

Seeley Anatomy And Physiology 9th Edition

Part of the Incredibly Visual! extension of the award-winning Incredibly Easy! Series®, this innovative book uses a vivid graphic presentation to maximize the power of visual thinking in understanding anatomy and physiology. Hundreds of detailed and colorful photographs, diagrams, charts, and other visual aids demonstrate the anatomic structures and physiologic processes of each body system. Logos include Memory Board—visual mnemonics; Inside Scoop—close-up look at internal anatomic structures; Go with the Flow—physiology flowcharts; and Through the Ages—age-related considerations. "Vision Quest" puzzles test readers' knowledge in an entertaining way.

First multi-year cumulation covers six years: 1965-70.

Professional Guide to Pathophysiology, Third Edition, combines the best of a diseases reference with the best of a full-color atlas in one clinical reference for every practice setting. This comprehensive guide focuses on the pathophysiologic developments behind more than 400 disorders across all body systems, so the practitioner fully understands the pathophysiologic rationale behind focused assessments, behind patient signs and symptoms, behind the kinds of tests that are done, and behind the treatments that are given. Now in full color throughout, the book features hundreds of illustrations depicting anatomical structures and pathophysiological processes, as well as scores of informative tables and flowcharts. P>

The third edition of Fundamentals of Anatomy and Physiology is a concise yet comprehensive introduction to the structure and function of the human body. Written with the needs of nursing and healthcare students in mind, this bestselling textbook incorporates clinical examples and scenarios throughout to illustrate how the topics covered are applied in practice. Hundreds of full-colour illustrations complement numerous case studies encompassing all fields of nursing practice, alongside learning outcomes, self-assessment tests, chapter summaries, and other effective learning tools. This latest edition has been thoroughly updated by a team of international contributors to reflect the current Nursing and Midwifery Council (NMC) Standards for Education, with enhanced online learning resources including an image bank, a searchable online glossary, flashcards, interactive multiple-choice questions, and more. Offering a user-friendly introduction to anatomy and physiology, this textbook: Provides a variety of clinical scenarios and examples to relate theory to practice Outlines the disorders associated with each chapter's topic Presents information on medicines management for each body system Is written by an international team Features extensive supplementary online resources for both students and instructors Is available with accompanying study guide, Fundamentals of Anatomy and Physiology Workbook Fundamentals of Anatomy and Physiology is the perfect introduction to the subject for student nurses, particularly those in the first year of their course, healthcare assistants and nursing associates, and other allied health students.

Designed for the one-semester course, Seeley's Essentials of Anatomy and Physiology is written to allow instructors the ability to accomplish one overall goal: to teach the basics of A&P while fostering the skill of problem solving. Through learning how to solve problems and think critically, students learn A&P based on two themes: the relationship between structure and function, and homeostasis. Users who purchase Connect Plus receive access to the full online ebook version of the textbook, as well as SmartBook.

Get the science background you need to master massage therapy! Mosby's Essential Sciences for Therapeutic Massage, 6th Edition provides full-color, easy-to-read coverage of anatomy and physiology, biomechanics, kinesiology, and pathologic conditions for the entire body. Realistic examples apply A&P content directly to the practice of massage therapy, and learning activities help you review key material and develop critical thinking skills. Written by noted massage therapy educators Sandy Fritz and Luke Allen Fritz, this guide provides a solid foundation in the sciences and positions you for success on licensing and certification exams. Coverage of essential sciences and practical application helps you study for and pass licensing and certification exams, including the Massage and Bodywork Licensing Examination (MBLEX) and Board Certification in Therapeutic Massage and Bodywork (BCTMB). Over 700 full-color line drawings and photos show muscle locations, attachments, and actions — required knowledge for passing certification exams and for practicing massage therapy. ELAP-compliant content ensures that your skills and knowledge of massage therapy meet the proficiency recommendations of the Entry-Level Analysis Project. Learning features include chapter outlines, objectives, summaries, key terms, practical applications, multiple-choice review and discussion questions, plus workbook sections on Evolve. Biomechanics Basics chapter includes gait assessment and muscle testing activities along with critical thinking questions. Sections on pathologic conditions include suggestions for referral protocols as well as indications and contraindications for therapeutic massage. Coverage of nutrition explains how nutrition and nutritional products might affect or interfere with massage therapy, describing the basics of nutrition, the digestive process, and all of the main vitamins and minerals and their functions in the body. Practical Applications boxes include photos of massage techniques and settings, and help you learn competencies and apply material to real-world practice. Focus on Professionalism boxes summarize key information about ethics and best business practices. Mentoring Tips provide practical insight into important topics and on being a massage therapy professional. Learning How to Learn boxes at the beginning of each chapter make it easier to comprehend key concepts. Learn More on the Web boxes in the book and on Evolve suggest online resources for further reading and research. Quick Content Review in Question Form on Evolve reinforces the key material in each chapter and increases critical thinking skills. Appendix on diseases/conditions provides a quick reference to indications and contraindications, showing how pathologic conditions may affect the safety and efficacy of therapeutic massage.

"Seeley's Essentials of Anatomy & Physiology is designed to help students develop a solid, basic understanding of essential concepts in anatomy and physiology without an

encyclopedic presentation of detail. Our goal as authors is to offer a textbook that provides enough information to allow students to understand basic concepts, and from that knowledge, make reasonable predictions and analyses. We have taken great care to select critically important information and present it in a way that maximizes understanding. **EMPHASIS ON CRITICAL THINKING** Critical thinking skills help students build a knowledge base for solving problems. An emphasis on critical thinking is integrated throughout this textbook. This approach is found in questions at the beginning of each chapter, and embedded within the narrative; in clinical material that is designed to bridge concepts explained in the text with real-life applications and scenarios; in Process Figure questions that apply physiological processes to practical situations, to promote applied understanding; in end-of-chapter questions that go beyond rote memorization; and in a visual program that presents material in understandable, relevant images. Pedagogy builds student comprehension from knowledge to application (Apply It questions, Critical Thinking questions, and Learn to Apply It Answers) Apply It Questions challenge students to use their understanding of new concepts to solve a problem. Answers to the questions are provided at the end of the book, allowing students to evaluate their responses and to understand the logic used to arrive at the correct answer"--

Molecularly imprinted polymers (MIPs) are an important functional material because of their potential implications in diverse research fields. The materials have been developed for a range of uses including separation, environmental, biomedical and sensor applications. In this book, the chapters are clustered into two main sections: Strategies to be employed when using the affinity materials, and rational design of MIPs for advanced applications. In the first part, the book covers the recent advances in producing MIPs for sample design, preparation and characterizations. In the second part, the chapters demonstrate the importance and novelty of creation of recognition imprinted on the materials and surfaces for a range of microbial detection sensors in the biomedical, environmental and food safety fields as well as sensing human odor and virus monitoring systems. Part 1: Strategies of affinity materials Molecularly imprinted polymers MIP nanomaterials Micro- and nanotraps for solid phase extraction Carbonaceous affinity nanomaterials Fluorescent MIPs MIP-based fiber optic sensors Part 2: Rational design of MIP for advanced applications MIP-based biomedical and environmental sensors Affinity adsorbents for environmental biotechnology MIP in food safety MIP-based virus monitoring MIP-based drug delivery and controlled release Biorecognition imprints on the biosensor surfaces MIP-based sensing of volatile organic compounds in human body odour MIP-based microcantilever sensor system

Seeley's Anatomy & Physiology

Beschrijving van de bouw en functie van het menselijk lichaam.

This text is designed to help students develop a solid, basic understanding of anatomy and physiology without an encyclopedic presentation of detail. Great care has been taken to select important concepts and to perfectly describe the anatomy of cells, organs, and organ systems. The plan that has been followed for nine editions of this popular text is to combine clear and accurate descriptions of anatomy with precise explanations of how structures function and examples of how they work together to maintain life. To emphasize the concepts of anatomy and physiology, the authors provide explanations of how the systems respond to aging, changes in physical activity, and disease, with a special focus on homeostasis and the regulatory mechanisms that maintain it. This text has more clinical content than any other A & P book on the market.

Ross en Wilson is de eerste keuze van reeds meer dan een miljoen studenten sinds de eerste publicatie meer dan 50 jaar geleden. Als een van de meest populaire handboeken voor anatomie en fysiologie introduceert het de systemen en functies van het menselijk lichaam en de effecten van ziektes en aandoeningen op het normaal functioneren van het lichaam. Meer dan eender welk handboek is Ross and Wilson gekenmerkt door het gebruik van heldere taal aangevuld met kleurrijke illustraties en een groot aanbod van interactieve online-activiteiten voor een boeiende leerervaring. Ross and Wilson is noodzakelijk studie en leesmateriaal voor ieder in de gezondheidszorg en vooral voor professionelen in opleiding in de verpleging en aanverwante beroepen, complementaire/alternatieve geneeskunde of voor paramedici en ambulancepersoneel. Zorvuldig herwerkte tekst zonder onnodige details om verwarring bij de student, nieuw aan dit leervak, te vermijden Vele duidelijke illustraties in kleur met diagrammen en foto's Reeks van paragrafen, punten- en bulletlijst helpen bij het leren en herhalen van de leerstof Leerdoelen voor paragrafen in elk hoofdstuk Lijst met veel gebruikte voorzetsels, achtervoegsels en woordstammen in anatomie en fysiologie Appendix met biologische waarden als referentie Toegang tot extra elektronische bronnen, inclusief animaties, inkleur oefeningen, studies, zelftestactiviteiten , en weblinks Volledig herziende tekst met focus op de meest voorkomende aandoeningen Nieuwe paragrafen over de invloed van het verouderen op de lichaamssystemen om de kernonderdelen van de leerstof te bestendigen en het weerspiegelt ook de veroudering van onze bevolking Een nieuw en gemakkelijk te gebruiken functie is toegevoegd voor de uitgebreide en variërende selectie van populair web gebaseerde online zelfevaluatie taken Extra gekleurde micrografieën en foto's evenals bijgewerkte illustraties Aangevulde verklarende woordenlijst voor een vlug en gemakkelijk te gebruiken referentie naar veel gebruikte terminologie.

This text is written for the two semester anatomy & physiology course. The writing is comprehensive, providing the depth necessary for those courses not requiring prerequisites, and yet, is presented with such clarity that it nicely balances the thorough coverage. Clear descriptions and exceptional illustrations combine to help students develop a firm understanding of the concepts of anatomy and physiology and to teach them how to use that information. Great care has been taken to select important concepts and to perfectly describe the anatomy of cells, organs, and organ systems. The plan that has been followed for ten editions of this popular text is to combine clear and accurate descriptions of anatomy with precise explanations of how structures function and examples of how they work together to maintain life. To emphasize the concepts of anatomy and physiology, the authors provide explanations of how the systems respond to aging, changes in physical activity, and disease, with a special focus on homeostasis and the regulatory mechanisms that maintain it. This text has more clinical content than any other A & P book on the market.

This comprehensive text provides a systematic explanation of major conditions such as cancer, coronary heart disease, stroke and hypertension. It starts with a definition and then examines the epidemiology, aetiology and pathophysiology of the disorder as well as clinical signs, symptoms and treatments. Interventions to be made at various levels are explored, and clinical

practice points are offered. This is essential reading for students and health professionals wishing to further their understanding of common disorders and to improve their delivery of care. Covers diseases, disorders, treatments, procedures, specialties, anatomy, biology, and issues in an A-Z format, with sidebars addressing recent developments in medicine and concise information boxes for all diseases and disorders.

A world list of books in the English language.

This book comprehensively addresses the physical and engineering aspects of human physiology by using and building on first-year college physics and mathematics. It is the most comprehensive book on the physics of the human body, and the only book also providing theoretical background. The book is geared to undergraduates interested in physics, medical applications of physics, quantitative physiology, medicine, and biomedical engineering.

Physical Assessment of the Newborn, 5th Edition, is a comprehensive text with a wealth of detailed information on the assessment of the newborn. This valuable and essential resource illustrates the principles and skills needed to gather assessment data systematically and accurately, and also provides a knowledge base for interpretation of this data. Coverage addresses: gestational assessment, neurologic assessment, neonatal history, assessment of the dysmorphic infant, and systemic evaluation of individual body systems, as well as key information on behavioral and pain assessment, including the use of specific tools with various groups ranging from term to extremely preterm infants. Numerous tables, figures, illustrations, and photos, many of them in full color, are a major strength that enhances the book's usefulness as a clinical resource. The text is an excellent teaching tool and resource for anyone who performs newborn examinations including nurses, neonatal and pediatric nurse practitioners, nurse-midwives, physicians and therapists. It can also serve as a core text for any program preparing individuals for advanced practice roles in neonatal care. KEY FEATURES: An authoritative and renowned text that comprehensively addresses all key aspects of newborn assessment Provides a well-ordered evaluation of individual body systems. Assists the practitioner in identifying infant state, behavioral clues, and signs of pain, facilitating individualized care.

Comprehensively addresses the tremendous range of variation among newborns of different gestational ages. The content is amplified by numerous photos and illustrations, many in full color Includes Power Point slides and an Image Bank

Daniel Lieberman onderzoekt de grote transformaties die ons lichaam gedurende miljoenen jaren onderging: het ontstaan van de tweevoeter, de overgang naar een voedselpatroon dat uit meer dan fruit bestond, de ontwikkeling van ons uitzonderlijk grote brein en ons atletische vermogen. Ons hoofd, onze ledematen, onze stofwisseling, geen deel van het lichaam blijft onbesproken. Continue adaptaties brachten ons veel voordeel, maar creëerden een omgeving waartegen ons lichaam niet bestand is, met als resultaat vermijdbare ziektes zoals obesitas en diabetes type 2. Lieberman noemt dit `dysevolutie` : we leven steeds langer, maar zijn vaker chronisch ziek. Met Darwin als leidraad propageert hij een gezondere leefomgeving, voor ons eigen bestwil.

Order the Set Medical Physics and save almost 25€. Medical Physics covers the applied branch of physics concerned with the application of concepts and methods of physics to diagnostics and therapeutics of human diseases. The first part, Physical and Physiological Aspects of the Body, covers those body systems that have a strong physical component, such as body mechanics, energy household, action potential, signal transmission in neurons, respiratory and circulatory system as well as visual and sound perception. The second part of this volume, Imaging Modalities without Ionizing Radiation, introduces sonography, endoscopy, and magnetic resonance imaging. The second volume complements the imaging modalities with the use of ionizing radiation: x-ray radiography, scintigraphy, SPECT, and PET. This first part is followed by chapters on radiation treatment of tumors, in particular x-ray radiotherapy, proton and neutron radiation therapy, and brachytherapy. The last part treats aspects of diagnostics and therapeutics beyond radiology, including laser applications, multifunctional nanoparticles and prosthetics. The present volume connects the basic principles of physics with the functionality of the body and with physical methods used for diagnostics and therapeutics. covers the first part of the entire field, including the physics of the body and imaging methods without the use of ionizing radiation. provides an introduction for Bachelor students to the main concepts of Medical Physics during their first semesters guiding them to further specialized and advanced literature. contains many questions & answers related to the content of each chapter. is also available as a set together with Volume 2. Contents Part A: Physical and physiological aspects of the body Brief overview of body parts and functions Body mechanics and muscles Elastomechanics: bones and fractures Energy household of the body Resting potential and action potential Signal transmission in neurons Electrophysical aspects of the heart The circulatory system The respiratory system Kidneys Basic mechanism of vision Sound and sound perception Part B: Imaging modalities without ionizing radiation Sonography Endoscopy Magnetic resonance imaging Questions & answers

Endorsed by the College of Emergency Nursing Australasia CENA is the peak professional association representing emergency nurses and has endorsed this text in recognition of the relevance it has to emergency nursing across Australasia. Led by an expanded editorial team of internationally recognised clinicians, researchers and leaders in emergency care, the 3rd edition of Emergency and Trauma Care for Nurses and Paramedics continues to be the foremost resource for students preparing to enter the emergency environment and for clinicians seeking a greater understanding of multidisciplinary emergency care. The text provides nursing and paramedicine students and clinicians with the opportunity to understand the best available evidence behind the treatment that is provided throughout the emergency care trajectory. This unique approach ultimately seeks to strengthen multidisciplinary care and equip readers with the knowledge and skills to provide safe, quality, emergency care. The 3rd edition builds on the strengths of previous editions and follows a patient journey and body systems approach, spanning the pre-hospital and hospital environments. Expanded editorial team, all internationally recognised researchers and leaders in Emergency Care Chapter 6 Patient safety and quality care in emergency All chapters revised to reflect the most up-to-date evidence-based research and practice Case studies and practice tips highlight cultural considerations and communication issues Aligns to NSQHSS 2e, NMBA and PBA Standards An eBook included in all print purchases

This book comprehensively addresses the physics and engineering aspects of human physiology by using and building on first-year college physics and mathematics. Topics include the mechanics of the static body and the body in motion, the mechanical properties of the body, muscles in the body, the energetics of body metabolism, fluid flow in the cardiovascular and respiratory systems, the acoustics of

sound waves in speaking and hearing, vision and the optics of the eye, the electrical properties of the body, and the basic engineering principles of feedback and control in regulating all aspects of function. The goal of this text is to clearly explain the physics issues concerning the human body, in part by developing and then using simple and subsequently more refined models of the macrophysics of the human body. Many chapters include a brief review of the underlying physics. There are problems at the end of each chapter; solutions to selected problems are also provided. This second edition enhances the treatments of the physics of motion, sports, and diseases and disorders, and integrates discussions of these topics as they appear throughout the book. Also, it briefly addresses physical measurements of and in the body, and offers a broader selection of problems, which, as in the first edition, are geared to a range of student levels. This text is geared to undergraduates interested in physics, medical applications of physics, quantitative physiology, medicine, and biomedical engineering.

The second edition of *Emergency and Trauma Care for Nurses and Paramedics* provides the most up-to-date and comprehensive coverage of clinical procedures and issues encountered in contemporary emergency care in Australia and New Zealand. Written by leading academics and clinicians, this fully revised and updated edition follows the patient's journey from pre-hospital retrieval to definitive care. With a strong focus on multidisciplinary care, this evidence-based emergency and trauma resource will appeal to pre-hospital care providers, rural, remote and urban emergency nurses and allied health professionals, as well as disaster management and interfacility transport staff. Essential concepts are covered in a logical order, commencing with: An introduction to emergency professions and professional issues Clinical and health systems Patient presentations ordered by body system as well as toxicology, envenomation, ocular, environmental emergencies and unique population groups Major trauma assessment and management and end-of-life care information and considerations. *Emergency and Trauma Care for Nurses and Paramedics 2e* continues to be the pre-eminent resource for students preparing to enter the emergency environment and for clinicians seeking a greater understanding of multidisciplinary care from retrieval through to rehabilitation. A cultural safety approach is included throughout - addressing cultural diversity, beliefs and values and focusing on Aboriginal and Torres Strait Islander health and Māori health Essentials outline the main points addressed in each chapter Practice tips throughout assist with communication skills, procedures and assessment Case studies are supported by questions and answers to encourage active learning New online resources available on Evolve, including over 30 new case studies with paramedic-specific questions. Highlighted skills - cross references to the Clinical Skills chapter throughout text Over 30 new case studies Patient journey from pre-hospital and emergency-specific case studies Critical thinking questions at the end of chapters Chapter 35 Obstetric emergencies now includes 'Supporting a normal birth'.

Sport and Exercise Science: An Introduction provides a broad-based foundation in the major areas that underpin the scientific study of sport and exercise science, thus helping undergraduate students to develop a sound understanding of human anatomy, physiology, nutrition, metabolism, biomechanics and psychology related to sport, exercise and health. It includes a range of useful features in every chapter, including clear explanations of key concepts, colour diagrams and photographs, activities and summaries to reinforce understanding, and on-line support materials for lecturers such as question and image banks. This is the essential companion text for any student studying sport and exercise science at degree level.

McGraw-Hill's ConnectPlus interactive learning platform provides auto-graded assessments, a customizable, assignable eBook, an adaptive diagnostic tool, and powerful reporting against learning outcomes and level of difficulty---all in an easy-to-use interface. --

This text is designed to help students develop a solid, basic understanding of anatomy and physiology without an encyclopedic presentation of detail. Great care has been taken to select important concepts and to perfectly describe the anatomy of cells, organs, and organ systems. The plan that has been followed for nine editions of this popular text is to combine clear and accurate descriptions of anatomy with precise explanations of how structures function and examples of how they work together to maintain life. To emphasize the concepts of anatomy and physiology, the authors provide explanations of how the systems respond to aging, changes in physical activity, and disease, with a special focus on homeostasis and the regulatory mechanisms that maintain it. This text has more clinical content than any other A & P book on the market. Included in this package is *Anatomy & Physiology Revealed*. APR is the ultimate online interactive cadaver dissection experience. Now fully customizable to fit any course level, this state-of-the-art program uses cadaver photos combined with a layering technique that allows the student to peel away layers of the human body to reveal structures beneath the surface. *Anatomy & Physiology Revealed* also offers animations, histologic and radiologic imaging, audio pronunciations, and comprehensive quizzing.

Companion volume to the bestselling *Gut & Psychology Syndrome*—the book that launched the GAPS diet—which has been translated into 22 languages and sold more than 300,000 copies. Since the publication of the first GAPS book, *Gut and Psychology Syndrome*, in 2004, the GAPS concept has become a global phenomenon. People all over the world have been using the GAPS Nutritional Protocol for healing from physical and mental illnesses. The first GAPS book focused on learning disabilities and mental illness. This new book, *Gut and Psychology Syndrome*, focuses on the rest of the human body and completes the GAPS concept. Allergies, autoimmune illness, digestive problems, neurological and endocrine problems, asthma, eczema, chronic fatigue syndrome and fibromyalgia, psoriasis and chronic cystitis, arthritis and many other chronic degenerative illnesses are covered. Dr. Campbell-McBride believes that the link between physical and mental health, the food and drink that we take, and the condition of our digestive system is absolute. The clinical experience of many holistic doctors supports this position.

Written for the Exercise Physiologist, *Clinical Exercise Electrocardiography* address the needs of Exercise Physiologists working in a clinical setting and addresses static interpretation of rhythm strips and 12-leads. It concentrates on the physiology and etiology of arrhythmia, as well as the treatment of arrhythmia. It includes not only the traditional basic ECG, arrhythmia, myocardial infarction and pacemaker chapters but goes on to provide easy to read chapters on Cardiac Pathophysiology, Cardiovascular testing procedures, Cardiac Pharmacology and Structural Health Disease, and Inflammatory Processes. The authors explore differences in ECG interpretation in women, children, and athletes, and look at the use of ECG's in exercise stress testing situations.

Red blood cells constitute approximately 40% of the total amount of blood and 99% of shaped elements of blood. Their major function is oxygen transportation and this makes erythrocytes "the basis of life." However, as readers will see in this book, erythrocytes have a lot of different, important functions in our body. With this book, it is planned to collect current information related to "erythrocytes." The book has been divided into two sections. The first section includes information about the roles of erythrocytes in the physiological and pathophysiological processes. The second section includes information on the future perspectives of erythrocytes like their therapeutic applications in medicine. This book will be a stepping stone for scientists who are rapidly advancing their science journey.

This book provides two thousand multiple choice questions on human anatomy and physiology, separated into 40 categories. The answer to each question is accompanied by an explanation. Each category has an introduction to set the scene for the questions to come. However not all possible information is provided within these Introductions, so an *Anatomy and Physiology* textbook is an indispensable aid to understanding the answers. The questions have been used in examinations for undergraduate introductory courses and as such reflect the focus of these particular courses and are pitched at the level to challenge students that are beginning their training in anatomy and physiology. The questions and answer combinations are to be used both

by teachers, to select questions for their next examinations, and by students, when studying for an upcoming test. Students enrolled in the courses for which these questions were written include nursing, midwifery, paramedic, physiotherapy, occupational therapy, nutrition & dietetics, health sciences and students taking an anatomy and physiology course as an elective. Learning Disabilities: Toward Inclusion (formerly edited by Bob Gates) is one of the leading textbooks in this field. It offers real ways to improve quality of experience for people with learning disabilities in all areas of life. This new edition brings together a comprehensive and coherent collection of material from eminent authors with a wealth of professional backgrounds and roles. Its contemporary focus reflects practice developments including the impact of changing policy and legislation on the nature and configuration of services. The leading textbook for carers of people with learning disabilities A comprehensive overview of the field of learning disabilities care Well-written accessible content Activities, case studies, diagrams and further resources including useful web links the embedding of key themes across chapters to draw diverse material into an integrated whole. These are: person-centredness, values, the reality of practice, the range of ability, the range of services and national and international perspectives. chapters on advocacy, personal narratives and life story, inclusive research, risk, safeguarding, sensory awareness, epilepsy and end-of-life care online case studies and activities with critical-thinking questions and 'hot links' to web resources to extend knowledge and understanding thereby facilitating learning a fully searchable, customisable electronic version of the text to enable easy access and quick reference

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