ᓂᕿᒋᔭᑐᐊᕆᔭᒃᓴᑦ ᓈᒻᒪᑦᑐᑦ

Inuktitut Version

Canadian Diabetes Association

ᐊᐅᒃ ᓱᑲᖅᑲᓗᐊᖅᑎᓪᓗᒍ ᓱᑲᖅᑲᙱᓗᐊᖅᑎᓪᓗᒍᓗ, ᑎᒦᑦ ᐊᒃᓱᕈᓲᖑᕗᖅ ᐊᑐᕋᓱᐊᖅᑐᓂᐊᒻᒪᓗ ᑐᖅᑯᐃᓗᓂ ᓂᕿᓃᙱᖕᒐᔪᓂᒃ ᐊᑐᓛᑐᐃᓐᓇᕐᓗᒍ. ᓂᕿᓃᙱᖅᑐᖅᐊᐅᓚᒍᓐᓇᐅᑎ ᑎᒥᖕᓃᑦᑐᖅ ᑎᒥᕕᑦ ᐊᑐᕆᐊᓕᖕᒋᑦ ᓱᑲᐅᕗᖅ ᒍᓗᑰᔅ-ᒥᒃ ᐊᑎᓕᒃᐊᐅᑉ ᓱᑲᖕᒐ ᒍᓗᑰᔅ ᑕᐃᑲᙱᖕᒐᔪᑦ ᓲᕐᓇᖅᑐᓂᒃ ᐱᕈᖅᑐᒥᓂᕐᓂᒃ, ᑭᓂᖅᓴᐅᑎᓛᑦ (ᓂᐊᕐᑲᐅᔭᐃᑦ, ᐊᓛᓲᑦ, ᐊᒻᒪᓗ ᐃᓇᓗᔭᐃᑦ) ᐊᒻᒪᓗ ᓱᑲᓕᖅᓯᒪᔪᑦ ᓂᕿᑦ ᐃᒥᒐᒃᓴᐃᓪᓗ. ᓂᕆᑦᕋᐃᒐᕕᑦ, ᐊᐅᒃ ᓱᑲᕐᑲᕐᓂᖅᓴᐅᓕᓲᖑᔪᖅ.

ᑲᒪᒋᑦᑎᐊᕈᒃ ᑎᒥᓕᒫᑦ, ᐃᓱᒪᖕᒋᑦ ᐊᒻᒪᓗ ᑕᕐᓃᑦ. ᕐᑲᓄᐃᑦᑕᐃᓕᓗᓂ ᐃᑲᔪᕐᓂᕐᑲᕐᒪᑦ ᐃᓕᓐᓂᒃ, ᕐᑲᑕᙵᑎᓐᓂᒃ ᐊᒻᒪᓗ ᓄᓇᒋᔭᕐᓂᒃ.

ᕐᑲᖕᒐᒃᑯᑦ ᓂᕆᒋᐊᕐᑲᕐᒪᖕᒐᖅ

- **ᓂᕆᕐᑲᑎᒋᕐᑲᑦᑕᕐᓗᒋᑦ ᕐᑲᑕᙵᑎᑎᑦ.**
  ᓱᒻᒪᑦ: ᓂᕆᕐᑲᑎᒦᑦᑐᓂ ᐱᒻᒪᕆᐅᕗᖅ. ᐊᓕᐊᓇᐃᒍᓱᓐᓂᖅᓴᐅᒐᔭᖅᑐᓯ ᓂᕆᕐᑲᑎᒦᑦᓗᓯ ᐊᒻᒪᓗ ᕿᑐᕐᖕᒐᖕᓄᑦ ᑕᑯᓐᓈᖅᑕᐅᑦᑎᐊᕐᓂᖅᓴᐅᒐᔭᖅᑐᑎᑦ. ᑕᐃᒪᓐᓇ ᑕᑯᒃᓴᐅᑎᑦᑎᔪᑎᑦ ᐃᑉᐱᒍᓱᑦᑎᐊᕐᓂᕐᒥᒃ ᐊᒻᒪᓗ ᕐᑯᔭᓕᓂᕐᒥᒃ ᐃᓅᓯᕐᑲᖅᑎᑕᐅᓂᒃᓯᖕᓄᑦ ᐊᒻᒪᓗ ᓂᕿᕐᑲᖅᑎᑕᐅᓂᒃᓯᖕᓄᑦ.

- **ᐱᖕᒐᓱᐊᖅᑎ ᐅᓪᓗᖅ ᐊᑕᐅᓯᕐᒥ ᓂᕆᕐᑲᑦᑕᕐᓗᓯ. ᐱᖕᒐᓲᔪᖅᑐᑦ ᐃᑲᕐᑦ ᐊᓂᒍᓚᐅᙱᓐᓂᖕᒋᓐᓂ ᓂᕆᕐᑲᑦᑕᕐᓗᓯ.**
  ᓱᒻᒪᑦ: ᓂᕆᕐᑲᑦᑕᕐᓗᓂ ᓈᒻᒪᑦᑐᓂᒃ ᓂᕆᒋᐊᕐᑲᓕᕐᓗᓂᓗ ᐃᑲᔪᕐᓂᕐᑲᕋᔭᖅᑐᖅ ᐊᐅᑦ ᓱᑲᕐᑲᓗᐊᕐᕌᙱᑦᑎᓪᓗᒍ. ᑕᐃᒪᓐᓇ ᓂᕆᕐᑲᑦᑕᕐᓗᓂ ᐋᖅᑮᓯᒪᕗᖅ ᐱᙵᖅᑎᑦᑎᔨᕗᑦ ᑎᒥᑦᑎᓐᓂ ᓂᕆᕐᑲᑦᑕᕐᓗᑕ ᓈᒻᒪᑦᑐᓂᒃ ᓈᒻᒪᓈᖅᓯᒪᔪᒃᑯᓪᓗ.

- **ᐊᖕᒋᕋᖅᓯᒪᓂᐊᙱᓐᓂᕋᐃᒍᕕᑦ ᓂᕆᒋᐊᕐᑲᓕᕋᐃᒍᕕᑦ, ᓇᒃᓴᕐᑲᑦᑕᕐᓗᑎᑦ ᓂᕿᑦᑎᐊᕙᓂᒃ.**
  ᓱᒻᒪᑦ: ᕐᑲᖕᒐᑐᐃᓐᓇᓕᒫᖅ ᓇᒧᙵᕐᓂᕋᓗᐊᕈᕕᓪᓗᓐᓂᑦᓂᕿᑦᑎᐊᕙᓂᒃ ᓂᕆᔪᓐᓇᕐᑲᑦᑕᕐᓂᐊᕋᕕᑦ (ᐳᖅᓯᕐᑲᑦᑕᕐᓗᑎᑦ ᐃᑭᐊᕐᒥᓕᓐᓂᒃ, ᐱᕈᖅᑐᒥᓂᕐᓂᒃ ᓲᕐᓇᖅᑐᓂᓪᓗ ᐱᕈᖅᑐᒥᓂᕐᓂᒃ ᓇᒃᓴᕐᑲᑦᑕᕐᓗᑎᑦ).

ᐃᕐᑲᐃᓕᓴᕐᑲᑦᑕᕐᓗᓂ ᓂᕆᑦᑎᐊᕐᑲᑦᑕᕐᓗᓂᓗ ᐃᓅᓯᕐᑲᑦᑎᐊᕐᓇᕈᑕᐅᕗᖅ ᐊᐅᒃᑯᑦ ᓱᑲᕐᑲᓗᐊᖅᑐᓄᑦ.

ᑭᓱᓂ ᓂᕆᒋᐊᖃᕐᒪᖔᖅᐱᑦ

- **ᐊᔾᔨᒌᙱᑦᑐᕈᓗᔭᕐᓂᒃ ᓂᕆᖃᑦᑕᕐᓗᑎᑦ ᓂᕆᓐᓇᐅᓕᕋᐃᑉᐸᑦ ᐅᕐᑯᒻᒥᓗᓐᓇᐅᓕᕋᐃᑉᐸᓪᓘᓐᓃᑦ.**
  ᓱᒻᒪᑦ: ᓂᕈᐊᕐᓗᓂ ᓂᕿᓂᒃ ᑕᒪᐃᓐᓂ ᓂᕆᔭᐅᔭᕆᐊᖃᓲᕐᓂᒃ ᐊᔾᔨᒌᙱᑦᑐᒡᒍᑕᓂᒃ ᐃᑲᔪᕐᓂᖃᕐᓂᐊᕐᒪᑦ ᑎᒦᑦ ᐊᑐᕆᐊᓕᖕᒋᓐᓂᒃ ᓂᕿᑦᑎᐊᕙᓃᖔᖅᑐᓂᒃ ᐱᓂᐊᕐᒪᑦ ᖃᓄᐃᑦᑕᐃᓕᕐᑯᓪᓗᖑ.

- **ᓂᕆᖃᑦᑕᕐᓗᑎᑦ ᓂᕿᓂᒃ ᓄᓇᒦᖔᖕᒐᖕᒐᓛᖑᔪᓂᒃ**
  (ᓂᕿᓪᓚᑦᑖᑦ ᐊᒻᒪᓗ ᐃᖃᓗᐃᑦ, ᑯᐊᓐᓃᑦ, ᐸᐅᖕᒐᐃᑦ, ᐊᓛᓱᑦ, ᐊᕿᑦᑐᔭᑦ, ᑕᖅᑑᔭᑦ, ᐱᕈᖅᑐᑦ ᐸᓚᐅᒐᓕᐊᕆᔭᐅᓱᑦ, ᐱᕈᖅᑐᑦ ᐊᒻᒪᓗ ᑕᖅᑑᔭᑦ ᓂᒃᑯᓕᐊᕆᓯᒪᔪᑦ ᓂᕿᑦᑎᐊᕙᐅᕗᑦᓂᕆᖃᑦᑕᕐᓗᒋᑦ).
  ᓱᒻᒪᑦ: ᓂᕿᑦ ᓄᓇᒦᖔᖕᒐᖕᒐᓛᖑᔪᑦ ᐱᐅᓛᖑᒻᒪᑕ ᑎᒥᒧᑦ. ᑖᒃᑯᐊ ᓂᕿᑦ ᑎᒥᒧᑦ ᐊᑐᕋᒃᓴᓂᒃ ᐃᓗᓕᖃᓛᖑᕗᑦ ᓄᓇᑉ ᓴᓇᓯᒪᔭᖕᒋᑦ ᐊᒻᒪᓗ ᐱᔭᒃᓴᐅᓴᕋᐃᑦᑑᓪᓗᑎᑦ ᐊᑐᐃᓐᓇᐅᒪᑦᑎᐊᕈᓐᓇᕐᒪᑕ ᐅᕙᑉᑎᒻᓄᑦ.

- **ᓂᕆᖃᑦᑕᕐᒥᓗᑎᑦ ᓄᑭᓄᑦ ᓴᙱᒋᔫᑎᑦᑎᓲᓂᒃ**
  ᖃᑯᖅᑎᖅᓯᒪᙱᑦᑐᓂᒃ ᐸᓚᐅᒐᓛᑦ ᓂᐊᖅᑲᐅᔭᑦ, ᐅᓪᓛᖅᓯᐅᑦ ᐊᒻᒪᓗ ᐃᓇᓗᔭᐃᑦ, ᐱᕈᖅᑐᒥᓃᑦ ᓲᕐᓇᖅᑐᑦ, ᐱᕈᖅᑐᒥᓃᑦ ᐊᒻᒪᓗ ᑕᖅᑑᔭᐃᑦ (ᓂᒃᑯᓕᐊᕆᔭᐅᓯᒪᔪᑦ ᑕᖅᑑᔭᑦ ᓂᒃᑯᓕᐊᕆᔭᐅᓯᒪᙱᑦᑐᓪᓗ) ᓂᕿᑦᑎᐊᕙᐅᕆᕗᑦ.
  ᓱᒻᒪᑦ: ᓂᕿᑦ ᓄᑭᓄᑦ ᓴᙱᒋᔫᑎᑦᑎᓲᑦ ᐊᕿᐊᑦᑐᕐᓇᓂᖅᓴᐅᓪᓗᑎᑦ ᐊᒻᒪᓗ ᐊᐅᖕᓂ ᓱᒃᖃᓗᐊᕐᔭᐃᖅᓯᒪᑎᑦᑎᓲᖑᓪᓗᑎᑦ.

- **ᐱᕈᖅᑐᒥᓂᕐᓂᒃ ᓂᕆᓂᖅᓴᐅᖃᑦᑕᕐᓗᑎᑦ**
  (ᓄᑖᖑᔪᓂᒃ, ᖁᐊᖅᑎᑕᐅᓯᒪᔪᓂᒃ, ᐅᕝᕙᓘᓐᓃᑦ ᖃᑦᑖᕐᔪᓛᕐᒨᖅᑕᐅᓯᒪᔪᓂᒃ).
  ᓱᒻᒪᑦ: ᐱᕈᖅᑐᒥᓃᑦ ᓂᕿᑦᑎᐊᕙᐅᕗᑦ ᑎᒥᒧᑦ ᓈᒻᒪᑦᑎᐊᖅᑐᑎᑦ ᖃᓄᐃᑦᑕᐃᓕᒪᕐᑯᓪᓗᑎᑦ.

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ᓂᕿᒋᔭᑐᐊᕆᔭᒃᓴᑦ ᓈᒻᒪᑦᑐᑦ

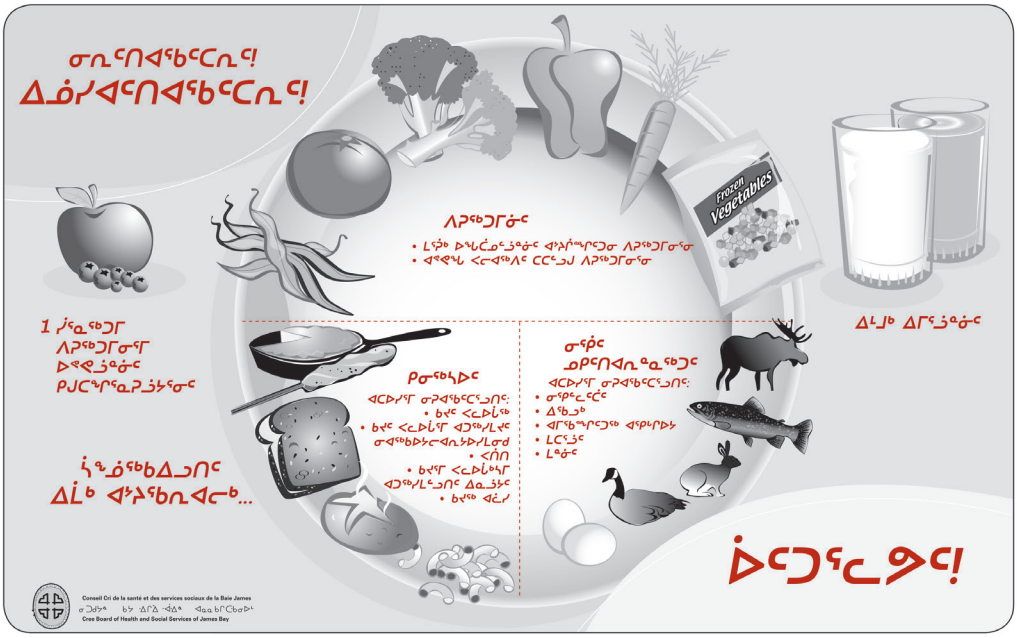
- **ᐃᒥᕈᓱᓕᕋᐃᒍᕕᑦ, ᐃᒥᖃᑦᑕᕐᓗᑎᑦ ᐊᑦᑕᓇᙱᑦᑐᒥ ᐃᒥᕐᒥᒃ**
  ᓱᒃᙳᐊᑦ ᓲᕐᓇᖅᑎᑦᑎᒍᑏᑦ ᒥᑭᔫᓈᕐᓗᒋᑦ ᖃᓄᐃᙱᑦᑐᑦ ᐱᓗᒋᑦ.
  ᓱᒻᒪᑦ: ᐃᒥᒐᖃᑦᑕᖅᑐᓂ, ᐃᒥᒐᒃᓴᒥᓪᓗ, ᓲᕐᓇᖅᑐᑦ ᒃᐱ ᐊᒻᒪᓗ ᓱᒃᑖᑦ ᐃᒥᒐᒃᓴᑦ ᓲᕐᓗ ᑖᙵ ᐊᒻᒪᓗ ᑰᓚᐃᑦ™ ᐊᐅᙵᓂ ᓱᒃᖃᓗᐊᓕᖅᑎᑦᑎᓲᙳᒻᒪᑕ.

- **ᓱᒃᖃᑐᖅᑕᐃᓕᒪᓂᖅᓴᐅᓗᑎᑦ ᓱᒃᖃᓗᐊᖅᑐᓂᓪᓗ ᐱᑦᑕᐃᓕᓂᖅᓴᐅᓗᑎᑦ**
  (ᓲᕐᓗ ᓂᕆᓚᐅᖅᑎᓪᓗᑕ ᓲᕐᓇᑐᖅᑐᕐᓇᐅᓲᙳᒻᒪᑦ, ᑑᓇᔅ, ᑯᑯᐃᑦ ᐊᒻᒪᓗ ᐅᕐᑯᒻᒥᐊᒐᐃᑦ)
  ᓱᒻᒪᑦ: ᓱᒃᓕᑦᑐᓗᐊᖃᑦᑕᕈᕕᑦ ᓂᕆᓗᑎᑦ ᐃᒥᕐᓗᑎᓪᓘᓐᓃᑦ ᓱᒃᓗᐊᖅᑐᓂᒃ, ᐊᐅᑦ ᓱᒃᖃᓗᐊᓕᕈᓐᓇᕐᒪᑦ.

- **ᐅᖅᓱᖃᓗᐊᖅᑐᓂᒃ ᐅᖅᓱᒍᖅᓱᒪᔪᓂᓪᓗ ᓂᕆᓗᐊᖅᑕᐃᓕᒪᓗᑎᑦ,**
  (ᓲᕐᓗ ᓂᕐᑮᑦ ᐅᖅᓱᒍᖅᓱᒪᔪᑦ, ᐳᕐᓂᕈᑏᑦ, ᐊᒻᒪᓗ ᐸᑏᑏᑦ). ᐆᔪᓕᐅᖅᐸᓪᓗᑎᑦ, ᐃᒐᒃᑯᑦ ᐆᑦᑎᖃᑦᑕᕐᓗᑎᑦ ᑎᖅᑎᖅᑐᐸ ᐳᔪᐊᓄᑦ ᐆᑦᑎᖃᑦᑕᕐᓗᑎᑦ.
  ᓱᒻᒪᑦ: ᐅᖅᓱᖃᓗᐊᖅᑐᑦ ᓂᕿᑦ ᐆᒻᒪᑎᒧᑦ ᐱᐅᙱᒻᒪᑕ ᐊᒻᒪᓗ ᖁᑦᑎᒍᑕᐅᓲᙳᓪᓗᑎᑦ. ᖁᐃᓂᓗᐊᙱᓪᓗᓂ ᐆᒻᒪᑎᒧᑦ ᐱᐅᓂᖅᓴᐅᒻᒪᑦ ᐊᒻᒪᓗ ᓱᒃᖃᙱᓗᐊᕈᑎᒋᔭᐅᔪᓐᓇᖅᑐᑎᑦ ᐊᐅᒻᒧᑦ.

ᐊᙱᑎᒋᔪᒥ ᓂᕆᓗᑎᑦ

- **ᓱᒃᑲᐃᓪᓗᑎᑦ ᓂᕆᕙᓪᓗᑎᑦ ᐊᒻᒪᓗ ᓈᒻᒪᒃᓱᒐᐃᒍᕕᑦ ᓂᕆᒍᓐᓃᖅᐸᓪᓗᑎᑦ.**
  ᓱᒻᒪᑦ: ᓈᒻᒪᑦᑐᒥᒃ ᓂᕆᓪᓗᓂ ᑎᒥᙵᓂ ᖃᓄᐃᑦᑕᐃᓕᑎᑦᑎᒍᓐᓇᕐᒪᑦ. ᓂᕆᓗᐊᖃᑦᑕᕈᕕᑦ, ᑎᒦᑦ ᖁᐃᑦᑎᒃᑲᔭᕐᒪᑦ.



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ᖃᓄᖅ ᐊᑕᐅᓯᕐᒥᒃ ᐊᔾᓯᔾᔨᓂᐊᖅᐱᑦ ᑲᒪᒋᑦᑎᐊᕐᓗᒍ ᐃᓱᒪᐃᑦ, ᑎᒦᑦ, ᐊᒻᒪᓗ ᑕᕐᓃᑦ?

ᐆᒪᔪᓕᒫᖅᑎᑐᑦ, ᑎᒥᕗᑦ ᐊᐅᓚᒋᐊᖅᑲᕐᒪᑦ.

ᓱᒻᒪᑦ: ᐊᐅᓚᔾᑲᑦᑕᕐᓗᑎᑦ — ᕿᑲᑐᐃᓐᓇᙱᓪᓗᑎᑦ ᐃᑲᔪᕋᔭᖅᑐᖅ ᑎᒦᑦ ᖃᓄᐃᙱᓂᖅᓴᐅᓗᓂ. ᐱᓱᖃᑦᑕᖅᑐᓂ, ᓱᓗᕕᓪᓗᓂ, ᓄᓂᕙᒋᐊᖃᑦᑕᕐᓗᓂ, ᐊᒻᒪᓗ ᐊᖑᓇᓱᒋᐊᖃᑦᑕᕐᓗᓂ ᐃᑲᔪᕋᔭᖅᑐᖅ ᐊᐅᖕᓂᒃ ᓱᑲᖃᓗᐊᖅᑕᐃᓕᒪᑎᑦᑎᓗᓂ ᖁᐃᑦᑎᓗᐊᖅᑕᐃᓕᒪᑎᑦᑎᒍᑕᐅᓗᓂᓗ.

ᐃᖃᐃᓕᓴᖃᑦᑕᕐᓗᑎᑦ ᖃᐅᑕᒫᑦ

- ᐃᖃᐃᓕᓴᕐᒧᒥᖃᑦᑕᕐᓗᑎᑦ ᖃᐅᑕᒫᑲᓴᒃ ᐱᓇᓱᐊᕈᓯᕐᒥ.
- ᖃᐅᑕᒫᑦ ᐃᖃᐃᓕᓴᖃᑦᑕᕋᓱᐊᕐᓗᑎᑦ, ᓱᕐᓗ ᐱᓱᖃᑦᑕᕐᓗᑎᑦ ᓂᐅᕕᕐᕕᒻᒧᑦ.
- ᓱᒃᑲᐃᔾᔫᒥᒋᐊᕐᓗᑎᑦ ᐃᖃᐃᓕᓴᓇᐊᓕᕈᕕᑦ ᐊᒻᒪᓗ ᐊᒃᓱᕈᕐᓂᖅᓴᐅᖃᑦᑕᕐᓗᑎᑦ ᐃᖃᐃᓕᓴᖅᑕᖕᓂᒃ.
- ᖃᑕᖑᑎᑎᑦ ᖃᓄᐃᓕᐅᕈᓗᔾᔭᖃᑎᒋᖃᑦᑕᕐᓗᒋᑦ (ᓯᐊᕐᓇᔾᔭᕐᓗᓯ, ᓄᓂᕙᓪᓗᓯ, ᓱᓗᕕᓪᓗᓯ).
- ᐱᖑᐊᖃᑕᐅᖃᑦᑕᕐᓗᓯ ᓱᕐᓗ ᐸᐊᑭ ᐊᕿᔪᓂᓪᓘᓐᓃᑦ.
- ᐊᓕᐊᓇᐃᒍᓱᓪᓗᑎᑦ ᖃᓄᐃᙱᓐᓂᖅᓴᐅᓕᕐᓂᕐᓂ ᐊᒻᒪᓗ ᖃᓄᐃᑦᑕᐃᓕᒪᓂᖅᓴᐅᖃᑦᑕᓕᖅᑎᓪᓗᑎᑦ.

ᑎᒦᑦ ᐃᑉᐱᒋᑦᑎᐊᕐᓗᒍ. ᑕᕝᕙᒃ ᐱᓐᓇᓇᕆᑐᐃᓐᓇᕐᓗᒍ

ᓱᒻᒪᑦ: ᓯᒡᒐᓕᐊᖅᑐᖃᑦᑕᖅᑐᓂ ᑎᒦᑦ ᐊᑐᑦᑎᐊᙱᒍᓐᓇᕐᒪᑦ ᐊᐅᖕᓃᑦᑐᒥᒃ ᓱᒃᑭᒃ.

ᓯᒡᒐᓕᐊᖅᑐᖃᑦᑕᖅᑐᓂ ᐆᒪᒪᑎᕐᓗᕐᓇᕈᑕᐅᓂᖅᓴᐅᓲᖑᒻᒪᑦ ᐊᒻᒪᓗ ᖃᕋᓴᒃᑯᑦ ᑕᖃᐃᑦ ᖄᖃᕐᓂᐅᓴᓂᖅᓴᐅᒐᔭᕐᒪᑦ. ᐅᖃᖃᑎᒋᒍᒃ ᐋᓐᓂᐊᖅᑐᓕᕆᔨ ᖃᓄᖅ ᓄᖅᑲᕈᓐᓇᕐᒪᖔᖅᐱᑦ ᓯᒡᒐᓕᐊᕐᒧᑦ.

ᐃᒥᓗᐊᕋᓗᖃᑦᑕᙱᓪᓗᑎᑦ

ᓱᒻᒪᑦ: ᐃᒥᐊᓗᒃ ᐊᐅᑉ ᓱᑲᖕᒐᓂ ᖁᕝᕙᓯᓗᐊᖅᑎᑦᑎᖑᓐᓇᕐᒪᑦ, ᖁᐃᑦᑎᒍᑎᒋᔪᓐᓇᖅᑐᒍ ᐊᒻᒪᓗ ᐊᓯᔾᔨᓲᖑᓪᓗᓂ ᐃᔭᒐᖅᑕᖕᓂᒃ ᑎᒥᖕᓄᑦ. ᐅᖃᖃᑎᒋᒍᒃ ᐋᓐᓂᐊᖅᑐᓕᕆᔨ ᖃᓄᑎᒋ ᐃᒥᐊᓗᒻᒥᒃ ᐃᒥᕈᓐᓇᕐᒪᖔᖅᐱᑦ ᐊᑦᑕᓇᙱᑦᑐᒦᖁᓪᓗᑎᑦ.

Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.

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