

P·P°CÍ'C,PsCÍ'CrPIP°PSPSC- C,PμC...PSPsP»PsPiC-PNē P·P°PīP»C-PrPSPμPSPSCİ in vitro (LOTUS P†P†).

*PμP»C-PSC-C‡PSC- PrPsCÍ'P»C-PrP¶PμPSPSCİ LOTUS P† C- LOTUS P†P†
PīC-PrC,PIPμC¶PrPēP»Pē PSPēP¶C‡PμP·P°P·PSP°C‡PμPSPμ.*

P°PsP»PsPIPSCr PjPμC,Cr PrPsCÍ'P»C-PrP¶PμPSCĤ БҢ“ PrPsPeP°P· PSPμ PjPμPSCēPsC—
PμC,,PμPeC,PēPIPSPsCÍ'C,C- PīPμC¶PsC¶P°P»CHPSPsPiPs PrPēPrC¶PsPiPμCÍ'C,PμC¶PsPSCr PI
PīPsC¶C-PIPSCİPSPSC- P· C-PSC,C¶P°PIP°PiC-PSP°P»CHPSPēPj
PjC-PeC¶PsPSC-P·PsPIP°PSPēPj PīC¶PsPiPμCÍ'C,PμC¶PsPSPsPj P· C,PsC‡PePē P·PsC¶CÍ'
PSP°CİPIIPSPsCÍ'C,C- CÍ'PμC¶C†PμPIPēC... CÍ'PePsC¶PsC‡PμPSCĤ Cr PīP»PsPrP° PSP° 12-PjCr
C,PēP¶PSC- PīPμCÍ'C,P°C†C-C— (10-PNē C,PēP¶PrPμPSCĤ PIP°PiC-C,PSPsCÍ'C,C-) БҢ“ P±CÍ'P»Ps
PrPsCÍ'CİPiPSCrC,Ps.

PJ PrPsCÍ'P»C-PrP¶CÍ'PIP°PSC-PNē PīPsPīCÍ'P»CİC†C-C— PīP°C†C-C°PSC,C-PI C‡P°CÍ'C,PsC,P°
PSP°CÍ'C,P°PSPSCİ PIP°PiC-C,PSPsCÍ'C,C-, PīC-PrC,PIPμC¶PrP¶PμPSPsC— PSP° 12-PjCr
C,PēP¶PSC- PīPμCÍ'C,P°C†C-C— (10-PNē C,PēP¶PrPμPSCĤ PIP°PiC-C,PSPsCÍ'C,C-),
CÍ'C,P°PSPsPiPēP»P° 37,6 % C- 33,1 % (LOTUS P†) C,P° 36,7 % C- 34,7 % (LOTUS II).
P C-P·PSPēC†Cİ PI C‡P°CÍ'C,PsC,C- PSP°CÍ'C,P°PSPSCİ PIP°PiC-C,PSPsCÍ'C,C- PjC-P¶
PrPiPsPjP° PīC¶CÍ'PīP°PjPē CÍ'C,P°PSPsPiPēP»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 PIPēP±C-C¶C†C- CÍ'CrP±БҢ™ C°PeC,C-PI PrPsCÍ'P»C-PrP¶PμPSPSCİ PrP»Cİ PsC†C-PSPēPē
P· P±PμP·PīPμPePē (1029 CÍ'CrP±БҢ™ C°PeC,C-PI (LOTUS P†) C- 1030 CÍ'CrP±БҢ™ C°PeC,C-PI
(LOTUS P†P†), CİPeC- PsC,C¶PēPjP°P»Pē PīC¶PēPSP°PNēPjPSC- PsPrPSCr PrPsP·Cr
PrPsCÍ'P»C-PrP¶CÍ'PIP°PSPsPiPs PīC¶PμPīP°C¶P°C,Cr) PIPēPīP°PrPePē PSPμP±P°P¶P°PSPēC...
CİPIIPēC%, C%Ps PIPēPSPēPeP»Pē PīC-Pr C‡P°CÍ' C,PμC¶P°PiC-C— (TEAE), PīC¶Ps CİPeC-
PīPsPIC-PrPsPjP»CİP»PsCÍ'Cİ PSP°PNēC‡P°CÍ'C,C-CēPμ, P±CÍ'P»Pē C-PrPμPSC,PēC‡PSPēPjPē PI
PsP±PsC... PrPsCÍ'P»C-PrP¶CÍ'PIP°PSPēC... PīC¶CÍ'PīP°C....

PJ P·PIБҢ™ CİP·PeCr P· C...P°C¶P°PeC,PμC¶PsPj PrPsCÍ'P»C-PrP¶CÍ'PIP°PSPsPiPs
PīPsPeP°P·P°PSPSCİ C,P° PrPsCÍ'P»C-PrP¶CÍ'PIP°PSPsC— PīPsPīCÍ'P»CİC†C-C—
PīP°C†C-C°PSC,C-PI PīPμPIPSP° PeC-P»CHPeC-CÍ'C,CH C¶P°PSPSC-C...
P°P±PsC¶C,C-PI/PIPēPePēPrPSC-PI C° PsC‡C-PeCÍ'PIP°PSPsC¶, PsCÍ'PsP±P»PēPiPs PrPs 12-PiPs
C,PēP¶PSCİ PīPμCÍ'C,P°C†C-C— (10-PiPs C,PēP¶PSCİ PIP°PiC-C,PSPsCÍ'C,C-),
PsCÍ'PeC-P»CHPePē PīC¶PsPiPSPsP·PsPIP°PSPēPNē PīPsPeP°P·PSPēPe C‡P°CÍ'C,PsC,Pē
PSP°CÍ'C,P°PSPSCİ PIP°PiC-C,PSPsCÍ'C,C- Cr C†PμPNē PīPμC¶C-PsPr CÍ'C,P°PSPsPiPēC,CH
P±P»PēP·CHPePs 35 %.

PμC¶PsC,,C-P»CH P±PμP·PīPμPePē, C%Ps CÍ'PīPsCÍ'C,PμC¶C-PiP°PICÍ'Cİ PI PsP±PsC...
PrPsCÍ'P»C-PrP¶PμPSPSCİC... LOTUS, PIC-PrPīPsPIC-PrP°PI PsC‡C-PeCÍ'PIP°PSPsPjCr,
PIC¶P°C...PsPICrC¶C‡Pē PICÍ'C,P°PSPsPiP»PμPSPēPNē PīC¶PsC,,C-P»CH P±PμP·PīPμPePē
PrPēPrC¶PsPiPμCÍ'C,PμC¶PsPSCr, P° C,P°PePsP¶ PrPsCÍ'P»C-PrP¶CÍ'PIP°PSCr
PīPsPīCÍ'P»CİC†C-C¶ PīP°C†C-C°PSC,C-PI C- PrPsCÍ'P»C-PrP¶CÍ'PIP°PSPμ PīPsPeP°P·P°PSPSCİ.

PαP°C¶PjP°PePsPeC-PSPμC,PēPeP°.

PḥP±CÍ'PsC¶P±C†C-Cİ

PμC-CÍ'P»Cİ PīPμC¶PsC¶P°P»CHPSPsPiPs PīC¶PēPNēPsPjCr PrPēPrC¶PsPiPμCÍ'C,PμC¶PsPSCr
Cr C,,PsC¶PjC- C,P°P±P»PμC,PsPe, PīPeC¶PēC,PēC... PīP»C-PIPePsPiPsC¶
PsP±PsP»PsPSPePsC¶, PIC-PS CēPIPēPrPePs P°P±CÍ'PsC¶P±C†C°C,CHCÍ'Cİ.

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±CḡC,PēPS, PSPμPIC-CḡP°PīC-PS, PμC,,P°PIC-CḡPμPSC†)
C,P° C,,C-C,PsPīCḡPμPīP°CḡP°C,Pē, C%Ps PjC-CḡC,CḡC,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- CḡPe CḡPēP»CHPSC-
C-PSPiC-P±C-C,PsCḡPē C,,PμCḡPjPμPSC,C-PI C†PēC,PsC...CḡPsPjCḡ,
PrPμPjPsPSCḡC,CḡCḡCḡC,CH C,,PμCḡPjPμPSC,PsC-PSPrCḡPeCḡCḡC†C-
PIP»P°CḡC,PēPIPScḡC,C- PīCḡPē PsPrPSPSc†P°CḡPSPsPjCḡ P·P°CḡC,PsCḡCḡPIP°PSPSC- P·C-
CḡC,PμCḡPsC—PrPSPēPjPē PīPsCḡPjPsPSP°PjPē. PḡP»C-PSC-C†PSPs PīC-PrPIPēC%PμPSPēPNē
PjPμC,P°P±PsP»C-P·Pj PrPēPrCḡPsPīPμCḡC,PμCḡPsPSCḡ PjPsPḡPμ PīCḡPēP·PIPμCḡC,Pē PrPs
P·PSPēPḡPμPSPSCḡ PμC,,PμPeC,Cḡ.

P°PsCḡP»C-PrPḡPμPSPSCḡ C-*n vitro* PīPsPeP°P·P°P»Pē, C%Ps PrPēPrCḡPsPīPμCḡC,PμCḡPsPS
C,P° P°P°P° Cḡ PeP»C-PSC-C†PSPs P·PSP°C†CḡC%PēC... PePsPSC†PμPSC,CḡP°C†C-CḡC... PSPμ
PīCḡPēPīPSC-C†CḡCḡC,CH C,P° PSPμ C-PSPrCḡPeCḡCḡC,CH C,,PμCḡPjPμPSC,Pē
C†PēC,PsC...CḡPsPjCḡ P 450, C%Ps P±PμCḡCḡC,CH CḡC†P°CḡC,CH Cḡ PjPμC,P°P±PsP»C-P·PjC-
P»C-PeP°CḡCḡCHPePēC... PīCḡPμPīP°CḡP°C,C-PI.

PhCḡPsP±P»PēPIPScḡC,C- P·P°CḡC,PsCḡCḡPIP°PSPSCḡ.

PμPμCḡPμPr PīPsC†P°C,PePsPj P·P°CḡC,PsCḡCḡPIP°PSPSCḡ PrPēPrCḡPsPīPμCḡC,PμCḡPsPSCḡ
PrP»Cḡ P»C-PeCḡPIP°PSPSCḡ PīP°C,PsP»PsPīC-C†PSPsC— PeCḡPsPIPSc,PμC†C- CḡP»C-Pr
PIPēPeP»CḡC†PēC,Pē PsCḡPīP°PSC-C†PSCḡ PīCḡPēC†PēPSCḡ PeCḡPsPIPSc,PμC†C-.

Pj PīPμCḡCēC- PjC-CḡCḡC†C- P»C-PeCḡPIP°PSPSCḡ PjPsPḡCḡC,CH PIPēPSPēPeP°C,Pē
PīCḡPsCḡPēPIPSC- PeCḡPsPIPSc,PμC†C- P°P±Ps PeCḡPsPīPḡ™ CḡPSPēCḡC,C-
PIPēPrC-P»PμPSPSCḡ. PīPeC%Ps PīCḡPsCḡPēPIPSP° PeCḡPsPIPSc,PμC†P° P°P±Ps
PeCḡPsPīPḡ™ CḡPSPēCḡC,C- PIPēPrC-P»PμPSPSCḡ PīCḡPsPrPsPIPḡCḡC,CH
PIPēPSPēPeP°C,Pē C†PμCḡPμP· PrPμCḡPePēPNē C†P°Cḡ P»C-PeCḡPIP°PSPSCḡ P°P±Ps
PīCḡPsPrPsPIPḡCḡC,CHCḡCḡ PīC-CḡP»Cḡ P·P°PeC-PSC†PμPSPSCḡ P»C-PeCḡPIP°PSPSCḡ,
CḡP»C-Pr PICḡC,P°PSPsPIPēC,Pē PīCḡPēC†PēPSCḡ, PI C,PsPjCḡ C†PēCḡP»C-, Cḡ PIPēPīP°PrPeCḡ
PSPμPsP±C...C-PrPSPScḡC,C-, PIPēPeP»CḡC†PēC,Pē P·P»PsCḡPeC-CḡPSPμ
PSPsPIPScḡC,PIPsCḡPμPSPSCḡ PμPSPPrPsPjPμC,CḡC-Cḡ CēP»CḡC...PsPj
PīCḡPsPIPμPrPμPSPSCḡ P±C-PsPīCḡC-C— PμPSPPrPsPjPμC,CḡC-Cḡ.

PīPeC%Ps P±CḡPrCH-CḡPePμ P· PSPēPḡC†PμPSP°PIPμPrPμPSPēC... PīPsCḡCḡCēPμPSCḡ
PIC-PrP±CḡPIP°C,C,CHCḡCḡ PIPīPμCḡCēPμ P°P±Ps PīPsPīC-CḡCēCḡC,C,CHCḡCḡ PīC-Pr
C†P°Cḡ P·P°CḡC,PsCḡCḡPIP°PSPSCḡ PīCḡPμPīP°CḡP°C,Cḡ, PjP°C" P±CḡC,Pē
CḡPsP·PīP»CḡPSCḡC,Ps PīPēC,P°PSPSCḡ PīCḡPs PīCḡPēPīPēPSPμPSPSCḡ P»C-PeCḡPIP°PSPSCḡ:

- PSP°PrP·PIPēC†P°PNēPSPs CḡPēP»CHPSPēPNē PīPsP»PsPIPSPēPNē P±C-P»CH,
PjC-PiCḡPμPSCḡ P°P±Ps CḡPēPjPīC,PsPjPē, CḡPeC- PjPsPḡCḡC,CH PIPēP°P·CḡPIP°C,Pē PSP°
C-CēPμPjC-Cḡ PīPsP»PsPIPSPsPīPs PjPsP·PeCḡ;
- P·PSP°C†PSPμ PīC-PrPIPēC%PμPSPSCḡ P°CḡC,PμCḡC-P°P»CHPSPsPīPs C,PēCḡPeCḡ;
- PīPsCḡPIP° PIPμPSPsP·PSPsC— C,CḡPsPjP±PsPμPjP±PsP»C-C—.

Pj CḡP°P·C- P·PIPēC†PSPsPīPs P°P±Ps P·P°PīCḡPsP·P»PēPIPScḡ PIPēPePēPrPSCḡ

PSP_μPsP±C...C-PrPSPs PIPëP·PSP°C±PëC, Pë C- PìP_μC₇P_μPIC-C₇C₁C, Pë PìC-Pr C±P°Cí
P»C-PeCíPIP°PSPSC₁ P¶PëC, C, C”P·PrP°C, PSC-CíC, C₇ PìP»PsPrP°, C%₀PsP±
PìP_μC₇P_μPePsPSP°C, PëCíC₁, C%₀Ps PIP°PìC-C, PSC-CíC, C₇ C, C₇PëPIP°C” C- P_μPjP±C₇C-PsPS
P¶PëPIPëPN₀.

PŸC, P°PSPë, C%₀Ps PìPsC, C₇P_μP±CíC₇C, C₇ PSP°PìP»C₁PrCí

P’C-PrPsPjPs, C%₀Ps PSP° PSP°CíC, CíPìPSC- C₇C-PrPeC-CíPSC- CíC, P°PSPë PjPsP¶CíC, C₇
PIPìP»PëPIP°C, Pë CíC, P°C, P_μPIC- PìPsC₇PjPsPSPë, C- C, PsPjCí PìC-Pr C±P°Cí
PIP°PìC-C, PPS₁CíC, C- P°P±Ps PìC₇Pë P·P°CíC, PsCíCíPIP°PSPSC- CíC, P°C, P_μPIPëC...
PìPsC₇PjPsPSC-PI PjPsP¶P_μ P·B₇TM C₁PIPëC, PëCíC₁ P°P±Ps PìPsPìC-C₇CëPëC, PëCíC₁:
C...PsP»P_μCíC, P°C, PëC±PSP° P¶PsPIC, C₁PSPëC±C₁, PìP_μC₇PìP_μCí PIP°PìC-C, PSPëC...,
C, C₁P¶P¶PePëPN₀ CíPIP_μC₇P±C-P¶, PsC, PsCíPëP»P_μC₇PsP°, PìPsC₇C, C-C₇C-C₁,
PrP_μPìC₇P_μCíC-C₁ C, P° P°PSPsPjP°P»C₇HPSC- PìPsPeP°P·PSPëPePë C, CíPSPeC±C-C—
PìP_μC±C-PSPePë, CíPìC₇PëC±PëPSP_μPSC- PìPsCíC, C₇PëPj P°P±Ps C...C₇PsPSC-C±PSPëPj
PìP_μC±C-PSPePsPIPëPj P·P°C...PIP₁C₇C₇PIP°PSPSC₁Pj. PìPeC%₀Ps P±CíPrC₇C-C₁PePëPN₀ C-P·
C±PëC... CíC, P°PSC-PI PìC₇PëCíCíC, PSC-PN₀ P°P±Ps P·B₇TM C₁PIP»C₁PICíC₁ C₇P°PSC-CëP_μ,
C, P°/P°P±Ps PìPsPìC-C₇CëCíPIP°PICíC₁ Cí PìP_μC₇C-PsPr PIP°PìC-C, PPS₁CíC, C- P°P±Ps
PìPsPìP_μC₇P_μPrPSC₇PsPìPs P»C-PeCíPIP°PSPSC₁ PìPsC₇PjPsPSP°PjPë, PìP°C±C-C”PSC,
PìPsPIPëPSP_μPS P·PSP°C...PsPrPëC, PëCíC₁ PìC-Pr C₇P_μC, P_μP»C₇HPSPëPj PSP°PìP»C₁PrPsPj.
P₁P_μPsP±C...C-PrPSPs PIC₇P°C...PsPICíPIP°C, Pë, C%₀Ps C±C- CíC, P°PSPë PjPsP¶CíC, C₇
C₇P_μC±PëPrPëPICíPIP°C, Pë P°P±Ps PìPsPìC-C₇CëPëC, PëCíC₁ PìC-Pr C±P°Cí C, P_μC₇P°PìC-C—
PrPëPrC₇PsPìP_μCíC, P_μC₇PsPSPsPj, C, PsPjCí CíP»C-Pr C₇PsP·PìP»C₁PSCíC, Pë
PìC₇PëPìPëPSP_μPSPSC₁ C, P_μC₇P°PìC-C— Cí C, P°PePëC... PIPëPìP°PrPeP°C....

P_μP°C±C-C”PSC, PeP°Pj P· PrP_μPìC₇P_μCíC-C”C₇ PI P°PSP°PjPSP_μP·C- CíP»C-Pr
P·PSP°C...PsPrPëC, PëCíC₁ PìC-Pr C₇P_μC, P_μP»C₇HPSPëPj PSP°PìP»C₁PrPsPj. PìPeC%₀Ps
C, C₁P¶P¶PeP° PrP_μPìC₇P_μCíC-C₁ C₇P_μC±PëPrPëPICíC”, P»C-PeCíPIP°PSPSC₁
PrPëPrC₇PsPìP_μCíC, P_μC₇PsPSPsPj CíP»C-Pr PìC₇PëPìPëPSPëC, Pë.

P₁P°CíC, CíPìPSC- P·P°CíC, P_μC₇P_μP¶P_μPSPSC₁ CíC, PsCíCíC₇C, C₇CíC₁
P·P°CíC, PsCíCíPIP°PSPSC₁ PìC₇P_μPìP°C₇P°C, Cí P”CíC, P°CíC, PsPS^{B®} P·P°
PìPsPeP°P·P°PSPSC₁Pj B«PrP»C₁ PìPsPìP_μC₇P_μPrP¶P_μPSPSC₁
PìC-PìP_μC₇PìP»P°P·C-C— P_μPSP₁PsPjP_μC, C₇C-C₁ Cí PìP_μC₇C-PsPr
PjP_μPSPsPìP°CíP·PëB»

P”PëPI. C, P°PePsP¶ P·P°CíC, P_μC₇P_μP¶P_μPSPSC₁ PI C-PSCíC, C₇CíPeC±C-C₁C... PrP»C₁
PjP_μPrPëC±PSPsPìPs P·P°CíC, PsCíCíPIP°PSPSC₁ PìC₇P_μPìP°C₇P°C, C-PI
P_μCíC, C₇PsPìP_μPSC-PI.

P”P»C₁ P»C-PeCíPIP°PSPSC₁ PìPsCíC, PjP_μPSPsPìP°CíP·P°P»C₇HPSPëC... CíPëPjPìC, PsPjC-PI
P·P°PjC-CíPSCí PìPsC₇PjPsPSP°P»C₇HPSCí C, P_μC₇P°PìC-C₇ CíP»C-Pr
P·P°CíC, PsCíP₁PICíPIP°C, Pë PIPëPSC₁C, PePsPIPs Cí PIPëPìP°PrPeP°C..., PePsP»Pë
CíPëPjPìC, PsPjPë PSP_μPìP°C, PëPIPSPs PIPìP»PëPIP°C₇C, C₇ PSP° C₁PeC-CíC, C₇ P¶PëC, C, C₁.
P’ CíCíC-C... PIPëPìP°PrPeP°C... PSP_μPsP±C...C-PrPSPs C₇P_μC, P_μP»C₇HPSPs
PsC±C-PSC₇PIP°C, Pë PePsC₇PëCíC, C₇ C, P° C₇PëP·PëPe P·P°PjC-CíPSPsC—
PìPsC₇PjPsPSP°P»C₇HPSPsC— C, P_μC₇P°PìC-C— PSP_μ PjP_μPSCëP_μ PsPrPSPsPìPs C₇P°P·Cí PSP°
C₇C-Pe. P—P°PjC-CíPSCí PìPsC₇PjPsPSP°P»C₇HPSCí C, P_μC₇P°PìC-C₇ CíP»C-Pr
PìC₇PsPrPsPIP¶CíPIP°C, Pë P»PëCëP_μ PI C, PsPjCí PIPëPìP°PrPeCí, C₁PeC%₀Ps PePsC₇PëCíC, C₇
PìP_μC₇P_μPIP°P¶P°C” C₇PëP·PëPe.

P”PsPeP°P·Pë CíC, PsCíP₁PIPSPs C₇PëP·PëPeC-PI, PìPsPìB₇TM C₁P·P°PSPëC... C-P·

P·P°PjC-Cl'PSPsCh PiPsChPjPsPSP°P»CHbPSPsCh C,PμChP°PiC-C"Ch PrP»Cll
P»C-PeCrPIP°PSPSCll PiPμChPμPrC±P°Cl'PSPsC— PjPμPSPsPiP°CrP·Pë, C"
PsP±PjPμPllPμPSPëPjPë. P—P°PIPrClIpePë PSPëP·CHbPePsPjCr ChC-PIPSCCh
P°P±Cl'PsP»ChC, PSPsPiPs ChPëP·PëPeCr Cr PllC-PSPsPe PjPsP»PsPrCëPsPiPs PIC-PeCr
P±P°P»P°PSCl' PjC-Pll PePsChPëCl'C,Ch C,P° ChPëP·PëPePsPj Cr C†C-PNë PiChCrPiC- PjPsPllPμ
P±CrC,Pë P±C-P»CHbCë Cl'PiChPëClIC,P»PëPIPePj, PSC-Pll Cr PllC-PSPsPe Cl'C,P°ChCëPsPiPs
PIC-PeCr.

PμPμPrPëC±PSPμ PsP±Cl'C,PμPllPμPSPSCll/PiPsPrP°P»CHbCëPμ P»C-PeP°ChCl'CHbPePμ
Cl'PiPsCl'C,PμChPμPllPμPSPSCll

PμPμChPμPr PiPsC±P°C,PePsPj P·P°PjC-Cl'PSPsC— PiPsChPjPsPSP°P»CHbPSPsC—
C,PμChP°PiC-C— P°P±Ps PiChPë C—C— PIC-PrPSPsPiP»PμPSPSC- PiC-Cl'P»Cll
PiPμChPμChPIPë PSPμPsP±C...C-PrPSPs P·C-P±ChP°C,Pë PiPsPiPSPëPNë PsCl'PsP±PëCl'C,PëPNë
C,P° Cl'C-PjPμPNëPSPëPNë P°PSP°PjPSPμP· P'ChP°C...PsPICrChC±Pë PrP°PSC- P°PSP°PjPSPμP·Cr,
P° C,P°PePsPll PiChPsC,PëPiPsPeP°P·P°PSPSCll C- P·P°Cl'C,PμChPμPllPμPSPSCll PrPs
PiChPëPNëPsPjCr PiChPμPiP°ChP°C,Cr, Cl'P»C-Pr PiChPsPiPμCl'C,Pë PsP±bH™C"PeC,PëPIPSμ
PsP±Cl'C,PμPllPμPSPSCll PiP°C†C-C"PSC,PePë (PIPeP»ChC±P°ChC±Pë PsP±Cl'C,PμPllPμPSPSCll
C,P°P·PsPiPëC... PsChPiP°PSC-PI C- PsPiP»CllPr PjPsP»PsC±PSPëC... P·P°P»PsP·). PμC-Pr C±P°Cl'
P»C-PeCrPIP°PSPSCll ChPμPePsPjPμPSPPrCrC"C,CHbCl'ClI PiChPsPiPsPrPëC,Pë
PiPμChC-PsPrPëC±PSC- PsPiP»CllPrPë, C±P°Cl'C,PsC,P° C- C...P°ChP°PeC,PμCh CllPePëC...
P·P°P»PμPllP°C,CHb PIC-Pr C-PSPPrPëPIC-PrCrP°P»CHbPSPëC... PsCl'PsP±P»PëPIPsCl'C,PμPNë
PiP°C†C-C"PSC,PePë. P-C-PSPsPe Cl'P»C-Pr PiPsC-PSC,,PsChPjCrPiP°C,Pë, PiChPs CllPeC-
P·PjC-PSPë Cr PjPsP»PsC±PSPëC... P·P°P»PsP·P°C... PIPsPSPë PjP°ChC,CHb
PiPsPIC-PrPsPjP»CllC,Pë P»C-PeP°ChPμPIC- P°P±Ps PjPμPrCl'PμCl'C,ChC- (PrPëPI. PSPëPllC±Pμ
P P°Pe PjPsP»PsC±PSPsC— P·P°P»PsP·Pë). PhP±Cl'C,PμPllPμPSPSCll PjPsP»PsC±PSPëC...
P·P°P»PsP·, PIPeP»ChC±P°ChC±Pë PIC-PrPiPsPIC-PrPSC- PjPμC,PsPrPë
PIC-P·CrP°P»C-P·P°C†C-C—, PSP°PiChPëPeP»P°Pr, PjP°PjPsPiChP°C,,C-Ch, Cl'P»C-Pr
PiChPsPiPsPrPëC,Pë P·PiC-PrPSPs P· PrC-ChC±PsCh PiChP°PeC,PëPePsCh
Cl'PeChPëPSC-PSPiCr P· CrChP°C...CrPiP°PSPSCllPj C-PSPPrPëPIC-PrCrP°P»CHbPSPëC...
PeP»C-PSC-C±PSPëC... PiPsC,ChPμP± PiP°C†C-C"PSC,PePë.

P"C-PiPμChPiP»P°P·C-Cll C,P° PeP°ChC†PëPSPsPjP° PμPSPPrPsPjPμC,ChC-Cll

Pj PllC-PSPsPe P· C-PSC,P°PeC,PSPsCh PjP°C,PePsCh ChPëP·PëPe PIPëPSPëPePSPμPSPSCll
PiC-PiPμChPiP»P°P·C-C— C,P° PeP°ChC†PëPSPsPjPë PμPSPPrPsPjPμC,ChC-Cll
PiC-PrPiPëC%CrC"C,CHbCl'ClI PiChPë C,ChPëPiP°P»C-PNë PjPsPSPsC,PμChP°PiC-C—
PμCl'C,ChPsPiPμPSP°PjPë. P—P°P»PμPllPSPs PIC-Pr C,ChPëPiP°P»PsCl'C,C-
P»C-PeCrPIP°PSPSCll C,P° PrPsP·Pë PμCl'C,ChPsPiPμPSCr, ChPëP·PëPe PjPsPllPμ P±CrC,Pë
PIC-Pr 2 PrPs 12 ChP°P·C-PI PIPëC%PëPNë, PSC-Pll Cr PllC-PSPsPe, CllPeC- PSPμ
PiChPëPNëPjP°ChC,CHb PμCl'C,ChPsPiPμPS. PμC-Cl'P»Cll PiChPëPiPëPSPμPSPSCll
C,PμChP°PiC-C— PμCl'C,ChPsPiPμPSP°PjPë C†PμPNë ChPëP·PëPe P·P±PμChC-PiP°C"C,CHbCl'ClI
C%PsPSP°PNëPjPμPSCëPμ CrPiChPsPrPsPiPll 10 ChPsPeC-PI. P"PsPrP°PIP°PSPSCll
PiChPsPiPμCl'C,P°PiPμPSC-PI, C,P°PePëC... CllPe PrPëPrChPsPiPμCl'C,PμChPsPS,
C†PëPeP»C-C±PSPs PiChPsC,CllPiPsPj C%PsPSP°PNëPjPμPSCëPμ 12 PrPSC-PI PSP°
PjC-Cl'ClIC†CHb/28-PrPμPSPSPëPNë C†PëPeP» P°P±Ps Cr PIPëPiP»CllPrC- PiPsCl'C,C-PNëPSPsC—
PePsPjP±C-PSPsPiP°PSPsC— PμCl'C,ChPsPiPμPS-PiChPsPiPμCl'C,P°PiPμPSPsPiPsC—
C,PμChP°PiC-C— Cr PllC-PSPsPe P·C- P·P±PμChPμPllPμPSPsCh PjP°C,PePsCh PjPsPllPμ
P·P°PiPsP±C-PiC,Pë PSP°PrPjC-ChPSPsPjCr ChPëP·PëPeCr, P°Cl'PsC†C-PNëPsPiP°PSPsPjCr C-P·
P·P°PjC-Cl'PSPsCh PiPsChPjPsPSP°P»CHbPSPsCh C,PμChP°PiC-C"Ch P»PëCëPμ
PμCl'C,ChPsPiPμPSP°PjPë.

РμCḡPsCḡPēPIPS- 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 PiCḡPsCḡPēPIPS- 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. PiPμ
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°CḡPIPS- PrP°PSC- PIPeP°P·CḡCḡC, Cḡ PSP° PiC-PrPIPēC%PμPSPēPNḡ CḡPēP·PēPe
CḡP°PeCḡ PjPsP»PsC†PSPsC— P·P°P»PsP·Pē Cḡ PḡC-PSPsPe, CḡPeC- PiCḡPēPNḡPjP°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. PiPμPNḡ 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%PμPSPēPNḡ CḡPēP·PēPe CḡP°PeCḡ PjPsP»PsC†PSPsC—
P·P°P»PsP·Pē Cḡ PḡC-PSPsPe, CḡPeC- PiCḡPēPNḡPjP°CḡC, Cḡ PμCḡC, CḡPsPiPμPS-
PiCḡPsPiPμCḡC, P°PiPμPSPsPICḡ P·P°PjC-CḡPSCḡ PiPsCḡPjPsPSP°P»CḡPSCḡ C, PμCḡP°PiC-Cḡ,
C%Ps PiCḡPsCḡPIP»CḡC”C, CḡCḡCḡCḡ 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†PμPNḡ
PiC-PrPIPēC%PμPSPēPNḡ CḡPēP·PēPe P·PjPμPSCēCḡC”C, CḡCḡCḡCḡ P· C†P°CḡPsPj C- C%Ps
C†P°Cḡ, PSPμPsP±C...C-PrPSPēPNḡ 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†PμPNḡ 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, PēPIPSs 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%PμPSPēPNḡ 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-Cḡ PμC†C,CḡPsPiPμPSC† P· PīCḡPsPiPμC†C,P°PiPμPSPsPj C‡Pe
P·P°PjC-C†PSC† PiPsCḡPjPsPSP°P»CHBPSC† C,PμCḡP°PiC-Cḡ; C†PμPNḡ CḡPēP·PēPe
PīCḡPsC‡PIP»C‡C”C,CḡC†C‡ PīCḡPsC,C‡PiPsPj 5 CḡPsPeC-PI P·P°C†C,PsC†C†PIP°PSPSC‡
C,P° P·PjPμPSC€C†C”C,CḡC†C‡ P· C†P°C†PsPj PīC-C†P»C‡ PīCḡPēPiPēPSPμPSPSC‡
C,PμCḡP°PiC-C—. P”PμC‡PeC- C-PSC€C- PrPsC†P»C-PrP¶PμPSPSC‡, C† C,PsPjC† C†PēC†P»C-
WHI, PīPsPeP°P·P°P»Pē, C°Ps P·P°C†C,PsC†C†PIP°PSPSC‡ PePsPjP±C-PSPsPIP°PSPsC—
P·P°PjC-C†PSPsC— PiPsCḡPjPsPSP°P»CHBPSPsC— C,PμCḡP°PiC-C— PjPsP¶Pμ P±C†C,Pē
PīPsPiBḡ™ C‡P·P°PSPμ P· C,P°PePēPj C†P°PjPēPj P°P±Ps PrPμC°Ps PSPēP¶C†PēPj
CḡPēP·PēPePsPj (PrPēPI. B«PμPsP±C-C†PSC- CḡPμP°PeC†C-C—B»).

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

P—P°PjC-C†PSP° PiPsCḡPjPsPSP°P»CHBPSP° C,PμCḡP°PiC-C‡ PīPsPiBḡ™ C‡P·P°PSP° P· 1,3-3-
CḡP°P·PsPIPēPj PīC-PrPIPēC°PμPSPSC‡Pj CḡPēP·PēPeC† PIPμPSPsP·PSPsC—
C,CḡPsPjP±PsPμPjP±PsP»C-C—, C,PsP±C,Ps C,CḡPsPjP±PsP·C† PiP»PēP±PsPePēC... PIPμPS
P°P±Ps P»PμPiPμPSPμPIPsC— PμPjP±PsP»C-C—. P’PēPSPēPePSPμPSPSC‡ C,P°PePsC—
PīPsPrC-C— P±C-P»CHC€ C-PjPsPIC-CḡPSPμ PSP° PīPμCḡC€PsPjC† CḡPsC†C-
P·P°PjC-C†PSPsC— PiPsCḡPjPsPSP°P»CHBPSPsC— C,PμCḡP°PiC-C—, PSC-P¶ PīC-P·PSC-C€Pμ.

PμP°C†C-C”PSC,Pē P· PIC-PrPsPjPēPjPē C,CḡPsPjP±PsC,,C-P»C-C†PSPēPjPē C†C,P°PSP°PjPē
PjP°CḡC,Cḡ PīC-PrPIPēC°PμPSPēPNḡ CḡPēP·PēPe CḡPsP·PIPēC,PeC† PIPμPSPsP·PSPsC—
C,CḡPsPjP±PsPμPjP±PsP»C-C—, C- P·P°PjC-C†PSP° PiPsCḡPjPsPSP°P»CHBPSP° C,PμCḡP°PiC-C‡
PjPsP¶Pμ C°Pμ PīC-PrPIPēC°PēC,Pē C†PμPNḡ CḡPēP·PēPe. PŷPsPjC† P·P°PjC-C†PSP°
PiPsCḡPjPsPSP°P»CHBPSP° C,PμCḡP°PiC-C‡ PīCḡPsC,PēPiPsPeP°P·P°PSP° C†C-PNḡ PīCḡC†PīC-
PīP°C†C-C”PSC,PsPe.

P—P°PiP°P»CHBPSPsPIPēP·PSP°PSPēPjPē C,,P°PeC,PsCḡP°PjPē CḡPēP·PēPeC† 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»PēPeC- C...C-CḡC†CḡPiC-C†PSC- PIC,CḡC†C†P°PSPSC‡,
C,CḡPēPIP°P»P° C-PjPjPsP±C-P»C-P·P°C†C-C‡, PsP¶PēCḡC-PSPSC‡ (P†PḡPŷ > 30 PePi/Pj²),
PIP°PiC-C,PSC-C†C,Cḡ/PīC-C†P»C‡CḡPsPrPsPIPēPNḡ PīPμCḡC-PsPr, C†PēC†C,PμPjPSPēPNḡ
C†PμCḡPIPSPSPēPNḡ PIPsPIC†P°Pe (PŷPŷP’) C,P° CḡP°Pe. PkPμPjP°C” C”PrPēPSPsC— PrC†PjPePē
C†C,PsC†PsPIPSPs PjPsP¶P»PēPIPsC— CḡPsP»C- PIP°CḡPēPePsP·PSPsPiPs
CḡPsP·C€PēCḡPμPSPSC‡ PIPμPS C† PIPēPSPēPePSPμPSPSC- PIPμPSPsP·PSPsC—
C,CḡPsPjP±PsPμPjP±PsP»C-C—.

PīPe C- C† PIC†C-C... PīC-C†P»C‡PsPīPμCḡP°C†C-PNḡPSPēC... PīP°C†C-C”PSC,C-PI,
PīCḡPsC,,C-P»P°PeC,PēC†PSC- P·P°C...PsPrPē PSPμPsP±C...C-PrPSPs CḡPsP·PiP»C‡PSC†C,Pē
PrP»C‡ P·P°PīPsP±C-PiP°PSPSC‡ PIPμPSPsP·PSPsC— C,CḡPsPjP±PsPμPjP±PsP»C-C—
PīC-C†P»C‡ C...C-CḡC†CḡPiC-C†PSPsPiPs PIC,CḡC†C†P°PSPSC‡. PīPeC°Ps PīP»P°PSPsPIPμ
PsPīPμCḡP°C,PēPIPSPμ PIC,CḡC†C†P°PSPSC‡ PīPsC,CḡPμP±C†C” PīPsPrP°P»CHC€PsC—
C,CḡPēPIP°P»PsC— C-PjPjPsP±C-P»C-P·P°C†C-C—, CḡPμPePsPjPμPSPPrPsPIP°PSPs
C,PēPjC†P°C†PsIPs PīCḡPēPiPēPSPēC,Pē P·P°PjC-C†PSC† PiPsCḡPjPsPSP°P»CHBPSC†
C,PμCḡP°PiC-Cḡ P·P° 4-6 C,PēP¶PSC-PI PrPs PsPīPμCḡP°C†C-C—. PμPsPePē P¶C-PSPeP° PSPμ
PSP°P±C†PrPμ PīPsPIPSPsC— CḡC†C...P»PēPIPsC†C,C-, PIC-PrPSPsPIP»CḡPIP°C,Pē
P»C-PeC†PIP°PSPSC‡ PSPμ C†P»C-Pr.

P-C-PSPeP°Pj P±PμP· PsC†PsP±PēC†C,PsPiPs P°PSP°PjPSPμP·C† PIPμPSPsP·PSPsC—
C,CḡPsPjP±PsPμPjP±PsP»C-C—, P°P»Pμ PīCḡPē PSP°C‡PIPSPsC†C,C- PI P°PSP°PjPSPμP·C- C†
CḡPsPrPēC†C-PI PīPμCḡC€PsPiPs C†C,C†PiPμPSC‡ C,CḡPsPjP±PsP·C† C† PjPsP»PsPrPsPjC†
PIC-C†C- PjPsP¶PSP° P·P°PīCḡPsPīPsPSC†PIP°C,Pē C†PeCḡPēPSC-PSPi PīC-C†P»C‡
CḡPμC,PμP»CHBPSPsPiPs PsP±PiPsPIPsCḡPμPSPSC‡ PNḡPsPiPs PsP±PjPμP¶PμPSCḡ (P»PēC€Pμ

C†P°C†C,PëPSP° C,CḡPsPjP±PsC,,C-P»C-C†PSPëC... PrPµC,,PµPeC,C-PI PjPsP¶Pµ
PIPëC¶IPIP»C¶C,PëC†C¶ PïCḡPë C†PëCḡPëPSC-PSPiC†). PïPeC%Ps PIPëC¶IPIP»PµPSPëPNë
C,CḡPsPjP±PsC,,C-P»C-C†PSPëPNë PrPµC,,PµPeC, PïPsPIḡḡ™ C¶P·P°PSPëPNë C-P·
C,CḡPsPjP±PsP·PsPj C† C†P»PµPSC-PI CḡPsPrPëPSPë P°P±Ps PrPµC,,PµPeC,
PïPsPIḡḡ™ C¶P·P°PSPëPNë C-P· C†PµCḡPNëPsP·PSPsCḡ P°PSPsPjP°P»C-C”Cḡ
(PSP°PïCḡPëPeP»P°Pr PSPµPrPsC†C,P°C,PSC-C†C,Cḡ P°PSC,PëC,CḡPsPjP±C-PSC†,
PïCḡPsC,PµC—PSC† S P°P±Ps PïCḡPsC,PµC—PSC† PŸ, P°P±Ps PePsPjP±C-PSP°C†C-C¶
PrPµC,,PµPeC,C-PI), P·P°PjC-C†PSP° PïPsCḡPjPsPSP°P»CḡPSP° C,PµCḡP°PïC-C¶
PïCḡPsC,PëPïPsPeP°P·P°PSP°.

PJ P¶C-PSPsPe, C¶PeC- PIP¶Pµ PsC,CḡPëPjC†CḡC,Cḡ PïPsC†C,C-PNëPSC†
P°PSC,PëPePsP°PïC†P»C¶PSC,PSC† C,PµCḡP°PïC-Cḡ, C†P»C-Pr CḡPµC,PµP»CḡPSPs
P·PIP°P¶PëC,Pë PePsCḡPëC†C,Cḡ C,P° CḡPëP·PëPe P·P°PjC-C†PSPsC—
PïPsCḡPjPsPSP°P»CḡPSPsC— C,PµCḡP°PïC-C—.

PïPeC%Ps PIPµPSPsP·PSP° C,CḡPsPjP±PsPµPjP±PsP»C-C¶ CḡPsP·PIPëPIP°C”C,CḡC†C¶
PïC-C†P»C¶ PïPsC†P°C,PeC† C,PµCḡP°PïC-C—, PïCḡPëPNëPsPj PïCḡPµPïP°CḡP°C,C† C†P»C-Pr
PïCḡPëPïPëPSPëC,Pë. PµP°C†C-C”PSC,PsPe C†P»C-Pr PïPsC-PSC,,PsCḡPjC†PIP°C,Pë, C%Ps C—Pj
C†P»C-Pr PSPµPïP°PNëPSPs P·PIPµCḡPSC†C,PëC†C¶ PrPs P»C-PeP°CḡC¶ PïCḡPë
PIPëPSPëPePSPµPSPSC- PïPsC,PµPSC†C-PNëPSPëC... C,CḡPsPjP±PsPµPjP±PsP»C-C†PSPëC...
C†PëPjPïC,PsPjC-PI (PSP°PïCḡPëPeP»P°Pr P±PsP»CḡC†PëPNë PSP°P±CḡC¶Pë PSPsPïPë,
CḡP°PïC,PsPïPëPNë P±C-P»Cḡ C† PïCḡC†PrC¶C..., P·P°PrPëCëPeP°).

P†CëPµPjC-C†PSP° C...PIPSCḡPsP±P° C†PµCḡC†C¶

PJ CḡP°PSPPrPsPjC-P·PsPIP°PSPëC... PePsPSC,CḡPsP»CḡPsPIP°PSPëC...
PrPsC†P»C-PrP¶PµPSPSC¶C... PSPµ PIPëC¶IPIP»PµPSPs PrPsPeP°P·C-PI P·P°C...PëC†C,C† PIC-Pr
C-PSC,,P°CḡPeC,C† PjC-PsPeP°CḡPrP° C† P¶C-PSPsPe P· P°P±Ps P±PµP· C-CëPµPjC-C†PSPsC—
C...PIPSCḡPsP±Pë C†PµCḡC†C¶, C¶PeC- PsC,CḡPëPjC†CḡC,Cḡ PePsPjP±C-PSPsPIP°PSC†
PµC†C,CḡPsPïPµPS-PïCḡPsPïPµC†C,P°PïPµPSPsPIC† C,PµCḡP°PïC-Cḡ P°P±Ps P·P°PjC-C†PSC†
PïPsCḡPjPsPSP°P»CḡPSC† C,PµCḡP°PïC-Cḡ P»PëCëPµ PµC†C,CḡPsPïPµPSP°PjPë.

PµPsPjP±C-PSPsPIP°PSP° PµC†C,CḡPsPïPµPS-PïCḡPsPïPµC†C,P°PïPµPSPsPIP° C,PµCḡP°PïC-C¶:
PIC-PrPSPsC†PSPëPNë CḡPëP·PëPe PIPëPSPëPePSPµPSPSC¶ C-CëPµPjC-C†PSPsC—
C...PIPSCḡPsP±Pë C†PµCḡC†C¶ PïC-Pr C†P°C† P·P°PjC-C†PSPsC—
PïPsCḡPjPsPSP°P»CḡPSPsC— C,PµCḡP°PïC-C— PSPµP·PSP°C†PSPs PïC-PrPIPëC%PµPSPëPNë.
PḡC†PeC-P»CḡPePë P±P°P·PsPIPëPNë P°P±C†PsP»CḡC,PSPëPNë CḡPëP·PëPe
C-CëPµPjC-C†PSPsC— C...PIPSCḡPsP±Pë C†PµCḡC†C¶ P·PSP°C†PSPsCḡ PjC-CḡPsCḡ
P·P°P»PµP¶PëC,Cḡ PIC-Pr PIC-PeC†, PeC-P»CḡPeC-C†C,Cḡ PrPsPrP°C,PePsPIPëC...
PIPëPïP°PrPeC-PI C-CëPµPjC-C†PSPsC— C...PIPSCḡPsP±Pë C†PµCḡC†C¶ C†PµCḡPµP·
P·P°C†C,PsC†C†PIP°PSPSC¶ PµC†C,CḡPsPïPµPSC-PI-PïCḡPsPïPµC†C,P°PïPµPSC-PI PrC†P¶Pµ
PjP°P»P° C† P·PrPsCḡPsPIPëC... P¶C-PSPsPe PSP° PjPsPjPµPSC, PSP°C†C,P°PSPSC¶
PjPµPSPsPïP°C†P·Pë, P°P»Pµ P±C†PrPµ P·CḡPsC†C,P°C,Pë C†B C†C,P°CḡCëPsPjC† PIC-C†C-.

P†CëPµPjC-C†PSPëPNë C-PSC†C†P»CḡC,

PµPsPjP±C-PSPsPIP°PSP° PµC†C,CḡPsPïPµPS-PïCḡPsPïPµC†C,P°PïPµPSPsPIP° C,PµCḡP°PïC-C¶
C,P° PjPsPSPsC,PµCḡP°PïC-C¶ PµC†C,CḡPsPïPµPSP°PjPë P°C†PsC†C-PNëPsPIP°PSP° P· 1-1,5-
CḡP°P·PsPIPëPj PïC-PrPIPëC%PµPSPSC¶Pj CḡPëP·PëPeC† C-CëPµPjC-C†PSPsPïPs
C-PSC†C†P»CḡC,C†. P·C-PrPSPsC†PSPëPNë CḡPëP·PëPe PSPµ P·PjC-PSCḡC”C,CḡC†C¶ P·
PIC-PePsPj P°P±Ps C†P°C†PsPj P· PjPsPjPµPSC,C† PSP°C†C,P°PSPSC¶ PjPµPSPsPïP°C†P·Pë.
PµCḡPsC,Pµ, PsC†PeC-P»CḡPePë P±P°P·PsPIPëPNë CḡPëP·PëPe C-PSC†C†P»CḡC,C†

P·PSP°C‡PSPsCḤ PjC-CḤPsCḤ P·P°P»PμP¶PëC,CH PIC-Pr PIC-PeCṛ, P·P°PiP°P»CHPSPëPNḡ
CḤPëP·PëPe C-PSCṽCṛP»CHC,Cṛ Cṛ P¶C-PSPsPe, C¶PeC- PiCḤPëPNḡPjP°CḤC,CH
P·P°PjC-CṽPSCṛ PiPsCḤPjPsPSP°P»CHPSCṛ C,PμCḤP°PiC-CḤ, P·P±C-P»CHC€CṛC”C,CHCṽC¶ P·
PIC-PePsPj.

PḤPμPSC-PSPiC-PsPjP°

PμPsPIC-PrPsPjP»C¶P»PsCṽC¶ PiCḤPs PIPëPSPëPePSPμPSPSC¶ PjPμPSC-PSPiC-PsPj
(PiPsPsPrPëPSPsPePëC... C,P° PjPSPsP¶PëPSPSPëC...) PiCḤPë P·P°CṽC,PSCṽCṛPIP°PSPSC-
PePsPjP±C-PSPsPIP°PSPsC— C,PμCḤP°PiC-C—
PμCṽC,CḤP°PrC-PsP»PsPj/PrPëPrCḤPsPiPμCṽC,PμCḤPsPSPsPj. PμP°C†C-C”PSC,Pë
PiPsPIPëPSPSC- PiPμCḤPμP±CṽPIP°C,Pë PiC-Pr PSP°PiP»C¶PrPsPj PrP»C¶
PIPëC¶PIP»PμPSPSC¶ PsP·PSP°Pe C,P° CṽPëPjPiC,PsPjC-PI PjPμPSC-PSPiC-PsPj
PIC-PrPiPsPIC-PrPSPs PrPs PeP»C-PSC-C‡PSPsC— PiCḤP°PeC,PëPePë. PiPeC%Ps Cṛ
PiP°C†C-C”PSC,P° PrC-P°PiPSPsCṽC,PsPIP°PSPs PjPμPSC-PSPiC-PsPjCṛ, P±CṽPrCH-C¶PePμ
P»C-PeCṽPIP°PSPSC¶ PrPëPrCḤPsPiPμCṽC,PμCḤPsPSPsPj PSPμPsP±C...C-PrPSPs
PiCḤPëPiPëPSPëC,Pë (PrPëPI. CḤPsP·PrC-P» B«PμCḤPsC,PëPiPsPeP°P·P°PSPSC¶B»).
PμC-CṽP»C¶ PiCḤPëPiPëPSPμPSPSC¶ P»C-PeCṽPIP°PSPSC¶ CṽPiPsCṽC,PμCḤC-PiP°P»PsCṽC¶
P·PjPμPSC€PμPSPSC¶ PiCṽC...P»PëPSPë.

P”PsPiPsPjC-P¶PSC- CḤPμC‡PsPIPëPSPë

PiPμPNḡ P»C-PeP°CḤCṽCHPePëPNḡ P·P°CṽC-P± PjC-CṽC,PëC,CH P»P°PeC,PsP·Pë
PjPsPSPsPiC-PrCḤP°C,. PμP°C†C-C”PSC,P°Pj P· CḤC-PrPeC-CṽPSPëPjPë CṽPiP°PrPePsPIPëPjPë
C,,PsCḤPjP°PjPë PSPμPiPμCḤPμPSPsCṽPëPjPsCṽC,C- PiP°P»P°PeC,PsP·Pë,
PSPμPrPsCṽC,P°C,PSC-CṽC,CḤ P»P°PeC,P°P·Pë P°P±Ps CṽPëPSPṛCḤPsPjPsPj PiP»CḤPePsP·Ps-
PiP°P»P°PeC,PsP·PSPsC— PjP°P»CHP°P±CṽPsCḤP±C†C-C— PSPμ CṽP»C-Pr
P·P°CṽC,PSCṽPsPICṽPIP°C,Pë C†PμPNḡ PiCḤPμPiP°CḤP°C,.

*P—P°CṽC,PSCṽCṽPIP°PSPSC¶ Cṽ PiPμCḤC-PsPr PIP°PiC-C,PSPsCṽC,C- P°P±Ps
PiPsPrCṽPIP°PSPSC¶ PiCḤCṽPrPrCḤ.*

P’P°PiC-C,PSC-CṽC,CH

P—P° CḤPsP·CḤP°C...CṽPSPeP°PjPë P±C-P»CHC€Pμ 9 PjC-P»CHPNḡPsPSC-PI PIP°PiC-C,PSPëC...
P¶C-PSPsPe PiCḤPëPNḡPjP°P»Pë PrPëPrCḤPsPiPμCṽC,PμCḤPsPS. P”PsC,PμPiPμCḤ PSPμ
PIPëC¶PIP»PμPSPs PrPsPeP°P·C-PI C€PeC-PrP»PëPiPsPiPs PIPiP»PëPICṛ
PrPëPrCḤPsPiPμCṽC,PμCḤPsPSCṛ PiCḤPë P·P°CṽC,PSCṽCṛPIP°PSPSC- Cṽ PiPμCḤC-PsPr
PIP°PiC-C,PSPsCṽC,C-.

PJ P»C-C,PμCḤP°C,CṽCḤC- PsPiPëCṽP°PSPμ PrPsCṽP»C-PrP¶PμPSPSC¶, C¶PePμ
PiPsPeP°P·P°P»Ps, C%Ps P·P°CṽC,PSCṽCṽPIP°PSPSC¶ PrPμC¶PePëC...
PiCḤPsPiPμCṽC,P°PiPμPSC-PI PjPsP¶Pμ P±CṽC,Pë PiPsPIḇḤ™ C¶P·P°PSPμ P·
PiC-PrPIPëC%PμPSPëPj CḤPëP·PëPePsPj PiC-PiPsCṽPiP°PrC-C—. PḤP»Pμ PsCṽPeC-P»CHPePë
PrPs C†CHPsPiPs C‡P°CṽCṽ C†Pμ PSPμ P±CṽP»Ps PiC-PrC,PIPμCḤPrP¶PμPSPs PI C-PSC€PëC...
PrPsCṽP»C-PrP¶PμPSPSC¶C..., PSPμ PjPsP¶PSP° PsCṽC,P°C,PSC‡PSPs PIPëP·PSP°C‡PëC,PëCṽC¶
C%PsPrPs CḤPsP»C- PiCḤPsPiPμCṽC,P°PiPμPSC-PI Cṽ CḤPsP·PIPëC,PeCṛ
PiC-PiPsCṽPiP°PrC-C—. PḤP»C-PSC-C‡PSC- PrPsCṽP»C-PrP¶PμPSPSC¶, PI C¶PePëC...
PsP±PjPμP¶PμPSP° PeC-P»CHPeC-CṽC,CH P¶C-PSPsPe P»C-PeCṽPIP°P»PëCṽC¶
PrPëPrCḤPsPiPμCṽC,PμCḤPsPSPsPj PSP° CḤP°PSPSC-C... C,PμCḤPjC-PSP°C...

PIP°PiC-C,PSPsCÍC,C-, PSPµ PİPsPeP°P·P°P»Pë PİC-PrPIPëC%PµPSPSCİ ÇĤPëP·PëPeCÍ.
PÍC-CİPİPePëC... C-PSC€PëC... PµPİC-PrPµPjC-PsP»PsPiC-C‡PSPëC... PrP°PSPëC... PrPsCÍC-
PSPµPjP°C”.

Pj PrPsPeP»C-PSC-C‡PSPëC... PrPsCÍP»C-PrP¶PµPSPSCİC...
PµPjP±ÇĤC-PsC,,PµC,P°P»CHBPSPsPiPs C,P° PİPsCÍC,PSP°C,P°P»CHBPSPsPiPs ÇĤPsP·PIPëC,PeCÍ
PµC,,PµPeC,Pë PIC-PrPİPsPIC-PrP°P»Pë C,,P°ÇĤPjP°PePsP»PsPiC-C‡PSPsPjCÍ PİÇĤPsC,,C-P»CĤ.
PÍPµCÍPİÇĤPëCİC,P»PëPIC- PµC,,PµPeC,Pë PIPëPSPëPeP°P»Pë P»PëC€Pµ C,PsPrC-, PePsP»Pë
PIPİP»PëPI PİÇĤPµPİP°ÇĤP°C,CÍ P·PSP°C‡PSPs PİPµÇĤPµPIPëC%CÍPIP°PI
PjP°PeCÍPëPjP°P»CHBPSCÍ PµPeCÍPİPsP·PëC†C-CĤ PrP»Cİ P»CĤPrPëPSPë.

P”PëPrÇĤPsPiPµCÍC,PµÇĤPsPS PjPsP¶PSP° P·P°CÍC,PsCÍPsPICÍPIP°C,Pë PİÇĤPsC,CİPİPsPj
PIP°PiC-C,PSPsCÍC,C- P·P° C‡C-C,PePëPjPë PİPsPeP°P·P°PSPSCİPjPë.

PµPµÇĤC-PsPr PİPsPrCÍPIP°PSPSCİ PİÇĤCÍPrPrCĤ

PÍPµPjP°C” PrP°PSPëC... PİÇĤPs PİÇĤPsPSPëPePSPµPSPSCİ PrPëPrÇĤPsPiPµCÍC,PµÇĤPsPSCÍ
CÍ PİÇĤCÍPrPSPµ PjPsP»PsPePs. P”PsCÍP»C-PrP¶PµPSCĤ C%PsPrPs
PİÇĤPsPSPëPePSPµPSPSCİ PrPëPrÇĤPsPiPµCÍC,PµÇĤPsPSCÍ CÍ PİÇĤCÍPrPSPµ PjPsP»PsPePs
PSPµ PİÇĤPsPiPsPrPëP»Pë.

P”PsCÍPIC-Pr P·P°CÍC,PsCÍCÍPIP°PSPSCİ C-PSC€PëC... PİÇĤPsPiPµCÍC,P°PiPµPSC-PI
PIPeP°P·CÍC”, C%Ps PİÇĤPsPiPµCÍC,P°PiPµPSPë C,P° C—C... PjPµC,P°P±PsP»C-C,Pë
PİÇĤPsPSPëPeP°CĤC,CH CÍ PİÇĤCÍPrPSPµ PjPsP»PsPePs PI PjP°P»PëC...
PeC-P»CHPePsCÍC,CİC.... PÍPµPIC-PrPsPjPs, C‡Pë C-CÍPSCÍC” ÇĤPëP·PëPe PrP»Cİ
PrPëC,PëPSPë, C,PsPjCÍ PrPëPrÇĤPsPiPµCÍC,PµÇĤPsPS PSPµ CÍP»C-Pr
P·P°CÍC,PsCÍPsPICÍPIP°C,Pë CÍ PİPµÇĤC-PsPr PİPsPrCÍPIP°PSPSCİ PİÇĤCÍPrPrCĤ.

PµPµÇĤC,PëP»CHBPSC-CÍC,CH

PÍPµPjP°C” PrPsPeP°P·C-PI, C%Ps PrPëPrÇĤPsPiPµCÍC,PµÇĤPsPS CÍ
C,PµÇĤP°PİPµPIC,PëC‡PSPëC... PrPsP·P°C... P·PSPëP¶CÍC” C,,PµÇĤC,PëP»CHBPSC-CÍC,CH.

*P—PrP°C,PSC-CÍC,CH PIPİP»PëPIP°C,Pë PSP° C€PIPëPrPeC-CÍC,CH ÇĤPµP°PeC†C-C—
PİÇĤPë PePµÇĤC¿PIP°PSPSC- P°PIC,PsC,ÇĤP°PSCÍPİPsÇĤC,PsPj P°P±Ps C-PSC€PëPjPë
PjPµC...P°PSC-P·PjP°PjPë.*

P”CÍC,,P°CÍC,PsPS^{B®} PjP°C” PSPµC-CÍC,PsC,PSPëPµ PIPİP»PëPI PSP° P·PrP°C,PSC-CÍC,CH
PePµÇĤCÍPIP°C,Pë P°PIC,PsPjPsP±C-P»PµPj C- PİÇĤP°C†CĤPIP°C,Pë P· PjP°C€PëPSP°PjPë C-
PjPµC...P°PSC-P·PjP°PjPë.

PÍPµC‡P°CÍC,Ps PrPëPrÇĤPsPiPµCÍC,PµÇĤPsPS PjPsP¶Pµ CÍPİÇĤPëC‡PëPSCİC,Pë
PSPµPIPµP»PëPeCÍ CÍPsPSP»PëPIC-CÍC,CH C,P°/P°P±Ps P·P°PİP°PjPsÇĤPsC‡PµPSPSCİ,
PsCÍPsP±P»PëPIPs CÍ PİPµÇĤC€C- PeC-P»CHPeP° PİPsPrPëPS PİC-CÍP»Cİ PİÇĤPëPµPsPjCÍ.
PÿPsPjCÍ PePµÇĤCÍPIP°C,Pë P°PIC,PsPjPsP±C-P»PµPj P°P±Ps PİÇĤP°C†CĤPIP°C,Pë P·
PjPµC...P°PSC-P·PjP°PjPë PSPµPsP±C...C-PrPSPs P· PsP±PµÇĤPµP¶PSC-CÍC,CH.

PÿPİPsCÍC-P± P·P°CÍC,PsCÍC¿PIP°PSPSCİ C,P° PrPsP·Pë.

PrPsC†P°C,PePsPIP° PrPsP·P°: 4 C,P°P±P»PμC,PePë P"CrC,,P°CÍC,PsPS^{B®} PsPrCḡP°P·Cr,
PiPsC,C-Pj PiPs 1 C,P°P±P»PμC,C†C- P"CrC,,P°CÍC,PsPS^{B®} PePsP¶PSC- 8 PiPsPrPëPS. P"PsP·Pë,
PeCḡP°C,PSC- 10 PjPi PSP° PrPsP±Cr, CÍP»C-Pr CḡC-PIPSPrPjC-CḡPSPs
CḡPsP·PiPsPrC-P»PëC,Pë PiCḡPsC,C†PiPsPj PrPsP±Pë. P PμPePsPjPμPSPPrCrC"C,ChCÍC†C†
PiCḡPëP·PSP°C†PëC,Pë PSP°PNëPIPëC%oCr PrPsP·Cr PSP° PiPsC†P°C,PePsPIPsPjCr PμC,P°PiC-
P»C-PeCrPIP°PSPSC†C.

PiPeC%oPs CÍPëPjPiC,PsPjPë PSPμ P·PSPëPeP°CḡC,Ch P°P±Ps P·PSPsPICr
P·bḡ™ C†PIP»C†CḡC,ChCÍC†C† PiC-Pr C†P°CÍ P»C-PeCrPIP°PSPSC†C, PrPsP·Cr
PSPμPsP±C...C-PrPSPs P·P±C-P»ChCëPëC,Pë PSP° 1 C,P°P±P»PμC,PeCr P"CrC,,P°CÍC,PsPS^{B®}
PePsP¶PSC- 8 PiPsPrPëPS.

PμC-CÍP»C†C C,PsPiPs, C†Pe CÍPëPjPiC,PsPjPë P·PSPëPeP°CḡC,Ch, PμC,,PμPeC,PëPIPSCr
PrPsP·Cr PSPμPsP±C...C-PrPSPs P·P±PμCḡPμPiC,Pë PiCḡPsC,C†PiPsPj PsPrPSPsPiPs
C,PëP¶PSC†C, PiC-CÍP»C†C C†PsPiPs C—C— PjPsP¶PSP° PiPsCÍC,CrPiPsPIPs P·PjPμPSCëPëC,Pë.
PiPeC%oPs CÍPëPjPiC,PsPjPë P·bḡ™ C†PIP»C†CḡC,ChCÍC†C† P·PSPsPICr, P»C-PeCrPIP°PSPSC†C
PjP°C" P±CrC,Pë PSPμPiP°PNëPSPs PIC-PrPSPsPIP»PμPSPμ P· PrPsP·CrPIP°PSPSC†C†C, C†PePμ
PIPëC†PIPëP»PsCÍC†C PμC,,PμPeC,PëPIPSPëPj.

P—PIPëC†PSPëPNë PIPëPePëPrPμPSCḡ

P»C-PeCrPIP°PSPSC†C PSPμPsP±C...C-PrPSPs CḡPsP·PiPsC†P°C,Pë PrPs P·P°C†P°C,C,C†C. 1
C,P°P±P»PμC,PeP° P"CrC,,P°CÍC,PsPS^{B®} PSP° PrPsP±Cr PrPs 20-PiPs C,PëP¶PSC†C
PIP°PiC-C,PSPsCÍC,C-, PiC-CÍP»C†C C†PsPiPs PjPsP¶PSP° PiPsCÍC,CrPiPsPIPs
P·PSPëP¶CrPIP°C,Pë PrPsP·Cr.

PiPeC%oPs CÍPëPjPiC,PsPjPë P·P°PiCḡPsP·Pë PiPμCḡPμCḡPëPIP°PSPSC†C PIP°PiC-C,PSPsCÍC,C-
P·bḡ™ C†PIP»C†CḡC,ChCÍC†C† PiC-Pr C†P°CÍ P»C-PeCrPIP°PSPSC†C, P»C-PeCrPIP°PSPSC†C
CÍP»C-Pr PiCḡPsPrPsPIP¶PëC,Pë, C†Pe C†Pμ PsPiPëCÍP°PSPs Cr PIPëPiP°PrPeCr P·P°PiCḡPsP·Pë
PIPëPePëPrPSC†C.

P"PëCÍC,,CrPSPeC†C-PNëPSP° PjP°C,PePsPIP° PeCḡPsPIPsC,PμC†P°

P"P»C†C P·CrPiPëPSPμPSPSC†C PeCḡPsPIPsC,PμC†C- PiCḡPëP·PSP°C†P°CḡC,Ch 2
C,P°P±P»PμC,PePë PiCḡPμPiP°CḡP°C,Cr P"CrC,,P°CÍC,PsPS^{B®} PSP° PrPsP±Cr PiCḡPsC,C†PiPsPj
5bḡ"7 PrPSC-PI. P'C,CḡP°C,P° PeCḡPsPIC- P·PSP°C†PSPs P·PjPμPSCëCrC"C,ChCÍC†C†
PIPiCḡPsPrPsPIP¶ PrPμPeC-P»ChPePsC... PrPSC-PI. P§PμCḡPμP· PeC-P»ChPeP° PrPSC-PI
PiC-CÍP»C†C P·P°PeC-PSC†PμPSPSC†C C,P°PePsPiPs P»C-PeCrPIP°PSPSC†C
P·bḡ™ C†PIPëC,ChCÍC†C† PeCḡPsPIPsC,PμC†P° PIC-PrPjC-PSPë, PiCḡPs C%oPs
PiP°C†C-C"PSC,PeP° PiPsPIPëPSPSP° P±CrC,Pë PiPsPiPμCḡPμPrP¶PμPSP°.

P— PjPμC,PsCḡ PiCḡPsC,,C-P»P°PeC,PëPePë PiPsPrP°P»ChCëPsPiPs PIPëPSPëPePSPμPSPSC†C
CḡC†CÍPSPsC— PjP°C,PePsPIPsC— PeCḡPsPIPsC,PμC†C- P"CrC,,P°CÍC,PsPS^{B®}
PiCḡPëP·PSP°C†P°C,Pë PiPs 1 C,P°P±P»PμC,C†C- PSP° PrPsP±Cr P· 11-PiPs PiPs 25-PNë
PrPμPSCḡ C†PëPeP»Cr, C†PeC%oPs PSPμPsP±C...C-PrPSPs bḡ" Cr PePsPjP±C-PSP°C†C-C— P·
PμCÍC,CḡPsPiPμPSPsPj CrPiCḡPsPrPsPIP¶ 2bḡ"3 C†PëPeP»C-PI. PμC-CÍP»C†C C†ChPsPiPs
P»C-PeCrPIP°PSPSC†C PjPsP¶PSP° PiCḡPëPiPëPSPëC,Pë P· PjPμC,PsCḡ PiPμCḡPμPIC-CḡPePë
PSPsCḡPjP°P»C-P·P°C†C-C— C†PëPeP»Cr Cr PiP°C†C-C"PSC,PePë.

P'C,PsCḡPëPSPSP° P°PjPμPSPsCḡPμC†C

P'C-Pr 1 PrPs 2 C,P°P±P»PμC,PsPe PiCḡPμPiP°CḡP°C,Cr P"CrC,,P°CÍC,PsPS^{B®} PSP° PrPμPSCḡ P·

11-PiPs PīPs 25-PN₂ PrPμPSCĤ C†PēPeP»Cř PrP»CĹ P·P°P±PμP·PīPμC‡PμPSPSCĹ
PsPīC,PēPjP°P»CḤPSPsC— CřPμPeCĤPμC,PsCĤPSPsC— C,CĤP°PSCřC,,PsCĤPjP°C†C-C—
PμPSPPrPsPjPμC,CĤC-CĹ, P°PrPμPePIP°C,PSPs CřC,PēPjCřP»CḤPsPIP°PSPsPiPs
PμPSPPrPsPiPμPSPSPēPj P°P±Ps PμPeP·PsPiPμPSPSPēPj PμCřC,CĤPsPiPμPSPsPj.

P°P»CĹ PīPsPiPμCĤPμPrP¶PμPSPSCĹ PiC-PiPμCĤPiP»P°P·C-C— PμPSPPrPsPjPμC,CĤC-CĹ
Cř PiPμCĤC-PsPr PjPμPSPsPiP°CřP·Pē

PμCĤPsC,CĹPiPsPj PePsP¶PSPsPiPs 28-PrPμPSPSPsPiPs C†PēPeP»Cř C,PμCĤP°PīC-C—
PμCřC,CĤPsPiPμPSP°PjPē PiCĤPēPN₂PjP°C,Pē P»PēC€Pμ PμCřC,CĤPsPiPμPS PiCĤPsC,CĹPiPsPj
PīPμCĤC€PēC... 14 PrPSC-PI, C- PīCĤPsC,CĹPiPsPj PSP°CřC,CřPīPSPēC... 14 PrPSC-PI
PiCĤPēPN₂PjP°C,Pē 1 P°P±Ps 2 C,P°P±P»PμC,PePē, C%Ps PjC-CřC,CĹC,CḤ 10 PjPi
PrPēPrCĤPsPiPμCřC,PμCĤPsPSCř, PrPsPrP°C,PePsPIPs PrPs C,PμCĤP°PīC-C—
PμCřC,CĤPsPiPμPSP°PjPē. Pj CĤP°P·C- PrPsP·CřPIP°PSPSCĹ 10 PjPi
PrPēPrCĤPsPiPμCřC,PμCĤPsPSCř 2 CĤP°P·Pē PSP° PrPsP±Cř PiCĤPēPN₂PsPj C,P°P±P»PμC,PsPe
CřP»C-Pr CĤPsP·PīPsPrC-P»PēC,Pē PiCĤPsC,CĹPiPsPj PrPsP±Pē. PμCĤPsPIPsC,PμC‡P°
PIC-PrPjC-PSPē P·P°P·PIPēC‡P°PN₂ PIPēPSPēPeP°C° PīC-Pr C‡P°Cř P·P°CřC,PsCřCřPIP°PSPSCĹ
PrPēPrCĤPsPiPμCřC,PμCĤPsPSCř.

P—P°CřC,PsCřCřPIP°PSPSCĹ PePsPjP±C-PSPsPIP°PSPsC— C,PμCĤP°PīC-C—
PμCřC,CĤPsPiPμPSPsPj C,P° PīCĤPsPiPμCřC,P°PiPμPSPsPj Cř P¶C-PSPsPe Cř
PīPsCřC,PjPμPSPsPiP°CřP·C- PSPμPsP±C...C-PrPSPs PsP±PjPμP¶PēC,Pē
PjC-PSC-PjP°P»CḤPSPsCĤ PμC,,PμPeC,PēPIPSsCĤ PrPsP·PsCĤ C,P° PSP°PN₂PePsCĤPsC,C€PēPj
C,PμCĤPjC-PSPsPj, CĹPeC- CřP·PiPsPrP¶CřCĤC,CḤCřCĹ P· C,PμCĤP°PīPμPIC,PēC‡PSPēPjPē
C†C-P»CĹPjPē C,P° CĤPēP·PēPeP°PjPē PrP»CĹ PePsP¶PSPsC— P¶C-PSPēPē, P° C,P°PePsP¶
PīPμCĤC-PsPrPēC‡PSPs CřP»C-Pr PīPμCĤPμPiP»CĹPrP°C,Pē PrPsC†C-P»CḤPSC-CřC,CḤ
C,P°PePsPiPs P»C-PeCřPIP°PSPSCĹ (PrPēPI. B«PhCřPsP±P»PēPIPsCřC,C-
P·P°CřC,PsCřCřPIP°PSPSCĹB»).

PŸPīPsCřC-P± P·P°CřC,PsCřCřPIP°PSPSCĹ

P°P»CĹ PiPμCĤPsCĤP°P»CḤPSPsPiPs PiCĤPēPN₂PsPjCř.

PμCĤPē P·P°CřC,PsCřCřPIP°PSPSC- PIPēC%PēC... PrPsP· C,P°P±P»PμC,PePē PjP°CĤC,CḤ
P±CřC,Pē CĤC-PIPSsPjC-CĤPSPs CĤPsP·PīPsPrC-P»PμPSC- PrP»CĹ PiCĤPēPN₂PsPjCř
PiCĤPsC,CĹPiPsPj PrPsP±Pē.

P°C-C,Pē.

P°PēPrCĤPsPiPμCřC,PμCĤPsPS PSPμ P·P°CřC,PsCřPsPICřCĤC,CḤ PrPs PīPsC‡P°C,PeCř
PjPμPSCřC,CĤCřP°C†C-PN₂. P°PμP·PīPμPeP° C,P° PμC,,PμPeC,PēPIPS-CřC,CḤ
P·P°CřC,PsCřCřPIP°PSPSCĹ PrPēPrCĤPsPiPμCřC,PμCĤPsPSCř PīC-PrP»C-C,PeP°Pj PIC-PePsPj
PIC-Pr 12 PrPs 18 CĤPsPeC-PI PSPμ PICřC,P°PSPsPIP»PμPSC-.

PμPμCĤPμPrPsP·CžPIP°PSPSCĹ.

PŸPēPjPiC,PsPjPē.

P°PēPrCĤPsPiPμCřC,PμCĤPsPS C° PīCĤPμPiP°CĤP°C,PsPj P· PrCřP¶Pμ PSPēP·CḤPePsCĤ

C,PsPeCfPëC+PSC-CfC,Ch. PŸPëPjPïC,PsPjPë, CŸPeC- C,PµPsCŸPµC,PëC+PSPs PjPsP¶CfC,Ch PIPëPSPëPePSCfC,Pë Cr CŸP°P·C- PïPµCŸPµPrPsP·CfPIP°PSPSCŸ вŸ“ 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°, PïCŸPëPNëPSCŸC,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°PNëC+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»PsPiPSPëPNë 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— CfPiPsCfC,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 PrPiPsC... CfPiPsPSCfPsCŸPsPiP°PSPëC... PePsPjPïP°PSC-C”CŸ C-PSC,PµCŸPiPµPSC+C-PNëPSPëC... 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- PrPsPiPsPjC-P¶PSPëC... CŸPµPïCŸPsPrCfPeC,PëPiPSPëC... C,PµC...PSPsP»PsPiC-PNë (P”P PŸ) C-P· P·P°CfC,PsCfCfPIP°PSPSCŸPj PrPëPrCŸPsPiPµCfC,PµCŸPsPSCf (n=1036) C,P° P·P° CfPiPsPSC,P°PSPSPëPjPë PïPsPIC-PrPsPjP»PµPSPSCŸPjPë. P’PëP·PSP°C+PµPSPSCŸ C+P°CfC,PsC,Pë PIPëPSPëPePSPµPSPSCŸ PïPsP±C-C+PSPëC... CŸPµP°PeC+C-PNë T’CŸCfPSC,CfC”C,ChCfCŸ PSP° PSP°PNëP±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- (PIPeP»CŸC+P°CŸC+Pë PeC-CfC,Pë C,P° PïPsP»C-PiPë):

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)*.

PŸCŸPsPi C- P»C-PjC,,P°C,PëC+PSP° CfPëCfC,PµPjP°

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

P_μC[†]PëC...C-C[†]PSC- C_ηPsP·P»P°PrPë

P_κP_μC[†]P°C[†]C,Ps: PrP_μPiC_ηP_μC[†]PëPIPSPëPN_ε PSP°C[†]C,C_ηC-PN_ε.

P[†]PjC[†]PSPSP° C[†]PëC[†]C,P_μPjP°

P C-PrPePs: C_ηP_μP°PeC[†]C-C— PiC-PiP_μC_ηC[†]C[†]C,P»PëPIPsC[†]C,C-.

P_κP_μC_ηPIPsPIP° C[†]PëC[†]C,P_μPjP°

P§P°C[†]C,Ps: PiPsP»PsPIPSPëPN_ε P±C-P»CH C- PjC-PiC_ηP_μPSCH.

P_κP_μC[†]P°C[†]C,Ps: P·P°PiP°PjPsC_ηPsC[†]P_μPSPSC_Π.

P C-PrPePs: C[†]PsPSP»PëPIC-C[†]C,CH.

P_γC_ηP°PIPSPëPN_ε C,C_ηP°PeC.

P§P°C[†]C,Ps: PSC[†]PrPsC,P°, P±P»CHPIP°PSPSC_Π, P±C-P»CH C[†] P[¶]PëPIPsC,C-.

P°P_μPiP°C,PsP±C-P»C-P°C_ηPSP° C[†]PëC[†]C,P_μPjP°

P_κP_μC[†]P°C[†]C,Ps: PiPsC_ηC[†]C€P_μPSPSC_Π C,,C[†]PSPeC[†]C-C— PiP_μC[†]C-PSPePë, C%_oPs C[†]C[†]PiC_ηPsPIPsPrP[¶]C[†]CHC,CHC[†]C_Π C[†]P»P°P±PeC-C[†]C,CH P°P±Ps PSP_μP·PrC[†]P[¶]P°PSPSC_ΠPj, P[¶]PsPIC,C_ΠPSPëC[†]P_μCH C,P° P±PsP»P_μPj C[†] P[¶]PëPIPsC,C-.

PëPeC-C_ηP° C- PiC-PrC€PeC-C_ηPSC- C,PeP°PSPëPSPë

P_κP_μC[†]P°C[†]C,Ps: P°P»P_μC_ηPiC-C[†]PSPëPN_ε PrP_μC_ηPjP°C,PëC, (PSP°PiC_ηPëPeP»P°Pr PIPëC[†]PëPiP°PSPSC_Π, C[†]PIP_μC_ηP±C-P[¶] C- PeC_ηPsPiPëPiB_η[™] C_ΠPSPeP°).

P C-PrPePs: P°PSPiC-PsPSP_μPiC_ηPsC,PëC[†]PSPëPN_ε PSP°P±C_ηC_ΠPe*.

P P_μPiC_ηPsPrC[†]PeC,PëPIPSP° C[†]PëC[†]C,P_μPjP° C- PjPsP»PsC[†]PSC- P·P°P»PsP·Pë

P°C[†]P[¶]P_μ C[†]P°C[†]C,Ps: PIP°PiC-PSP°P»CHPSP° PeC_ηPsPIPsC,P_μC[†]P°.

P§P°C[†]C,Ps: PjP_μPSC[†]C,C_ηC[†]P°P»CHPSC- C_ηPsP·P»P°PrPë (C[†] C,PsPjC[†] C[†]PëC[†]P»C- PjP_μC,C_ηPsC_ηP°PiC-C_Π, PjP_μPSPsC_ηP°PiC-C_Π, PsP»C-PiPs-/P°PjP_μPSPsC_ηP_μC_Π, PrPëC[†]PjP_μPSPsC_ηP_μC_Π C,P° PSP_μC_ηP_μPiC[†]P»C_ΠC_ηPSC- PjP_μPSC[†]C,C_ηC[†]P°C[†]C-C—), P±C-P»CH C[†] PjPsP»PsC[†]PSPëC... P·P°P»PsP·P°C.../C[†]C[†]C,P»PëPIC-C[†]C,CH PjPsP»PsC[†]PSPëC... P·P°P»PsP·.

P C-PrPePs: PiC_ηPëPiC[†]C...P»C-C[†]C,CH PjPsP»PsC[†]PSPëC... P·P°P»PsP·.

P—P°PiP°P»CHPSC- C_ηPsP·P»P°PrPë C- PjC-C[†]C[†]P_μPIC- C_ηP_μP°PeC[†]C-C—

P C-PrPePs: PSP°P±C_ηC_ΠPePë.

P_hP±C[†]C,P_μP[¶]P_μPSPSC_Π

P_κP_μC[†]P°C[†]C,Ps: P·P±C-P»CHC€P_μPSPSC_Π PjP°C[†]Pë C,C-P»P°.

*P_μPsP±C-C[†]PSC- C_ηP_μP°PeC[†]C-C— P·C- C[†]PiPsPSC,P°PSPSPëC... PiPsPIC-PrPsPjP»P_μPSCH, C%_oPs PSP_μ C[†]PiPsC[†]C,P_μC_ηC-PiP°P»PëC[†]C_Π C[†] PeP»C-PSC-C[†]PSPëC...

PrPsCfP»C-PrP¶PµPSPSC¶C..., P±CfP»Pë PIPSPµCfPµPSC- PrPs C‡P°CfC,PsC,Pë
 B«CfC-PrPePsB» PSP° PsCfPSPsPIC- C,PsPiPs, C%Ps PIPµCfC...PSC¶ PjPµP¶P° 95 %
 PrPsPIC-CfC‡PsPiPs C-PSC,PµCfPIP°P»Cf PsC‡C-PeCfPIP°PSPsC— C‡P°CfC,PsC,Pë
 PsC‡C-PSCfC”C,ChCfC¶ PSpµ PIPëC%Pµ 3/C..., PrPµ C...=3483 (P·P°PiP°P»ChPSPµ
 C‡PëCfP»Ps CfCfP±B¶ C”PeC,C-PI CfPiPsCfC,PµCfPµP¶PµPSPSC¶ Cf PeP»C-PSC-C‡PSPëC...
 PrPsCfP»C-PrP¶PµPSPSC¶C...).B

PµPsP±C-C‡PSC- CfPµP°PeC‡C-C—, P°CfPsC‡C-PNëPsPIP°PSC- P· PµCfC,CfPsPiPµPS-
 PiCfPsPiPµCfC,P°PiPµPSPsPIPëPj P»C-PeC‡PIP°PSPSC¶Pj (PrPëPI. C,P°PePsP¶ CfPsP·PrC-P»
 B«PhCfPsP±P»PëPIPsCfC,C- P·P°CfC,PsCfC‡PIP°PSPSC¶IB» C,P° C-PSCfC,CfC‡PeC‡C-C—
 PrP»C¶ PjPµPrPëC‡PSPsPiPs P·P°CfC,PsCfC‡PIP°PSPSC¶ PiCfPµPiP°CfP°C,C-PI
 PµCfC,CfPsPiPµPSC-PI):

- CfP°Pe PjPsP»PsC‡PSPsC— P·P°P»PsP·Pë, PiC-PiPµCfPiP»P°P·C-C¶ C,P°
 PeP°CfC‡PëPSPsPjP° PµPSPPrPsPjPµC,CfC-C¶, CfP°Pe C¶C”C‡PSPëPeC-PI**;
- PIPµPSPsP·PSP° C,CfPsPjP±PsPµPjP±PsP»C-C¶;
- C-PSC,,P°CfPeC, PjC-PsPeP°CfPrP°, C-C¶PµPjC-C‡PSP° C...PIPsCfPsP±P° CfPµCfC‡C¶,
 C-C¶PµPjC-C‡PSPëPNë C-PSCfCfP»ChC,.

** P—P°CfC,PsCfCfPIP°PSPSC¶ PjPsPSPsC,PµCfP°PiC-C— PµCfC,CfPsPiPµPSPsPj P°P±Ps
 PePsPjP±C-PSPsPIP°PSPsC— PµCfC,CfPsPiPµPS-PiCfPsPiPµCfC,P°PiPµPSPsPiPsC—
 P·P°PjC-CfPSPsC— PiPsCfPjPsPSP°P»ChPSPsC— C,PµCfP°PiC-C— (P—P”Pÿ) P±CfP»Ps
 P°CfPsC‡C-PNëPsPIP°PSPµ C-P· PrPµC%Ps PiC-PrPIPëC%PµPSPëPj CfPëP·PëPePsPj
 PrC-P°PiPSPsCfC,CfPIP°PSPSC¶ CfP°PeCf C¶C”C‡PSPëPeC-PI (PrPëPI.
 B«PhCfPsP±P»PëPIPsCfC,C- P·P°CfC,PsCfCfPIP°PSPSC¶IB»). PµPµC,P°P°PSP°P»C-P· 52
 PµPiC-PrPµPjC-PsP»PsPiC-C‡PSPëC... PrPsCfP»C-PrP¶PµPSCf PiPsPeP°P·P°PI
 PiC-PrPIPëC%PµPSPëPNë CfPëP·PëPe CfP°PeCf C¶C”C‡PSPëPeC-PI Cf P¶C-PSPsPe, C¶PeC-
 P·P°CfC,PsCfPsPICfPIP°P»Pë P—P”Pÿ, PiPsCfC-PIPSC¶PSPs P· P¶C-PSPeP°PjPë, C¶PeC-
 PSC-PePsP»Pë PSpµ P·P°CfC,PsCfPsPICfPIP°P»Pë P—P”Pÿ (RR 1,43; 95 % CI 1,31-1,56). Pj
 P¶C-PSPsPe PIC-PePsPj 50-54 CfPsPePë, C¶PeC- P·P°CfC,PsCfPsPICfPIP°P»Pë P—P”Pÿ
 CfPiCfPsPrPsPIP¶ 5 CfPsPeC-PI, CfPµP·CfP»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 CfPsPePë, C¶PeC- PSpµ P·P°CfC,PsCfPsPICfPIP°P»Pë
 P—P”Pÿ, P±CfPI PrC-P°PiPSPsCfC,PsPIP°PSPëPNë CfP°Pe C¶C”C‡PSPëPeC-PI P·P° 5-
 CfC-C‡PSPëPNë PiPµCfC-PsPr.

PÿPµCfPjC-PS PiCfPëPrP°C,PSPsCfC,C-. 5 CfPsPeC-PI.

PjPjPsPIPë P·P±PµCfC-PiP°PSPSC¶. PµPµ PiPsC,CfPµP±CfC” PsCfPsP±P»PëPIPëC...
 CfPjPsPi P·P±PµCfC-PiP°PSPSC¶. P—P±PµCfC-PiP°C,Pë Cf PSPµPrPsCfC,CfPiPSPsPjCf PrP»C¶
 PrC-C,PµPNë PjC-CfC‡C-.

PjPiP°PePsPIPeP°. PµPs 14 P°P±Ps 20, P°P±Ps 28 C,P°P±P»PµC,PsPe Cf P±P»C-CfC,PµCfC-;
 PiPs 1 P±P»C-CfC,PµCfCf PI PeP°CfC,PsPSPSC-PNë PePsCfPsP±C‡C-.

