

FOR A HEALTHY STATE OF MIND

Centre of Excellence:
Neurosciences





Neurological disorders comprise more than 25% of the global burden of the disease and they are highly widespread in Sub-Saharan Africa. Contributory reasons for the incidence of the disease include malnutrition, adverse perinatal conditions, malaria, the human immunodeficiency virus and the acquired immune deficiency syndrome (HIV/AIDS). The disabling nature of many neurological disorders and the stigma associated with brain disorders have led to under-reporting in Sub-Saharan Africa. However, many neurological disorders are potentially preventable or treatable. For example, most developmental disorders, such as epilepsy, and many strokes are preventable.

We, at Mediheal Group of Hospitals, are at the forefront of addressing the need for prevention and making endeavors towards successful treatment of neurological disorders by providing the most comprehensive and technologically advanced services through our chain of healthcare facilities across Kenya and Rwanda.

Our centres are staffed with the region's most highly-qualified professionals including neurology experts and neurosurgeons, lab technicians and nursing staff. Our clinicians are trained across the world at leading healthcare institutions and present the most appropriate diagnosis and treatment for finest patient outcomes.





Africa is the youngest continent in the world today developing very fast, hosting about 1 billion people which is 14% of the world population, and compatible with the smart electronic age. Complementing the great African dream with comprehensive healthcare support is Mediheal Group of Hospitals.

We have been leading the healthcare segment in Africa with high quality medical services and have participated in inspiring improvements with our patients in mind. Thanks to their incessant trust and support, our spectrum of services today is spread across Kenya, Uganda, Tanzania, Rwanda and Burundi.

We are constantly looking to attract highly qualified medical professionals who live up to the high standards we set for ourselves. We always procure state-of-the-art equipment that is being used across the world, and make sure that our diagnostic labs consistently meet international standards for accuracy and reliability.

As I look back on the years of successful development and aspirations beginning with the establishment of Mediheal Group of Hospitals, I feel both proud and excited about the future. As a progressive healthcare provider, we aim to keep expanding with new facilities and continue the momentum as one of the fastest growing healthcare groups in Africa.

Dr. S. R. Mishra

MS (Obstetrics & Gynaecology), India
Dip. Gynae Endoscopy (Germany)
Chairman, Mediheal Group of Hospitals

“Complementing the great African dream with comprehensive healthcare support...”



“ We have the necessary infrastructure and modern technological support to provide quality neurology and neurosurgery care to people of the region. ”

Neurological disorders have been identified by the World Health Organization (WHO) as one of the greatest threats to global public health.

Neurological conditions are more prevalent in the developing than the developed world because of multiple known risk factors such as infections, malnutrition, and limited resources for obstetric and neonatal management.

At Mediheal Group of Hospitals, we have the necessary infrastructure and modern technological support to provide quality neurology and neurosurgery care to people of the region.

Having worked for more than 22 years in the field of neurosurgery in different countries of the world, I have carried out highly super-specialized procedures encompassing Endoscopic Neurosurgery, Skull Base Neurosurgery, Spine Surgery, Pediatric Neurosurgery and Spine Trauma. I have done more than 2,000 Neurosurgeries for Traumatic Brain and Spine Injuries, Brain and Spinal Cord Tumors, Micro-discectomies and Spinal Implants.

At Mediheal Group of Hospitals, we are committed to working with local authorities to raise the bar of patient diagnosis, management, and rehabilitation for the people affected by neurological disorders.

Dr. Hitendra Gadkari

MS, M.Ch

Fellowship in Brain and

Spine Endoscopy

Consultant - Neurosurgery



“We are working towards fighting the present scenario by raising awareness and providing distinctive neurological services to the local population.”

Neurological disorders globally are projected to 103 million Disability-Adjusted Life-Years (DALY) in 2030. The burden of these neurological diseases is expected to be higher in developing countries that constitute more than 80% of the world's population. In Africa, neurological disease contributes substantially to morbidity, mortality, and socio-economic burden for the families.

In Kenya, mental and neurological disorders are a leading cause of years lived with disability, behind only to iron-deficient anaemia.

At Mediheal Group of Hospital, we are working towards fighting the present scenario by raising awareness and providing distinctive healthcare services to the local population.

As a Neurosurgeon working for more than a decade, my areas of expertise and interest include Craniovertebral Anomalies, Endoscopic Brain and Spine Surgery, Epilepsy Surgery, Cerebrovascular Diseases, Aneurysm Surgery, Endoscopic Minimally Invasive Spine Surgery, and Percutaneous Lumbar Endoscopic Discectomy.

At the Dept. of Neurology & Neurosurgery at Mediheal, we work as a team to provide comprehensive care for all neurology related disorders. We work towards providing world-class neurosurgical services with dedicated efforts and practice evidence-based medicine for all in Sub-Saharan Africa.

Dr. Ankit Gupta
MBBS, MS, M.Ch
Consultant Neurosurgery



“ **Phenomenal development in super-specialties (Neurosurgeries, Transplant Surgeries, Onco-surgeries etc.), has led to Anaesthesia making rapid strides in the surgical techniques. eg., today's Neuro-Anaesthesia is totally a metamorphed basic balanced Anaesthesia .** ”

Today's Anaesthesiologist takes care of the patient during the entire perioperative period, preoperative evaluation (PAC), intraoperative care and post-operative care including the patient's stay in the ICU. Having said that, through PAC and pre-operative optimisation, the morbidity and mortality of the surgical patient can be reduced almost to 99%.

Intraoperative Monitoring has come a long way with Multi-modal Monitoring - Heart Rate, SpO2, ECG, Core Body Temperature, BP, Invasive BP, CVP, Resp. Rate, ETCO2, End-Tidal N2O, Isoflurane, etc. (through the end tidal gas analyser).

Present-day modern operation theatres can provide comfort zone temperatures (18 - 20° C), during which the patient's normal body temperature plummets to dangerous levels causing unfavorable outcomes. To counter this, we use thermal blanket & IV fluid warming devices. Hence, patients can recover perfectly even after surgeries that last 12 hours or more.

Phenomenal development in super-specialties [Neurosurgeries, Transplant Surgeries, Onco-surgeries etc.], has led to Anaesthesia making rapid strides in the surgical techniques for eg., today's Neuro-Anaesthesia is totally a metamorphed basic balanced Anaesthesia .

Mediheal Group of Hospitals has gone a long way in providing the most ultramodern Patient Monitoring Facilities for PAC, Intra-operative Monitoring, Post-Operative areas and ICU Ventilated patients. Committing itself to higher success rates and safety in high-end surgeries.

I have been working as an Anaesthesiologist and Intensivist in various capacities for more than 30 years. I have worked as a Dy. In-charge (HOD) at Dept. of Pediatric Ophthalmology Anaesthesia at L. V. Prasad Eye Institute, Hyderabad (India). HOD and Sr. Consultant Anesthesiologist at Dept. of Anaesthesiology and Intensive Care at Yashoda Super Specialty Hospital, Hyderabad (India). Member of the Quality Assurance committee Board at King Fahad Hospital Al-Hasa, Ministry of Health - KSA. My areas of expertise include Ultrasound-guided Regional Blocks Anaesthesia, Paediatric Ophthalmology Surgery Anaesthesia, Renal Transplants, Awake Craniotomies and Neuromonitored Anaesthesia (i.e., giving Anaesthesia without using N2O, Volatile Anaesthetics and Muscle Relaxants). I also worked as an appraiser for DNB Board, Govt. of India, New Delhi and as a Guide for DNB Post Graduate students.

Dr. B. Vijaykumar
MBBS, MD, DA
Chief Anaesthesiologist



“Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication...”

We, at Mediheal Group of Hospitals, have always strived to raise the bar for healthcare in Africa to meet the highest international medical standards. A warm and friendly ambience, high-quality medical services and personalized nursing care have always been the hallmarks of our hospitals since inception.

Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication, to the quality of care and sensitivity to everyone who walk through our doors. The continuum of care is an added edge that we offer as we aim to elevate the overall health of the society.

With eminent doctors leading each practice, we are committed to delivering world-class healthcare to an increasing number of people who have come to consider Mediheal as their preferred choice of hospital. We recruited doctors with training and experience at top international hospitals and implemented evidence-based protocols that are followed by leading global institutions. They provide treatment, supportive care and preventive measures spanning over 15 specialties and super-specialties of medicine. We receive a large number of international patients every year trusting our expertise and services.

We believe technology plays a vital role in delivering superior healthcare and hence have made effective outlays in procuring the best of equipment to serve our patients. We have introduced several cutting-edge technologies and procedures to the people of Africa that have improved the clinical outcomes significantly.

As we evolve, we try to sustain the highest level of competence through various academic programs and initiatives for our staff. Together, we aim to bring our vision for Africa to life by embarking on a journey to redefine healthcare in Africa.

Gokul Prem Kumar

Vice President - International Patient Services

WHAT IS NEUROSCIENCE?

A multi-disciplinary branch of biology, neuroscience is the study of the nervous system. The scope of neuroscience has broadened over time to include different approaches used to study the nervous system at different scales using various techniques. Neuroscience is an interdisciplinary science that works closely with other disciplines, and focuses on medical aspects of the nervous system. There are various fields that focus on different aspects, but they often overlap.

With the progress in the field of neuroscience, its scope has widely broadened and now includes various other approaches of study, such as structural, molecular, cellular, functional, developmental, evolutionary, computational, and various other medical aspects related to the nervous system. There are various fields in neuroscience, the most popular ones include:

Affective Neuroscience: In this branch, scientific research is done using lab animals. Using animals as test subjects, researchers observe the behaviour of neurons parallel to the emotions they feel.

Behavioural Neuroscience: Scientific study of biological bases of behaviour. This covers observing how the brain controls behaviour.

Cellular Neuroscience: Holistic study of neurons that includes their physiological properties.

Clinical Neuroscience: Covers all kinds of disorders related to the nervous system. It is different from Psychiatry.

The Dept. of Neurosciences at Mediheal Hospitals provides thorough assessment and therapeutic interventions for diverse neurological conditions such as Brain Injury, Stroke, Epilepsy, Spinal Disorders and conditions related to Neuro-oncology. The facility is equipped with sophisticated instrumentation and technology for diagnosing and treating even the most complicated neurological conditions. Our team of highly experienced Neurologists and Neurosurgeons are renowned in the field for their superior knowledge and skills.



NEUROLOGY



Neurology is a medical specialty dealing with disorders of the nervous system. It deals with the diagnosis and treatment of all categories of disease involving the central, peripheral, and autonomic nervous systems.

The nervous system is a complex, sophisticated system that regulates and coordinates body activities. It has two major divisions: Central Nervous System and Peripheral Nervous System.

Central Nervous System deals with the brain and spinal cord, while Peripheral Nervous System deals with all other neural elements, such as eyes, ears, skin, and other receptors.

A Neurosurgeon may provide either surgical

or non-surgical care depending on the nature of the injury or illness.

Adult Neurology deals with management and diagnosis of neurological conditions in adults, whereas Pediatric Neurology deals with diagnosis and management of neurological conditions in newborns, children, infants and adolescents. When someone gets diagnosed with a neurological condition, many times, medications are not effective and neurosurgery is the only option. Pediatric neurosurgery requires a special kind of specialization, as it deals with neurosurgery on infants, newborns etc.

Some important neurological conditions include:

Stroke: A stroke is a neurological emergency which occurs when a blood vessel in the brain ruptures and bleeds, or when there is a blockage in the blood supply to the brain. Prompt treatment is crucial. Early action can minimize brain damage and potential complications. Seek immediate medical attention if you notice any signs or symptoms of a stroke, even if they seem to fluctuate or disappear.



Parkinson's Disease (PD): A long-term neurodegenerative disorder that affects movement. Symptoms of PD start gradually, sometimes starting with a barely noticeable tremor in just one hand. There is no cure for Parkinson's Disease, and treatment is directed at improving symptoms.

Alzheimer's Disease: An irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out simplest of tasks. Current treatment approaches focus on helping people maintain mental function, manage behavioural symptoms, and slow down certain problems, such as memory loss.

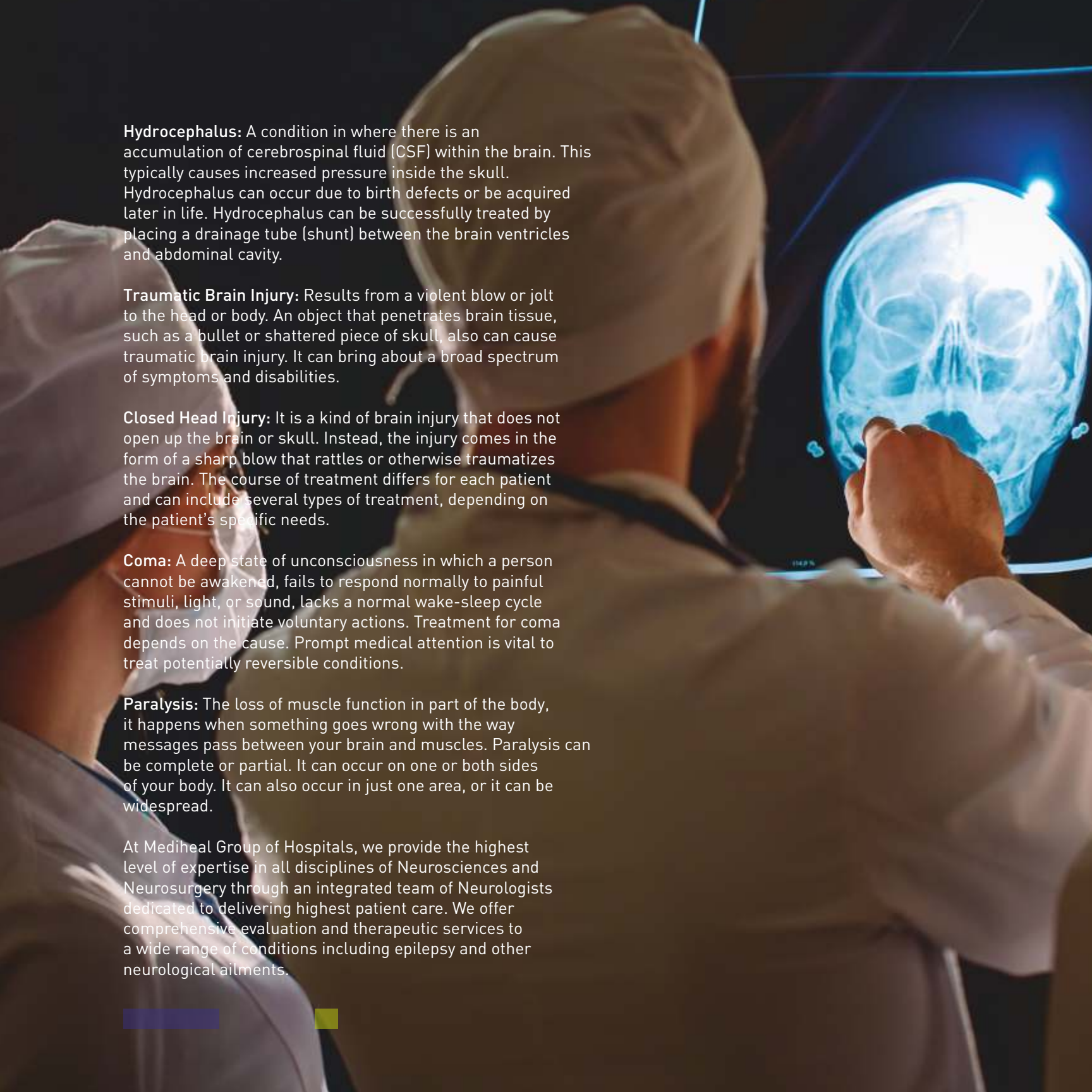
Huntington's Disease (HD): An inherited disease that causes the progressive degeneration of nerve cells in the brain. There is no cure for HD. Full-time care is required in the later stages of the disease. Treatment can provide relief from symptoms and in some cases, improve the overall quality of life.

Multiple Sclerosis (MS): An unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and the body. Managing MS is an ongoing process, beginning with the very first symptom and continuing throughout the disease course.

Amyotrophic Lateral Sclerosis (ALS): A disease that causes the death of neurons controlling voluntary muscles. ALS is characterized by stiff muscles, muscle twitching, and gradually worsening weakness due to muscles decreasing in size. This results in speaking difficulty, swallowing, and eventually breathing.

Schizophrenia: A chronic and severe mental disorder that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality. Although schizophrenia is not as common as other mental disorders, the symptoms can be very disabling.

Epilepsy: A group of neurological disorders characterized by epileptic seizures. Epileptic seizures are episodes that can vary from brief and nearly undetectable periods to long periods of vigorous shaking. There is currently no cure for most types of epilepsy. However, surgery can stop some kinds of seizure from occurring, and in many cases, the condition can be managed.



Hydrocephalus: A condition in where there is an accumulation of cerebrospinal fluid (CSF) within the brain. This typically causes increased pressure inside the skull. Hydrocephalus can occur due to birth defects or be acquired later in life. Hydrocephalus can be successfully treated by placing a drainage tube (shunt) between the brain ventricles and abdominal cavity.

Traumatic Brain Injury: Results from a violent blow or jolt to the head or body. An object that penetrates brain tissue, such as a bullet or shattered piece of skull, also can cause traumatic brain injury. It can bring about a broad spectrum of symptoms and disabilities.

Closed Head Injury: It is a kind of brain injury that does not open up the brain or skull. Instead, the injury comes in the form of a sharp blow that rattles or otherwise traumatizes the brain. The course of treatment differs for each patient and can include several types of treatment, depending on the patient's specific needs.

Coma: A deep state of unconsciousness in which a person cannot be awakened, fails to respond normally to painful stimuli, light, or sound, lacks a normal wake-sleep cycle and does not initiate voluntary actions. Treatment for coma depends on the cause. Prompt medical attention is vital to treat potentially reversible conditions.

Paralysis: The loss of muscle function in part of the body, it happens when something goes wrong with the way messages pass between your brain and muscles. Paralysis can be complete or partial. It can occur on one or both sides of your body. It can also occur in just one area, or it can be widespread.

At Mediheal Group of Hospitals, we provide the highest level of expertise in all disciplines of Neurosciences and Neurosurgery through an integrated team of Neurologists dedicated to delivering highest patient care. We offer comprehensive evaluation and therapeutic services to a wide range of conditions including epilepsy and other neurological ailments.

NEUROSURGERY

At Mediheal Group of Hospitals, we have unparalleled surgical expertise for all disorders associated with the brain, spine and peripheral nerves. Our surgical team specializes in Neurotrauma - for traumatic brain or spinal injuries, Neuro-Oncology - for primary and metastatic brain tumors and Skull Base Surgery - for brain problems, especially Sellar and Suprasellar Tumors. Moreover, we also specialize in contemporary, minimally invasive surgical options for patients impacted by acute or chronic brain problems.

This apart, we also perform surgeries of all

types of brain tumors including skull base surgeries such as Acaustic Neuroma.

Treatment for brain tumors depends on a number of factors including the type, location and size of the tumor, as well as the patient's age and general health. Treatment methods and schedules differ for children and adults. Surgery is usually the first method of treatment for brain tumors. However, Radiation Therapy and Chemotherapy are also used.



Skull base tumors grow on the bones of the skull that form the bottom of the head and the body ridge behind the nose and eyes. These tumors are classified based on the subdivision of the skull into 3 regions: the anterior, middle, and posterior cranial fossae.

Skull base tumors may originate from the neurovascular structures of the base of the brain and the basal meninges (e.g., meningioma, pituitary adenoma, schwannoma, paraganglioma), the cranial base itself (e.g., chordoma, chondrosarcoma), or the sub-cranial structures of the head and neck (e.g., paranasal sinus carcinomas).

Our team of clinicians at Mediheal Group of Hospitals dealing with brain tumors includes neurosurgeons, medical oncologists, radiation oncologists, and trained nurses, who work together to provide the best possible care for all types of brain tumors.



Aneurysm Clipping / AVM Excision

A potentially life-threatening condition, brain aneurysm occurs when a weak spot in your brain's arterial wall bulges and fills with blood. It may also be called an Intracranial Aneurysm or Cerebral Aneurysm. If a brain aneurysm bursts, it is a medical emergency that can result in a stroke, brain damage, and even death if not treated immediately.

Endoscopic Brain Surgery

Endoscopic brain surgery is a procedure used primarily to treat brain tumors. It is considered a minimally invasive brain surgery that allows neurosurgeons to identify and treat conditions that are deep within the brain.

At Mediheal Group of Hospitals, our multi-disciplinary neurosurgery team is equipped with the latest technologies available to treat a variety of conditions that affect the brain, including tumors and lesions with endoscopic technique.

Our team performs all types of surgeries including:

- Endoscopic Third Ventriculostomy
- Endoscopic Tumor Surgeries
- Endoscopic Transsphenoidal Pituitary Surgery
- Endoscopic Repair of Cerebrospinal Fluid (CSF) Fistula
- Endoscopic Microvascular Decompression

Craniovertebral Junction (CVJ) Diseases

Craniovertebral Junction (CVJ) anomalies can be congenital, developmental or due to malformation secondary to any acquired disease process. These anomalies can lead to cranial nerve compression, vertebral artery compression and obstructive hydrocephalus. Clinical features of CVJ anomalies are due to compression of the brain stem and the spinal cord and may include recurrent occipital headaches, neck aches, bulbar palsy, and upper and lower motor neuron palsy. CVJ anomalies can also obstruct the flow of CSF, resulting in syringomyelia and/or hydrocephalus. Diagnostics include neck X-ray and CT/MRI of the head and neck. Surgery is often indicated to prevent or treat neurological symptoms. Procedures performed at Mediheal Group of Hospitals include...

- AAD Fixation and Reduction Anterior and Posterior Technique
- Odontoid Screw Fixation for Odontoid Fracture
- Foramen Magnum Decompression and Duroplasty (FMD)
- Transoral Odontoidectomy

Cervical Spine

The cervical spine (neck) is delicate - housing the spinal cord that sends messages from the brain to control all aspects of the body - while being remarkably strong and flexible, allowing movement in all directions. The cervical spine consists of seven bones (C1-C7 vertebrae), which are separated from one another by intervertebral discs. These discs allow the spine to move freely and act as shock absorbers during activity. Non-surgical treatment is the first approach in patients with common neck pain not involving trauma.

The patient may be a candidate for surgery if:

- Conservative therapy is not helping
- Progressive neurological symptoms involving arms and/or legs
- Difficulty with balance or walking
- In otherwise good health

There are several different surgical procedures that can be utilized, the choice of which is influenced by the severity of the case. Some of these include:

- Anterior Cervical Discectomy and Fusion (ACDF)
- Endoscopic Discectomy
- Posterior Approaches / Lateral Mass Fixation
- Laminectomy / Laminoplasty



Surgery for Spine Tumors

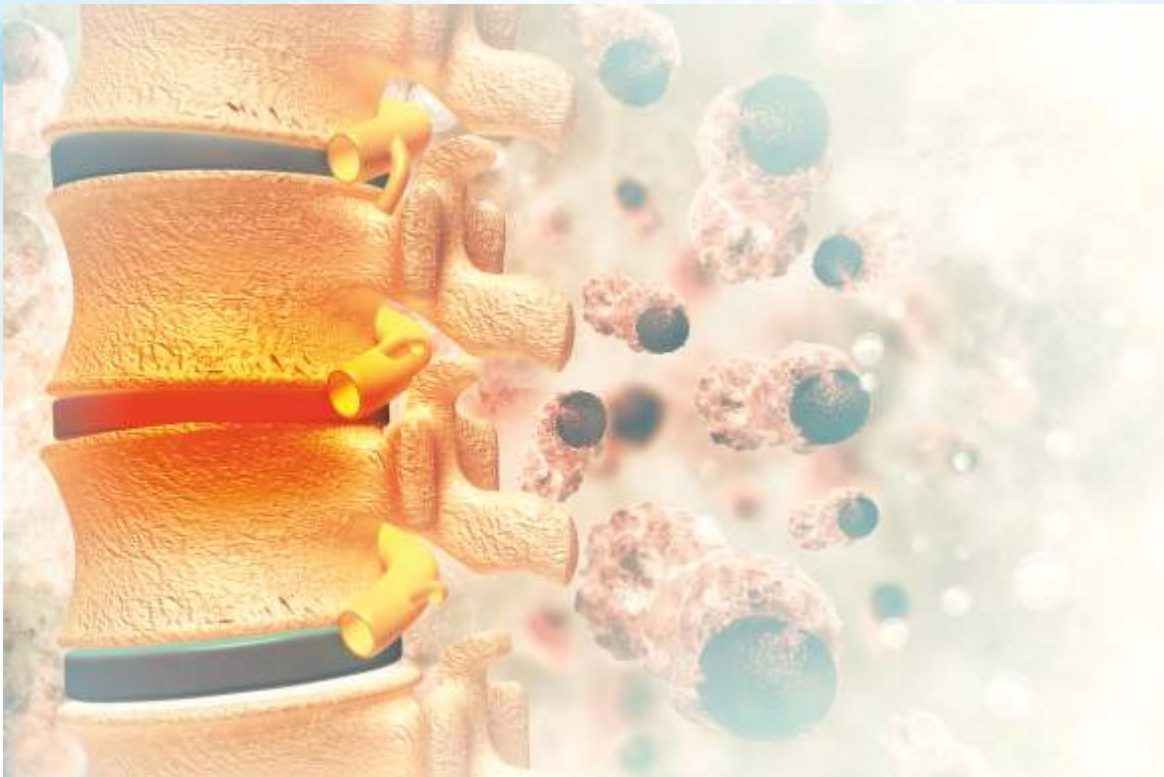
Surgery for a spine tumor depends on the nature and location of the tumor. When possible, the tumor is removed to relieve pressure and pain. This is delicate surgery, as tumors can be adjacent to important spine structures. At Mediheal, we emphasize on intraoperative monitoring and stimulation of the spinal cord to maximize the safety of the resection.

For Metastatic Spine Tumors, we offer our patients state-of-the-art spinal stabilization to preserve mechanical and neurologic

function and improve quality of life.

We emphasize minimally invasive techniques, such as Retropleural Thoracotomies, Short Segment Fusions, and the use of cages to enhance fusion.

At Mediheal Group of Hospitals, you'll have access to surgeons who are among the most experienced in their field, performing numerous spine surgeries every year. Many of them have pioneered techniques and developments that have made spine surgery a much safer and more effective option.





Minimally Invasive Spine Surgery (MISS)

MISS does not involve a long incision and avoids significant damage to the muscles surrounding the spine. In most cases, this results in less pain after surgery and a faster recovery. MISS is sometimes called less invasive spine surgery.

In these procedures, doctors use specialized instruments to access the spine through small incisions. Minimally invasive spine surgery was developed to treat spine problems with less injury to the muscles and other normal structures in the spine. It also helps the surgeon to see only where the problem exists in the spine.

Other advantages to MISS include:

- Minimally invasive (results in less pain for the patient)
- Faster recovery time than open brain surgery
- Reduced risk of brain trauma
- Reduced risk of side effects
- Reduced hospital stay

At Mediheal Group of Hospitals, we perform all minimally invasive spine surgeries including:

- Endoscopic Discectomy
- Transforaminal Endoscopic Discectomy (Stitch-less Surgery)
- Percutaneous Fixations - TLIF / PLIF
- Minimally Invasive Canal Decompression

Epilepsy Surgeries

Medications can control seizures in most people with epilepsy, but they don't work for everyone. Surgery is only an option if your doctor can clearly identify the area of the brain where the seizures start, called the seizure focus, and the area to be removed doesn't control a critical function like language, sensation or movement.

The type of surgery also depends on the type of seizures you have and their location in your brain. Some of the key surgeries include:

- Lobe Resection
- Lesionectomy
- Corpus Callosotomy
- Functional Hemispherectomy
- Multiple Subpial Transection (MST)
- Vagus Nerve Stimulation (VNS)
- Responsive Neurostimulation Device (RNS)

Epilepsy Surgery Care at Mediheal is carried out by an experienced group of specialists who have performed numerous epilepsy surgeries. Our diverse team of neurologists and neurosurgeons specializes in providing comprehensive care for both adults and children. Our epilepsy and seizure specialists offer expertise, clarity and hope to patients and their families - from diagnosing the patient's first seizure to evaluating whose seizures are difficult to control.

Our team is dedicated to creating individualized approaches that help each person live the fullest and most productive life possible.

MVD for trigeminal and other neuralgia

Trigeminal neuralgia, a pain syndrome characterized by severe episodes of intense facial pain, and hemifacial spasm, is considered one of the worst pains that can affect a human being. The severity of this disabling pain and its relief through successful operative intervention have caused Microvascular Decompression (MVD) surgery to be recognized as one of the most satisfying operations in neurosurgery.

Surgical options for trigeminal neuralgia fall into two categories:

- Palliative Destructive Procedures (one of three percutaneous procedures or radio surgery)
- Physiologic Nondestructive MVD

Palliative destructive procedures involve controlled damage to the trigeminal nerve root with the aim of pain relief. In contrast, MVD surgery is associated with higher chance of pain freedom among carefully selected patients. This effect lasts for several years with minimal recurrence rate. Other neuralgia types include Postherpetic Neuralgia and Glossopharyngeal Neuralgia.

At Mediheal, we offer comprehensive treatment options for neuralgia that help in improving your symptoms. Advanced research is being undertaken to develop better treatments for the disease.





The Dept. of Neurology & Neurosurgery at Meidheal Group of Hospitals is powered by a team of experienced and dedicated specialists who hold fellowships in both neurology and interventional neurology. The team is well-equipped to handle complex surgeries, both electively and on emergency basis. The team prides itself in handling emergencies round-the-clock with a multi-disciplinary approach based on top international protocols.

Our strength is active collaboration and multi-disciplinary approach. Our care strategies include long-term management of these diseases that go beyond just hospital-based treatments. Our team makes clinical assessments and rapid treatment decisions to give patients the best possible outcomes efficiently for acute and tropical brain disorders, as well as acute nerve and muscle disorders.



CUTTING-EDGE TECHNOLOGY

Neuro ICU Cubicle



Neuro ICU



Siemens 1.5 Tesla MRI

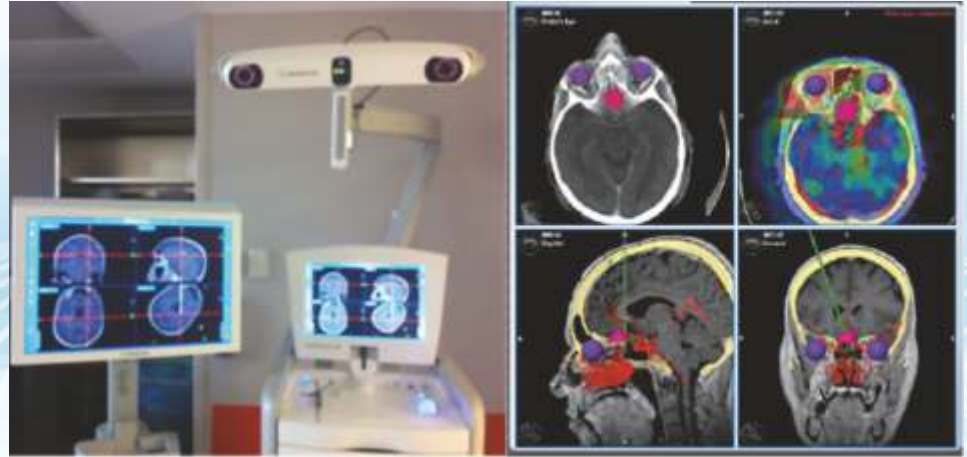


Siemens 64 Slice CT

Neuro Endoscopy



Neuro Navigation



Soering Cusa



Pentero 800 Microscope (Zeiss)

STATE-OF-THE ART DIAGNOSTICS FACILITIES



Hi-end facilities in...

- Histopathology
- Cytology (Gynac & Non-Gynac)
- Clinical Chemistry
- Hematology
- Immunoassay
- Micro-biology
- Clinical Pathology
- Blood Banking & Transfusion



FULLY-EQUIPPED BLOOD BANK:



MEDIHEAL HOSPITAL DOCTORS PLAZA - ELDORET



MEDIHEAL HOSPITALS - EASTLEIGH



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