

8 Yf'j c`ghÀbX][Y '@Y]hZUXYb 'XYg' < c`]gh]W < YU`h\ '7cUW\ 'ni 'D7CG

5i gk]f_i b[Yb'Ui Z'XUg'dc`mmgh]gW\Y'Cj Uf]U`gmbXfca
fD7CGŁ'Y]bY'j cb'nY\b': fUi Yb'XYg'fYdfcXi _h]j Yb'5`hYfg"
5`Y]b'j]b'XYb'I G5'Ybhgd]W\h'XUg'i b[YZÀ\f'ZØbZA]`]cbYb
: fUi Yb'"K Ybb'≠f'; Ygi bX\Y]hgWcUW\]b[!; YgW\ÀZi'k ÀW ghž
k YfXYb'G]Y'k U\fgW\Y]b'W\ 'Ui Z'a]bXYghYbg'Y]bYb'?'i bXYb
a]h'D7CG'ghc» Yb'"5`g'Y]b'; Ygi bX\Y]hg]fU]bYf9g']gh'k]W\h][ž
XUgg'G]Y'VYfY]h'g]bXž'≠fY'?'i bXYb'VY]'XYf'9ffY]W\i b[]\fYf
; Ygi bX\Y]hg! 'i bX'K Y`bYggn]Y'Y'ni 'i bhYfghØhnYbž'g]Y'Xi fW\
[Ygi bX\Y]h'W\Y'<]bXYfb]ggY'ni 'i bhYfghØhnYb'bi bX'g]Y'ni
VYZÀ\][Ybž'k À\fYbX']\fYg'[YgUa hYb '@VYVbg'Y]b
U`[Ya Y]bYg'K c\`VYZ]bXYb'ni 'VYk U\ fYb"' : Øf'Y]b][Y'≠fYf
?'i bXYb']gh'D7CG'a Ò[]W\Yfk Y]gY'Y]bY'6YX]b[i b[ž'X]Y'g]Y
U'g'<]bXYfb]g'ZØf'X]Y'9ffY]W\i b[]\fYf'; Ygi bX\Y]hgn]Y'Y
VYhfUW\hYbž'cXYf'g]Y'a ÒW\hYb'Y]bZUW\ 'bi f' Ua d^Y`]d/



5i gk]f_i b[Yb'Ui Z'XUg'dc`mmgh]gW\Y'Cj Uf]U`gmbXfca 'fD7CGŁ'
Y]bY'j cb'nY\b': fUi Yb'XYg'fYdfcXi _h]j Yb'5`hYfg"5`Y]b'j]b'XYb
I G5'Ybhgd]W\h'XUg'i b[YZÀ\f'ZØbZA]`]cbYb': fUi Yb'"K Ybb'≠f'

; Ygi bX\Y]hgWcUWk]b[!; YgWkÅZh'k ÅWk ghž'k YfXYb'G]Y
k U\fgWkY]b`]Wk`Ui Z'a]bXYghYbg'Y]bYb'?'i bXYb'a]h'D7CG'ghc» Yb"

5`g'Y]b` ; Ygi bX\Y]hghfU]bYf9g']gh'k]Wk h][ž'XUgg'G]Y`VYfY]h'g]bXž
⇒fY`?'i bXYb`VY]`XYf'9ffY]Wk i b[`]\fYf'; Ygi bX\Y]hg!`i bX
K Y`bYggn]Y`Y`ni`i bhYfghØhnYbž'g]Y`Xi fWk` [Ygi bX\Y]h`]Wk Y
<]bXYfb]ggY`ni`i bhYfghØhnYb`i bX'g]Y`ni`VYZÅ\][Ybž'k Å\fybX`]\fYg
[YgUa hYb`@YVYbg'Y]b`U`[Ya Y]bYg'K c`VYZ]bXYb`ni`VYk U\fyb`"

: Øf'Y]b][Y`⇒fYf'?'i bXYb`]gh'D7CG'a Ø[`]Wk Yfk Y]gY`Y]bY
6YX]b[i b[ž'X]Y`g]Y`U`g`<]bXYfb]g`ZØf'X]Y`9ffY]Wk i b[`]\fYf
; Ygi bX\Y]hgn]Y`Y`VYhfUWk hYbž'cXYf'g]Y`a ØWk hYb`Y]bZUWk`bi f
`YfbYbž'k]Y`g]Y`YZY`_h]j Yf`XUa]h'i a [Y\Yb`_ØbbYb`"9g'a U[`Ui Wk
k U\f'gY]bž'XUgg'g]Y`D7CG`\UVYbž'UVYf'Yg']gh`]\bYb`b]Wk h'k]Wk h]["

K]Y`_ØbbYb`; Ygi bX\Y]hgWcUWk Yg`]b`X]YgYb`j YfgWk]YXYbYb`; Å`Yb
\]ZfY]Wk`gY]b3`K Y`Wk Y`⇒Zcfa Uh]cbYb`_ØbbYb
; Ygi bX\Y]hgWcUWk Yg`]\fYb'?'i bXYb'a]h'D7CG`UbV]YhYbž'XUa]h'g]Y
g]Wk`k c`\`i bX`YfZØ`h`ZØ`\`Yb3`

⇒X]YgYa`@Y]hZUXYb`ZØf'; Ygi bX\Y]hgWcUWk Yg`ni`D7CG`ghY`Yb`k]f
⇒bYb`X]Y`k]Wk h][ghYb`⇒Zcfa Uh]cbYb`ni`D7CG`ni`f`J YfZØ[i b[`i bX
ØVYfd fØZYb`X]Y`XU\]bhYf`ghY`YbXYb`; cfgWk i b[gYf[YVb]ggY`k]Y
:]hbYggž'9fbÅ\fi b[ž'; Yk]Wk h'i bX`GhfYgg`_Ubb`XUg`D7CG!F]g]_c
i bX`X]Y`Gma dhca Y`VYY]bZi ggYb`"GWk`]Y»`]Wk`V]YhYb`k]f`_cb`fYhY
Hcc`g`i bX`9a dZY`\i b[Yb`ZØf`7cUWk Yg`Ubž'i a`]\fY`?'i bXYb'a]h
D7CG`ni`i bhYfghØhnYb`"

Key Information about PCOS for Health Professionals

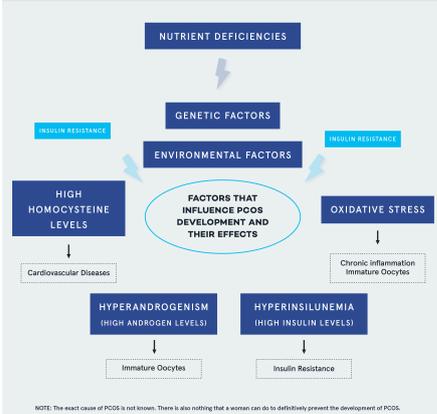
What Is PCOS?

PCOS is a health condition that results from an imbalance in hormones that support the ability to have regular menstrual cycles and get pregnant.



Common PCOS Symptoms

- Some of the most common symptoms of PCOS include:
- Irregular menstrual cycles, including missed or irregular periods.
 - Excess hair on the face, including on the chin, cheeks, and upper lip. This is called hirsutism and affects up to 70% of women with PCOS.
 - Chronic acne on the face but could also extend to the neck, chest, and upper back.
 - Thinning hair or hair loss.
 - Weight gain.
 - Difficulty losing weight.
 - Darkening of the skin, especially where the skin creases.
 - Skin tags, which are small excess skin flaps.



Facts about PCOS

1 IN 10
WOMEN HAVE PCOS

5 MILLION
WOMEN IN THE US
HAVE PCOS

- PCOS IS THE MOST COMMON CAUSE OF INFERTILITY IN WOMEN.
- WOMEN WITH PCOS ARE OFTEN INSULIN RESISTANT: THEIR BODIES MAKE INSULIN, BUT THEIR CELLS HAVE DIFFICULTIES READING INSULIN TO OPTIMIZE GLUCOSE UPTAKE.
- WOMEN WITH PCOS ARE MORE LIKELY TO DEVELOP OTHER HEALTH PROBLEMS, INCLUDING:
- TYPE 2 DIABETES
 - GESTATIONAL DIABETES
 - HEART DISEASE
 - HIGH BLOOD PRESSURE
 - HIGH LDL "BAD" CHOLESTEROL AND LOW LDL "GOOD" CHOLESTEROL
 - SLEEP APNEA
 - STROKE
 - DEPRESSION AND ANXIETY

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K Ug]gh'D7CG3

D7CG]gh'Y]b ; Ygi bX\Y]hgni ghUbXž'XYf'Ui g'Y]bYa
I b['Y]W [Yk]W h'XYf' < cfa cbY'fYgi 'h]Yfhž'X]Y'X]Y': Å\][_Y]h
i bhYfghØhnYbž'fY [Y'a Å»][Y'A Ybghfi Uh]cbgnm_Yb'ni '\UVYb'i bX
gWk Ub[Yf'ni 'k YfXYb''

6Y]: fUi Yb'c\ bY'D7CG'gYbXYb' < cfa cbY'G][bU'Y'Ub'X]Y
9]YfghØW_Yž'i a 'k Å\ fYbX'XYf' Cj i 'Uh]cbgdYf]cXY'XYg
A Ybghfi Uh]cbgnm_'i g'YXYb'A cbUh'Y]b'9]'ZfY]ni gYhnYb''

6Y]: fUi Yb' 'a]h'D7CGB]YXf][YfY'U'g'bcfa U'Y'² ghfc[Yb!'i bX
Dfc [YghYfcbgd]Y[Y'i bX'\Ø\YfY'U'g'bcfa U'Y'5bXfc[Ybgd]Y[Y'
ZØ\ fYb'XUni ž'XUgg'g]W'XUg'9]Yb'k YXYf'b]W'h'gc'Yb'k]W_Y'hž'k]Y
Yg'gc'hYž'cXYf'b]W'h]b'X]Y'9]Y]hYf'ZfY][YgYhnh'k]fX''8Yf'A Ub[Y'
Ub'9]gdfi b['j YfÅbXYfh'X]Y'Gd]Y[Y'j cb'² ghfc[Ybž'Dfc [YghYfcbž
Zc''_i 'ÅfYa 'gh]a i 'YfYbXYa ' < cfa cb'fl G<Łi bX'i hY]b]g]YfYbXYa
< cfa cb'f@< Ł''

≠Zc` [Y'XYf'5i gk]f_i b[Yb'Ui Z'X]Y'9]Yb'k]W_i b['i bX'X]Y
: fY]gYhni b['j]b'X]Y'; YVÅfa i hYf'_Ubb'Y]bY': fUi 'j YfgÅi a hY'cXYf
i bfY[Y'a Å»][Y'DYf]cXYb' [Y\UVh'\UVYb''8]Yg'_Ubb'ni
I bZfi W'hVUf_Y]h'i bX'ni f'9b'k]W_i b['_Y]bYfž'a]h': 'Øgg][_Y]h
[YZØ'hYf'GÅW_Y]b'XYb'9]YfghØW_Yb'ZØ\ fYbž'X]Y'U'g'NmghYb
VYnY]W'bYh'k YfXYb''

< Åi Z][Y'D7CG!Gma dhca Y

9]b][Y'XYf'\Åi Z][ghY'Gma dhca Y'j cb'D7CG'i a ZUggYb.''

I bfY[Y'a Å»][Y'A Ybghfi Uh]cbgnm_Ybž'Y]bgW'Y]Y» 'j]W'j YfgÅi a hYf
cXYf'i bfY[Y'a Å»][Yf'DYf]cXYb'', VYfgW'Øgg][Yg' < UUF'a ' ; Yg]W'hž
Y]bgW'Y]Y» 'j]W'Ua ' ?]bbž'Ub'XYb'K Ub[Yb'i bX'Ub'XYf'CVYf']ddY"
8]Yg'bYbb'h'a Ub' <]fgi h]ga i gi bX'VYhf]Zh'V]g'ni '+\$i 'j cb': fUi Yb
a]h'D7CG''7\fc]gW'Y'5_bY']a ' ; Yg]W'hž'_Ubb'g]W'UVYf'Ui W'Ui Z
< U'gž'6fi ghi bX'cVYfYb'FØW_Yb'YfghfYW_Yb''5i gXØbbYbXYg' < UUF
cXYf' < UUFUi gZU'''' ; Yk]W'hgni bU\ a Y''G'W'k]Yf][_Y]hYb'VY]a
5VbY\ a Yb''J YfXi b_Y'i b['XYf' < Ui hž']bgVYgcbXYfY'Xcfhž'k c'X]Y
< Ui h'_b]hYfh'' < Ui ha Uf_Ybž'VY]XYbYb'Yg'g]W' 'i a ' _Y]bY
ØVYfgW'Øgg][Y' < Ui h'UddYb '\UbXY'h''

K Å\ fYbX'X]Yg'Y]b][Y'XYf'\Åi Z][ghYb'Gma dhca Y'g]bXž'XYb_Yb'G]Y
XUfUbž'XUgg'YXY': fUi 'D7CG'i bhYfgW]YX'W'i bX'j]b
i bhYfgW]YX'W]Yb'GW'k YfY[fUXYb'Yf'VYb'_Ubb''9g]gh'Ui W
a Ø['W]ž'XUgg': fUi Yb'ØVYf\Ui dh'_Y]bY'Gma dhca Y'\UVYb''

I fgUWYb'j cb'D7CG

8]Y[YbUi Y'I fgUWY'j cb'D7CG'gh'b]W'h'VY_Ubbh"9g'[]Vh'Ui W
b]W'hgž'k Ug'Y]bY': fUi 'hi b'_Ubbž'i a 'X]Y'9bhk]W' i b['j cb'D7CG
YbX[Ø'h]['ni 'j Yf\]bXYfb""9b][Y': U_hcFYbž'j cb'XYbYb'9I dYfhYb
k]ggYbž'XUgg'g]Y'X]Y'9bhk]W' i b['XYf'9f_fUb_i b['VYY]bZi ggYbž
g]bX."

; YbYh]_. 'K Ybb'Y]bY': fUi 'Y]bY'D7CG!: Ua]]Yb[YgW]W'hY'\Uhž'gh
Yg'k U\fgWY]b'W]WYfž'XUgg'Ui W'g]Y'D7CG'Ybhk]W_Y'h"8 Ug'[YbUi Y
a]h'D7CG'j Yf_ØdžhY'; Yb'k i fXY'YXcW'b]W'h]XYbh]Zn]Yfh"
<c\Y'5bXfc[Ybgd]Y[Y'. 'K A\fybX': fUi Yb'j cb'BUhi f'Ui g'Y]bYb
b]YXf][Yb'5bXfc[Ybgd]Y[Y''b'\c\Yb'?cbnYbhfUh]cbYb'\UVYbž
g]bX'g]Y'X]Y'<cfa cbYž'X]Y'XUg'5i žhYhYb'a Åbb`]WYf'A Yf_a U'Y
k]Y'?U\`Y]h'bUW'a Åbb`]WYa 'A i ghYf'i bX'<UUfk i W'g']a
; Yg]W'hghYi Yfb"": fUi Yb'a]h'D7CG'\UVYb'\Ø\YfY
5bXfc[Ybgd]Y[Y''U'g': fUi Yb'c\bY'D7CG"

<c\Yf'÷bgi `]bgd]Y[Y'. 'J]Y'Y': fUi Yb'a]h'D7CG'\UVYb'Y]bYb
ØVYfXi fW'gW'b]h]WYb'÷bgi `]bgd]Y[Y'ž'XU'X]Y'NY''Yb'b]W'h'bcfa U'
Ui Z'XUg'<cfa cb'fYU[]YfYb'_ØbbYb"

<c\Y'Gd]Y[Y'XYf'5a]bcgÅi fY'<ca cWmghY]b. '8]Yg'_cffY']Yfh
a]h'b]YXf][Yb'J]hUa]b'6%&!Gd]Y[Y'b'i bX'Y]bYa 'Yf\Ø'hYb'F]g]_c
ZØf'<YfnYf_fUb_i b[Yb'VY]: fUi Yb'a]h'D7CG"

I a [YVi b[. 'K A\fybX': cfgW'i b[]gh'bcW']b'XYb'ZfØ\Yb
GhUX]Yb9g']gh'_Ufž'XUgg'i bgYf'?ØfdYf'Xi fW'X]Y'j cb'i bg
j YfnY\fhYb'@YVYbga]hY'ž'GW'Öb\Y]hg! 'i bX'FY]b][i b[gdfcXi _hYž
XYb'6cXYbž]b'XYa 'i bgYfY'@YVYbga]hY''Ub[YVUi h'k YfXYbž'i bX
XUg'k Uggyfž'XUg'k]f'hf]b_Ybž'YbXc_f]b'k]f_YbXYb'7\Ya]_U']Yb
Ui g[YgYhnh]gh"@Y]XYf'\UVYb'X]Y'J YfVfUi WYf'Ui Z]bX]j]Xi Y''Yf
9VYbY'k Yb]['?cbhfc''Y'ØVYf'X]YgY': U_hcFYbž'UVYf'ghUUh]WY'i bX
df]j Uhk]fhgW'Užh]WY'J cfgW'f]žhYb'_ØbbYb'i bgYf'F]g]_c
j Yff]b[Yfb"

5bXYfY'6YX]b[i b[Yb. ': fUi Yb'a]h'<YfndfcV'Ya Ybž'8]UVYhYgž
: Yhh'Y]V][_Y]h'i bX'5i hc]a a i bYf_fUb_i b[Yb'Ybhk]W_Y'b'\Åi Z][Yf
D7CGž]bgVYgcbXYfY'k Ybb'DfcV'Ya Y'a]h'XYa
'?fUb_\Y]hga UbU[Ya Ybh'Ui Z[YhfYhYb'g]bX"

8Yf'<Ø\Ydi b_h'X]YgYf': U_hcFYb'j Yfi fgUW'h'cl]XUh]j Yb'GhfYggž'XYf
ni 'žFY]Yb'F UX]_U'Yb'ja '?ØfdYf'ZØ\fh": fY]Y'F UX]_U'Y'j Yfi fgUWYb
NY''gW'ÅXYb'i bX'_ØbbYb'X]YgY': U_hcFYb'j YfgW'ja a Yfbž'k Ug'ni
Y]bYa 'HYi ZY'g_fY]g'j cb'cl]XUh]j Yb'GhfYgg'i bX'DfcXi _h]cb'žFY]Yf
F UX]_U'Y'i bX''YhnhYbX'W'XUg': cfhgW'fY]hYb'XYf'?fUb_\Y]h'8Yf
HYi ZY'g_fY]g'_Ubb'Xi fW'Y'YbXYfi b[Yb'XYg'@YVYbggh]g'k]Y
9fbÅ\fi b['i bX'6Yk Y[i b['gck]Y'Y]b][Y'A YX]_Ua YbhY
j Yf'Ub[gUa h'cXYf'[Yghcddh'k YfXYb"

K]W\ h][Y : U_hYb`ni`D7CG

<]Yf`g]bX`Y]b][Y`k]W\ h][Y : U_hYb`i a`X]Y`V]c`c []gW\ Yb
5i gk]f_i b[Yb`j cb`D7CG`ni`VYfØW_g]W\ h][Yb.

D7CG`]gh`X]Y`\Äi Z][ghY`l fgUW\ Y`ZØf`l bZfi W\hVuf_Y]h`VY]: fUi Yb`
: fUi Yb`a]h`D7CG`g]bX`\Äi Z][`]bgi` `]bfYg]ghYbh` Æf`? ØfdYf
dfcXi n]Yfh` ðgi` `]bž`UVYf`]\fY`NY`Yb`\UVYb`GW\ k]Yf][_Y]hYbž
 ðgi` `]b`ni` `YgYbž`i a`X]Y; `i`_cgYUi ZbU`a Y`ni`cdh]a]YfYb": fUi Yb
a]h`D7CG`Ybhk]W_Y`b`\Äi Z][Yf`UbXYfY; Ygi bX`Y]hgdV`Ya Yž
XUfi bhYf.

Hmd`&`8]UVYhYg

GW\ k Ub[YfgW\ UZhX]UVYhYg`< Yfn_fUb`\Y]h`<c`Yf`6`i hXfi W_`<c`Yf
@8@!K Yfh`ZØf` gW\`YW\ hYg`7`\c`YghYf]b`i bX`b]YXf][Yf`@8@!K Yfh
ZØf` [i hYg`7`\c`YghYf]b`GW\`UZUdbcY`GW\`U[UbZU`8YdfYgg]cb`i bX
5b[ghni ghÅbXY

8Yb_Yb`G]Y`VY]a` , VYfdfØZb`XYf`cV][Yb`@]ghY`Ub`Y]bYg.`9]b
Yf\Ø`hYg`F]g]_c`]gh`b]W\ h`XUggY`VY`k]Y`Y]bY`8]U[bcgY`"

A]h`UbXYfYb`K cfhYbž`k Ybb` Æf`? i bXY`Ub`D7CG`Y]XYhž`VYXYi hYh
X]Yg`]b`_Y]bYf`K Y]gYž`XUgg`Yf`Ui W\`Hmd!&!8]UVYhYgž
< YfnYf_fUb_i b[Ybž`6`i h\cW\ Xfi W_`i gk`" Ybhk]W_Y`h`9g` []Vh
a Y`fYfY: U_hcfYbž`X]Y`]\f`]bX]j]Xi Y`Yg`F]g]_c`ZØf`YXY`X]YgYf
9f_fUb_i b[Yb`VYgh]a a Ybž`i bX`Yg`]gh`Y]bYf: fUi`a]h`D7CG
Xi fW\ Ui g`a Ø[`]W\ ž`X]Y`9f_fUb_i b[`YZZY`_h]j`ni`VY`\UbXY`bž`c`bY
Ya U`g`Y]bY`UbXYfY`ni`Ybhk]W_Y`b`"

9]bYg`XYf`k]W\ h][ghYb`9`Ya YbhY`ni`f`J Yff]b[Yfi b[`XYg`F]g]_cg
UbXYfYf; Ygi bX`Y]hgni ghÅbXY`i bX`ni`f`J YfVYggYfi b[`XYg
K c`\VYZ]bXYbg`]gh`X]Y`6Y`\UbX`i b[`j cb`D7CG`Xi fW\ `Y]bYb
[Ygi bXYb`@VYbogg]`i bX`X]Y`UbgW\ `]Y» YbXY`Åfnh]W\ `j YfcfXbYhY
6Y`\UbX`i b[`"

K Ug`_Øb`bhY`Y]bY`D7CG!8]U[bcgY`ZØf` ÆfYb
? i bXYb`VYXYi hYb3

9g` []Vhink Y]8]b[Yž`X]Y`ZØf`YXY`D7CG!8]U[bcgY`ni`hfYZZYb`"

Cvk c`\`Yg`Y]bY`FY]\Y`j cb`5bnY]W\ Yb`i bX`Gma dhca Yb` []Vhž`XUgg
: fUi Yb`Y]bY`D7CG!8]U[bcgY`\UVYb`a ØggYbž`Yf`YVh`D7CG
b]Ya UbX`Ui ZX]Y` [`Y]W\ Y`K Y]gY`"D7CG`_Ubb`ZØf`j YfgW\]YXYbY
: fUi Yb`gY`\f`i bhYfgW\]YX`]W\ Y`6YXYi hi b[Yb`\UVYb`"K Ybb`ZØf
Y]bY: fUi ž`_Øb`bhY`Yg`Y]bY`a]b]a U`Y`5i gk]f_i b[`Ui Z]\f`@VYb
\UVYb`/Ni a`UbXYfYb`_Øb`bhY`X]Yg`Yfbgh`UZhY`6Y`ZØfW\ hi b[Yb

\]bg]W h]W X Y f : fi W h v U f _ Y] h i b X X Y f : Å \] [_ Y] h ž ?] b X Y f : ni
\ U V Y b ž U i Z _ c a a Y b U g g Y b "

5`g ; Y gi b X \ Y] h g h f U] b Y f] g h Y g k] W h] [ž X U g g G] Y V Y] X Y
V Y f Ø W _ g] W h] [Y b ž k Y b b G] Y a] h Y] b Y a ? i b X Y b U f V Y] h Y b ž X Y f Ø V Y f
D 7 C G j Y f Z Ø [h "

D 7 C G _ U b b X U g K c \ V Y Z] b X Y b Æ f Y g ? i b X Y b] b j] Y Y f Y] <] b g] W h
V Y Y] b h f Å W h] [Y b " K] f \ U V Y b Y] b] [Y X Y f a Ø [\] W Y b 5 i g k] f _ i b [Y b
j c b D 7 C G U i Z X] Y ; Y gi b X \ Y] h i b X X U g U [Y a Y] b Y K c \ V Y Z] b X Y b
Æ f Y f ? i b X Y b] b X f Y] j Y f g W] Y X Y b Y b 6 Y f Y] W Y b
ni g U a a Y b [Y Z U g g h d \ m g] g W Y 5 i g k] f _ i b [Y b ž g c n] U Y
5 i g k] f _ i b [Y b g c k] Y Y a c h] c b U Y i b X a Y b h U Y 5 i g k] f _ i b [Y b "

? Ø f d Y f] W Y 5 i g k] f _ i b [Y b

8] Y d \ m g] g W Y b 5 i g k] f _ i b [Y b Y] b Y f 9 f _ f U b _ i b [V Y n] Y \ Y b g] W
X U f U i Z ž k] Y Y] b Y D Y f g c b X] Y V] c c [] g W Y b 5 i g k] f _ i b [Y b U i Z X U g
5 i g g Y \ Y b i b X X U g ; Y Z Ø \ X Y g ? Ø f d Y f g Y f Z Å \ f h "

8] Y a Y] g h Y b G m a d h c a Y k Y f X Y b U g _ Ø f d Y f] W Y 5 i g k] f _ i b [Y b
U i Z X Y b ? Ø f d Y f [Y a Y X Y h "

Æ 6 Y ni [U i Z D 7 C G _ U b b X] Y g V Y X Y i h Y b . "

I b f Y [Y a Å »] [Y A Y b g h f i U h] c b g n m _ Y b ž Y] b g W] Y »] W g W k Y f Y f
c X Y f g Y \ f g W a Y f n \ U Z h Y D Y f] c X Y b " I b ž f i W h v U f _ Y] h "
V Y f g W Ø g g] [Y g ; Y g] W h g ! i b X ? Ø f d Y f \ U U f " 7 \ f c b] g W Y 5 _ b Y] a
; Y g] W h ž _ U b b g] W U V Y f U i W U i Z < U g ž 6 f i g h i b X c V Y f Y b F Ø W _ Y b
Y f g h Y W _ Y b " 5 i g X Ø b b Y b X Y g < U U f c X Y f < U U f U i g Z U ""
; Y k] W h g d f c V Y a Y ž Y] b g W] Y »] W ; Y k] W h g n i b U \ a Y c X Y f
G W k] Y f] [_ Y] h Y b V Y] a 5 V b Y \ a Y b ž X] Y b] W h a] h 9 f b Å \ f i b [c X Y f
6 Y k Y [i b [ni g U a a Y b \ Å b [Y b " < U i h d f c V Y a Y ž Y] b g W] Y »] W
J Y f X i b _ Y i b [X Y f < U i h ž] b g V Y g c b X Y f Y V Y] < U i h Z U h Y b ž i b X
< U i h Z Y W _ Y b ž V Y] X Y b Y b Y g g] W i a _ Y] b Y Ø V Y f g W Ø g g] [Y
< U i h U d d Y b \ U b X Y h "

9 g] g h Ø V] W ž X U g g X] Y d \ m g] g W Y b 5 i g k] f _ i b [Y b Y] b Y f
9 f _ f U b _ i b [X] Y < U i d h i f g U W X Y Z Ø f X] Y 5 i g k] f _ i b [Y b U i Z U b X Y f Y
@ V Y b g V Y f Y] W Y Y] b Y f D Y f g c b g] b X " A] h U b X Y f Y b K c f h Y b ž
G m a d h c a Y ž X] Y G W a Y f n Y b c X Y f Y] b b Y [U h j Y g G Y V g h V] X
j Y f i f g U W Y b ž _ Ø b b Y b g] W b Y [U h j U i Z X] Y d g m W] g W Y ; Y gi b X \ Y] h
i b X g c [U f U i Z X] Y 6 Y f Y] h g W U Z h c X Y f : Å \] [_ Y] h Y] b Y f D Y f g c b
U i g k] f _ Y b ž ? c b h U h Y ni _ b Ø d Z Y b "

9 a c h] c b U Y i b X a Y b h U Y 5 i g k] f _ i b [Y b

8]Y`Ya ch]cbU`Yb`i bX`a YbhU`Yb`5i gk]f_i b[Yb`j cb`D7CG`_ÖbbYb
Ui Znk Y]`5fhYb`Ui ZhfYhYb"

9fghYbg`U`g`X]fY`_hY`5i gk]f_i b[`j cb`\cfa cbY`Yb`J YfÄbXYfi b[Ybž
X]Y`Xi fW`D7CG`\Yfj cf[Yfi ZYb`k YfXYb`Ni a`6Y]gd]Y`_ÖbbYb
X]YgY`VYb`<cfa cbYž`X]Y`gWk YfY`cXYf`gW`a Yfn`UZhY`DYf]cXYb
j Yfi fgUW`Yb`fBmga Ybcff`cYž`Ui W`j Yfi fgUW`Yb`
Gh]a a i b[ggWk Ub_i b[Yb`"

Nk Y]hYbg`_ÖbbhY`X]Y`9fZU`fi b[`XYf`Gma dhca Y`j cb`D7CG`Y]bYb
9]bZi gg`XUfUi Z`\UVYbž`k]Y`Y]bY` : fUi `g]W`gY`Vgh`g]Y`hž`g]W`]b
]\fYa`?ÖfdYf`ZØ`\h`i bX`U`hÄ[`]W`Y`5_hj]]hÄhYb`Ui gZØ`fh`<]Yf
Y]b][Y`6Y]gd]Y`Y`.

9]bY` : fUi `a]h`D7CG`]ggh`[Ygi bX`i bX`hfU]b]Yfh`fY[Y`a Ä»][ž`b]a a h
UVYf`i bYfk ØbgW`h`ni ``8]Yg`_Ubb`Zfi ghf]YfYbX`gY]b`i bX`X]Y
A ch]j Uh]cb`VYY]bhf`ÄW`h][Yb`" ð`fY`?`]Ybh]b`\Uh`k Ä`\fYbX`]fYf
DYf]cXY`Yi hfYa Y`GW`a YfnYb`"A Ö[`]W`Yfk Y]gY`a ÖW`hY`g]Y`]fY
G]hni b[Yb`a]h`]\fYa` : Ygi bX`\Y]hgW`UW`UVgU[Ybž`i bfY[Y`a Ä»][
YggYb`i bX`GW`UZhÖfi b[Yb`\UVYb`"8Yf`GW`a Yfn`j Yfi fgUW`h
[fc» Y`5b[gh`9]bY` : fUi `i bX`]f`DUf`hbYf`j Yfgi W`Yb`gY]h`ZUgh`Y]bYa
»\f`ni `Ya dZub[Yb`"G]Y`]gh`XYdf]a]Yfhž`XUgg`]f`D7CG
k U`fgW`Y]b`]W`X]Y`I fgUW`Y`ZØf`]fY`I bZfi W`hVUf`_Y]h`]gh`"D7CG`\Uh
XUg`K UW`ghi a`j cb`X]W`Ybž`Xi b`_Yb` : Yg]W`hg`UUFYb`Ua`?]bb`i bX
Ub`XYb`K Ub[Yb`Y]bYf` : fUi `j Yfi fgUW`h`G]Y`k ÄW`ghi bX`fUg]Yfh
g]W`ž`UVYf`Yg`j Yfi fgUW`h`Y]b[Yk UW`gYbY`<UUFY`"8Ug
i bYfk ØbgW`hY` : Yg]W`hg`UUF`VYY]bZi ggh`]f`GY`VghV`]X`ni h]YZgh`"

8]Yg`g]bX`bi f`Y]b][Y`XYf`a YbhU`Yb`i bX`Ya ch]cbU`Yb
5i gk]f_i b[Ybž`X]Y`D7CG`Ui Z` : fUi Yb`\UVYb`_Ubb`"8]Y`cV][Yb
6Y]gd]Y`Y`g]bX`_Y]bY`i b[Yk Ö`b`]W`Yb`I a ghÄbXY`" ; **Ya Ä»`XYb`
: cfgW`i b[gYf[YVb]ggYb`** fUi Yb`a]h`D7CG`g]bX`a Y`f`
Äb[gh`]W`i bX`XYdfYgg]j` U`g`X]Y`U`[Ya Y]bY`6Yj Ö`_Yfi b[ž`i bX
: fUi Yb`a]h`D7CG`ž`X]Y`I bZfi W`hVUf`_Y]h`VYf]W`hYhYbž`VYf]W`hYb`cZh
ØVYf`8YdfYgg]cbYb`"

9]bY`Ghi X]Y`ZUbXYb`\YfUi gž`XUgg`j cb` : fUi Yb`a]h`D7CG`ž`X]Y`ØVYf
8YdfYgg]cbYb`VYf]W`hYhYbž`*`*`i` Xi fW`Y]b`bY[Uh]j Yg`?ÖfdYfV]`X
j Yfi fgUW`h`k`i fXYb`"8U`Yf`gc`hYb`Ya ch]cbU`Y`i bX`_ÖfdYf`]W`Y
I bhYfghØhni b[`VY]`XYf`5fVY]h`a]h` : fUi Yb`a]h`D7CG`Yb[
a]hY]bUbXYf`j YfVi bXYb`gY]b`"

GW`Y]»`]W`_Ubb`D7CG`Y]bYb`9]bZi gg`Ui Z`X]Y`Y]bYf` : fUi `UVYb`
k Y]V`]W`Y`»XYbh]hÄh`i bX` ; fi ddYb]XYbh]hÄh`K Ybb`X]Y
: fi W`hVUf`_Y]h`a]h`XYf`?Yfb]XYbh]hÄh`Y]bYf` : fUi `ni gUa`a Yb`Äb[h
i bX`D7CG`Y]bYb`9]bZi gg`Ui Z`]fY` : fi W`hVUf`_Y]h`\Uhž`_Ubb`g]Y

Y]bYa `HfUi a U`ja `Ni gUa a Yb\Ub[`a]h`XYf`5bdUggi b[`XYf
→Ybh]h`h`Ui g[YgYhnh`gY]b""D7CG`_Ubb`Ui W`ja `K]XYfgdfi W`ni
]\fYf`?Yfb]XYbh]h`h`ghY\Yb`cXYf`Y]bYb`k]W`h][Yb`D`Uhn`b`]\fYf
→Ybh]h`h`Y]b[Ybca a Yb`\UVYb""

Gcn]U`Yf`9]bZi`gg`

K Ybb`Y]bY` : fUi `a]h`D7CG`gck c\`_ÖfdYf`]W`Y`Gma`dhca`Y`U`g
Ui W`5i`gk]f`_i`b[Yb`Ui`Z`]\fY`[Y]gh][Y` ; Ygi`bX\Y]h`\Uhž`]\fY
6Yn]Y\i`b[Yb`k`YfXYb`c`Zi`Ui`W`b`Y[Uh]j`VYY]bZi`ggh`

K Ybb`Y]bY` : fUi `Y]b`bY[Uh]j`Yg`?ÖfdYfV]`X`\Uhž`]gh`Yg
k`U`fgW`Y]b`]W`Yfz`XUgg`g]Y`5b[gh`\Uhž`k`Ybb`g]Y`NY]h`a`]h`]\fYb
: fYi`bXYb`j`YfVf]b[h`i`bX`j`b`X]Y`²`ZYbh`]W`_Y]h`[Y`h`

K Ybb`Y]bY` : fUi `]gh`**XYdf]a`]Yfh`ØVYf`]\fY`i`b`Zfi`W`hVUf`_Y]hž**
→fY`6Yn]Y\i`b[`ni`]\fYa`DUfhbYf`_Ubb`Y]XYbž`XU`g]Y`5b[gh`i`bX
GW`i`X[YZØ\`Y`\Uh`

K`Ug`<`YU`h`\`7c`UW`Yg`hi`b`_`Öbb`Yb`ž`i`a` `Y]b`Yb` ?`i`b`X`Y`b`a`]h`D7CG`ni`i`b`h`Y`f`g`h`Ø`hn`Y`b`

GcVU`X`VY]`→fYa` `?`]YbhYb`Y]b` ; Ygi`bX\Y]hg`ni`ghUbX`X]U[bcgh]n]Yfh
k`i`fXY`i`bX`Yf`a`Ö[`]W`Yfk`Y]gY`[Ya`Å»`XYb`5bk`Y]gi`b[Yb`gY]bYg
5fnhYg`VY\UbXY`h`k`]fXž`_ÖbbYb` ; Ygi`bX\Y]hg`hU]bYf`j`cb
YbhgW`Y]XYbXYf`6YXY`i`hi`b[`gY]bž`i`a`X]Y`j`cb`D7CG`VYhfc`ZYbYb
?`]YbhYb`Xi`fW`J`Yf`ÅbXYfi`b[Yb`ja` `@VYb`i`bX`Xi`fW`Y`bXYfi`b[Yb
XYg`@VYb`ggh]`g`ni`i`b`h`Y`f`g`h`Ø`hn`Y`b`ž`X]Y`]\fY`@VYb`gei`U`]h`h`i`bX
U`[Ya`Y]bY` ; Ygi`bX\Y]hj`YfVYggYfb`_ÖbbYb`K`c`\VYZ]bXYb""

8Yb`_Yb`G]Y`XUfUbž`XUgg`G]Y`k`]W`h][Y`→Zcfa`Uh]cbYb`VYUW`hYb
a`ØggYb`k`Ug`Xi`_Ubbgh`i`bX`k`Ug`b]W`h`U`g` ; Ygi`bX\Y]hg`W`UW`"
C`ZYbg]W`h`]W`_ÖbbYb` ; Ygi`bX\Y]hg`hU]bYf`_Y]bY`9a`dZY`i`b[Yb
Ui`ggdfYW`Ybž`X]Y`[Y[Yb`X]Y`6Y\UbX`i`b[ž`8]U[bcgY`cXYf
6Y\UbX`i`b[j`cb`9f`fUb`_i`b[Yb`Xi`fW`Y]bYb`5fnh`j`Yfghc»`Yb`G]Y
_ÖbbYb`?`i`bXYb`YXcW`VY]XYf`i`a`gYhni`b[j`cb`@ZYghm`Y!
F`UhgW`À[Yb`i`b`h`Y`f`g`h`Ø`hn`Y`b`ž`X]Y`b`UW`k`Y]g`]W`]\fYb`Ni`ghUbX
i`b`h`Y`f`g`h`Ø`hn`Y`b`ž`k`]Y`j`ca`Df]a`Åfj`Yfgcf[i`b[ghYUa`→fYg`?`i`bXYb
[YbY`a`]h`

→gVYgcbXYfY`_ÖbbYb` ; Ygi`bX\Y]hg`!`i`bX`K`Y`b`Ygg`!7c`UW`Yg`X`Uni
VY]hfU[Ybž`k`]W`h][Y`8]g`_i`gg]cbYb`a`]h`?`i`bXYb`Ui`g`ZØbZ
j`YfgW`]YXYbYb`6YfY]W`Yb`ni`Yfa`Ö[`]W`Yb`Z]hbYggž`9fb`Å`fi`b[ž
; Yk`]W`hgj`Yf`i`ghž`GhfYggVYk`Å`h][i`b[i`bX`U`[Ya`Y]bY` ; Ygi`bX\Y]h`

8Yb_Yb`G]Y`XUfUbž`_cbnYbhf]YfYb`G]Y`≠f`7cUWk]b[`bi`f`XUbb`Ui`Z`
XUg`D7CG!A`UbU[`Ya`Ybhž`k`Ybb`≠f`?`i`bXY`X]YgYg`6YXØfZb]g`ni`a`
5i`gXfi`W`_`[`YVfUW`h`\\`Uh`"K`Ybb`≠fY`?`]Ybh]b`Yfk`Å`\\`bhž`XUgg`g]Y`
bYVYbVY]`D7CG`\\`Uhž`X]Yg`g]Y`YXcW`b]W`h`VYhf]Z`h`i`bX`X]Yg`b]W`h`
XYf`<`Ui`dh[`fi`bX`]ghž`k`Ufi`a`g]Y`ni`≠bYb`[`Y`_`ca`a`Yb`]ghž`i`a`
l`bhYfghØ`hni`b[`ni`Yf`\\`U`hYbž`gc`h`Y`X]Yg`b]W`h`XYf`GW`k`Yfdi`b`_`h`
≠fYg`K`Y`b`Ygg!`7cUWk]b[`!D`Ubg`gY]b`"

K`Ybb`G]Y`ni`gUa`a`Yb`a`]h`≠fYa`?`i`bXYb`XUg`D7CG!A`UbU[`Ya`Ybh`
U`g`N]Y`X]Ybh]Z]n]Yfh`\\`UVYbž`_`ØbbYb`G]Y`a`]h`\\`a`]b`YXYa`6YfY]W`
ni`gUa`a`YbUfVY]hYbž`]b`XYa`;`Ygi`bX`Y]hg!`i`bX`K`Y`b`Ygg!`7cUWk]Yg`
9l`dYfhYb`g]bX`"≠a`:`c`[`YbXYb`k`YfXYb`X]Y`Y]bnY`bYb`6YfY]W`Y`]a`
Ni`gUa`a`Yb`\\`Ub[`a`]h`D7CG`Yf`Åi`hYfhž`i`a`G]Y`a`]h`XYa`K`]ggYb`i`bX`
XYb`B`UWk`Y]gYb`ni`i`bhYfghØ`hni`Ybž`X]Y`G]Y`ZØf`≠fY`?`i`bXYb`
VYbØh]`[`Yb`"

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:]hbYgg`i`bX`6Yk`Y[`i`b[

6Yk`Y[`i`b[`]gh`Y]bY`XYf`j`c`fhY]`\\`UZ`hY`ghYb`@`YVYb`gg]`c`d`h]c`bYb`ZØf`
: `fUi`Yb`a`]h`D7CG`"9g`_`Ubb`\\`Y`ZYbž`X]Y`Gma`dhca`Y`g][`b]Z]_`Ub`h`ni`
]bXYfb`i`bX`gc[`Uf`9b`hmØ`bXi`b[`Yb`ni`j`YfVYggYfb`i`bX`XYb`
<`cfa`cbgd]Y[`Y`ni`_`cb`hfc`YfYb`"

K`Ug`X]Y`:`c`fgW`i`b[`gU[`h`

**Vi`b[`]gh`Y]bY`XYf`Y`ZY`_`h]j`ghYb`A`Yh`c`XYb`ni`f`6Y`\\`Ub`X`i`b[`j`cb`
F`Y[`Y`g`W`a`YfnYb`i`bX`8`mga`Ybcff`\\`c`Y`"l`bhYfgi`W`i`b[`Yb`\\`UVYb`
[`YnY][`hž`XUgg`g]Y`gc[`Uf`bc`W`k`]f`_`gUa`Yf`]gh`U`g`X]Y`9]bb`U`a`Y`j`cb`
5bU`[`Yh]`_`U`"**

8`Ug`Ua`VY`ghYb`i`bhYf`gi`W`hY`J`c`fhY]`Y`j`cb`a`Y`f`XUfØVYf`
]a`b`Å`W`ghYb`HY]`"
≠gd]f]Yfhj`cb`5`Zd`UZ]hbYgg`

8YhU]`g`

6Ygi`W`Yb`G]Y`i`bg`Ui`Z`a`Y]b!Z]hbYgg`bYh`