg P_{\mu}PSPSC_{\mathcal{I}} P\ddot{e}C_{\mathcal{H}}Ps P\ddot{e}C-PrPsP \cdot C_{\mathcal{H}}C_{\mathcal{H}}PIP^{\circ}PSC- P\ddot{e}PsP_{\pm}C-C_{\pm}PSC-$
 $C_{\mathcal{H}}P_{\mu}P^{\circ}PeC_{\dagger}C-C-$*

