

Planning For Pregnancy Birth And Beyond

Pregnancy Day By Day Supporting a Physiologic Approach to Pregnancy and Birth The New Zealand Pregnancy Book The Complete Book of Pregnancy & Childbirth Pregnancy, Childbirth, Postpartum, and Newborn Care The Positive Birth Book Acupuncture in Pregnancy and Childbirth Pregnancy, Childbirth, Postpartum and Newborn Care Your Pregnancy & Birth Yoga for Pregnancy, Birth and Beyond Managing Complications in Pregnancy and Childbirth Conception, Pregnancy & Birth The Modern Midwife's Guide to Pregnancy, Birth and Beyond Reproductive Health in Developing Countries Taking Charge Of Your Pregnancy Guide to Effective Care in Pregnancy and Childbirth Pregnancy and Childbirth in the Premodern World Childbirth Across Cultures ACOG Guide to Planning for Pregnancy, Birth, and Beyond Pregnancy Hypnobirthing Pregnancy and Birth Transformed by Birth The Encyclopedia of Pregnancy and Birth Gentle Birth, Gentle Mothering Magical Beginnings, Enchanted Lives Natural Birth How to Grow a Baby Give Birth Like a Feminist: Your body. Your baby. Your choices. The Gentle Parenting Book Exercise in Pregnancy Outlawed The Gentle Birth Method: The Month-by-Month Jeyarani Way Programme Hypnobirthing A Book for Midwives Older Mothers The Sensible Guide to a Healthy Pregnancy, 2017 The Mama Natural Week-By-Week Guide to Pregnancy and Childbirth The Human Placenta The Modern Midwife's Guide to Pregnancy, Birth and Beyond Maggie Blott Melissa D. Avery Sue Pullon Sheila Kitzinger Milli Hill Zita West World Health Organization American College of Obstetricians and Gynecologists Francoise Barbira Freedman Miriam Stoppard Marie Louise National Research Council Susan J. Fisher Murray Enkin Costanza Gislon Dopfel Helaine Selin Nutan Pandit Siobhan Miller Ann Fullick Britta Bushnell, Ph.D. Janet Balaskas Sarah J. Buckley David Simon Kristina Turner Amy J. Hammer Milli Hill Sarah Ockwell-Smith Raul Artal Mittelmark Anna North Dr. Gowri Motha Marie F. Mongan Susan Klein Julia C. Berryman Genevieve Howland C. Redman Marie Louise

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the complete guide to pregnancy day by day no other pregnancy book provides this level of detail allied with such
extraordinary photographs 3d scans and illustrations which reveal in unprecedented clarity exactly what is
happening to you and your baby every single day from early fetal development to how your hormones prepare you
for birth learn from world class experts plus obstetricians midwives and parents advise on your baby s development
medical matters your changing body diet fitness and much more a special hour by hour rundown of what to expect
during and immediately after birth plus further reassurance for the first two weeks of your baby s life will give a
helping hand through the culmination of your pregnancy from pain relief to those first intimate and unique
moments between you and your child

supporting a physiologic approach to pregnancy and birth a practical guide provides an overview of current
evidence and a range of practical suggestions to promote physiologic birth within the united states healthcare
system presenting the latest evidence available on practical approaches and minimal interventions this book looks
into clinic exam rooms and hospital labor units to investigate the possibilities for improving the pregnancy and
labor experience contributors discuss recent research and other published information and present a range of ideas
tools and solutions for maternity care clinicians including midwives nurses physicians and other members of the

perinatal team an invaluable resource supporting a physiologic approach to pregnancy and birth is a must have practical guide for those involved in all aspects of pregnancy and birth

this book is written for the new zealand context the simplest questions are answered from deciding to have a baby through to the first months of a child s life medical knowledge is clearly presented and a full range of issues is addressed from what kind of nappies advantages of breastfeeding or bottle feeding to choosing between homebirth or hospital birth how you feel in this book is as important as what you do topics include development of the foetus your changing body services before and after birth ante natal and post natal visits options for care and delivery cloths baby clothes and equipment feeding and hygiene coping with other commitments at work or within the family and useful new zealand organisations

this guide provides a full range of updated evidence based norms and standards that will enable health care providers to give high quality care during pregnancy delivery and in the postpartum period considering the needs of the mother and her newborn baby all recommendations are for skilled attendants working at the primary level of health care either at the facility or in the community they apply to all women attending antenatal care in delivery postpartum or post abortion care or who come for emergency care and to all newborns at birth and during the first week of life or later for routine and emergency care this guide is a guide for clinical decision making it facilitates the collection analysis classification and use of relevant information by suggesting key questions essential observations and or examinations and recommending appropriate research based interventions it promotes the early detection of complications and the initiation of early and appropriate treatment including time referral if necessary correct use of this guide should help reduce high maternal and perinatal mortality and morbidity rates prevalent in many parts of the developing world thereby making pregnancy and childbirth safer

acupuncture in pregnancy and childbirth is a concise highly illustrated and practical guide to using acupuncture to treat women throughout their pregnancy and labour drawing on an unparalleled wealth of experience as a midwife and an acupuncturist the author has produced a book accessible to both acupuncture students and practitioners covering physiology related to pregnancy and childbirth illuminating links between western knowledge and acupuncture approaches and suggesting points and point combinations for particular stages and actions during pregnancy and labour highly illustrated with summary boxes and guidelines covers nutritional aspects of pregnancy gives practical advice and instruction on the use of acupuncture through the four trimesters of pregnancy and

labour uses case examples to further illustrate the text covers recent advances in relation to the effects of aspirin and heparin to the immune system and pregnancy includes ivf pregnancies glossary and appendix of useful addresses fully updated and revised throughout to include recent research nutrition and its effect on the foetus new and developing area of research

intended to provide evidence based recommendations to guide health care professionals in the management of women during pregnancy childbirth and postpartum and newborns and the post abortion including management of endemic diseases like malaria hiv aids tb and anaemia this edition has been updated to include recommendations from recently approved who guidelines relevant to maternal and perinatal health these include pre eclampsia eclampsia postpartum haemorrhage postnatal care for the mother and baby newborn resuscitation prevention of mother to child transmission of hiv hiv and infant feeding malaria in pregnancy interventions to improve preterm birth outcomes tobacco use and second hand exposure in pregnancy post partum depression post partum family planning and post abortion care

now in its fourth edition this book has become a classic guiding more than 2 million women through their pregnancies from planning for a baby through pregnancy and birth to those important first weeks of new life advice is offered to educate inform relieve and prepare pregnant women for one of the most thrilling and fulfilling times of their lives features include checklists charts questionnaires and special tips charts for tracking the baby s growth an all new chapter on breast feeding glossary of terms more than 170 photos and illustrations

a practical step by step photographic guide to yoga poses specifically chosen to support you safely through pregnancy and the first months following the birth yoga is more important during pregnancy than at any other time of your life as your body becomes unfamiliar to you from trimester to trimester and as labor approaches you need safe strengthening and supportive sequences to guide you on your journey this book gives you step by step yoga postures specially adapted for each trimester and relaxation techniques and simple breathing exercises will show you how to adjust to the physical demands of labor and give birth with confidence from conception to birth help develop shared well being and continue to reap the benefits of yoga after the birth as you bond with your new baby and regain your shape

the emphasis of the manual is on rapid assessment and decision making the clinical action steps are based on

clinical assessment with limited reliance on laboratory or other tests and most are possible in a variety of clinical settings

widely accepted as the definitive guide to pregnancy and childbirth dr miriam stoppard's conception pregnancy and birth has sold well over a million copies since it was first published this new edition has not only been given a completely new look with stunning new photography but it has also been updated and re written with 20-25 percent new material new information will cover the latest developments in pregnancy and birth from up to date research on how your stress levels can affect your unborn baby to new developments in delivering your baby

marie louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions emma bunton co founder of kit and kin whether you are planning for a baby just found out you are pregnant or well into your third trimester this book will help you to feel confident informed and inspired about your exciting journey ahead through years of work with families senior midwife marie louise reveals the key things that will make the biggest most positive difference to you and your baby as you navigate these life changing months as well as this marie louise is renowned for bringing complex science to life you'll discover fascinating facts that underpin everything you and your baby will go through including how your nervous system is synced with your baby and why baby already knows a lot about you when they are born the unique process your baby goes through to pass through the birth canal and how you work together in labour incredible facts about breast milk packed with the most up to date findings and expert insights you'll find everything you need to prepare for motherhood and most importantly understand and appreciate just how amazing you and your baby both are

sexually transmitted diseases unintended pregnancies infertility and other reproductive problems are a growing concern around the world especially in developing countries reproductive health in developing countries describes the magnitude of these problems and what is known about the effectiveness of interventions in the following areas infection free sex immediate priorities for combating sexually transmitted and reproductive tract diseases are identified intended pregnancies and births the panel reports on the state of family planning and ways to provide services healthy pregnancy and delivery the book explores the myths and substantive socio economic problems that underlie maternal deaths healthy sexuality such issues as sexual violence and the practice of female genital mutilation are discussed in terms of the cultural contexts in which they occur addressing the design and delivery of reproductive health services this volume presents lessons learned from past programs and offers principles for

deciding how to spend limited available funds reproductive health in developing countries will be of special interest to policymakers health care professionals and researchers working on reproductive issues in the developing world

an indispensable guide to the revolutionary advances in pregnancy and childbirth taking charge of your pregnancy contains trailblazing science that explains why the first eight weeks are the most important and how to optimize them which prenatal genetic tests are risk free and which are a waste of money why miscarriages are common and the preventive steps future moms can take when to be concerned about nausea what pregnant women can learn from their own mother's birth stories what to do about pain during labor and delivery after decades of research into how babies develop in the womb susan j fisher phd shares her expert advice to empower expecting parents complete with helpful illustrations practical tips and the essential questions to ask healthcare providers here is everything you need to take charge of your health and your baby's

a guide to effective care in pregnancy and childbirth is a clearly written review of the important research evidence on the effects of the various care practices carried out during pregnancy childbirth and the early days after birth in addition to the details provided in the text the book concludes with valuable tables that list the practices which are beneficial those of unknown effectiveness and those likely to be ineffective or harmful

this volume of contributions from international scholars offers a cross cultural and multi period analysis of pregnancy and childbirth traditions in western and middle eastern cultures the studies focus on the ideas practices and visual representations surrounding pregnancy and birth giving from late antiquity to the renaissance and offer the reader the possibility of observing the perception representation and theoretic paradigm of these events in a wide range of cultural contexts the collection fits within multiple traditions of specialized scholarship yet its scope suggests a geographically global approach and a new multicultural methodology that encompasses a wide range of practices historical periods and topics on one hand it participates in the well established medical historical and iconographic discourse on childbirth and family that has enticed much interest over the last two decades on the other its unique thematic structure includes cultures and periods previously ignored in similar collections of essays the articles span from northern europe to the mediterranean the middle east and india and connect the experience of childbirth to the exchanges of knowledge religious beliefs and social practices with its variety of topics and specializations the volume encourages a global comparative approach to the cultural narrative surrounding the activities and attitudes connected to conception and birth paying particular attention to material culture religion

history and iconography as well as to the exchange and dispersion of medical knowledge

this book will explore the childbirth process through globally diverse perspectives in order to offer a broader context with which to think about birth we will address multiple rituals and management models surrounding the labor and birth process from communities across the globe labor and birth are biocultural events that are managed in countless ways we are particularly interested in the notion of power who controls the pregnancy and the birth is it the hospital the doctor or the in laws and in which cultures does the mother have the control these decisions regarding place of birth position who receives the baby and even how the mother may or may not behave during the actual delivery are all part of the different ways that birth is conducted one chapter of the book will be devoted to midwives and other birth attendants there will also be chapters on the evolution of birth on women s birth narratives and on child spacing and breastfeeding this book will bring together global research conducted by professional anthropologists midwives and doctors who work closely with the individuals from the cultures they are writing about offering a unique perspective direct from the cultural group

pregnancy is that wonderful occasion in life too precious to be disrupted by irrational fears or unnecessary apprehensions caused by the lack of simple reliable information this book will tell you all about childbirth answering questions about weight gain proper diet exercises breathing patterns positions to adopt during labour and postnatal care of both yourself and the baby scientific and reliable the book also offers invaluable time tested home remedies

this book will make your birth better it is for every woman and every type of birth siobhan manages to completely demystify hypnobirthing making it accessible and relevant to all women and all births this book will be a complete game changer and i will be recommending it to mums to be from now on sarah turner author of the unmunsy mum expert hypnobirthing teacher and founder of the positive birth company siobhan miller has made it her mission to change the way women around the world approach and experience birth through her teaching she seeks to educate and empower women and their birth partners so that they can enjoy amazing and positive birth experiences however they choose to bring their babies into the world in this book siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience from a water birth at home to an unplanned caesarean in theatre so what is hypnobirthing essentially it s a form of antenatal education an approach to birth that is both evidence based and logical hypnobirthing certainly doesn t involve being hypnotised instead it teaches you how your body works on a muscular and hormonal level when in

labour and how you can use various relaxation techniques to ensure you are working with your body rather than against it making birth more efficient and comfortable siobhan s advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout by the time you finish this book you ll feel relaxed capable and genuinely excited about giving birth

provides information about pregnancy explains the embryo s development and discusses different types of contraception

britta you are a master at what you do p nk grammy winning singer songwriter as expecting parents you re bombarded with more information and opinions than ever about the right approach to pregnancy and childbirth how do you navigate this ocean of information not only to find the best practical solutions for you personally but also to embrace this incredible opportunity for emotional and spiritual transformation that comes from bringing a child into this world with transformed by birth dr britta bushnell has created the transformative intelligent and empowering pregnancy and childbirth guide you ve been waiting for this book embraces birth as a metamorphic experience a rite of passage in which you are initiated by opening to the unbidden embodying your own wisdom and gaining freedom from limiting beliefs our culture has inundated us with limiting ideals that prevent us from fully engaging in the journey of pregnancy and childbirth including a need for control and certainty vilification of pain and reverence for technology and intellectual knowledge among others dr bushnell helps you clear away unwanted beliefs and behaviors so you can open to the meaning and power of this uniquely life changing experience here she offers daily practices rituals exercises and more to help you cultivate resilience power and connection during this transformative time childbirth is more than just having a baby transformed by birth invites you to discover childbirth as a transformational experience that alters your knowing of who you are and lasts long after pregnancy and birth are over

using exercises and techniques developed over ten years of teaching a popular series of workshops at the chopra center for well being dr deepak chopra shows readers how to see parenthood from a very different perspective magical beginnings enchanted lives uses meditation yoga dietary guidelines natural remedies visualization journaling and drawing to enhance the experience of pregnancy and birth for both parents and baby also included are practical strategies to prepare the parents for labour and delivery caring for the newborn child and enjoying parenthood by applying established techniques from deepak chopra s internationally famous mind body approach

to the experience of pregnancy childbirth and early infancy magical beginnings enchanted lives adds previously unexplored dimensions of physical health joy and insight to elevate one of life's primal experiences to the realm of the miraculous

in our society childbirth is often viewed as something to be feared and even to be avoided through elective caesarian or extreme pain suppression in this uplifting book kristina turner applies esoteric knowledge to show practical ways of transforming a difficult experience into a positive and deeply spiritual one kristina looks closely at the physical processes that take place in the body during pregnancy and childbirth as well at explaining the facts behind hospital procedures and options for home birth providing readers with the necessary knowledge to make their own choices she feels that birthing should be viewed as a unified process from the nine months of pregnancy through labour to the many months of breastfeeding all three stages contribute to developing the bond between mother and child and the child's emotional function kristina writes beautifully about the sacred mystery inherent in conception and pregnancy and guides the new mother towards being a conscious participant in the spiritual process of bringing life into this world this book is both very practical and hugely inspiring

written by a nurse this holistic guide for pregnancy and the postpartum experience provides foundational knowledge and intuitive wisdom to help new mothers support the optimal health of their baby and their own bodies get the answers to the big questions about pregnancy what kinds of foods should you eat and how do you prepare your body for labor and birth how does movement impact pelvic health and the baby's position in the womb how does the endocrine system and your brain change throughout pregnancy how does the microbiome influence your and your baby's health packed with practical information and helpful infographics amy j hammer helps you create the optimal environment for growing a baby and navigating the major transitions in a pregnancy including nurturing pelvic floor health the fetal and parental microbiome and the science behind the stages of pregnancy from conception to postpartum by providing vital and often ignored information about reproductive science movement and nourishment this book empowers parents to make informed and personal choices about their pregnancy birth and beyond

as featured on bbc radio 2 and bbc radio 5 live selected as one of the independent's 10 best pregnancy books for expectant parents birth is a feminist issue it's the feminist issue nobody's talking about

parenting trends come and go gentle parenting is different it isn't a label for a precise set of rules but a method of parenting that embraces the needs of parent and child while being mindful of current science and child psychology it means parenting with empathy respect understanding and boundaries in the gentle parenting book sarah ockwell smith provides a trustworthy combination of what to expect information and gentle parenting solutions to the most common challenges faced by parents with young children sarah addresses a wide variety of topics including coping with a crying baby introducing solid foods and creating healthy eating habits potty training starting nursery and school sibling rivalry tantrums whining and sulking aggressive behaviour and much more and for those parents who have previously used a more authoritarian style of parenting there's plenty of advice and reassurance on making the transition to a gentler approach for many gentle parenting comes as a relief because it chimes with their deepest instincts about the best way to raise their children

a reese's book club pick instant new york times bestseller belletrist book club pick indie next selection library reads selection amazon editors choice washington post best of the year the terrifying wise tender and thrilling r o kwon adventure story of a fugitive girl a mysterious gang of robbers and their dangerous mission to transform the wild west in the year of our lord 1894 i became an outlaw the day of her wedding 17 year old ada's life looks good she loves her husband and she loves working as an apprentice to her mother a respected midwife but after a year of marriage and no pregnancy in a town where barren women are routinely hanged as witches her survival depends on leaving behind everything she knows she joins up with the notorious hole in the wall gang a band of outlaws led by a preacher turned robber known to all as the kid charismatic grandiose and mercurial the kid is determined to create a safe haven for outcast women but to make this dream a reality the gang hatches a treacherous plan that may get them all killed and ada must decide whether she's willing to risk her life for the possibility of a new kind of future for them all featuring an irresistibly no nonsense courageous and determined heroine outlawed dusts off the myth of the old west and reignites the glimmering promise of the frontier with an entirely new set of feminist stakes anna north has crafted a pulse racing page turning saga about the search for hope in the wake of death and for truth in a climate of small mindedness and fear

childbirth guru dr gowri motha who practises with dr yehudi gordon author of birth and beyond shows women how her revolutionary method helps women carry the baby to full term have less intervention in the birth feel less pain in labour and feel happy and in control

childbirth is not something to be feared it is a natural expression of life in this practical guide hypnobirthing founder marie mongan explores the myth of pain as a natural accompaniment to birth p 4 of cover

explores the sociological and psychological aspects associated with later pregnancy and motherhood

if you are pregnant or are planning to become pregnant this guide is for you having a baby can be a wonderful experience but it can also be a time of uncertainty many parents have questions and concerns as they face all the changes that pregnancy brings with advice coming from everyone it s tough to know who to listen to that s why having accurate information is so important this guide will help you to make good decisions about how to take care of yourself before during and after your pregnancy page 1

the placenta is fascinating and complex basically foreign to the maternal body it can be thought of as an organ transplanted onto the mother s host tissue as such it embodies all the principles of tissue acceptance and rejection many of the risks of pregnancy and labor have now been eliminated and the placenta is likely to be at the root of many of the dangers to the unborn child that remain a breakdown of the relationship between the placenta and the maternal tissue may turn out to be the cause of the majority of early lost pregnancies

marie louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions emma bunton co founder of kit and kin whether you are planning for a baby just found out you are pregnant or well into your third trimester this book will help you to feel confident informed and inspired about your exciting journey ahead through years of work with families senior midwife marie louise reveals the key things that will make the biggest most positive difference to you and your baby as you navigate these life changing months as well as this marie louise is renowned for bringing complex science to life you ll discover fascinating facts that underpin everything you and your baby will go through including how your nervous system is synced with your baby and why baby already knows a lot about you when they are born the unique process your baby goes through to pass through the birth canal and how you work together in labour incredible facts about breast milk packed with the most up to date findings and expert insights you ll find everything you need to prepare for motherhood and most importantly understand and appreciate just how amazing you and your baby both are

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Checking if Two IP Addresses are in the Same Subnet: A Simplified Guide

Understanding whether two IP addresses reside on the same subnet is fundamental to networking. It dictates how devices communicate with each other – directly or indirectly via a router. While the underlying concepts might seem complex, this article will break down the process into manageable steps, using practical examples to illustrate each point.

1. Understanding IP Addresses and Subnets

An IP address is like a house address on the internet. It uniquely identifies a device connected to a network. IP addresses are typically written in dotted decimal notation (e.g., 192.168.1.100), consisting of four numbers separated by periods, each ranging from 0 to 255. A subnet is a logical division of a larger network. Think of it as a neighborhood within a city. Each subnet has its own unique identifier, allowing for efficient routing of traffic. This division is achieved using a subnet mask.

2. The Role of the Subnet Mask

The subnet mask is a crucial component in determining subnet membership. It's a 32-bit number (also written in dotted decimal notation) that identifies which part of the IP address represents the network address and which part represents the host address. The subnet mask uses '1's to represent the network portion and '0's to represent the host portion. For example, a common subnet mask is 255.255.255.0. Let's break it down: 255.255.255.0: This mask means the first three octets (sets of numbers separated by periods) identify the network, while the last octet identifies the individual host within that network.

3. Performing the AND Operation

To determine if two IP addresses are in the same subnet, we perform a bitwise AND operation between each IP address and the subnet mask. This operation compares corresponding bits of the IP address and the subnet mask. If both bits are '1', the result is '1'; otherwise, it's '0'. Let's illustrate with an example: IP Address 1: 192.168.1.100 IP Address 2: 192.168.1.200 Subnet Mask: 255.255.255.0 Step-by-step: 1. Convert to binary: Each octet in the IP addresses and subnet mask is converted to its binary equivalent (e.g., 192 = 11000000). 2. Perform the AND operation: For each corresponding bit in the IP address and the subnet mask, we apply the AND operation: 1 AND 1 = 1 1 AND 0 = 0 0 AND 1 = 0 0 AND 0 = 0 3. Convert back to decimal: The resulting binary numbers are converted back to their decimal equivalents. If the resulting network addresses (after the AND operation) are the same for both IP addresses, they are on the same subnet. In our example: 192.168.1.100 AND 255.255.255.0 = 192.168.1.0 192.168.1.200 AND 255.255.255.0 = 192.168.1.0 Since both results are 192.168.1.0, the IP addresses are on the same subnet.

4. Using Online Calculators and Tools

Manually performing the binary AND operation can be tedious. Fortunately, many online subnet calculators are available. Simply input the two IP addresses and the subnet mask, and the calculator will determine whether they are on the same subnet. These tools significantly simplify the process.

5. Practical Applications

Knowing whether two IP addresses share a subnet is vital for various networking tasks: Troubleshooting network connectivity: If two devices cannot communicate, checking if they are on the same subnet is a crucial first step in diagnosing the problem. Network segmentation: Subnetting allows for efficient network management and security by isolating different parts of the network. IP address planning: Understanding subnets helps in effectively allocating IP addresses within a network.

| Key Insights and Takeaways:

Subnet masks are essential for determining subnet membership. The bitwise AND operation is the core calculation for comparing IP addresses. Online calculators simplify the process significantly. Subnet knowledge is crucial for network troubleshooting and administration.

| FAQs:

1. What happens if the resulting network addresses are different? If the network addresses (after the AND operation) are different, the IP addresses belong to different subnets. 2. Can I use different subnet masks for different IP addresses? No. All IP addresses within a particular subnet must use the same subnet mask. 3. What is the significance of the host portion of the IP address? The host portion uniquely identifies each device within a subnet. 4. How many devices can a subnet accommodate? The number of devices a subnet can accommodate depends on the number of bits available for the host portion of the IP address. For example, a /24 subnet (255.255.255.0) can support 254 devices. 5. Are there other ways to determine subnet membership besides the AND operation? Yes, some network management tools provide this information directly, eliminating the need for manual calculations. However, understanding the underlying principles remains crucial.

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