

Editorial

Recent Progress in the Management of Obesity

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Obesity represents the most prevalent metabolic disease nowadays, posing a significant public health risk. This situation has led to a better understanding of the systems that regulate body weight and energy homeostasis. Obesity shortens life expectancy by increasing the risk of developing comorbidities such as type 2 diabetes (T2D), cardiovascular disease, fatty liver disease, and several types of cancer, among other conditions [1]. Reduced calorie intake and increased energy expenditure have traditionally been the cornerstones of the therapeutic strategy for patients living with obesity. Obesity-related comorbidities can significantly improve even with a small amount of weight loss [2]. This Special Issue includes some of the most notable progress achieved in recent years in the treatment of patients with obesity.

A better understanding of the etiopathology of obesity should represent the pillar on which to base a good management for this condition. In this sense, in recent years, we have expanded our knowledge about the wide array of drivers that can facilitate or contribute to the development of obesity. Compiling most of these factors, the review by Catalán et al. summarizes many of the obesogens that may explain the increasing prevalence of obesity worldwide [3]. Besides “classical” direct causes, such as genetic and behavioral determinants of energy intake and expenditure, the review includes some less appreciated drivers of the excess adiposity epidemic, such as the microbiota, infectoobesity, the influence of chronobiology, and the roles of endocrine disruptors, urban planning and climate change. Their review evidences the relevance of the “exposome” in the development and perpetuation of the obesity epidemic [3]. Archer and Lavie bring an interesting perspective according to which effective management strategies need a personalized approach that takes into account the subtyping of obesity phenotypes. They distinguish between acquired and inherited obesity. The former refers to the development of excessive adiposity after puberty; because acquired obesity is behavioral in origin, it can be responsive to dietary and exercise-based therapies. On the other hand, inherited obesity includes all types of obesities that occur before pubescence (infancy and childhood) and are present at birth, which would be less susceptible to treatment [4]. Having accessible tools that allow us to properly phenotype patients with obesity considering their cardiometabolic risk is essential to establish the most appropriate treatment [1]. In this sense, Sanchez et al. [5] describe the use of the measurement of skin autofluorescence (SAF), a non-invasive estimator of advanced glycation endproducts (AGEs), in patients with obesity. Although SAF correlates with body fat percentage estimated with the CUN-BAE [6], it is not increased in individuals with obesity, being more related to the presence of cardiometabolic risk factors. The authors suggest that SAF may represent a useful tool for the identification of individuals with unhealthy obesity, opening the door to new approaches to managing obesity in clinical practice [5].

A change in dietary habits is still the first step in the treatment of obesity. With a focus on components of the Mediterranean diet (MD) that may help to maintain proper mitochondrial function, Portincasa’s group extensively reviews the benefits of this diet,



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Progress In Obesity

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Progress In Obesity:

Accelerating Progress in Obesity Prevention Institute of Medicine, Food and Nutrition Board, Committee on Accelerating Progress in Obesity Prevention, 2012-05-30 One third of adults are now obese and children's obesity rates have climbed from 5 to 17 percent in the past 30 years. The causes of the nation's obesity epidemic are multifactorial, having much more to do with the absence of sidewalks and the limited availability of healthy and affordable foods than a lack of personal responsibility. The broad societal changes that are needed to prevent obesity will inevitably affect activity and eating environments and settings for all ages. Many aspects of the obesity problem have been identified and discussed; however, there has not been complete agreement on what needs to be done to accelerate progress. *Accelerating Progress in Obesity Prevention* reviews previous studies and their recommendations and presents five key recommendations to accelerate meaningful change on a societal level during the next decade. The report suggests recommendations and strategies that independently can accelerate progress but urges a systems approach of many strategies working in concert to maximize progress in accelerating obesity prevention. The recommendations in *Accelerating Progress in Obesity Prevention* include major reforms in access to and opportunities for physical activity, widespread reductions in the availability of unhealthy foods and beverages, and increases in access to healthier options at affordable, competitive prices; an overhaul of the messages that surround Americans through marketing and education with respect to physical activity and food consumption; expansion of the obesity prevention support structure provided by health care providers, insurers, and employers; and schools as a major national focal point for obesity prevention. The report calls on all individuals, organizations, agencies, and sectors that do or can influence physical activity and nutrition environments to assess and begin to act on their potential roles as leaders in obesity prevention.

Measuring Progress in Obesity Prevention Institute of Medicine, Food and Nutrition Board, Committee on Accelerating Progress in Obesity Prevention, 2012-03-22 Nearly 69 percent of U.S. adults and 32 percent of children are either overweight or obese, creating an annual medical cost burden that may reach 147 billion. Researchers and policy makers are eager to identify improved measures of environmental and policy factors that contribute to obesity prevention. The IOM formed the Committee on Accelerating Progress in Obesity Prevention to review the IOM's past obesity-related recommendations, identify a set of recommendations for future action, and recommend indicators of progress in implementing these actions. The committee held a workshop in March 2011 about how to improve measurement of progress in obesity prevention.

Progress in Preventing Childhood Obesity National Academies, Institute of Medicine, Food and Nutrition Board, Committee on Progress in Preventing Childhood Obesity, In collaboration with the Healthcare Georgia Foundation, 2006-03-28 The nation faces a growing epidemic of childhood obesity that threatens the immediate health of our children and their prospects of growing up healthy into adulthood. During the past 30 years, obesity in the United States has more than doubled among young children aged 2-5 years and adolescents aged 12-19 years, and it has more than tripled

among youth aged 6-11 years. Currently more than 9 million children 6 years of age and older are considered to be obese. The sequelae of obesity among children and youth are also rapidly increasing, including an increased risk of type 2 diabetes, hypertension, metabolic syndrome, asthma, and social and psychological consequences including low self-esteem and depression. To develop a prevention-focused action plan to reduce the number of obese children and youth in the United States, the Institute of Medicine organized three regional symposia and held its second regional symposium in Atlanta, Georgia, on October 6-7, 2005. *Progress in Preventing Childhood Obesity: Focus on Communities* highlights the recurring themes that emerged from the symposium for accelerating change and moving forward with obesity prevention efforts: empower communities and neighborhoods, change the environment, forge strategic partnerships, garner and mobilize political support, educate stakeholders, identify leaders, and build on cultural assets; collect and disseminate local data; evaluate programs and interventions; and translate successful interventions to other communities. Approximately 90 individuals active in childhood obesity prevention efforts in the southeastern region of the United States, who represented a range of stakeholder perspectives and innovative practices in local communities, including students, community leaders, physicians, health educators, clergy, teachers, and state and federal government officials, were invited to participate in the symposium. The contents of this summary reflect specific examples presented and discussed during the symposium, and unless otherwise noted, the general perspectives of the participants. This summary, along with two other symposia summaries and a more detailed discussion of insights and regional examples, will be incorporated in the IOM committee's final report on progress in preventing childhood obesity, which will be released in the fall of 2006.

Evaluating Obesity Prevention Efforts Institute of Medicine, Food and Nutrition Board, Committee on Evaluating Progress of Obesity Prevention Effort, 2014-01-11. Obesity poses one of the greatest public health challenges of the 21st century, creating serious health, economic, and social consequences for individuals and society. Despite acceleration in efforts to characterize, comprehend, and act on this problem, including implementation of preventive interventions, further understanding is needed on the progress and effectiveness of these interventions. *Evaluating Obesity Prevention Efforts* develops a concise and actionable plan for measuring the nation's progress in obesity prevention efforts, specifically the success of policy and environmental strategies recommended in the 2012 IOM report *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. This book offers a framework that will provide guidance for systematic and routine planning, implementation, and evaluation of the advancement of obesity prevention efforts. This framework is for specific use with the goals and strategies from the 2012 report and can be used to assess the progress made in every community and throughout the country, with the ultimate goal of reducing the obesity epidemic. It offers potentially valuable guidance in improving the quality and effect of the actions being implemented. The recommendations of *Evaluating Obesity Prevention Efforts* focus on efforts to increase the likelihood that actions taken to prevent obesity will be evaluated, that their progress in accelerating the prevention of obesity will be monitored, and that the

most promising practices will be widely disseminated

Driving Action and Progress on Obesity Prevention and

Treatment National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Roundtable on Obesity Solutions, 2017-07-02 After decades of increases in the obesity rate among U S adults and children the rate recently has dropped among some populations particularly young children What are the factors responsible for these changes How can promising trends be accelerated What else needs to be known to end the epidemic of obesity in the United States To examine these and other pressing questions the Roundtable on Obesity Solutions of the National Academies of Sciences Engineering and Medicine held a workshop in September 2016 The workshop brought together leaders from business early care and education government health care and philanthropy to discuss the most promising approaches for the future of obesity prevention and treatment This publication summarizes the presentations and discussions from the workshop

Progress in Preventing Childhood Obesity

National Academies, Institute of Medicine, Food and Nutrition Board, Committee on Progress in Preventing Childhood Obesity, In collaboration with The California Endowment, 2006-04-04 In 2002 Congress charged the Institute of Medicine IOM with developing a prevention focused action plan to reduce the number of obese children and youth in the United States In 2005 with support from The Robert Wood Johnson Foundation RWJF the IOM is building on its previous work by conducting a study to assess progress toward the obesity prevention recommendations in the original report The IOM organized three regional meetings in the midwest southeastern and western United States to galvanize obesity prevention efforts of local state and national decision makers community and school leaders grassroots organizations and industry representatives including the food beverage restaurant leisure recreation and entertainment industries These three meetings will involve disseminating the findings and recommendations of the original IOM report and catalyzing dialogues that highlight best practices and identify assets and barriers to moving forward with obesity prevention efforts in each selected region In collaboration with The California Endowment the committee held its third regional symposium on December 1 2005 in Irvine California The symposium included three plenary panels that focused on food and physical activity products portfolio shifts and packaging innovations retailing healthy lifestyles with regard to food and physical activity and the business response to childhood obesity Participants also engaged in two break out sessions The first session focused on marketing communication strategies that promote both healthful products and physical activity opportunities The second session focused on public and private education campaigns and industry self regulation of advertising to children A program agenda is at the end of this summary The symposium provided a useful forum for stakeholders to explore viable strategies and exchange information about promising practices for addressing barriers to obesity prevention initiatives and to identify how public health interests can coincide with the business interests of companies to have a positive impact on reversing the childhood obesity trend This summary highlights the recurring themes for accelerating change and how industry collectively can move forward with

obesity prevention efforts that emerged from the symposium The themes include reverse the obesity trend market health and nutrition make a business commitment to health change the food and physical activity environment forge strategic partnerships garner political support to ally public health and industry educate stakeholders collect disseminate and share local data and evaluate programs and interventions This summary along with those of two other symposia summaries and a more detailed discussion of insights and regional examples will be incorporated in the IOM committee s final report on progress in preventing childhood obesity that will be released in the fall of 2006 Progress in Preventing Childhood Obesity National Academies, Institute of Medicine, Food and Nutrition Board, Committee on Progress in Preventing Childhood Obesity, In collaboration with the Kansas Health Foundation, 2005-11-13 Obesity is now an epidemic among children and adolescents in the United States Nationwide roughly nine million children over six years of age are obese with elevated risks of both health conditions such as diabetes and hypertension and poor quality of life possibly throughout adulthood The Institute of Medicine IOM report Preventing Childhood Obesity Health in the Balance was released in September 2004 and identified promising approaches for obesity prevention efforts and a set of recommendations for a variety of stake holders and sectors The IOM is building on its previous work by initiating a new study to assess progress in childhood obesity prevention efforts In 2005 the IOM organized three regional meeting in the Midwest South and Western United States to galvanize obesity prevention efforts of local state and national decision makers community and school leaders grassroots organizations and industry including the food beverage restaurant leisure and entertainment industries In collaboration with the Kansas health Foundation KHF the IOM held the study s first regional symposium in Wichita Kansas on June 27 28 2005 The symposium was structured to include three panels that focused on challenges and innovations for obesity prevention and school policies school programs and additional steps that can be taken by numerous stakeholders to overcome barriers to progress Three break out sessions focused on creating and strengthening linkages with other sectors to promote childhood obesity prevention including links between schools and home community and health care links between schools and industry and links between schools and the built environment This brief summary highlights the recurring themes for accelerating change and moving forward with obesity prevention efforts that emerged from the symposium forge strategic partnerships empower local schools and communities educate stakeholders evaluate obesity prevention efforts document the benefits of obesity preventions innovate to address barriers use a systems approach and develop a long term strategic plan The findings of this summary along with those of two other symposia and a more detailed discussion of insights and regional examples will be incorporated in the committee s final report that will be released in 2006 **Evaluating Obesity Prevention Efforts** Institute of Medicine (U.S.). Food and Nutrition Board, 2013 Obesity poses one of the greatest public health challenges of the 21st century creating serious health economic and social consequences for individuals and society Despite acceleration in efforts to characterize comprehend and act on this problem including implementation of preventive interventions further

understanding is needed on the progress and effectiveness of these interventions Evaluating Obesity Prevention Efforts develops a concise and actionable plan for measuring the nation s progress in obesity prevention efforts specifically the success of policy and environmental strategies recommended in the 2012 IOM report Accelerating Progress in Obesity Prevention Solving the Weight of the Nation This book offers a framework that will provide guidance for systematic and routine planning implementation and evaluation of the advancement of obesity prevention efforts This framework is for specific use with the goals and strategies from the 2012 report and can be used to assess the progress made in every community and throughout the country with the ultimate goal of reducing the obesity epidemic It offers potentially valuable guidance in improving the quality and effect of the actions being implemented The recommendations of Evaluating Obesity Prevention Efforts focus on efforts to increase the likelihood that actions taken to prevent obesity will be evaluated that their progress in accelerating the prevention of obesity will be monitored and that the most promising practices will be widely disseminated Publisher s description **Accelerating Progress in Obesity Prevention** ,2012 *Progress in Preventing Childhood Obesity* Institute of Medicine,Food and Nutrition Board,Committee on Progress in Preventing Childhood Obesity,2007-03-22 The remarkable increase in the prevalence of obesity among children and youth in the United States over a relatively short timespan represents one of the defining public health challenges of the 21st century The country is beginning to recognize childhood obesity as a major public health epidemic that will incur substantial costs to the nation However the current level of investment by the public and private sectors still does not match the extent of the problem There is a substantial underinvestment of resources to adequately address the scope of this obesity crisis At this early phase in addressing the epidemic actions have begun on a number of levels to improve the dietary patterns and to increase the physical activity levels of young people Schools corporations youth related organizations families communities foundations and government agencies are working to implement a variety of policy changes new programs and other interventions These efforts however generally remain fragmented and small in scale Moreover the lack of systematic monitoring and evaluation of interventions have hindered the development of an evidence base to identify apply and disseminate lessons learned and to support promising efforts to prevent childhood obesity Progress in Preventing Childhood Obesity How Do We Measure Up examines the progress made by obesity prevention initiatives in the United States from 2004 to 2006 This book emphasizes a call to action for key stakeholders and sectors to commit to and demonstrate leadership in childhood obesity prevention evaluates all policies and programs monitors their progress and encourages stakeholders to widely disseminate promising practices This book will be of interest to federal state and local government agencies educators and schools public health and health care professionals private sector companies and industry trade groups media parents and those involved in implementing community based programs and consumer advocacy **Obesity** George L. Blackburn,Beatrice Stefannie Kanders,1994 Examines the disease of obesity and its metabolic consequences Explores obesity in relation to physiological

and psychological health and describes the clinical aspects of properly evaluating obese patients. Discusses the roles of dietary factors, appetite, exercise, metabolism, and the endocrine system in obesity, as well as the effects of significant weight loss on long-term health. Also discusses the psychology of obesity, weight loss, and regain. Provides practitioners with detailed guidelines for selecting and implementing multidisciplinary treatment that incorporates dietary intervention, exercise, behavior modification, and stress management, and when necessary, surgery or pharmacotherapy. Emphasizes matching patients with clinical interventions and treatment settings and presents strategies for maintaining weight loss. Illustrates how to design interventions appropriate for the hospital, physician's office, clinic, home, and workplace, and how to integrate different types of interventions in multiple settings. Written for physicians, dietitians, psychiatrists.

Human Mobility, Spatiotemporal Context, and Environmental Health: Recent Advances in Approaches and Methods Mei-Po Kwan, 2019-07-12

Environmental health researchers have long used concepts like the neighborhood effect to assess people's exposure to environmental influences and the associated health impact. However, these are static notions that ignore people's daily mobility at various spatial and temporal scales, e.g., daily travel, migratory movements, and movements over the life course, and the influence of neighborhood contexts outside their residential neighborhoods. Recent studies have started to incorporate human mobility, non-residential neighborhoods, and the temporality of exposures through collecting and using data from GPS accelerometers, mobile phones, various types of sensors, and social media. Innovative approaches and methods have been developed. This Special Issue aims to showcase studies that use new approaches, methods, and data to examine the role of human mobility and non-residential contexts on human health behaviors and outcomes. It includes 21 articles that cover a wide range of topics, including individual exposure to air pollution, exposure and access to green spaces, spatial access to healthcare services, environmental influences on physical activity, food, environmental and diet behavior, exposure to noise, and its impact on mental health, and broader methodological issues such as the uncertain geographic context problem (UGCoP) and the neighborhood effect averaging problem (NEAP). This collection will be a valuable reference for scholars and students interested in recent advances in the concepts and methods in environmental health and health geography.

[The Science of Long-Term Weight Loss](#) Timothy Lohman, Laurie A. Milliken, 2025-03-07

The Science of Long-Term Weight Loss provides a comprehensive evidence-based approach to help clients and patients achieve long-term weight loss success. Taking into consideration decades of research from experts in the field, it embraces a multidisciplinary approach and use of the complexity science approach to better understand the issues surrounding long-term weight loss. The current obesity epidemic, which began in the 1980s and continues into the 21st century, has significantly affected the U.S. population and communities throughout the world. The Science of Long-Term Weight Loss counters the public health crisis with long-term weight loss solutions modified for individual lifestyles rather than strategies that only offer evidence for short-term success. The text covers a broad range of topics, including food addiction, exercise resistance, night eating syndrome, emotional regulation,

continuous care problem solving accountability and group support Throughout the text case studies offer a glimpse into the struggles and successes involved with long term weight loss Putting It Into Perspective and Expert Perspective sidebars provide additional context to complex topics and Do You Know elements call out important information for readers Each chapter contains objectives and summaries to aid in knowledge retention The Science of Long Term Weight Loss begins by discussing the origins of the obesity epidemic and theoretical strategies to support weight loss The authors use the complexity science approach to explain the factors that contribute to the prevalence of obesity such as genetics and public policy The text goes on to explore behavioral influences on body composition such as physical activity and nutritional intake Sustainable long term weight loss solutions and the prevention of weight regain are studied in depth and societal factors such as the environment and food production are considered Health care practitioners will find alternative approaches to weight loss that can be customized to the individual as well as practical advice to achieve client goals As a resource for understanding the multifaceted issues surrounding obesity and weight loss this book will be invaluable to researchers and practitioners in fields studying or encountering obesity including registered dietitians and nutritionists as well as fitness and health professionals working with clients or patients who need long term strategies for weight management Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

Evaluating Obesity Prevention Efforts, 2013 Progress in Obesity Research: 8 Bernard Guy-Grand, 1999 *Prevention of Type 2 Diabetes* Manfred Ganz, 2005-09-01 This book provides a unique and comprehensive synopsis of the prevention and early diagnosis of Type 2 Diabetes It features articles by key opinion leaders in diabetes from North America Europe and the Asia Pacific region who describe the gravity of the problem and the important issue of screening including contributions on the perspectives of the International Diabetes Federation and the World Health Organization Once patients at risk have been identified the key issue is to prevent their progression to full blown diabetes Several chapters address this particularly the difficult task of changing people s behaviour Prevention of the complications associated with diabetes involves more targeted interventions which are discussed by experts in the relevant areas This book offers both a global perspective and local solutions Key contributors include Paul Zimmet and Pierre Lefbvre President of the International Diabetes Federation who has written a chapter and a foreword Praise from the reviews A n excellent resource for professionals who want a good means for getting up to speed on the prevention angle It is all inclusive from many perspectives authorship of chapters rich reference lists and content This book is a one stop source for understanding the state of current prevention knowledge about type 2 diabetes

DIABETES TECHNOLOGY THERAPEUTICS This is a timely and helpful treatment of an important public health topic I am unaware of any other contemporary books which address exactly this issue DOODY S HEALTH SERVICES An ambitious title written by some of the world s leading diabetologists it takes a very careful approach PEDIATRIC ENDOCRINOLOGY REVIEWS PER

Growth, Maturation, and Physical Activity Robert M. Malina, Claude Bouchard, Oded Bar-Or, 2004 This updated edition features three new chapters and current research findings Topics include prenatal growth and functional development motor development thermoregulation obesity in childhood and adolescence and more

The Current State of Obesity Solutions in the United States Institute of Medicine, Food and Nutrition Board, Roundtable on Obesity Solutions, 2014-06-05 For the first time in decades promising news has emerged regarding efforts to curb the obesity crisis in the United States Obesity rates have fallen among low income children in 18 states the prevalence of obesity has plateaued among girls regardless of ethnicity and targeted efforts in states such as Massachusetts have demonstrably reduced the prevalence of obesity among children Although the reasons for this turnaround are as complex and multifaceted as the reasons for the dramatic rise in obesity rates in recent decades interventions to improve nutrition and increase physical activity are almost certainly major contributors Yet major problems remain Diseases associated with obesity continue to incur substantial costs and cause widespread human suffering Moreover substantial disparities in obesity rates exist among population groups and in some cases these disparities are widening Some groups and regions are continuing to experience increases in obesity rates and the prevalence of severe obesity is continuing to rise The Current State of Obesity Solutions in the United States is the summary of a workshop convened in January 2014 by the Institute of Medicine Roundtable on Obesity Solutions to foster an ongoing dialogue on critical and emerging implementation policy and research issues to accelerate progress in obesity prevention and care Representatives of public health health care government the food industry education philanthropy the nonprofit sector and academia met to discuss interventions designed to prevent and treat obesity The workshop focused on early care and education schools worksites health care institutions communities and states the federal government and business and industry For each of these groups this report provides an overview of current efforts to improve nutrition increase physical activity and reduce disparities among populations

Prog. Obes. Res, 1990

Clinical Research for the Doctor of Nursing Practice Allison J. Terry, 2014-08 Clinical Research for the Doctor of Nursing Practice Second Edition offers a streamlined approach to application based clinical research and the development of the capstone project The text allows for a hands on approach through its inclusion of sample research studies that encourage analysis and an overall understanding of the nursing research process The Second Edition features new research studies as well as instruction on motivational interviewing conducting an organizational assessment as well as how to work with a committee to craft a research proposal This text is appropriate for any DNP course focused on research including the Capstone course New to the Second Edition How to critique a research article How to form the research committee How to use motivational interviewing as a data collection technique How to review a manuscript submitted for publication How to conduct an organizational assessment How to accurately evaluate research How to develop the project proposal

This book delves into Progress In Obesity. Progress In Obesity is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Progress In Obesity, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Progress In Obesity
- Chapter 2: Essential Elements of Progress In Obesity
- Chapter 3: Progress In Obesity in Everyday Life
- Chapter 4: Progress In Obesity in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Progress In Obesity. The first chapter will explore what Progress In Obesity is, why Progress In Obesity is vital, and how to effectively learn about Progress In Obesity.
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6. In chapter 5, this book will draw a conclusion about Progress In Obesity. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Progress In Obesity.

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Progress In Obesity Introduction

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