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HEALTH EFFECTS ON HUMAN BODY TISSUES DUE TO ELECTROMAGNETIC WAVES OF RADIO BROADCASTING AT THE FREQUENCY 148.5 kHz, 190 kHz & 210 kHz

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ABSTRACT

In modern communication of radio broadcasting system, the EMWs of frequency 148.5 kHz to 283.5 kHz are used. These electromagnetic waves spread in the atmosphere and incident on the human beings. When the incident EMW, penetrates it's induced the electric field inside the tissues of the human beings. In this manuscript EMWs of 148.5,190 and 210 KHz resulted for the study. The incident and penetrated electric fields inside the tissues are calculated and compared with the international agencies as ICNIRP, WHO, NRPB etc., and found that EMWs of given frequencies are harmful for the tissues body fluid, cerebral spinal fluid, gall bladder bile and vitreous humor.

INTRODUCTION

In radio broadcasting services the non-ionizing electromagnetic waves are used for communication of signals. The People who are living around the radiators are affected by these waves .In this manuscript 148.5, 190 and 210 kHz frequency of electromagnetic radiation are used for this study because these frequencies are generally used for communication. The purpose of this manuscript is to aware the people about the radiation of the radiator/towers emitted non-ionizing electromagnetic field (NIEMF) about the harmful effects. When these EMW penetrate inside the human body, its produce electric field inside the tissues. The excess amount of electric field increases the amount of absorption of energy inside the tissues. The energy of cell becomes more to its required natural energy. In natural process the heat energy is produced inside the human body due to:

(i) The rate at which thermal energy is produced through metabolic processes $\left(M\right)$

(ii) The rate at which work is produced (W)

Total heat energy gain by body = $M \pm W$

This energy is spent in five parts as follows:

(i) The rate of exchange with the surroundings via evaporation (E)

(ii) The rate of heat exchange with the surroundings via radiation (R)

(iii) The rate of heat exchange with the environment via evaporation (C)

(iv) The rate of heat exchange with the surroundings via conduction (D)

(v) The rate of body heat storage (S).

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Total heat energy spent by the body = $E \pm R \pm C \pm D \pm S --- (I)$

The whole gain energy becomes equal to the spent energy by the body and equation (I) becomes balanced. Thus there is no excess temperature in the body in this natural process. The balance of heat energy is expressed by the following equation

 $M \pm W = E \pm R \pm C \pm D \pm S$ ------(II)

But when electromagnetic radiation is penetrated inside the body, the energy is absorbed by the tissues of the biological material. It works as a source of production of extra energy inside the body. Therefore,

 $M \pm W + E_{\Box} = E \pm R \pm C \pm D \pm S$ ------ (III)

where E_{\Box} is the energy due to electromagnetic radiation of radiator. Above equation becomes unequilibrium because production of energy becomes greater to the energy inside the body. This excess energy may increase the temperature of the tissues and may be harmful in many other ways for tissues life. Change of body temperature is detected, especially externally at the skin and internally by the specialized region of the brain. The information is integrated in the central nervous system, and regulation is achieved by autonomic and behavioral thermoregulatory reactions.

Review of literature

EMWs affect to the most important factor of human beings i.e. DNA. Electromagnetic energy affects on DNA molecules and/or impairment of DNA-damage repair mechanisms in brain cells (Lal, H., 1996). RF-EMR affects on the male reproductive system. The oxidative stress may have a key role in the detrimental effects observed in the human spermatozoon and that this cell type may be a unique model to determine the potential mechanism of action given its sensitivities to such stress (Geoffry et al., 2012). The effects of non-thermal levels of ELF electromagnetic fields on the biochemistry and activity of immune cells and then closely examines new results that suggest a role for Ca2+ in the induction of these cellular field effects. Membrane- mediated Ca2+ signaling processes are involved in the mediation of field effects on the immune system (J. Walleczek, 1992). The effects of pulsed, extremely low-frequency electromagnetic fields (ELF-EMF) on in-vitro mouse pre-antral follicle development. The follicles with failed antrum formation showed lower oestradiol release and granulosa cell DNA synthesis, but these effects were not related to granulosa cell apoptosis. Furthermore, a high percentage of the in-vitro grown oocytes obtained from exposed follicles had a reduced ability to resume meiotic maturation when compared with controls. ELF-EMF exposure might impair mammalian female reproductive potentiality by reducing the capacity of the follicles to reach a developmental stage that is an essential pre-requisite for reproductive success (Sandra Cecconi1 et al. 2000). According to Vijayalaxmi & Thomas J. Prihoda (2009) The difference between ELF-EMFexposed and control cells as well as the 'effect size' due to ELF-EMF exposure were biologically small (although statistically significant) with very few exceptions. At certain ELF-EMF exposure conditions there was a statistically significant increase in genetic damage assessed from some end-points. The mean indices for chromosomal aberrations and micronuclei end-points in ELF-EMF-exposed and control cells were within the spontaneous levels reported in historical database. Considerable evidence for publication bias was found in the meta-analysis. Electromagnetic fields (EMF) of frequencies up to about 100 kHz, emitted by electric/electronic devices, have been suggested to enhance free radical production through an iron dependent pathway. Possible relationship between iron status, exposure to EMF and brain oxidative stress in young adult rats is given. These data suggest that EMF exposure may be harmful in young adults by impairing the antioxidant defenses directed at preventing ironinduced oxidative stress (K. Maaroufi et al., 2011). Short-term exposure to RF generated by mobile BTS has a deleterious effect on the quality of epididymal sperm (viability and motility) and that this effect is more severe in the head section and increases with increased exposure time (Gholamali Jelodar et al., 2011). The interaction of human beings with electromagnetic fields (EMF) artificially created can interfere in our psychobiological equilibrium. This EMF is correlated with the dissemination of radiations produced in our modern technology. For living creatures suffer under influences of these fields, once every external stimulus generates internal ones (L. C. Almeida, 2011). The electromagnetic field also affect on the childhood (I. Calvente et al., 2010). The exposure to non-ionizing electromagnetic radiation (NIEMR) poses a risk or is a risk factor for the development of cancer in humans. Exposure to EM fields and the thundering results related various cancers, most notably leukemia, lymphoma, and brain cancer caused of EM fields (Vahdettin Bayazit., 2009, David Andrew McNamee et al., 2009). According to (Goknur Guler et al., 2008), the protective effects of N-Acetyl-L-cysteine (NAC) and epigallocatechin-gallate (EGCG) in the liver tissues of guinea pigs against the possible detriments of electromagnetic field exposures. Extremely low frequency (ELF) electric field has potential harmful effects on

the living organisms by enhancing the free radical production. NAC and EGCG might have hepatoprotective effects in ELF-E field induced oxidative and nitrosative stress. The effects of short-term exposure to RF waves generated by BTS antenna on the viability and motility of stored sperm in different parts of the epididymis are studied. The short-term exposure to RF generated by mobile BTS has a deleterious effect on the quality of epididymal sperm (viability and motility) and that this effect is more severe in the head section and increases with increased exposure time (Gholamali Jelodar et al., 2011). Possible effects of Electromagnetic Radiation (EMR) use on oxidant and antioxidant status in erythrocytes and kidney, heart, liver, and ovary tissues from rats, and possible protective role of vitamin C. EMR at the frequency generated by a cell phone causes oxidative stress and per-oxidation in the erythrocytes and kidney tissues from rats. In the erythrocytes, vitamin C seems to make partial protection against the oxidant stress (Erdinc Devrim, et al.2008).

MATERIAL AND METHODS

The proposed approach is useful to predict the induced electric field around the tower, penetrated electric field inside the body and specific absorption rate (SAR) of the tissues of the human body. In this manuscript the power of transmission towers which radiate 148.5 kHz, 190 kHz and 210 kHz is 10 kW. The EMW of navigation is incident on the human body. The waves produced by the dipole antenna have a spherical wave front .The incident electric field (E_0) around the radio transmitter radiator of power P is given by

Where (x) be the distance from the tower and r be the radius of cross section of the dipole antenna which emit spherical wave front (Kumar V. et al. 2008). The induced electric field around the transmitter of 10 kW is,

$$E_0 = 774.6/(r+x)$$
 ------(2)

Actually, these radiations are used for navigation .It means, the radiation should more effective for the people living very near from the radiator. Thus 100 m distance from the radiator is taken for this study. The radius of cross section of transmitting antenna which we are using for our study is 10 cm .Now for the tissue of biological material well inside the boundary, field strength will further reduce due to dissipation during propagation inside the body. Electric field decreases exponentially with distance from the boundary and are given by (Kumar V. et al. 2010).

$$E_z = E_0 e^{(-z/\delta)}$$
(3)

Where E_z is the field inside the depth z and E_0 is the magnitude of field just inside the boundary. The skin depth δ is the distance over which the field reduces to $\frac{1}{e}$ (= 0.368) of its value just inside the boundary.

Specific absorption Rate

The specific absorption rate is defined as the time derivative of the incremental energy (dW) absorbed by or dissipated in an

	Penetrated electric field (E_z) in (V/m) at frequency (f) = 148.5 KHz							
Tissue of human body	at depth (0.1mm-0.5mm)							
	0.1mm	0.2mm	0.3mm	0.4mm	0.5mm			
Bladder	7.7317	7.7313	7.7309	7.7306	7.7302			
Blood	7.7316	7.7309	7.7303	7.7297	7.7292			
Blood vessel	7.7317	7.7312	7.7307	7.7303	7.7297			
Body fluid	7.7314	7.7304	7.7296	7.7288	7.7279			
Brain white matter	7.7319	7.7315	7.7313	7.7310	7.7308			
Cerebella spinal fluid	7.7312	7.7301	7.7293	7.7283	7.7274			
Eye sclera	7.7317	7.7310	7.7305	7.7300	7.7295			
Fat	7.7320	7.7317	7.7314	7.7313	7.7311			
Gall bladder	7.7315	7.7307	7.7300	7.7294	7.7288			
Gall bladder Bile	7.7314	7.7305	7.7297	7.7289	7.7281			
Gland	7.7317	7.7310	7.7305	7.7299	7.7295			
Heart	□.7318	7.7314	7.7310	7.7306	7.7303			
Lung outer	7.7317	7.7312	7.7309	7.7305`	7.7301			
Lung inner	7.7319	7.7315	7.7312	7.7310	7.7306			
Lymph	7.7317	7.7310	7.7305	7.7299	7.7295			
Mucous membrane	7.7320	7.7316	7.7314	7.7312	7.7310			
Muscle	7.7317	7.7312	7.7307	7.7302	7.7298			
Pancreas	7.7317	7.7310	7.7305	7.7299	7.7295			
Stomach	7.7316	7.7310	7.7304	7.7299	7.7294			
Testis Vitreous Humor	7.7317 7.7314	7.7311 7.7304	7.7306 7.7296	7.7302 7.7288	7.7297 7.7279			

Table 1- Penetrated electric field inside different human tissues at frequency148.5 kHz

Table 2 Penetrated electric field inside different human tissues at frequency190 kHz

	Penetrated electric field (E_z) in (V/m) at frequency (f) = 190 KHz at depth (0.1mm-0.5mm)						
Tissue of human body							
	0.1mm	0.2mm	0.3mm	0.4mm	0.5mm		
Bladder	7.7316	7.7311	7.7307	7.7302	7.7298		
Blood	7.7314	7.7307	7.7300	7.7293	7.7286		
Blood vessel	7.7316	7.7310	7.7305	7.7300	7.7295		
Body fluid	7.7311	7.7301	7.7292	7.7282	7.7273		
Brain white matter	7.7318	7.7314	7.7311	7.7308	7.7304		
Cerebella spinal fluid	7.7310	7.7299	7.7288	7.7277	7.7266		
Eye sclera	7.7315	7.7308	7.7303	7.7296	7.7290		
Fat	7.7319	7.7315	7.7313	7.7311	7.7308		
Gall bladder	7.7313	7.7305	7.7297	7.7289	7.7282		
Gall bladder Bile	7.7312	7.7302	7.7293	7.7283	7.7274		
Gland	7.7315	7.7308	7.7302	7.7295	7.7290		
Heart	7.7316	7.7312	7.7308	7.7303	7.7300		
Lung outer	7.7316	7.7311	7.7306	7.7301	7.7296		
Lung inner	7.7317	7.7314	7.7310	7.7306	7.7303		
Lymph	7.7315	7.7308	7.7302	7.7295	7.7290		
Mucous membrane	7.7318	7.7314	7.7312	7.7308	7.7306		
Muscle	7.7316	7.7310	7.7305	7.7299	7.7295		
Pancreas	7.7315	7.7308	7.7302	7.7295	7.7290		
Stomach	7.7315	7.7307	7.7302	7.7294	7.7289		
Testis	7.7316	7.7309	7.7304	7.7297	7.7293		
Vitreous Humor	7.7311	7.7301	7.7292	7.7282	7.7273		

	Penetrated electric field (E_z) in (V/m) at frequency (f) = 210							
Tissue of human body	KHz at depth (0.1mm-0.5mm)							
	0.1mm	0.2mm	0.3mm	0.4mm	0.5mm			
Bladder	7.7316	7.7311	7.7306	7.7301	7.7296			
Blood	7.7314	7.7306	7.7299	7.7291	7.7284			
Blood vessel	7.7316	7.7310	7.7305	7.7299	7.7292			
Body fluid	7.7311	7.7300	7.7291	7.7280	7.7269			
Brain white matter	7.7318	7.7314	7.7311	7.7307	7.7303			
Cerebella spinal fluid	7.7309	7.7297	7.7286	7.7275	7.7263			
Eye sclera	7.7315	7.7307	7.7302	7.7295	7.7288			
Fat	7.7319	7.7315	7.7313	7.7310	7.7307			
Gall bladder	7.7313	7.7304	7.7296	7.7287	7.7279			
Gall bladder Bile	7.7311	7.7300	7.7292	7.7281	7.7271			
Gland	7.7314	7.7307	7.7301	7.7299	7.7287			
Heart	7.7316	7.7311	7.7310	7.7302	7.7298			
Lung outer	7.7316	7.7311	7.7306	7.7301	7.7295			
Lung inner	7.7317	7.7313	7.7308	7.7306	7.7302			
Lymph	7.7314	7.7307	7.7301	7.7294	7.7284			
Mucous membrane	7.7318	7.7314	7.7312	7.7308	7.7304			
Muscle	7.7316	7.7310	7.7303	7.7298	7.7292			
Pancreas	7.7314	7.7307	7.7301	7.7294	7.7284			
Stomach	7.7314	7.7307	7.7301	7.7294	7.7287			
Testis	7.7315	7.7309	7.7303	7.7297	7.7290			
Vitreous Humor	7.7311	7.7300	7.7291	7.7280	7.7269			

Table 3 Penetrated electric	field inside	different	human	tissues a	at frequency
	210 k	Hz			

Table 4- SAR in W/kg inside different human tissues at the frequency $148.5\ \mathrm{kHz}$

Tissue of human body	S.A.R. in (W/kg) at frequency (f) = 148.5 KHz at depth (0.1 mm- 0.5 mm)						
	0.1mm	0.2mm	0.3mm	0.4mm	0.5mm		
Bladder	0.0127869	0.0127856	0.0127842	0.0127833	0.0127819		
Blood	0.0398164	0.0398092	0.0398030	0.0397968	0.0397942		
Blood vessel	0.0183843	0.0183820	0.0183796	0.0183777	0.0183753		
Body fluid	0.0887740	0.0887511	0.0887327	0.0887143	0.0886937		
Brain white matter	0.00486070	0.00486019	0.00485994	0.00485957	0.00485931		
Cerebella spinal fluid	0.118359	0.118325	0.1183011	0.1182705	0.1182429		
Eye sclera	0.0303184	0.0303130	0.0303090	0.0303051	0.0303012		
Fat	0.00159252	0.00159266	0.00159253	0.00159249	0.00159241		
Gall bladder	0.0522402	0.0522294	0.0522199	0.0522118	0.0522037		
Gall bladder bile	0.0829558	0.0828365	0.0828193	0.0828022	0.0827850		
Gland	0.0307344	0.0307289	0.0307249	0.0307201	0.0307169		
Heart	0.0132156	0.0132142	0.0132128	0.0132115	0.0132104		
Lung outer	0.0158272	0.0158252	0.0158239	0.0158223	0.01582078		
Lung inner	0.0253752	0.0253726	0.0253706	0.0253693	0.0253667		
Lymph	0.0310299	0.0310243	0.0310203	0.0310155	0.0310123		
Mucous membrane	0.005361	0.005360	0.0053605	0.0053602	0.0053599		
Muscle	0.021197	0.0211943	0.021191	0.021188	0.021186		
Pancreas	0.0310299	0.0310243	0.0310203	0.0310155	0.0310123		
Stomach	0.0306452	0.0306230	0.0306182	0.0306143	0.0306103		
Testis	0.0254866	0.0254826	0.0254793	0.0254767	0.0254734		
Vitreous Humor	0.0887740	0.0887511	0.0887327	0.0887143	0.0886937		

Tissue of human body	S.A.R. in (W/kg) at frequency (f) = 190 KHz at depth (0.1mm-0.5mm)					
	0.1mm	0.2mm	0.3mm	0.4mm	0.5mm	
Bladder	0.0128475	0.0128458	0.0128445	0.0128428	0.0128415	
Blood	0.0400055	0.0399982	0.0399910	0.0399837	0.0399765	
Blood vessel	0.0184270	0.0184241	0.0184217	0.0184194	0.0184170	
Body fluid	0.0887731	0.0887501	0.0887294	0.0887065	0.0886858	
Brain white matter	0.0046490	0.00496439	0.00496439	0.00496400	0.00496310	
Cerebella spinal fluid	0.118353	0.118319	0.118285	0.118252	0.118218	
Eye sclera	0.0305328	0.0305272	0.0305233	0.0305178	0.0305130	
Fat	0.00159670	0.00159654	0.00159645	0.00159637	0.00159625	
Gall bladder	0.0522381	0.0522273	0.0522165	0.0522056	0.05221962	
Gall bladder bile	0.0828515	0.0828300	0.0828108	0.0827893	0.0827700	
Gland	0.0308814	0.0308758	0.0308710	0.0308654	0.0308614	
Heart	0.0137163	0.0137149	0.0137135	0.0137117	0.0137106	
Lung outer	0.0160824	0.01608038	0.01607830	0.01607622	0.01607414	
Lung inner	0.0258475	0.0258455	0.0258429	0.0258402	0.0258382	
Lymph	0.0311784	0.0311727	0.0311679	0.0311622	0.0311582	
Mucous membrane	0.00639596	0.00639530	0.00639497	0.00639430	0.00639397	
Muscle	0.0217345	0.0217312	0.0217312	0.0217250	0.0217227	
Pancreas	0.0311784	0.0311727	0.0311679	0.0311622	0.0311582	
Stomach	0.0307197	0.0307134	0.0307094	0.0307031	0.0306991	
Testis	0.0257313	0.0257267	0.0257234	0.0257187	0.0257160	
Vitreous Humor	0.0887731	0.0887501	0.0887294	0.0887065	0.0886858	

 Table 5- SAR in W/kg inside different human tissues at the frequency

 190 kHz

 Table 6 - SAR in W/kg inside different human tissues at the frequency

 210 kHz

Tissue of human body	S.A.R. in (W/kg) at frequency (f) = 210 KHz at depth (0.1mm-0.5mm)					
	0.1mm	0.2mm	0.3mm	0.4mm	0.5mm	
Bladder	0.0128748	0.0128731	0.0128714	0.0128698	0.0128681	
Blood	0.0401098	0.0401015	0.040094	0.040085	0.040078	
Blood vessel	0.018444	0.018441	0.018439	0.018436	0.018433	
Body fluid	0.088773	0.088747	0.0887271	0.088701	0.0886766	
Brain white matter	0.00500899	0.00500847	0.00500808	0.00500756	0.00500704	
Cerebella spinal fluid	0.118350	0.118313	0.118289	0.1182460	0.1182093	
Eye sclera	0.030644	0.030637	0.030633	0.030628	0.030622	
Fat	0.00159839	0.00159823	0.00159814	0.00159802	0.0015979	
Gall bladder	0.0522381	0.0522259	0.0522151	0.0522029	0.0521921	
Gall bladder bile	0.0828493	0.0828258	0.0828086	0.0827850	0.0827636	
Gland	0.0309552	0.0309496	0.03094483	0.0309392	0.0309336	
Heart	0.0139334	0.0139316	0.0139312	0.0139283	0.0139269	
Lung outer	0.0161946	0.0161925	0.0161904	0.0161883	0.0161858	
Lung inner	0.0260499	0.0260472	0.0260438	0.0260425	0.0260998	
Lymph	0.0309552	0.0309496	0.03094483	0.0309392	0.039336	
Mucous membrane	0.00681615	0.00681544	0.00681509	0.00681438	0.00681368	
Muscle	0.0219981	0.0219947	0.0219907	0.0219889	0.0219845	
Pancreas	0.0309552	0.0309496	0.03094483	0.0309392	0.0309336	
Stomach	0.0307560	0.0307583	0.0307536	0.0307480	0.0307424	
Testis	0.0258640	0.0258600	0.0258560	0.0258520	0.0258473	
Vitreous Humor	0.088773	0.088747	0.088727	0.088701	0.088676	

incremental mass (dm) contained in a volume element (dV) of a given density (ρ). It can be defined as

$$SAR = \frac{d}{dt} \left(\frac{dW}{dm} \right)$$
(4)
$$SAR = \frac{d}{dt} \left(\frac{dW}{\rho dV} \right)$$

By using Pointing vector theorem for sinusoid ally varying electromagnetic fields. We get

$$SAR = \frac{\sigma E_z^2}{\rho}$$
(5)

Where σ the conductivity of the material and E_z be the field inside that material.

This relation represents the rate at which the electromagnetic energy is converted into heat through well-established interaction mechanisms. It provides a valid quantitative measure of all interaction mechanisms that are dependent on the intensity of the internal electric field (Roje, V., 2003). The amount of heating produced in a living organism depends primarily on the intensity of the radiation once it has penetrated inside the body.

RESULT AND DISCUSSION

The electric field and specific absorption rate of the tissues due to the signals of frequency 148.5 kHz, 190 kHz & 210 kHz are taking for this study. These radiations produce an electric blanket around the people. These incident electric fields penetrate inside the human body. The incident electric













fields around the radiators are calculated by eq. 2. This electric field penetrates inside the human body and penetrated electric field inside the tissues are calculated by eq.(3). The calculated penetrated electric field due to 148.5, 190 and 210 kHz are represented in tables 1, 2&3 respectively. The variations of electric field with respect to the different tissues are given in figures 1, 2 and 3 for the frequencies of 148.5, 190 and 210 kHz respectively.

According to ICNIR guidelines, the safe limit of electric field is 6.1V/m. The data of above given tables 1 and 2&3 represent that the induced electric field in selected tissues become greater to the safe limit which is mentioned in ICNIRP guidelines. When this electric field penetrated inside the tissues, the energy is absorbed by the tissues. Specific absorption rate (SAR) of the selected tissues are calculated by eq. 5 and represented in table 4&5 and 6 due to the electromagnetic waves of frequencies 148.5,190 and 210 kHz respectively. The variation of SAR with respect to selected tissues for 148.5,190 and 210 kHz are shown in figures 4&5 and 6 respectively. These tables also represent that the tissue of the persons who are living near at the sea cost radio broadcasting, absorb the given amount of energy. According to some international agencies as WHO, ICNIRP, the specific absorption rate (SAR) becomes harmful after 0.08W/ kg, of the whole body weight. It means that, if SAR becomes greater to 0.08 W/kg. It may be harmful for the tissues life of the human body. The safe limit is taken from ICNIRP guidelines. When the calculated data of SAR which is given in tables 4 & 5 and 6 is compared with the safe limit, it is observed that the given frequencies of electromagnetic radiation which is taken for this study is harmful for the health of body fluid, cerebella spinal fluid, gall bladder bile, and vitreous humor tissues respectively. The radiator generally situated in populated area and very near to the general public and workers. Thus the calculations are made only for 100 m distance from the antenna.

CONCLUSION

The above calculations and analysis represent that the signals (148.5 kHz, 190 kHz & 210 kHz) of given frequencies are harmful for the tissues of body fluid, cerebella spinal fluid, gall bladder bile and vitreous humor. This study is done only for some selected tissues. Thus if study will be done for some more tissues of the body, it may be possible that the health's of the tissues will become more negative. Thus it is suggested that people should keep away from those radiators emitted frequencies of 148.5 kHz,190 kHz & 210 kHz radiation or we can say that these types of radiators should located away from the populated area.

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