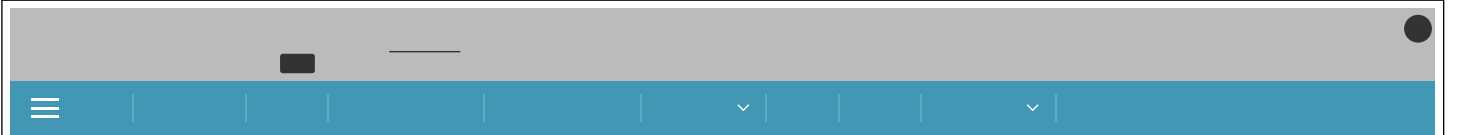
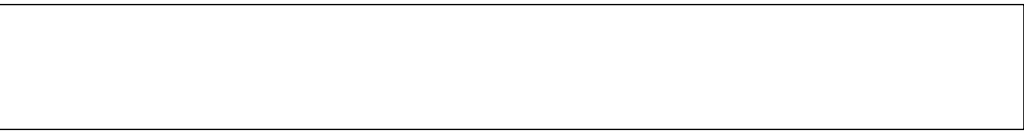


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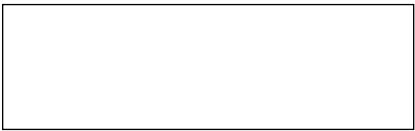
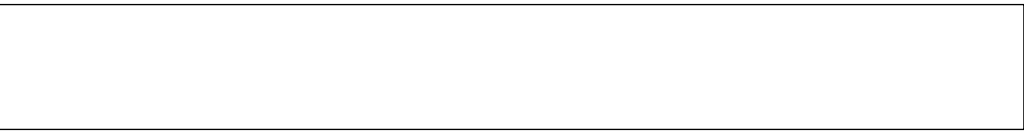
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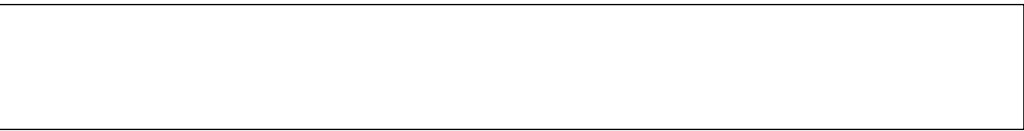
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CHECK-UP A PRESSIONE E CARRELLO DELLA SPESA. TORNA MEDICO AMICO DAY

Il carrello è una 'spia' delle abitudini alimentari e passarlo al setaccio può aiutare a combattere una delle minacce per la salute più diffuse nel nostro Paese, la pressione alta: una dieta povera di sale è infatti indispensabile per tenere alla larga l'ipertensione. Che non si vede, non si sente, non dà sintomi eclatanti ma è un problema serio, perché aumenta moltissimo il rischio di infarto e ictus e riguarda ben 16 milioni di italiani. Così per sensibilizzare la popolazione sull'importanza di mantenere nei limiti la pressione arteriosa torna la quinta edizione di Medico Amico Day, con l'iniziativa A cuor leggero, interamente dedicata all'ipertensione e promossa da SNAMI e 4S (Società Scientifica SNAMI per la Salute), con il contributo di Menarini.

Sabato 18 maggio ogni cittadino recandosi nei maggiori centri commerciali di 12 città italiane, potrà sottoporsi gratuitamente al controllo della pressione arteriosa, inoltre i medici volontari di SNAMI e 4S, controlleranno il carrello della spesa, per capire se l'alimentazione abituale sia o meno adeguata a tenere alla larga l'ipertensione. Durante la Giornata i punti "Medico Amico Day" saranno aperti dalle 9 alle 19 e allestiti nei centri commerciali di Caserta, Cuneo, Frosinone, Gorizia, Matera, Modena, Palermo, Pesaro, Terni, Torino, Treviso, Bari. I dati raccolti durante il Medico Amico Day 2019 confluiranno in forma anonima in un Libro Bianco sull'ipertensione, che sarà presentato e distribuito al prossimo Congresso Nazionale SNAMI a ottobre 2019.

"Circa il 33% degli uomini e il 31% delle donne ha valori di pressione che superano i 90/140 mmHg, la soglia oltre cui cuore e vasi sono in pericolo - afferma Angelo Testa, Presidente SNAMI - Purtroppo molti sono ipertesi senza saperlo: i dati raccolti da SNAMI in una precedente edizione dell'iniziativa su 1800 persone confermano che un italiano su tre è iperteso ma sottolineano che il 14% non sa di esserlo. Un grosso problema, perché l'ipertensione è il fattore di rischio per morte o invalidità grave più importante, al punto da aver superato la pericolosità di fumo di tabacco e inquinamento atmosferico. Chi soffre di ipertensione infatti, a causa dello sforzo profuso dal cuore per permettere al sangue di circolare in tutto il corpo, è molto più esposto a ictus, infarti, coronaropatie, insufficienza renale e arteriosclerosi. L'ipertensione è asintomatica, così si diagnostica di rado e spesso si scopre proprio durante un ricovero ospedaliero per eventi cardiaci traumatici".

Peraltro stando ai dati raccolti da SNAMI lo stile di vita degli italiani non protegge dalla pressione alta, anzi: il 62% degli ipertesi non fa alcuna attività fisica e l'82% ha una circonferenza vita superiore alla soglia di sicurezza per le patologie metaboliche e cardiovascolari, indice di un peso elevato e un'alimentazione scorretta. Per di più il 30% di chi si cura per la pressione alta non riesce a tenere sotto controllo i valori, mentre il 35% ha una patologia concomitante che può ulteriormente aumentare il rischio di conseguenze gravi: cardiopatia ischemica, ictus, infarto del miocardio, aritmie sono solo alcuni esempi delle patologie cardiovascolari che possono convivere con l'ipertensione.

"Una diagnosi precoce e un buon controllo farmacologico sono fondamentali perché la patologia cardiovascolare sottostante non peggiori - riprende Testa - Per combattere la pressione alta bisogna seguire alla lettera la terapia delle 'tre C': Controlli regolari della pressione, Camminate per fare il giusto movimento e un Carrello della spesa fatto di cibi sani, per una dieta povera di sale che aiuti ad abbassare la pressione. Ecco perché l'iniziativa del Medico Amico Day arriva in centri commerciali e ipermercati: un check-up del carrello aiuterà tutti gli italiani a capire come e che cosa cambiare delle proprie abitudini alimentari per ridurre la pressione arteriosa e mettere al sicuro cuore e vasi".

"La scelta di un centro commerciale nasce anche dal desiderio di far sì che il controllo avvenga in un'atmosfera rilassata e senza stress che evita anche l'influenza emotiva di un ambiente clinico al quale magari una persona potrebbe essere sensibile, manifestando una pressione più elevata di quella reale, la cosiddetta 'ipertensione da camice bianco'

conclude Testa Il carrello anti-ipertensione Chi soffre di pressione alta o è a rischio di svilupparla può suddividere i cibi in tre macro-categorie da eliminare dal carrello, acquistare con moderazione o di cui fare scorta a volontà. I cibi da evitare : tutti i prodotti ad alto contenuto di sale (insaccati, cibi industriali, prodotti in salamoia, alimenti conservati sotto sale) o troppo ricchi di zuccheri. Da evitare anche i condimenti in eccesso: meglio dare sapore con le spezie. I cibi da limitare : vino, caffè e tè ma anche carni rosse, formaggi e prodotti pronti da forno. I cibi anti-ipertensione : il carrello può essere riempito di frutta, verdura, legumi, carni bianche e pesce. Essenziale anche bere a sufficienza, almeno 1,5 litri al giorno di acqua preferibilmente oligominerale.

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[CHECK-UP A PRESSIONE E CARRELLO DELLA SPESA. TORNA MEDICO AMICO DAY]



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, FLEL GD OYEQWDEBIIq H Wq PD DQFKH FDUQL URVVH IRL

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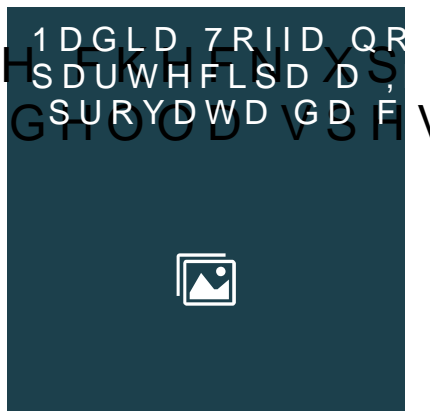
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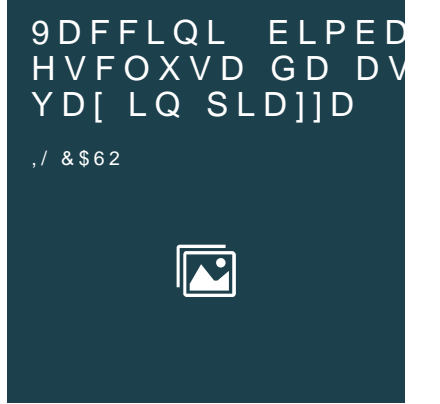
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HGLJLRQH GL OHGLFR \$PLFR 'D\ FRQ O LQLJLDWLYD \$ FXRU OHJJHUR
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PLVXUD GHOOD SUHVVRQRH DUWHULRVD H DG XQ FRQWUROOR GH0PDI
VSHVD ULFHYHQGR FRQVLJOL SHU ULGXUUH LO ULVFKLR GL LSHUWHQ
GLHWD 6RWWR OD OHQWH GXQTXH DQFKH JOL 'S/TF%LVWL DQWXSUF
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&RQWUROOL UHJRODUL &DPPLQDWH SHU IDUH LO JLXVWR PRYLPHQWF
&DUUHOOR GL FLEL VDQL SHU XQD GLHWD VDOYD DUWHULH 8QD GLHV
a LQGLVSHQVDELOH SHU WHQHUH DOOD ODUJD OP SUHVVLQRH DOWD
VLQWRPL HFODWDQWL PD DXPHQWD PROWR LO ULVFKLR SHU PHVH SU
ULJXDUGD EHQ PLOLRQL GL LWDOLDQL 6DEDWFL GDDJLXQ ICXQDWH
FLWWDGLQR UHFDQGRVL QHL PDJJLRUL FHQWUL FRPPHUFLDOL GL FL
VRWRSRUVL JUDWXLWDPHQWH DO FRQWUROOR GHOOD SUHVVLQRH PH7DU
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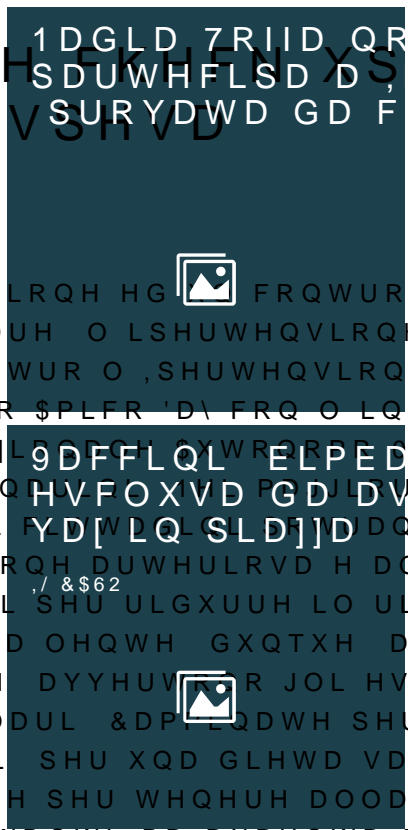
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FDUUHOOR GHOOD VSHVD ULFHYHQGR FRQVLJOL SHU ULGXUUH LO UL
LSHUWHQVLRQH ILQ GDOOD GLHWD 6RWR OD OHQWH GXQTXH DG
VXSHUPHUFDWR OD FXUD GHOO LSHUWHQVLRQH DYYHUV R JOL HVS
LQIDWWL GDOOH WUH & GL &RQWUROOL UHJRODUL &DPLQDWH SHU
PRYLPHQWR PD DQFKH &DUUHOOR GL FLEL VDQL SHU XQD GLHWD VDO
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SUHVVLQRH DOWD FKH QRQ G VLQWRPL HFODWDQWL PD DXPHQWD PI
GL LQIDUWR H LFWXV H ULJXDUGD EHQ PLOLRQL GL LWDOLDQL 6DE
GXQTXH RJQL FLWWDGLQR UHFDQGRVL QHL PDJJLRUL FHQWUL FRPPH
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&LUFLO GHJOL XRPLQL H LO GHOOH GRQQH KD YDORUL GL SUHVVLQRH FKH
 PP+J OD VRJOLD ROWUH FXL FXRUH H YDVL VRQR LQ SHULFROR DIHUPD \$QJH
 3UHVVLGHQWH 6QDPL 3XUWURSSR PROWL VRQR LSHUWHVL VHQJD VDSHUOR OD YH
 SUHFHGHQWH HGLJLRQH GHOO LQLJLDWLYD VX SHUVRQH FRQIHUPD QRVFKH QD LW
 LSHUWHVR PD VRWWROLQHDQR FKH LO QRQ VD GL HVVHUOR 8Q JURVVR SUREOH
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MISURARE LA PRESSIONE AL SUPERMERCATO, INIZIATIVA ANCHE A BARI

Copyright 2016-2018 © Bitrecall S.r.l. Tutti i diritti sono riservati | Divisione Quotidiani Sede: Via Montenegro, 19 70121 Bari Codice Fiscale, Partita I.V.A. e Iscrizione al Registro delle Imprese di Bari n.07770570724 | R.E.A. di Bari: 580439 | Borderline24 è una Testata Giornalistica registrata presso il Tribunale di Bari n.ro R.G. 5301 - R.S. 21 / 2015 Misurare la pressione al supermercato e, al tempo stesso, controllare il carrello della spesa, che si rivela una vera e propria "spia" delle abitudini alimentari: passarlo al setaccio può aiutare a combattere una delle minacce per la salute più diffuse nel nostro Paese, la pressione alta, che riguarda ben 16 milioni di italiani. L'articolo continua sotto alla pubblicità

Per sensibilizzare la popolazione sull'importanza di mantenere nei limiti la pressione arteriosa torna la quinta edizione di 'Medico Amico Day', con l'iniziativa 'A cuor leggero', interamente dedicata all'ipertensione e promossa da Snam e 4S (società scientifica Snam per la salute), con il contributo di Menarini. Sabato 18 maggio ogni cittadino, recandosi nei maggiori centri commerciali di 12 città italiane, potrà sottoporsi gratuitamente al controllo della pressione arteriosa. Inoltre, i medici volontari di Snam e 4S controlleranno il carrello della spesa, per capire se l'alimentazione abituale sia o meno adeguata a tenere alla larga l'ipertensione. Durante la giornata, i punti Medico Amico Day saranno aperti dalle 9 alle 19 e allestiti nei centri commerciali di Caserta, Cuneo, Frosinone, Gorizia, Matera, Modena, Palermo, Pesaro, Terni, Torino, Treviso, Bari. I dati raccolti confluiranno in forma anonima in un Libro bianco sull'ipertensione, che sarà presentato e distribuito al prossimo congresso nazionale Snam a ottobre 2019. «Circa il 33% degli uomini e il 31% delle donne ha valori di pressione che superano i 90/140 mmHg, la soglia oltre cui cuore e vasi sono in pericolo – spiega Angelo Testa, presidente Snam – Purtroppo molti sono ipertesi senza saperlo: i dati raccolti da Snam in una precedente edizione dell'iniziativa su 1.800 persone confermano che un italiano su tre è iperteso, ma sottolineano appunto che il 14% ne è ignaro. Un grosso problema – evidenza – perché la pressione alta è il fattore di rischio per morte o invalidità grave più importante, al punto da aver superato la pericolosità di fumo di tabacco e inquinamento atmosferico»

© RIPRODUZIONE ANCHE PARZIALE RISERVATA - Borderline24 Il giornale - Ti invitiamo a usare i bottoni di condivisione e a non copiare l'articolo. Ricetta che aiuta a liberare dalla placca dentale. Mescola il bicarbonato con Per dimagrire, bisogna mischiare questi estratti di spezie. Ecco la ricetta... Ricetta che aiuta a liberare dalla placca dentale. Mescola il bicarbonato con

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Sabato 18 maggio torna in 12 città italiane 'Medico Amico Day', iniziativa dedicata all'ipertensione

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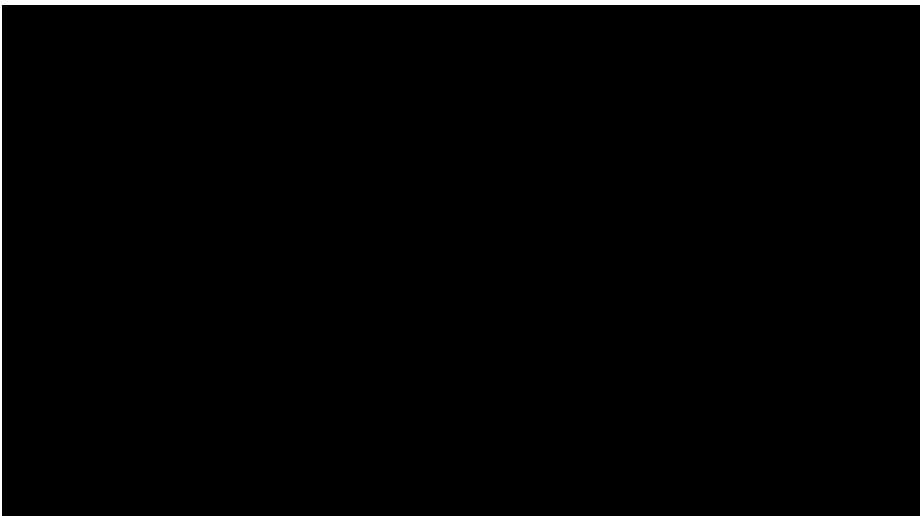
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0LVXUDUH OD SUHVVLQRH DO VXSHUPHUFDW H DO WHPSR VWHVVR FRQWUROODUH LO FDUUHOOR
XQD YHUD H SURSULD VSLJ GHOOH DELWXGLQL DOLPHQWDUL LXWDU
PLQDFFH SHU OD VDOXWH SL• GLIIXVH QHO QRVWUR 3DHVH OI OUGD E
LWDOLDQL 3HU VHQVLELQJDUH OD SRSRODJLRQH VXOO LPSR LPLWL
WRUQD OD TXLQWGHGRJ\$RORR\$QVO LQLXKRWLODZURRQWDWWR
LQWHUDPHQWH GHGLFDWD DOO LSHUWHQVLRQH H SURPRVVD G WLILFD
VDOXWH FRQ LO FRQWULEXWR GL 0HQDULQL 6DEDWR PDJJ RVL QH
FRPPHUFLOL GL FLWwJ LWDOLDQH SRWUJ VRWWSRUVL JU R GHOC
,QROWUH L PHGLFL YRORQWDUL GL 6QDPL H 6 FRQWUROOHUC SH
O DOLPHQWDLRQH DELWXDOH VLD R PHQR DGHJXDWD D WHQH DOLPHQWL SL• FRPXQL

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4XDQWH FDORULH FRVWD
FLRFFRODWLQR R GFDORIO
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6FHJOL O DOLPHQWR

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'XUDQWH OD JLRUQDWD L SXQWL 0HGLFR \$PLFR 'D\ VDUDQQR
FRPPHUFLOL GL &DVHUWD &XQR)URVLQRQH *RULJLD ODW
7UHVLVR %DUL , GDWL UDFROWL FRQIOXLUDQQR LQ IRUPD D
SUHVHQRDWR H GLVWULEXLWR DO SURVVLPR FRQJUHVVVR QDJL
XRPLQL H LO GHOOH GRQQH KD YDORUL GL SUHVVLQRH FKH
H YDVL VRQR LQ SHULFROR VSLHJD \$QJHOR 7HVVD SUHVLGH
VDSHUOR L GDWL UDFROWL GD 6QDPL LQ XQD SUHFHGHQWH I
FKH XQ LWDOLDQR VX WUH q LSHUWHVR PD VRWWROLQHDQR D
HYLGHQJLD SHUFKp OD SUHVVLQRH DOWD q LO IDWWRUH GL U
SXQWR GD DYHU VXSHUDWR OD SHULFRORVLWJ GL IXPR GL WDE

6HFRQGR L GDWL UDFROWL GD 6QDPL OR VWLOH GL YLWD G
GHJOL LSHUWHVL QRQ ID DOFXQD DWLWYLVWJ ILVLFD H O
VLFXUHJJD SHU OH SDWRORJLH PHWDEROLFKH H FDUGLRYDVFR
VFRUHHWWD 3HU GL SL• LO GL FKL VL FXUD SHU OD SUHV
PHQWUH LO KD XQD SDWRORJLD FRQFRPLWDQWH FKH SXz X
JUDYL FDUGLRSDWLD LVFKHPLFD LFWXV LQIDUWR GHO PLRF
FDUGLRYDVFRDUL FKH SRVVRQR FRQYLYHUH FRQ O LSHUWHQV

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©8QD GLDJQRVL SUHFRFH H XQ EXRQ FRQWUROOR IDUPDFRORJ
FDUGLRYDVFRDULH VRWWRVWDQWH QRQ SHJJLRUL ULSUHGH
VHJXLUH DOOD OHWVHUD OD WHUDSLD GHOOH WUH & FRQWL
PRYLPHQWR H XQ FDUUHOOR GHOOD VSHVD IDWWR GL FLEL VD
OD SUHVVLQRH (FFR SHUFKp O LQLJLDWLYD GHO 0HGLFR \$PLF

7URYD LO IDUPDFR JHQHULFKp OD
D TXHOOR GL PDUFD VXOOD) SUHV
SULQFLSLR DWWLYR GHO Q
FDWHJRUFD WHUDSHXWLFD) LRQH
L VDOH

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FKHFN XS GHU FDUUHOOR DLXWHUj WXWWL JOL LWDOLDQL D F
DOLPHQWDUL SHU ULGXUUH OD SUHVVLQRH DUWHULRVD H PHW
FRPPHUFDOH QDVFH DQFKH GDO GHVLGHULR GL IDU Vu FKH LC
VHQJD VWUHV V HYLWDQGR DQFKH O LQIOXHJD HPRWLYD GL X
SRWUHEEH HVVHUH VHQVLELOH PDQLHVWDQGR XQD SUHVVL
LSHUWHQVLRQH GD FDPLFH ELDQFz^a FRQFOXGH 7HVVD

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9XRL FRQRFVHUH RJQL JLR
VWDWR GL IRUPD ILVLFD H
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,QVHULVFL OD GDWD GL QDVFH
*HQQD

,QVHULVFL OD GDWD GD FDOF
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,QGLFD D TXDOH ELRULWPR V
OL SXRL VFHJOLHUH DQFKH V

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4XHVVWR VLWR RKNWLOH QDFL H SURILODWLYL VLD SURSUL FKH GL WHUJH SDUWL SHU PLJOLRU
SUHJHUHQVRL VDSHUQH GL SL R QHJDUH LO FROVHOVRXD WXWWL R DG
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4XHVWR VLWR FRQVHQWVHOJHOSDBWGL FRNLH GL
6H DFFRQVHQWL DOO XVR GHL FRNLH IDL FOLFN VX 2. VH WXRIDVOBHSUJHQQLLSUJ

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&RQWUR O LSHUWHQVLRQH FK
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,QLJLDWLYD QHL VXSHUPHUFDWL LO PDJJLR SHU *LRUQDWD PRQGLDOH

6WDP:

\$16\$ 520\$ 0\$* 8Q FKFN XS DOOD SUHVVLQRH HG XQ FRQWUROOR DQFKH DO
F DUUHOOR GHOOD VSHVD SHU VFRYDUH O LSHUWHQVLRQH ,Q RFFDVLQRH GHOOD *
ORQGLDOH GHOOD /RWWD FRQWUR O ,SHUWHQVLRQH VDEDWR PDJJLR WRUQD OD T
GL OHGLFR \$PLFR 'D\ FRQ O LQLJLDWLYD \$ FXRU OHJJHUR SURPRVVD GDO 6LQGDQD
1DJLRQDOH \$XWRQRPR OHGLFL ,WDOLDQL 6QDPL FRQ LO FRQWULEXWR GL OHQDULQL
PDJJLRUL FHQWUL FRPPHUFLOD GL FLWwJ LWDOLDQH WXWWL L FLWWDGLQL SRWU
VRWWRSRUVL JUDWXLWDPHQWH DOOD PLVXUD GHOOD SUHVVLQRH DUWHULRVD H DG
F DUUHOOR GHOOD VSHVD ULFHYHQGR FRQVLJOL SHU ULGXUWH LO ULVFKLR GL LSHUWHQVLRQH ILQ GDOOD

6RWWR OD OHQWH GXQTXH DQFKH JOL DFTXLVWL DO VXSHUPHUFDWL OD FXUD GHOO LSHUWHQVLRQH DY'
WUH & GL &RQWUROOL UHJRODUL &DPPLQDWH SHU IDUH LO JLVWR PRYLPHQWR PD DQFKH &DUUHOOR GL
DUWHULH 8QD GLHWD SRYHUD GL VDOH q LQLJLDWLYD SHU WHQH DOOD ODUJD OD SUHVVLQRH DO'
DXPHQWD PROWR LO ULVFKLR GL LQIDUWR H LFWXV H ULJXDUGD EHQ PLOLRQL GL LWDOLDQL 6DEDWR
UHFQGRVL QHL PDJJLRUL FHQWUL FRPPHUFLOD GL FLWwJ SRWUJ VRWWRSRUVL JUDWXLWDPHQWH DO F
LQROWUH L PHGLFL YRORQDUL GL 6QDPL FRQWUROOHUHQGR LO F DUUHOOR GHOOD VSHVD SHU FDSLH V
DGHJXDWD 'XUDQWH OD *LRUQDWD L SXQL OHGLFR \$PLFR 'D\ VDUDQQR DSHUWL GDOOH DOOH H DOOI
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\$PPLQLVWUDJLRQH \$IIDUL OHJLVODWLYL H D W X R L Q L G D W O W R S R W B Y R O D J L R Q L 7 U D V S R O E L R Q R G H J Q D M L L R
\$PPLQLVWUDJLRQH WUDWULFRQWWD 1899 9DOXWDLRQH H YHULFLD \$YYLVL GHPDQLR LG
&RPLWDWR 8QLFR GL *DUWQJLDQDWR GL WUDGLLRQH GHJOL LQYHVWLPHQW %SKEROWHFKH \$YYLVL GL LQFDULFR
'HOLEHUDJLRQL %LQDQFLR ILQDQH H SDWULRQLR 2SHUH SXEOLFKH %LJOLHWWHULD RQOLQH &DVWHQOL
(OHJLRQL &RQWUDWUL SXEOLF 3ROLWLFKH JLRYDQLO &RPLWDWR 5HJLRQDOH %DQGLH DYILVL
ODSSD \$PPLQLVWUDJLRQH SHUDJLRQH DOOR VYLOXSSR &RQVLJOLHUL GL 3DUW &RFRUVL
3URYHGLPHQWL GLUL &RSLDOR LUHVWDOH GHQWLQRQH 3RUWDOH LPSUHVH LQGXVWULDOL H 6LQGDQDOL &556
5DSSRUWL LVWLWXJLRQDOL 3URWHJLRQH FLYLOH ,QIODJLRQH H SUHJJL DO FRQVXPR
&RUSR 9DOGRVWDQR GHL SLJLLOL GHQ 5LVRVH QDWXUDOL ,QIRUPDJLRQL VX \$OOHULWVLOPHQWUR
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&XOWXUD 6DQLWJ 1HZVOHWWHUV
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(QHUJLD 6SRW 3URYYLGHQJH HG ,PSLDQWL
(QL ORFDOL 6WDWLVLWLD 2VVHUYDWRULR HFRQRPLFR H VRFLDOH
(XURSD 7HUULWRULR H DPELHQWH 2VVHUYDWRULR ULILXWL
(XURSH 'LUHFV 6HUJLJL SHU LQYDOLGL FLYLOL
)RUPDJLRQH GHQ SHUVRQDOH 7UDVSRUWL 6HUJLJLR SUHQWDJLRQH QDYHWWH SHU
UHJLRQDOH 7ULEXWL UHJLRQDOL H D RSRUWLWR
,QQRYDJLRQH 7XULVPR 6SRUWHOR XQLFR ,PPLJUDJLRQH
,VWUXJLRQH 7XULVPR LQIRUPDJLRQH 6SRUWHOR ,QIRUPDWLYR (QHUJLD
)DYRUR 8IILFLR 6WDPSD 3UHVVHQR 6SRUWHOR 8QLFR GHJOL HQWL ORFDOL
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