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IMMUNOLOGY

APPLIED IMMUNOLOGY AND CLINICAL CLUES FOR INBORN ERRORS OF IMMUNITY

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**Kalpana George

Abstract: Primary immune deficiency disorders or inborn errors of immunity are one of the commonest genetic disorders caused by variants in more than 400 genes. This is manifested by susceptibility to severe, persistent, unusual or recurrent infections encompassing a broad or narrow range of pathogens. Autoimmune, allergic and autoinflammatory manifestations and susceptibility to early onset malignancies may be the other manifestations. These disorders are often undiagnosed or misdiagnosed and enhancing awareness among pediatricians is key to improving outcomes, since a high index of suspicion is crucial.

Keywords: Primary immune deficiency, Inborn errors of immunity, Autoinflammation.

Points to Remember

- *A high index of suspicion is essential to diagnose primary immune deficiency disorders (PIDDs).*
- *Infections of unusual severity, frequency, etiology and suboptimal response to treatment are the hallmark of these disorders.*
- *Apart from susceptibility to infections, autoimmune, allergic and autoinflammatory features occur as well as early onset malignancies.*
- *Important clues from the history include age at onset, types of infections, adverse events following immunization and the family history.*
- *Examination often reveals valuable clues including syndromic features, paucity or proliferation of lymphoid tissue, other systemic manifestations and failure to thrive.*

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IMMUNOLOGY

LABORATORY CLUES TO PRIMARY IMMUNODEFICIENCY DISORDERS

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****Rachna Shanbhag Mohite**

Abstract: Primary immunodeficiency disorders are a large group of heterogeneous diseases, which result from defects in the immune system. These defects can either be in the innate or adaptive immunity. As per the latest classification published by the International Union of Immunological Societies expert committee on Inborn Errors of Immunity, around 430 primary immunodeficiency disorders have been recognized and the list is expanding. One in 1000 individuals suffer from a primary immunodeficiency disorder and these diseases are by no means, rare. Yet many patients remain undiagnosed, due to lack of awareness of these conditions. This article highlights the importance of routine tests like complete blood counts and serum immunoglobulin assay in diagnosing patients with these disorders. Along with case-based discussion, simple algorithms have been provided, that can guide a clinician in making a timely diagnosis.

Keywords: Primary immune deficiency diseases, Inborn errors of immunity, Laboratory tests.

Points to Remember

- *PIDs are currently referred to as IEs.*
- *One in 1000 individuals suffer from a PID, hence, these diseases are not rare.*
- *The first step in the diagnosis of PIDs is history and clinical examination and to suspect them in clinical practice.*
- *Careful analysis of routinely available tests like hemogram provide valuable clues to the underlying PID.*
- *Neutropenia can be manifestation of a PID and noted in severe congenital neutropenia, cyclic neutropenia, hyper IgM syndrome and many other PIDs.*
- *Marked neutrophilia must make one think of leukocyte adhesion deficiency.*
- *Persistent thrombocytopenia in a male child warrants evaluation for possible Wiskott Aldrich Syndrome.*
- *Serum immunoglobulin assay is a valuable tool in evaluation of patients with suspected PID, which has to be used more often in clinical practice.*
- *NBT and DHR are simple screening tests for chronic granulomatous disease.*
- *Once suspected, one must not delay initiation of therapy for want of genetic testing in these patients.*

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IMMUNOLOGY

INNATE IMMUNE DEFECTS

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 ******Mukesh M. Desai**

Abstract: *The innate immune system is a phylogenetically ancient, germline-encoded system that enables eukaryotes to defend themselves against infections. It is “inborn” and does not require a developmental phase and forms the first line of defense against foreign material. It has an immediate or near immediate effect. Innate immune defects can be broadly classified as predisposition to invasive bacterial infections, predisposition to parasitic and fungal infections, Mendelian susceptibility to mycobacterial disease and predominant susceptibility to viral infections. Each defect has a narrow spectrum of infections and knowledge of the specific causative organism in each case helps in early diagnosis and therapeutic decision making.*

Keywords: *Inborn errors of immunity, Innate immunity, Toll-like receptor pathway, Mendelian susceptibility to mycobacterial disease.*

Points to Remember

- *Innate immune defects can be broadly classified as predisposition to invasive bacterial infections, predisposition to parasitic and fungal infections, Mendelian susceptibility to mycobacterial disease and predominant susceptibility to viral infections.*
- *Interleukin 1 Receptor Associated Kinase 4 (IRAK4), Myeloid differentiation factor 88 (MyD88) and toll-interleukin 1 receptor (TIR) domain containing adaptor protein (TIRAP) deficiencies are associated with invasive bacterial infections.*
- *Chronic mucocutaneous candidiasis is caused by defects in the IL-17 pathway, whereas defects in phagocytic defects and CARD9 deficiency cause invasive fungal infections.*
- *Inborn errors in IFN- γ cause MSMD.*
- *Errors in TLR3 signaling pathway and Type-1 Interferons lead to predisposition to viral infections and Type-1 Interferon pathway defects are also associated with severe COVID-19.*

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IMMUNOLOGY

PRIMARY ANTIBODY DEFICIENCIES

***Sathishkumar Loganathan**
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 *** **Surjit Singh**

Abstract: Primary antibody deficiencies are a group of primary immunodeficiency disorders characterized by a marked reduction or absence of serum immunoglobulins due to intrinsic genetic defects in B-cells or impaired interaction between B-cells and T-cells. Clinical symptoms first manifest usually around 6-12 months of life when maternally acquired antibody levels are waning. The sine qua non of antibody deficiency syndromes is recurrent sino-pulmonary infections, especially with encapsulated organisms. Replacement with intravenous immunoglobulin is the mainstay of treatment in primary antibody deficiencies.

Keywords: Agammaglobulinemia, Primary immunodeficiency, Recurrent infections, Hypogammaglobulinemia.

Points to Remember

- *Primary B-cell disorders/ primary antibody deficiency disorders (PADs) are the most common primary immunodeficiency disorders (PID) accounting for approximately 50% of all PID cases.*
- *Recurrent infections with typical microorganisms and predilection for specific organ systems (sino-pulmonary system, gastrointestinal tract and bloodstream infections) are important clinical pointers to suspect PADs.*
- *Absent tonsils and non-palpable lymph nodes are simple bedside clues to clinch the diagnosis of X-linked Agammaglobulinemia.*
- *Compliance with regular intravenous immunoglobulin (IVIg) replacement and prophylactic antimicrobial agents remains the standard of care, with proven benefits in both morbidity and mortality.*
- *Autoimmunity in the setting of underlying PADs (especially common variable immunodeficiency) has a heterogeneous spectrum of clinical manifestations and needs a high index of clinical suspicion to recognise.*
- *Appropriate disease specific vaccination plan, genetic counselling and attempts for antenatal diagnosis for monogenic defects are crucial.*

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IMMUNOLOGY

NEUTROPHIL DISORDERS***Nancy Hilda J******Aishwarya Venkataraman**

Abstract: Neutrophils play an important role in recognition and killing of infectious pathogens. Disorder of neutrophil production, emigration, chemotaxis and function can cause a spectrum of immune defects, which are characterized by recurrent and serious invasive infections. This article is an overview of the common neutrophil disorders.

Keywords: Neutrophils, Phagocytes, Neutropenia, Hyper IgE, CGD, Chediak Higashi syndrome.

Points to Remember

- *Neutrophil disorders are a rare, but important reason of morbidity and mortality in infants and children.*
- *Neutrophil disorders should be considered when a child presents with serious or recurrent infections and in those who are being investigated for immunodeficiency.*
- *Appropriate and prompt investigations can lead to definite diagnoses, and specific management measures can reduce both mortality and morbidity.*

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IMMUNOLOGY

COMPLEMENT DEFICIENCY IN SYSTEMIC AUTOIMMUNE DISEASES

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Abstract: Complement is an important part of the innate immune pathway. It involves over 20 serum proteins, most being synthesized in liver. These proteins are initially inactive precursors which get activated later by different stimuli. All the three pathways of complement activation i.e., classical, alternative and lectin converge to produce membrane attack complex or terminal complex which leads to lysis of the target pathogen. Activity of complement is controlled by regulatory proteins that prevent host cell damage and lysis caused by inadvertent binding of activated complements. Complement deficiency results in autoimmune diseases. Early complement deficiency results in monogenic lupus and infections due to encapsulated bacteria whereas late complement component deficiency causes neisserial infections. Complement can be assessed by various tools like enzyme-linked immunoassays, flow cytometry, and next-generation sequencing.

Keywords: Early-onset systemic lupus erythematosus, Complement, Classical pathway, Autoimmune diseases, Atypical hemolytic uremic syndrome, Alternative pathway.

Points to Remember

- *Complement plays a key role in pathogenesis of autoimmune and inflammatory diseases.*
- *Monogenic lupus can be due to defects in components of classical pathway.*
- *Complement deficiency results in a predisposition to infections primarily from encapsulated bacteria.*
- *Defective regulation of complement system can result in atypical hemolytic uremic syndrome or paroxysmal nocturnal hemoglobinuria.*
- *Excessive alternative pathway activation can cause lupus nephritis or antiphospholipid antibody syndrome.*

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IMMUNOLOGY

SEVERE COMBINED IMMUNE DEFICIENCY

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Abstract: Severe combined immune deficiency is a disorder characterized by defective production or function of lymphocytes resulting in early-onset severe infections in infants. It is a medical emergency and needs to be recognized early for optimal treatment outcomes. Opportunistic infections are the hallmark clinical manifestation and presence of lymphopenia in complete blood counts is a vital clue for diagnosis. Diagnosis can be confirmed by lymphocyte subset analysis with flow cytometry. Hematopoietic stem cell transplantation is the treatment of choice. Establishment of genetic diagnosis is needed for counselling of the affected families.

Keywords: Severe combined immune deficiency, Infections, Pneumonia, BCG, Flow cytometry.

Points to Remember

- Severe Combined Immune Deficiency (SCID) is a severe form of primary immunodeficiency disorder characterised by defective lymphocyte production or function.
- Clinical manifestations in SCID usually start from early infancy. These include opportunistic infections which are recurrent and severe.
- In countries where universal BCG vaccination at birth is practiced, disseminated BCGosis remains a major concern in children with SCID.
- Presence of lymphopenia (absolute lymphocyte counts in infants $<3000/\text{mm}^3$) is an important laboratory clue.
- Flow cytometry enumeration of lymphocyte subsets helps in diagnosing and categorising subtype of SCID.
- Hematopoietic stem cell transplantation (HSCT) is the definitive mode of therapy for children with SCID.
- Early identification and timely HSCT results in successful outcomes in SCID.

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IMMUNOLOGY

DISORDERS OF IMMUNE REGULATION

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Abstract: *Inborn errors of immunity are genetic disorders with broad clinical manifestations, ranging from increased susceptibility to infections to significant immune dysregulation. As per 2019 Update of the International Union of Immunological Societies expert committee's classification, there are now 430 single-gene inborn errors of immunity. Primary immune regulatory disorders are a growing subset of diseases referred to as inborn errors of immunity. Unlike classical primary immune deficiency disorders that typically present with severe, recurrent, or unusual infections, the clinical manifestations of primary immune regulatory disorders are dominated by immune-mediated diseases (autoimmunity, autoinflammation/hyperinflammation, lymphoproliferation, malignancy, and severe atopy). In this article we will discuss in detail about disorders of immune regulation with phenotypical presentation and associated genetic defects.*

Keywords: *Immune deficiency, Inborn errors of immunity, Primary immune regulatory disorders, Autoimmunity.*

Points to Remember

- *PIRD predominantly have clinical features of autoimmunity, hyperinflammation, lymphoproliferation, malignancy and severe atopy with less dominant features of immunodeficiency and infection.*
- *Genetic causes of PIRD function in immune pathways that regulate the various types of immune responses.*
- *The treatment is challenging, as it requires careful balancing of immunosuppression in subjects at increased risk of infections.*
- *Treatment for PIRD are directed at the specific genetic defect, and HCT can be a curative therapy for some cases*

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IMMUNOLOGY

UTILITY OF GENETIC TESTS IN PRIMARY IMMUNODEFICIENCY DISORDERS

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Abstract: Genetic testing plays a crucial role in the field of primary immunodeficiency. It provides the confirmatory molecular diagnosis to the affected patient. This helps the family in prenatal diagnosis, personalized treatment, embryo implantation during in-vitro fertilization and family screening. In this review, we have broadly discussed the widely used genetic tests in the clinical setting for primary immunodeficiency. We have also described the most appropriate genetic testing approach for different types of primary immunodeficiency. The utility of genetic testing to the affected patients and their family members is also discussed.

Keywords: Primary immunodeficiency, Genetic testing, Molecular diagnosis, Personalized treatment.

Points to Remember

- Genetic testing provides the confirmatory diagnosis for the patients affected with primary immunodeficiency that has a heterogeneous array of symptoms.
- The identification of the variant helps the clinicians in tailoring the treatment of the patient according to the genetic condition.
- Variant identification helps in prenatal diagnosis, embryo pre implantation, family and community screening.
- Choosing the most appropriate genetic test for diagnosis of different types of PID is based on the patient's clinical characteristics and immunological investigations.

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IMMUNOLOGY

FOOD DEPENDENT EXERCISE INDUCED ANAPHYLAXIS

***Major K. Nagaraju**

Abstract: Food dependent exercise induced anaphylaxis is an uncommon condition in childhood and occurs during exercise, preceded by ingestion of culprit food, which used to be independently tolerated. Wheat gluten is the commonest food responsible for food dependent exercise induced anaphylaxis. Diagnosis is mainly by evaluation of clinical history. As allergy tests do not give accurate results, modified exercise challenge tests are needed. Accurate diagnosis definitely helps the patient to return to exercise with confidence. Patient should avoid exercise for 4-6 hours after consuming the offending food but can take other foods without any restriction. Parents should be educated about the importance of carrying epinephrine for emergency.

Keywords: Food dependent exercise induced anaphylaxis, Cofactors, Challenge test, Wheat dependent.

Points to Remember

- *FDEIA is a special type of food allergy, where symptoms are triggered by consumption of causative food combined with exercise.*
- *Pathophysiological mechanism of FDEIA is not fully understood.*
- *Exercise tolerance test combining aspirin along with suspected food allergen can establish the diagnosis and can exclude other causes.*
- *Omega 5 gliadin is the preferred marker for diagnosing wheat dependent exercise induced anaphylaxis.*
- *Children with FDEIA should avoid eating the causative food 4 hours before any exercise/exertion.*

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IMMUNOLOGY

HEREDITARY ANGIOEDEMA

*Archan Sil

**Ankur K. Jindal

Abstract: Hereditary angioedema is an uncommon disorder with autosomal dominant mode of inheritance and is clinically characterized by recurrent episodic swelling of face, limbs, genitals, airway and gastrointestinal tract. Because of lack of awareness, most patients with hereditary angioedema remain undiagnosed and untreated. Swelling episodes in patients with hereditary angioedema are mediated by bradykinin. Excess bradykinin due to defective C1 inhibitor protein is the basic fault. While in type 1 HAE, C1 inhibitor protein levels are low, HAE type 2 is characterized by normal levels of C1 inhibitor protein that is functionally defective. C1 inhibitor protein levels and function are normal in type 3 hereditary angioedema. Treatment of acute attacks, short term prophylaxis and long-term prophylaxis are the mainstay in management. C1 inhibitor protein concentrate is the preferred treatment for patients with hereditary angioedema in the developed countries. However, because of non-availability of this drug in India and many other developing countries, most patients are treated with fresh frozen plasma, attenuated androgens and tranexamic acid. In this review, we update on the pathogenesis, clinical features, diagnosis and management of hereditary angioedema.

Keywords: Hereditary angioedema, Bradykinin, C1 inhibitor, Acute attacks, prophylaxis, Attenuated androgens, Tranexamic acid.

Points to Remember

- *Hereditary angioedema (HAE) is an uncommon disorder characterized by episodic edema.*
- *Because of lack of awareness, the disease remains undiagnosed for several years.*
- *HAE should be suspected in all patients who present with episodic edema without urticaria.*
- *In patients with suspected HAE, C4, C1-INH levels and C1-INH function should be assessed.*
- *Most patients have diseases onset in childhood. Hence, pediatricians have an important role to play in the early diagnosis of HAE.*
- *Patients with HAE in most of the developing countries including India are managed using fresh frozen plasma, attenuated androgens and tranexamic acid because all 1st line treatments are not available.*

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GENERAL ARTICLE**EARLY BEHAVIORAL SIGNS OF ATTENTION DEFICIT HYPERACTIVITY DISORDER: A PRACTICAL GUIDE*****Vijaya Raman**

Abstract: Attention deficit hyperactivity disorder is one of the most common neurobehavioral disorders seen in childhood. It is important to keep a high index of suspicion when parents complain of behavioral issues in young children. Many behavioral changes in early childhood do cease to be of concern when children grow up. There are some definite early indicators of behavioral issues that continue to be problematic and affect the development and later functioning in all areas. This article focuses on early identification of problem behaviors that may lead to negative short and long-term effects on an individual's personal and professional life.

Keywords: Early identification, Behavior, Children.

Points to Remember

- *ADHD is a common neurobehavioral disorder which is often undiagnosed till significant impairment is observed.*
- *Repeated parental concerns regarding behavior of the child during routine OPD visits should warrant referral rather than reassurance.*
- *There are early behaviors that can aid in early identification and intervention.*
- *Early intervention prevents negative impact on the child's development, self-esteem and overall functioning and outcome.*

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DRUG PROFILE**IRON CHELATION IN CHILDREN**

***Jeesson C. Unni**

Abstract: *Currently, the goal of iron chelation has shifted from treating iron overload to preventing iron accumulation and iron-induced end-organ complications, in order to achieve a complication-free survival and an improved quality of life of children with iron overload. New chelation options increase the likelihood of achieving these goals. Timely initiation, close monitoring and continuous adjustment are the cornerstones of optimal chelation therapy in children. Despite use of iron chelators for more than 60 years, grey areas still remain. The three available iron chelators have been reviewed.*

Keywords: *Iron overload, Iron chelators, Desferrioxamine, Deferiprone, Deferasirox.*

Points to Remember

- *Uncontrolled transfusional iron overload increases the risks of heart failure, endocrine damage, liver cirrhosis and hepatocellular carcinoma.*
- *Chelation therapy is an effective treatment modality (but not ideal as yet) in improving survival, decreasing the risk of heart failure and decreasing morbidities from transfusional iron overload and should be started at least within 2 years of starting regular blood transfusions.*
- *Response to chelation is dependent on the dose and the duration of exposure*
- *Changes in body iron in response to transfusion and chelation can usually but not always be estimated from the trend in serum ferritin - Liver iron concentration (LIC) is better indicator of total body iron, and serum ferritin is an approximate marker of LIC.*
- *Iron mediated tissue damage is often irreversible, and removal of iron deposited in tissues by chelation is slow - particularly after it has escaped the liver. Chelation of liver iron is faster than from the myocardium.*
- *Heart iron accumulates later than liver iron, and is rare before the age of 8 years.*
- *Over chelation increases side effects from chelation therapy, and doses should therefore be decreased as serum ferritin or liver iron levels fall (demonstrated most clearly with DFO)*
- *The chelation regime must be tailored for the individual child and will vary with the clinical situation.*
- *Chelation therapy will not be effective if it is not taken regularly - a key aspect of chelation management is to work with patients to ensure adherence.*

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ADOLESCENCE

RELATIONSHIP COUNSELLING

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Abstract: *'Human relationship' has various phases. Counselling being a collaborative effort between the counselor and client, aims at identifying goals and potential solution to problems which causes emotional conflicts. A boy-girl relationship follows certain laws- 'laws of attraction, difference and self-image'. In this context, relationship counseling not only aims at identifying the problems but also provides insight into the type of relationship. Based on this knowledge, one can seek to improve communication and coping skills, strengthen self-esteem and promote behavioural changes and strong interpersonal relationships.*

Keywords: *Relationship, Counselling, Boy-Girl relationship, Love relationship*

Points to Remember

- ***The human relationship counselling model follows Roger's client-centered approach, where the client forms the core part of therapy process.***
- ***A boy-girl relationship follows certain laws- 'laws of attraction, difference and self-image'.***
- ***The boy-girl relationship can be of multiple types, and these have their own set of relationship issues.***
- ***A healthy boy-girl relationship is formed on the grounds of honesty, compassion, finding right balance, talking openly and having mutual respect.***
- ***Physical relationship before marriage can affect post marriage relationship.***

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CASE REPORT**HYPERTRANSAMINASEMIA
MASQUERADING AS WILSON DISEASE*****Riyaz A**

Abstract: *It is indeed very unfortunate that clinicians occasionally embark on the pursuit of expensive and invasive investigations, including liver biopsy, in the evaluation of children with isolated elevation of transaminases. Many of these children may be subsequently found to have various myopathies, including Duchenne muscular dystrophy. Superfluous testing can be avoided by following the basic principles of medicine like good history taking and meticulous clinical examination followed by relevant investigations.*

Keywords: *Hypertransaminasemia, Wilson disease, Duchenne muscular dystrophy, Gamma-glutamyl transpeptidase, Creatine kinase.*

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CASE REPORT**MYXEDEMA COMA IN A CHILD WITH DOWN'S SYNDROME**

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****Nisha Bhavani**

Abstract: *Myxedema coma is a rare condition characterised by severe hypothyroidism leading to depressed mental status, hypothermia and multiorgan dysfunction as a result of reduced circulating levels of thyroid hormones. We present here a boy with Down syndrome who was admitted with progressive lethargy, hypotension, and hypothermia who was diagnosed to have myxedema coma and managed appropriately. Treatment includes ICU care, replacement with thyroxine, intravenous steroids and supportive measures. Worldwide there are only very few case reports of children with Down syndrome presenting as myxedema coma. The condition requires a high index of suspicion, prompt diagnosis and treatment, as it is potentially life threatening.*

Keywords: *Hypothyroidism, Downs syndrome, Child.*

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CASE VIGNETTE**SUBCUTANEOUS ZYGOMYCOSIS**

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CASE VIGNETTE**A RARE CAUSE OF OPEN ANTERIOR
FONTANELLE IN A TODDLER**

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