



PhPSC, PëPiCtjPsP»C-C,, PµCtjP°C, PëPIPSP° PrC-Ctj PiP»CtjPePsPePsCtjC, PëPePsC—PrC-PI  
PiPsCtjCtjPSCtjC”C, ChCtjCtj P·PSPëP¶PµPSPsCtj CëPIPëPrPeC-CtjC, Ctj  
CtjPëCtjPeCtjP»CtjCtjC-C— P·P°PrC-CtjPSPëC... PeP»C-C, PëPS C, P° P·PSPëP¶PµPSPsCtj  
C-PSC, PµPSCtjPëPIPSC-CtjC, Ctj CtjPëPSC, PµP·Ctj P”Pkpj. PíPe PIC-PrPsPjPs,  
CtjPµP·CtjP»ChC, P°C, PsPj CtjChPsPiPs C” PíCtjPëPiPSC-CtjPµPSPSCtj PiCtjP°PSCtjP»CtjCtjC-C—,  
P·P°PeCtjPëC, C, Ctj CtjP°PS C, P° PíCtjPsP»C-C,, PµCtjP°CtjC-Ctj C,, C-P±CtjPsP±P»P°CtjC, C-PI.

PhPSC, PëP°P»PµCtjPiC-CtjPSP° PrC-Ctj PiP»CtjPePsPePsCtjC, PëPePsC—PrC-PI  
PiPsCtjCtjPSCtjC”C, ChCtjCtj C—C... C-PjCtjPSPsCtjCtjPíCtjPµCtjPëPIPSPsCtj PrC-C”Ctj C, P°  
PIPIP»PëPIPsPj PSP° P°PSC, PëC, C-P»Ps- C, P° PeP»C-C, PëPSPSPsPsPiPsCtjPµCtjPµPrPePsPIP°PSCtj  
PiC-PiPµCtjCtjCtjC, P»PëPIC-CtjC, Ch:

C-PjCtjPSPsCtjCtjPíCtjPµCtjPëPIPSP° PrC-Ctj PiP»CtjPePsPePsCtjC, PëPePsC—PrC-PI  
T’CtjCtjPSC, CtjC”C, ChCtjCtj, PiPsP»PsPIPSPëPj CtjPëPSPsPj, PSP° P·PjPµPSCëPµPSPSC-  
PeC-P»ChPePsCtjC, C- C, P° P°PeC, PëPIPSPsCtjC, C- P»C-PjC,, PsCtjPëC, C-PI (Pÿ-  
P»C-PjC,, PsCtjPëC, Pë, P’-P»C-PjC,, PsCtjPëC, Pë).

P’PiP»PëPI PSP° P°PSC, PëC, C-P»PsPsPiPsCtjPµCtjPµPrPePsPIP°PSCtj  
PiC-PiPµCtjCtjCtjC, P»PëPIC-CtjC, Ch CtjPëPSPëC, Ch C, P°PePsP¶ PíCtjPëPiPSC-CtjPµPSPSCtj  
PIPëPIC-P»ChPSPµPSPSCtj PIP°P·PsP°PeC, PëPIPSPëC... CtjPµCtjPsPIPëPS (PSP°PíCtjPëPeP»P°Pr,  
PiC-CtjC, P°PjC-PS), PSP° PeP»C-C, PëPSPSPsPsPiPsCtjPµCtjPµPrPePsPIP°PSCtj  
PiC-PiPµCtjCtjCtjC, P»PëPIC-CtjC, Ch bñ” P·PjPµPSCëPµPSPSCtj PIPëPIC-P»ChPSPµPSPSCtj  
P»C-PjC,, PsPeC-PSC-PI.

PµCtjPsC, PëP·P°PiP°P»ChPSP° PrC-Ctj P±P°P·CtjC”C, ChCtjCtj CtjP°CtjC, PePsPIPs PSP°  
PIPIP»PëPIC- PSP° PsP±PjC-PS P°CtjP°C...C-PrPsPSPsPIPsC— PePëCtjP»PsC, Pë C-, CtjPe  
PSP°CtjP»C-PrPsPe, PSP° P·PjPµPSCëPµPSPSC- CtjC, PIPsCtjPµPSPSCtj PjPµPrC-P°C, PsCtjC-PI  
P·P°PiP°P»PµPSPSCtj (PSP°PíCtjPëPeP»P°Pr, PíCtjPsCtjC, P°PiP»P°PSPPrPëPSPë,  
P»PµPµPePsC, CtjC-C”PSPë). P— C-PSCëPsPiPs P±PsPeCtj, PSP°PrPjC-CtjPSC- CtjPëPiPSP°P»Pë  
PeP»C-C, PëPS P·PjPµPSCëCtjC, ChCtjCtj PrPs PSPsCtjPjP°P»ChPSPsPiPs CtjC-PIPSCtj.

P PµP·CtjP»ChC, P°C, Pë PíCtjPsPiPµPrPµPSPëC... PiPsPrPIC-PM₂PSPëC... CtjP»C-PiPëC...  
PrPsCtjP»C-PrP¶PµPSCtj P·P°CtjPIC-PrCtjPëP»Pë, C%Ps P· C, PsCtjPePë P·PsCtjCtj  
PeP»C-PSC-CtjPSPsC— PµC,, PµPeC, PëPIPSPsCtjC, C- PíCtjPµPrPSC-PeP°CtjP±P°C,,  
PSPµP·PIP°P¶P°CtjCtjPë PSP° C, Pµ, C%Ps PIC-PS PSPµ PjC-CtjC, PëC, Ch PiP°P»PsPiPµPSCtj,  
CtjC-PIPSPsCtjC-PSPSPëPM₂ C, P°PePëPj PiP°P»PsPiPµPSC-P·PsPIP°PSPëPj  
PePsCtjC, PëPePsC—PrP°Pj, CtjPe P±PµC, P°PjPµC, P°P·PsPSCtj PIP°P»PµCtjP°C,,  
PrPµP·PsPeCtjPëPjPµC, P°P·PsPS P°P±Ps C,, C, PsCtjPePsCtjC, PsP»PsPS.

Pkp°PrP·PIPëCtjP°PM₂PSPs PjP°P»PëPM₂ PIPiP»PëPI PíCtjPµPrPSC-PeP°CtjP±P°C, Ctj PSP°  
CtjPëPSC, PµP· PePsP»P°PiPµPSCtj C, P° CtjC-CtjC, C,, C-P±CtjPsP±P»P°CtjC, C-PI Ctj CëPeC-CtjC-  
P»CtjPrPëPSPë PIC-PrPsP±CtjP°P¶P°C” PSPµP·PSP°CtjPSCtj P°C, CtjPsC,, PsPiPµPSPSCtj  
P·PrP°C, PSC-CtjC, Ch PrC-CtjCtjPsC— CtjPµCtjPsPIPëPSPë. PµCtjPëPiPSC-CtjPµPSPSCtj  
CtjPëPSC, PµP·Ctj P°CtjC, PsPiPµPSPSPsPiPs PePsCtjC, PëP·PsP»Ctj PíC-CtjP»Ctj  
PSP°PSPµCtjPµPSPSCtj PSP° P·PSP°CtjPSCtj PíP»PsC%Cr CtjCtjP°P¶PµPSPsC— CëPeC-CtjPë  
(PíCtjPsCtjC-P°P·, PSPµPM₂CtjPsPrPµCtjPjC-C,) Ctj CtjP°P·C- P·P°CtjC, PsCtjCtjPIP°PSPSCtj  
PíCtjPµPrPSC-PeP°CtjP±P°C, Ctj PSPµ CtjPiPsCtjC, PµCtjC-PiP°P»PsCtjCtj.

*PαP°CtjPjP°PePsPeC-PSPµC, PëPeP°.*

PµC-CtjP»Ctj PjC-CtjCtjPµPIPsPiPs P·P°CtjC, PsCtjCtjPIP°PSPSCtj PíCtjPµPrPSC-PeP°CtjP±P°C,  
C%Pµ PjPµC, P°P±PsP»C-P·CtjC”C, ChCtjCtj Ctj CëPeC-CtjC- PrPs PíCtjPµPrPSC-P·PsP»PsPS-17-

РμC,РөP»PeP°CḡP±PsPSP°C,Ср, CḡPePөP№ PIPөCḡPIP»CḡC" Ср 8,3 CḡP°P·P° P±C-P»CḡC€Cḡ  
CḡPіPsCḡC-PrPSPμPSC-CḡC,Сḡ C-P· CḡPμC†PμPіC,PsCḡP°PjPө  
PіP»CḡPePsPePsCḡC,РөPePsC—PrC-PI, PSC-Pḡ CḡP°Pj PіCḡPμPrPSC-PeP°CḡP±P°C,,  
PμCḡPμPrPSC-P·PsP»PsPS-17-PμC,РөP»PeP°CḡP±PsPSP°C, PіPsPIC-P»CḡPSPs  
CḡPsP·PіP°PrP°C"С,СḡCḡCḡ PrPs PіCḡPμPrPSC-P·PsP»PsPSCḡ. PμC-CḡP»Cḡ  
PSP°PSPμCḡPμPSPSCḡ PSP° C€PeC-CḡCḡ CḡPөCḡC,РμPjPSPs PSPμ P±CḡP»Pө  
PIPөCḡPIP»PμPSC- PSC- PіCḡPμPrPSC-PeP°CḡP±P°C,, PSC- P№PsPіPs PIC-PrPsPjC-  
PjPμC,P°P±PsP»C-C,Pө. PкPμP·PSP°C±PSP° CḡPөCḡC,РμPjPSP° PrPsCḡC,СрPіPSC-CḡC,Сḡ  
PіC-CḡP»Cḡ PSP°PSPμCḡPμPSPSCḡ PSP° C€PeC-CḡCḡ PIPөCḡPIP»CḡP»P°CḡCḡ C,P°PePsPḡ C-  
PI PSPμP·PjC-PSPμPSPsPjCḡ P·CḡP°P·PeCḡ CḡPμPeCḡPμC†C-C— PePsCḡC,РөP·PsP»Cḡ.

**РлP»C-PSC-C±PSC- C...P°CḡP°PeC,РμCḡPөCḡC,РөPePө.**

**РμPsPeP°P·P°PSPSCḡ.**

P—P°PіP°P»CḡPSC- P·P°C...PIPсCḡCḡPIP°PSPSCḡ C€PeC-CḡPSPөC...  
PіPsPeCḡPөPIC-PI, C%oPs PіPsC,CḡPμP±CḡCḡC,Сḡ P»C-PeCḡPIP°PSPSCḡ  
PePsCḡC,РөPePsCḡC,РμCḡPsC—PrP°PjPө PrP»Cḡ PjC-CḡC†PμPIPсPіPs  
P·P°CḡC,PsCḡCḡPIP°PSPSCḡ.

PμCḡPμPrPSC-C,PsPі<sup>В</sup>, PjP°P·Сḡ, P·P°CḡC,PsCḡPsPICḡCḡC,Сḡ PrP»Cḡ P»C-PeCḡPIP°PSPSCḡ  
PіPsCḡC,CḡPөC... C,P° C...CḡPsPSC-C±PSPөC... P·P°C...PIPсCḡCḡPIP°PSCḡ C€PeC-CḡPSPөC...  
PіPsPeCḡPөPIC-PI PіCḡPө PjPsPePSCḡC±PsPjCḡ, P·PIPөCḡP°P№PSPsPjCḡ P°P±Ps CḡCḡC...PsPjCḡ  
CḡC,P°PSC- C€PeC-CḡPө.

**РμCḡPsC,РөPіPsPeP°P·P°PSPSCḡ.**

B· PμC-PrPIPөC%oPμPSP° C±CḡC,P»PөPIC-CḡC,Сḡ PrPs PіCḡPμPrPSC-PeP°CḡP±P°C,Сḡ  
B P°P±Ps PrPs P±CḡPrCḡ-CḡPePsPіPs C-PSC€PsPіPs PePsPjPіPsPSPμPSC,P°  
PіCḡPμPіP°CḡP°C,Сḡ.

B· P—P°CḡC,PsCḡCḡPIP°PSPSCḡ PI PrC-P»CḡPSC†C- PSP°PIPePsP»Ps PsC±PμP№.

B· PкP°CḡPIPSC-CḡC,Сḡ CḡPμP°PeC†C-C— C€PeC-CḡPSPөC... PіPsPeCḡPөPIC-PI PSP°  
C%oPμPіP»PμPSPSCḡ.

B· P†PSC,,PμPeC†C-P№PSC- P·P°C...PIPсCḡCḡPIP°PSPSCḡ C€PeC-CḡPө (Cḡ C,PsPjCḡ  
C±PөCḡP»C- C,СḡP±PμCḡPeCḡP»CḡPsP·, CḡPөC,,C-P»C-Cḡ), PIC-CḡCḡCḡPSC-  
C-PSC,,PμPeC†C-C— (Cḡ C,PsPjCḡ C±PөCḡP»C- PIC-C,CḡCḡPSP° PIC-CḡPіP°, PіCḡPsCḡPIPөB  
PіCḡPsCḡC,PsPіPs PіPμCḡPіPμCḡCḡ).

B· PμPμCḡC-PsCḡP°P»CḡPSPөP№ PrPμCḡPjP°C,PөC,, CḡPsP·P°C†PμP°.

**P°P·P°C" PjPsPrC-Cḡ P· C-PSC€PөPjPө P»C-PeP°CḡCḡCḡPePөPjPө P·P°CḡPsP±P°PjPө C,P°  
C-PSC€C- PIPөPrPө PIP·P°C" PjPsPrC-P№.**

P°PsC,РμPіPμCḡ PSPμPIC-PrPsPjP°.

PhPrPSPsC±P°ClPSPµ P·P°ClC,PsClCíPíP°PSPSCl PíCḡPµPíP°CḡP°C,Cí PḡCḡPµPrPSC-C,PsPí<sup>B</sup>,  
PjP°P·CH, Cí PrC-P»ClPSC†C- ClC,P°C,PµPIPëC... PsCḡPiP°PSC-PI P°P±Ps  
P·P°PrPSCḡPsPiPs PíCḡPsC...PsPrCí C±PµCḡPµP· PSP°ClPIPSC-ClC,CH Cí  
ClPëP»P°PrC- PíCḡPµPíP°CḡP°C,Cí C,P°PePsC— PrPsPíPsPjC-P¶PSPsC—  
CḡPµC±PsPIPëPSPë, ClPë P±C-P»PëPñ PIP°P·PµP»C-PS, C-P·  
PíCḡPµP·PµCḡPIP°C,PëPIPsPj C-P· P»P°C,PµPeClCí PjPsP¶Pµ PíCḡPëP·PIPµClC,Pë PrPs  
P·PjPµPSCëPµPSPSCl PñPsPiPs PjC-C†PSPsClC,C- C,P° PSP°PrC-PñPSPsClC,C-  
P·P°ClC,PsClCíPíP°PSPSCl.

***PhClPsP±P»PëPIPsClC,C- P·P°ClC,PsClCáPIP°PSPSCl.***

PḡCḡPë P±P°PeC,PµCḡC-P°P»CHPSPëC... C- PíCḡPëP±PePsPIPëC... CëPeC-CḡPSPëC...  
C-PSC,,PµPeC†C-ClC... P»C-PëCíPíP°PSPSCl PḡCḡPµPrPSC-C,PsPíPsPj<sup>B</sup> PjPsP¶P»PëPIPµ  
P»PëCëPµ CḡP°P·PsPj C-P· PíCḡPµPíP°CḡP°C,P°PjPë P°PSC,PëP±P°PeC,PµCḡC-P°P»CHPSPsC—  
P°P±Ps PíCḡPsC,PëPíCḡPëP±PePsPIPSC— PrC-C—.

PkPµ PSP°PSPsClPëC,Pë PíCḡPµPíP°CḡP°C, PSP° PrC-P»ClPSPëPë PrPsPIPePsP»P° PsC±PµPñ.  
PkPµ PrPsPíCíClPëP°C,Pë PíPsPíP°PrP°PSPSCl PíCḡPµPíP°CḡP°C,Cí PI PsC±C- P°P±Ps PSP°  
ClP»PëP·PsPIC- PsP±PsP»PsPSPëPë.

P PµPíCíP»ClCḡPSPµ PíPsC,CḡP°PíP»ClPSPSCl PrPs  
PePsPSḡḡ<sup>TM</sup> CHPSPëC,PëPIP°P»CHPSPsPiPs PjC-CëPeP° PSPµPIPµP»PëPePsC—  
PeC-P»CHPePsClC,C- C,P°PePëC... PíCḡPµPíP°CḡP°C,C-PI PrP»Cl P·PsPIPSC-CëPSCḡPsPiPs  
P·P°ClC,PsClCíPíP°PSPSCl, C%Ps PjC-ClC,ClC,CH PePsCḡC,PëPePsC—PrPë, ClPë  
PḡCḡPµPrPSC-C,PsPí<sup>B</sup>, PjP°P·CH, P· C±P°ClPsPj PjPsP¶Pµ PíCḡPëP·PIPµClC,Pë PrPs  
PíC-PrPIPëC%PµPSPSCl PIPSCíC,CḡC-CëPSCḡPsPsC±PSPsPiPs C,PëClPëCí.

***PµPsCḡCíCëPµPSPSCl P·PsCḡCí***

PḡCḡPë ClPëClC,PµPjPSPsPjCí P°P±Ps PjC-ClC†PµPIPpsPjCí P·P°ClC,PsClCíPíP°PSPSC-  
PePsCḡC,PëPePsClC,PµCḡPsC—PrC-PI PjPsP¶ClC,CH PIPëPSPëPeP°C,Pë PíPsCḡCíCëPµPSPSCl  
P·PsCḡCí. PíPeC%Ps PíP°C†C-C”PSC, P·PIPµCḡC,P°C”C,CHClC P· C,P°PePëPjPë  
ClPëPjPíC,PsPjP°PjPë, ClPë P·P°C,CíPjP°PSPµPSPSCl P·PsCḡCí P°P±Ps C-PSCëC-  
PíPsCḡCíCëPµPSPSCl P·PsCḡCí, PñPsPiPs PSPµPsP±C...C-PrPSPs PSP°PíCḡP°PIPëC,Pë PrPs  
PsC,,C,P°P»CHPjPsP»PsPiP° PrP»Cl PsC†C-PSPëPë PjPsP¶P»PëPIPëC... PíCḡPëC±PëPS,  
ClPµCḡPµPr ClPëPëC... PeP°C,P°CḡP°PeC,P°, PiP»P°CíPePsPjP° P°P±Ps C,P°PeC-  
CḡC-PrPeC-ClPSC- P·P°C...PIPSCḡPµPIP°PSPSCl, ClPë C†PµPSC,CḡP°P»CHPSP°  
ClPµCḡPsP·PSP° C...PsCḡC-PsCḡPµC,PëPSPsPíP°C,C-Cl, PíCḡPs PIPëPSPëPePSPµPSPSCl  
ClPëPsC— PíPsPIC-PrPsPjP»ClP»Pë PíC-ClP»Cl ClPëClC,PµPjPSPsPiPs P°P±Ps  
PjC-ClC†PµPIPpsPiPs P·P°ClC,PsClCíPíP°PSPSCl PePsCḡC,PëPePsClC,PµCḡPsC—PrC-PI.

*P—P°ClC,PsClCáPIP°PSPSCl Cá PíPµCḡC-PsPr PIP°PíC-C,PSPsClC,C- P°P±Ps  
PíPsPrCáPIP°PSPSCl PíCḡCáPrPrCḡ.*

***P°PíC-C,PSC-ClC,CH***

P”PsC,PµPíPµCḡ PSPµ C-ClPSCíC” PrPsClC,P°C,PSCHPsC— PeC-P»CHPePsClC,C- PrP°PSPëC...

C%PsPrPs P·P°CÍC,PsCÍCrPIP°PSPSCII PíCĤPµPíP°CĤP°C,Cr PµCĤPµPrPSC-C,PsPí<sup>B</sup>®,  
PjP°P·CĤ, Cr PIP°PiC-C,PSPëC... P¶C-PSPsPe. PŞPµCĤPµP· PµPjP±CĤC-PsC,PsPeCÍPëC±PSPëPNë  
C,P° C,PµCĤP°C,PsPiPµPSPSPëPNë PIPíP»PëPI PiP»CĤPePsPePsCĤC,PëPePsC—PrC-PI,  
PiC-PrC,PIPµCĤPrP¶PµPSPëPNë PiC-Pr C±P°CÍ PíCĤPsPIPµPrPµPSPSCII  
PrPsCÍP»C-PrP¶PµPSCĤ PSP° C,PIP°CĤPëPSP°C... PiC-CÍP»CII CÍPëCÍC,PµPjPSPsPiPs  
PíCĤPëPNëPsPjCr, PíCĤPµPrPSC-PeP°CĤP±P°C, PjPsP¶PSP° P·P°CÍC,PsCÍPsPICrPIP°C,Pë PiC-Pr  
C±P°CÍ PIP°PiC-C,PSPsCÍC,C- P»PëCëPµ Cr CĤP°P·C- PSPµPIC-PrPeP»P°PrPSPëC...  
PíPsPeP°P·P°PSCĤ C,P° PiC-CÍP»CII CĤPµC,PµP»CĤPSPsC— PsC†C-PSPePë PePsCĤPëCÍC,C-  
C,P° CĤPëP·PëPeCr. PkPµ P·P°CÍC,PsCÍPsPICrPIP°C,Pë PiCĤPµPrPSC-PeP°CĤP±P°C, PSP°  
PrC-P»CII PSpE°C... CëPeC-CĤPë, C%Ps PiPµCĤPµPIPëC%CrCĤC,CĤ 20 % PíPsPIPµCĤC...PSC-  
C,C-P»P°.

PµPµCĤC-PsPr PiPsPrCrPIP°PSPSCII PiCĤCrPrPrCĤ

P' C-PrCÍCrC,PSC- PrP°PSC- C%PsPrPs C,PsPiPs, C±Pë PíPsC,CĤP°PíP»CII C”  
PíCĤPµPrPSC-PeP°CĤP±P°C, Cr PiCĤCrPrPSPµ PjPsP»PsPePs. P†PSCëC-  
PiP»CĤPePsPePsCĤC,PëPePsC—PrPë PíPsC,CĤP°PíP»CII CĤC,CĤ Cr PiCĤCrPrPSPµ PjPsP»PsPePs.  
PŷPsPjCr PI PíPµCĤC-PsPr PiPsPrCrPIP°PSPSCII PiCĤCrPrPrCĤ PSPµ CÍP»C-Pr  
P·P°CÍC,PsCÍPsPICrPIP°C,Pë PiCĤPµPrPSC-PeP°CĤP±P°C, PSP° PIPµP»PëPeC-PNë PíP»PsC%oC-.  
PjPSPëPeP°C,Pë PePsPSC,P°PeC,Cr PSPµPjPsPIP»CII C,Pë P· PsP±CĤPsP±P»CĤPIP°PSPëPjPë  
PrC-P»CII PSpE°PjPë CëPeC-CĤPë. PkPµ P·P°CÍC,PsCÍPsPICrPIP°C,Pë PµCĤPµPrPSC-C,PsPí<sup>B</sup>®  
Cr PrC-P»CII PSC†C- PjPsP»PsC±PSPëC... P·P°P»PsP·.

*P—PrP°C,PSC-CÍC,CĤ PIPíP»PëPIP°C,Pë PSP° CëPIPëPrPeC-CÍC,CĤ CĤPµP°PeC†C-C— PíCĤPë  
PePµCĤCáPIP°PSPSC- P°PIC,PsC,CĤP°PSCÍPíPsCĤC,PsPj P°P±Ps C-PSCëPëPjPë  
PjPµC...P°PSC-P·PjP°PjPë.*

P”P°PSPëC... PSPµPjP°C”.

***PŷPíPsCÍC-P± P·P°CÍC,PsCÍCáPIP°PSPSCII C,P° PrPsP·Pë.***

PµCĤPµPíP°CĤP°C, PSP°PSPsCÍPëC,Pë 1 CĤP°P· PSP° PrPsP±Cr C,PsPSPePëPj CëP°CĤPsPj PSP°  
CrCĤP°P¶PµPSC- PrC-P»CII PSpE°Pë CëPeC-CĤPë C,P°, CII PeC%oPs PjPsP¶PSP°, P·P»PµPiPeP°  
PIC,PëCĤP°C,Pë. PµCĤPë PSPµPsP±C...C-PrPSPsCÍC,C- C±P°CÍC,PsC,Cr PSP°PSPµCÍPµPSPSCII  
PjPsP¶PSP° P·P±C-P»CĤCëPëC,Pë PrPs 2 CĤP°P·C-PI PSP° PrPsP±Cr.

P>C-PeP°CĤ PIPëP·PSP°C±P°C”, Cr CII PePëPNë C±P°CÍ PrPsP±Pë CÍP»C-Pr  
P·P°CÍC,PsCÍPsPICrPIP°C,Pë PµCĤPµPrPSC-C,PsPí<sup>B</sup>® (PICĤP°PSC†C- C±Pë PIPµC±PµCĤC-).

P†CÍPSCrC” PrPsCÍPIC-Pr P»C-PeCrPIP°PSPSCII PíCĤPsC,CII PiPsPj 2 C,PëP¶PSC-PI.  
P>C-PeCrPIP°PSPSCII PíCĤPsC,CII PiPsPj P±C-P»CĤCë C,CĤPëPIP°P»PsPiPs PíPµCĤC-PsPrCr  
C±P°CÍCr PíPsPIPëPSPSPs PíCĤPsPIPPrPëC,PëCÍCII P»PëCëPµ PiC-CÍP»CII  
CĤPµC,PµP»CĤPSPsC— PsC†C-PSPePë PePsCĤPëCÍC,C- C,P° CĤPëP·PëPeCr. PµPµCĤPµPr  
PíPsC±P°C,PePsPj PíPsPIC,PsCĤPSPsPiPs P»C-PeCrPIP°PSPSCII CÍP»C-Pr  
PíCĤPsPePsPSCÍCrP»CĤC,CrPIP°C,PëCÍCII P· P»C-PeP°CĤPµPj.

P''C-C,Pë.

PJ PrC-C,PμPNε PIC-PePsPj PrPs 1 CḡPsPeCḡ PḡCḡPμPrPSC-C,Psi<sup>B®</sup>, PjP°P·CHḡ, PjPsPḡPSP° P·P°CḡC,PscḡPsPICḡPIP°C,Pë P»PëCεPμ P·P° PSP°CḡPIPSPsCḡC,C- PSPμPIC-PrPeP»P°PrPSPëC... PīPsPeP°P·P°PSCḡ, PsCḡPeC-P»CHḡPePë PīC-PrPIPëC%oCḡC,CḡCḡCḡ PSPμP±PμP·PīPμPeP° PIPëPSPëPePSPμPSPSCḡ CḡPëCḡC,PμPjPSPëC... PμC,,PμPeC,C-PI PIPSP°CḡP»C-PrPsPe PICḡPjPsPeC,CḡPIP°PSPSCḡ PīP»CḡPePsPePsCḡC,PëPePsC—PrC-PI (PSP°PīCḡPëPeP»P°Pr, P·P°C,CḡPëPjPeP° CḡPsCḡC,Cḡ). PīPeC%oPs P»C-PeCḡPIP°PSPSCḡ PīCḡPμPīP°CḡP°C,Psi Pj PḡCḡPμPrPSC-C,Psi<sup>B®</sup>, PjP°P·CHḡ, PSPμ PjPsPḡPSP° CḡPSPëPePSCḡC,Pë, P·P°CḡC,PscḡCḡPIP°PSPSCḡ PīPsPIPëPSPSPs P±CḡC,Pë PsP±PjPμPḡPμPSPs PeC-P»CHḡPeC-CḡC,Cḡ PīCḡPμPīP°CḡP°C,Cḡ, PSPμPsP±C...C-PrPSPsCḡ PrP»Cḡ PrPsCḡCḡPīPSPμPSPSCḡ CḡCḡPīC-C...Cḡ P»C-PeCḡPIP°PSPSCḡ.

**PμPμCḡPμPrPsP·CḡPIP°PSPSCḡ.**

PḡCḡPë PePsCḡPsC,PePsC,CḡPëPIP°P»PsPjCḡ P·P°CḡC,PscḡCḡPIP°PSPSC- PīC-PrPIPëC%oPμPSPëC... PrPsP· (PrCḡPḡPμ PIPμP»PëPeP° PeC-P»CHḡPeC-CḡC,Cḡ, PrCḡPḡPμ PIPμP»PëPeP° PrC-P»CḡPSPeP° PSP°PSPμCḡPμPSPSCḡ P°P±Ps PrCḡPḡPμ CḡP°CḡC,Pμ P·P°CḡC,PscḡCḡPIP°PSPSCḡ) PSPμ PIPëCḡPIP»PμPSPs PSC-CḡPePëC... PīPsP±C-CḡPSPëC... PμC,,PμPeC,C-PI.

PḡCḡPë C,CḡPëPIP°P»PsPjCḡ P·P°CḡC,PscḡCḡPIP°PSPSC- PīC-PrPIPëC%oPμPSPëC... PrPsP· PīCḡPμPīP°CḡP°C,Cḡ P°P±Ps Pḡ PīCḡPë PīPμCḡPμPIPëC%oPμPSPSC- C,CḡPëPIP°P»PsCḡC,C- CḡPμPePsPjPμPSPPrPsPIP°PSPsPīPs PeCḡCḡCḡCḡ P»C-PeCḡPIP°PSPSCḡ PjPsPḡP»PëPIC- PīPsP±C-CḡPSC- PμC,,PμPeC,Pë PjC-CḡCḡPμPIPsPīPs C...P°CḡP°PeC,PμCḡCḡ (PSP°PīCḡPëPeP»P°Pr, CḡC,PIPSCḡPμPSPSCḡ CḡC,CḡPëPḡ PSP° CεPeC-CḡC-, P°C,CḡPsC,,C-Cḡ CεPeC-CḡPë). PḡCḡC-Pj C,PsiPs, PSPμ CḡP»C-Pr PIPëPeP»CḡCḡP°C,Pë C,PëPīPsPIC- CḡPëCḡC,PμPjPSC- PrC-C— PePsCḡC,PëPePsC—PrC-PI.

**PμPsP±C-CḡPSC- CḡPμP°PeCḡC-C—.**

PḡC-Pr CḡP°Cḡ P»C-PeCḡPIP°PSPSCḡ PīCḡPμPīP°CḡP°C,Psi Pj PḡCḡPμPrPSC-C,Psi<sup>B®</sup>, PjP°P·CHḡ, C-PSPsPrC- PjPsPḡPμ P·Pḡ™ CḡPIP»CḡC,PëCḡCḡ PIC-PrCḡCḡC,C,Cḡ PīPμCḡC-PSPSCḡ CεPeC-CḡPë.

PḡCḡPë P·P°CḡC,PscḡCḡPIP°PSPSC- PīCḡPμPīP°CḡP°C,Cḡ CḡC-PrPePs PjPsPḡCḡC,CHḡ PIPëPSPëPeP°C,Pë CḡPIPμCḡP±C-Pḡ, C,,PsP»C-PeCḡP»C-C, P°P±Ps P°P»PμCḡPīC-CḡPSC- CḡPμP°PeCḡC-C— CεPeC-CḡPë (PSP°PīCḡPëPeP»P°Pr, PīPsCḡPμCḡPIPSPSC-PSPSCḡ, PjPsPePSPμPSPSCḡ, PīCḡCḡC,CḡP»Pë C,P° PIC-PrCḡCḡC,C,Cḡ PīPμCḡC-PSPSCḡ).

PJ PīCḡPsCḡPμCḡC- P»C-PeCḡPIP°PSPSCḡ PīCḡPμPīP°CḡP°C,Psi Pj PḡCḡPμPrPSC-C,Psi<sup>B®</sup> C,PμPsCḡPμC,PëCḡPSPs PjPsPḡCḡC,CHḡ PIPëPSPëPePSCḡC,Pë PSPμP±P°PḡP°PSC- PīPsP±C-CḡPSC- PrC-C—, CḡPeC- C" C,PëPīPsPIPëPjPë PrP»Cḡ P·PsPIPSC-CεPSCḡPsPīPs P·P°CḡC,PscḡCḡPIP°PSPSCḡ PīP»CḡPePsPePsCḡC,PëPePsC—PrC-PI. P"Ps PSPëC... PSP°P»PμPḡP°C,CHḡ: P°C,CḡPsC,,C-Cḡ CεPeC-CḡPë P· CḡP°CḡC,PePsPIPëPj C,CḡPëPIP°P»PëPj (PSPμP·PIPSCḡPsC,PSC-Pj), PeP»C-PSC-CḡPSPs PIPëPrPëPjPëPj CḡC,PSPCεPμPSPSCḡCḡ CεPeC-CḡPë, C,CḡPëPIP°P»Pμ CḡPsP·CεPëCḡPμPSPSCḡ PjP°P»PëC... PīPsPIPμCḡC...PSPμPIPëC... CḡCḡPrPëPS CεPeC-CḡPë (C,PμP»PμP°PSPiC-PsPμPeC,P°P·C-Cḡ),

PIPëPrPëPjPµ PìPsC±PµCḡPIPSPSC-PSPSCḡ C€PeC-CḡPë (PµCḡPëC,PµPjP°) C,P° CḡC,CḡPëC—  
PSP° C€PeC-CḡC- (*Striae distensae*), CḡPsP·P°C†PµP°PìPsPrC-P±PSPëPNë P°P±Ps  
PìPµCḡC-PsCḡP°P»CHPSPëPNë PrPµCḡPjP°C,PëC, P· P°C,CḡPsC,,C-C”Cḡ C€PeC-CḡPë P°P±Ps  
P±PµP· PµCḡPë CḡP°PìC,PsPIPSPjCḡ PìCḡPëPìPëPSPµPSPSC- C,PµCḡP°PìC-C— PjPsP¶P»PëPIPµ  
CḡPµC†PëPrPëPIPSµ PìPsCḡPëP»PµPSPSCḡ C,CḡPëPIP°P»PëC... CḡPëPjPìC,PsPjC-PI  
(PìPsPIPµCḡPSPµPSPSCḡ PrPs PePsP»PëC€PSCḡPsPìPs PìP°C,PsP»PsPìC-C†PSPsPìPs  
CḡC,P°PSCḡ), PìPsPìC-CḡC€PµPSPSCḡ P·P°PìPsC”PSPSCḡ CḡP°PS, PìCḡPë  
P·P°CḡC,PsCḡCḡPIP°PSPSC- PI PrC-P»CḡPSC†C- PSP°PIPePsP»Ps PsC±PµPNë -  
PìC-PrPIPëC%PµPSP° CḡC...PëP»CHPSC-CḡC,CH PrPs CḡPsP·PIPëC,PeCḡ PìP»P°CḡPePsPjPë  
C,P°/P°P±Ps PeP°C,P°CḡP°PeC,Pë (PìPsPjCḡC,PSC-PSPSCḡ PeCḡPëC€C,P°P»PëPeP°), C±PµCḡPµP·  
C-PjCḡPSPsPìCḡPëPìPSC-C†CḡPIP°P»CHPSCḡ PrC-Cḡ PìP»CḡPePsPePsCḡC,PëPePsC—PrC-PI  
PjPsP¶Pµ PjP°C,Pë PjC-CḡC†Pµ PìCḡPëC...PsPIP°PSPëPNë P°P±Ps PìPsCḡPëP»PµPSPëPNë  
CḡPsP·PIPëC,PsPe C-CḡPSCḡCḡC±PëC... C€PeC-CḡPSPëC... C-PSC,,PµPeC†C-PNë,  
PSP°PìCḡPëPeP»P°Pr PìCḡPëP±PePsPIC- P·P°C...PIPSCḡPìP°PSPSCḡ,  
P±P°PeC,PµCḡC-P°P»CHPSC- P°P±Ps PIC-CḡCḡCḡPSC- P·P°C...PIPSCḡPìP°PSPSCḡ  
(PSP°PìCḡPëPeP»P°Pr, PìCḡPsCḡC,PëPNë PìPµCḡPìPµCḡ), P·PSPµP±P°CḡPIP»PµPSPSCḡ  
C€PeC-CḡPë (PrPµPìC-PìPjPµPSC,P°C†C-Cḡ), P»PsPeP°P»C-P·PsPIP°PSPëPNë P°P±Ps  
PìPµPSPµCḡP°P»C-P·PsPIP°PSPëPNë PSP°PrPjC-CḡPSPëPNë CḡC-CḡC, PìPsP»PsCḡCḡCḡ  
(PìC-PìPµCḡC,CḡPëC...PsP·).

P PëP·PëPe PIPëPSPëPePSPµPSPSCḡ PjC-CḡC†PµPIPëC... PìPsP±C-C±PSPëC... PrC-PNë  
PìC-PrPIPëC%CḡC”C,CHCḡCḡCḡ P·C- P·P±C-P»CHC€PµPSPSCḡPj C,CḡPëPIP°P»PsCḡC,C-  
P»C-PeCḡPIP°PSPSCḡ C,P°/P°P±Ps Cḡ CḡP°P·C- P·P°CḡC,PsCḡCḡPIP°PSPSCḡ PìC-Pr  
PìPsPìBḡ™ CḡP·PePsCḡ (PìPµCḡPjPµC,PëC±PSPsCḡ), P° C,P°PePsP¶ Cḡ PrC-P»CḡPSPeP°C... C-P·  
PìC-PrPIPëC%PµPSPsCḡ C±CḡC,P»PëPIC-CḡC,Cḡ, PSP°PìCḡPëPeP»P°Pr Cḡ PrC-P»CḡPSC†C-  
PsP±P»PëC±CḡCḡ.

PµC-CḡP»CḡC C,CḡPëPIP°P»PsPìPs C,P°/P°P±Ps PrCḡP¶Pµ C±P°CḡC,PsPìPs  
P·P°CḡC,PsCḡCḡPIP°PSPSCḡ P°P±Ps PìCḡPë PSP°PSPµCḡPµPSPSC- PSP° PIPµP»PëPeC-  
PrC-P»CḡPSPePë C€PeC-CḡPë, PsCḡPsP±P»PëPIPs PìCḡPë PSP°PeP»P°PrP°PSPSC-  
PìPµCḡPjPµC,PëC±PSPëC... PìPsPìBḡ™ CḡP·PsPe, PSPµ CḡP»C-Pr PIPëPeP»CḡC±P°C,Pë  
PìPsCḡCḡC€PµPSPSCḡ PI CḡPëCḡC,PµPjC- CḡPµPìCḡP»CḡPIP°PSPSCḡ PìC-PìPsC,P°P»P°PjCḡCḡ -  
PìPµCḡPµPrPSCḡ C±P°CḡC,PeP° PìC-PìPsC,,C-P·P° Bḡ” PePsCḡP° PSP°PrPSPëCḡPePsPIPëC...  
P·P°P»PsP· PIPSP°CḡP»C-PrPsPe PìPsPìP»PëPSP°PSPSCḡ C€PeC-CḡPsCḡ.

*P—P°C...PIPSCḡPìP°PSPSCḡ PsC±PµPNë*

PŞP°CḡC,PsC,P° PSPµPIC-PrPsPjP°: C†PµPSC,CḡP°P»CHPSP° CḡPµCḡPsP·PSP°  
C...PsCḡC-PsCḡPµC,PëPSPsPìP°C,C-Cḡ (PeP»P°CḡPsPIPëPNë PµC,,PµPeC,),  
P·P°C,CḡPjP°PSPµPSPSCḡ P·PsCḡCḡ (PrPëPI. C,P°PePsP¶ CḡPsP·PrC-P»  
B«PḡCḡPsP±P»PëPIPsCḡC,C- P·P°CḡC,PsCḡCḡPIP°PSPSCḡB»).

PµPsPIC-PrPsPjP»PµPSPSCḡ PìCḡPs PìC-PrPsP·CḡCḡPIP°PSC- PìPsP±C-C±PSC-  
CḡPµP°PeC†C-C—

PµPsPIC-PrPsPjP»PµPSPSCḡ PìCḡPs PìC-PrPsP·CḡCḡPIP°PSC- PìPsP±C-C±PSC-  
CḡPµP°PeC†C-C— Cḡ PìPµCḡC-PsPr PìPsCḡC,PjP°CḡPePµC,PëPSPìPsPìPsPìPs  
CḡPìPsCḡC,PµCḡPµP¶PµPSPSCḡ C” PrCḡP¶Pµ PIP°P¶P»PëPIPëPjPë. PìPµ PrP°C”  
PjPsP¶P»PëPIC-CḡC,CH P·PrC-PNëCḡPSCḡPIP°C,Pë PePsPSC,CḡPsP»CH  
CḡPìC-PIPIC-PrPSPsC€PµPSPSCḡ PePsCḡPëCḡC,CH/CḡPëP·PëPe PrP»Cḡ  
P»C-PeP°CḡCḡCḡPePëC... P·P°CḡPsP±C-PI. PḡPµPrPëC±PSC- PìCḡP°C†C-PIPSPëPePë  
PìPsPIPëPSPSC- PìPsPIC-PrPsPjP»CḡC,Pë PìCḡPs P±CḡPrCH-CḡPeC- PìC-PrPsP·CḡCḡPIP°PSC-

PiPsP±C-C±PSC- CḡPμP°PeC†C-C—.

**PŷPμCḡPjC-PS PiCḡPëPrP°C,PSPsC†C,C-.**

2 CḡPsPePë. PμC-C†P»C† PIC-PrPeCḡPëC,C,C† C,C†P±Pë Bḡ“ 6 PjC-C†C†C†C-PI.

**PjPjPsPIPë P·P±PμCḡC-PiP°PSPSC†.**

P—P±PμCḡC-PiP°C,Pë C† PSPμPrPsC†C,C†PiPSPsPjC† PrP»C† PrC-C,PμPNë PjC-C†C†C- PiCḡPë C,PμPjPiPμCḡP°C,C†CḡC- PSPμ PIPëC‰Pμ 25 B°Pŷ.

**PjPiP°PePsPIPeP°.** PŷC†P±P° PiPs 10 Pi, P°P±Ps 30 Pi, P°P±Ps 50 Pi C† PeP°CḡC,PsPSPSC-PNë PePsCḡPsP±C†C-.

**PḡP°C,PμPiPsCḡC-C† PIC-PrPiC†C†PeC†.**

P—P° CḡPμC†PμPiC,PsPj.

**P°PëCḡPsP±PSPëPe.**

PjC-P±Pμ P“PjP±P† PḡCḡC†PSP°PNëPjC-C,C,PμP»Cḡ.

**PḡC-C†C†PμP·PSP°C...PsPrP¶PμPSPSC† PIPëCḡPsP±PSPëPeP° C,P° P°PrCḡPμC†P° PjC-C†C†C† PiCḡPsPIP°PrP¶PμPSPSC† PNëPsPiPs PrC-C†P»CḡPSPsC†C,C-.**

PḡCḡPSC...PμPSPμCḡC€C,CḡP°C†C†Pμ 15, P°CḡPμPSP°, PŷP°PeC†PsPSC-C†- PḡPSC...P°P»CḡC,, 06796, PkC-PjPμC†C†PëPSP°.