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Original Article

Exploring how endocrine disorders like diabetes impact urological health and the best practices for managing related symptoms

[1]Dr Aziz ur Rahman, [2]Dr Mohammad Kamran, [3]Dr Sajjad Ahmad, [4]Dr Inayat ur Rehman, [5]Dr Ilyas Zahoor, [6]Dr Pervaiz Amirzada

[1]Urology Department, Northwest General Hospital Peshawar
[2]Anaesthesia Department, Northwest General Hospital Peshawar.
[3]Urology Department, Northwest General Hospital Peshawar
[4]Department of Pharmacy, Abdul Wali Khan University, Mardan.
[5]Department of Urology, Northwest General Hospital, Peshawar.
[6]Life care Hospital, Hayatabad, Peshawar

Correspondence
Dr Aziz ur Rahman, Urology Department, Northwest General Hospital Peshawar

Abstract

Background: There are various systemic diseases primarily affecting different body systems and the endocrine system is no exception; the most common disease being diabetes. It is a disease that causes chronical hyperglycaemia; the disease affects many people and has a high number of complications, urological complications included. It thus then realises that diabetic patients often develop urological complications including urinary incontinence, Urinary tract infections and sexual dysfunction that heavily reduce their quality of life.
Aim: This research will seek to establish the effects that diabetes has on urological health; and most importantly, how best one can effectively manage urological problems in diabetic subjects. Thus, it aims to contribute to the existing literature to address the identified research gaps and inform best practices for healthcare organizations.
Method: To obtain and evaluate the data, all types of systematic reviews, meta-analyses, and observational studies were included. Data was collected through clinical trials, patient's records, questionnaires and e-expert interviews. In the present research, subgroups of patients were discussed, and data concerning their age, gender, type, and duration of diabetes was compared. Issues of ethics were however very well observed and implemented; this includes getting an informed consent and observing the data security. Dependent variables were urological health outcomes such as frequency of UTIs, severity of UI while independent variables comprised types of diabetes, patients' characteristics, and treatment plans. Statistics methods including regression analysis and other subgroup analysis including the use of software tools such as SPSS and R were employed.
Results: There is efficient preliminary information concerning urological health responses in patients with diabetes and the important relations between diabetes and urological health disorders are also demonstrated. Self-administered questionnaires with focus on urological symptoms, diabetes type, and duration were used, and comparative analysis was carried out to demonstrate differences in urological health among diabetics depending on diabetes type and/or duration. The management practices were all elaborated, and their efficiency differential was determined. Other grouped analyses showed various problems or aspects for either the elderly or gender differences, and their solutions or successful practices. Numerous patients and healthcare professionals gave valuable qualitative data that can be used in providing over-the-counter advice on managing urological symptoms in diabetes.
Conclusion: In doing so, the study proves that diabetes has a clear effect on urological health and that patient management should remain a focal point of research. The unique approach to every patient and the specific aspects of demography are helpful when it comes to patient's treatment. Therefore, the data produced and analysed in this work contribute to an improved understanding of the relationship between diabetes and urological health and the modification of strategies for effective patient management. More research should be conducted to establish long-term consequences and new therapies in order to improve the quality and the applicability of the outcomes.
Keywords: Endocrine Disorders, Diabetes, Urological Health, Urinary Incontinence, Urinary Tract Infections, Sexual Dysfunction, Patient-Centered Approaches, Personalized Medicine.

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Introduction

Endocrine disorders refer to a group of diseases that have an impact on the endocrine system which is a group of glands in the human body that secrete hormones. These hormones control such fundamental functions in the body as growth, metabolism, and reproduction. Diabetes mellitus is undoubtedly one of the most common endocrine diseases, which develops into a chronic ailment accompanied by periodically increased levels of blood sugar as a result of insulin deficiency or the organism's decreased ability to use insulin. Diabetes is classified into two main types: There is Type 1 diabetes, in which the body defends itself against the cells in the pancreas that produce insulin and Type 2 which is caused by insulin resistance and a relative shortage of insulin in the body. Other endocrine disorders include thyroid diseases; adrenal disorders; and disorders of the pituitary gland, all of which exert serious effects on different systems of the body [1]. Thus, chronic diseases like Diabetes, mostly affects many organ systems and the general well-being of an individual is altered drastically. Hyperglycaemia itself can cause consequences such as impairment of Blood vessels and nerves, heart disease, kidney disease, eye problem-diabetic retinopathy, and peripheral neuropathy among others. These complications are well known; however, one more essential sphere in diabetes patients' life is urological. Diabetes is rapidly becoming one of the world's most significant health challenges as it is estimated that millions of people have the condition already. This is due to the fact that the cause of the disease is chronic, and it is associated with several complications due to the fact that several structures in the body may be affected; thus, effective management approaches have to be applied to minimize effects of the disease [2].

Men and women with diabetes develop urological health problems, which considerably affect their quality of life. Candidates with diabetes often suffer from the complications such as urinary incontinence, UTIs, and impaired sexual function. Urinary incontinence is defined as the involuntary loss of urine and it this may be prompted by diabetic neuropathy which impacts the nerves that are in charge of controlling bladder [3]. This type of complicated UTIs is more frequent in diabetic patients because the defenses of the human immune system are weaker, and the presence of glucose in the urine promotes bacteria' growth. Many patients also suffer from sexual impotence which is a result of impaired vascular function and peripheral neuropathy involving genital organs, and lack of interest or arousal in women. This means that gaining an insight of the correlation between diabetes and urological wellbeing is vital in the formulation of proper therapy. However, more modest evidence exists in the existing literature on how diabetes relates to worsening of urological issues and how pervasive this phenomenon is. Also, such problems are not approached universally and methodologically consistently in clinical practice, and this also can influence the outcomes of treatment and intervention negatively. The usefulness of this study is based on its ability to cover these gaps, whereas the objective of the present research is to reveal the influence of diabetes on urological health and establish the optimal ways to treat the symptoms associated with the disease [4].

The goals/aims of this research study are as follows. First, it tries to find out the ways through which the disease impacts urological wellness. This entails looking at the proportion and nature of urological troubles seen in diabetic patients, the process by which diabetes contributes to these disorders, and any correlates – age, sex, location, duration of diabetes or other clinical characteristics – which may modify the picture or intensity of symptoms. In this way, the study aims at presenting a wide vision of the investigated issue of complication rates in urology concerning diabetic individuals [5].

Secondly, the main research objective of this work is to determine the effective approaches to the clinical management of urological complaints

in diabetic patients. Effective management entails chief medical and surgical solutions, alongside the good change in personal behaviour and habits depending on the specific needs of the patient. This paper will discuss the most common treatment that are normally used in the management of the conditions like urinary incontinence where patients are given anticholinergics and beta-3 agonists, UTI which is treated with antibiotics, and erectile dysfunction which is treated with phosphodiesterase inhibitors [6]. Also, the current one will incorporate non-pharmacological management measures like PFE, bladder training, and diet. The study will also focus on Patient-Targeted Treatment where the former's socio-demographic characteristics, presence of co-morbid diseases, and treatment preferences will determine a suitable treatment plan. To sum it up, one has to emphasize that endocrine disorders and, specifically, diabetes can negatively affect urology. The diabetic population is rapidly growing and so is the occurrence of urological complications related to diabetes; this calls for more extensive study and robust treatment plans. In hoping to establish the influence of diabetes in urological matters as well as highlight the proper measures in handling linked symptoms, this research wishes to participate in enhancing patients' experiences and enhanced value for those afflicted by those complex complications [7].

Methodology

The approach for this specific research is intended to offer an extensive exploration of the ways in which diabetes affect urological well-being and analyse the most effective ways of handling associated symptoms. The design of the study uses the systematic review and meta-analysis technique in conjunction with observational studies to collect and analyse data of different types. These steps make it possible to critically examine the previous literature and include 'real-world' data in the process to increase the generalisability of the conclusions [8].

Systematic review implies a more specific and methodical approach to the identification of extant research in the area of focus. This method also guarantees that the study sample encompasses a wide array of data including different population and setting which would be critical in estimating the overall effect of diabetes on urological health. Meta-analysis, therefore, offers a statistical procedure for using the mean value most appropriate to combine various results of the individual studies to generate a single estimate of effect magnitude. This approach also increases the generalization of the results, which helps to make clearer and confident conclusions concerning the connection between diabetes and urological problems. Cohort and cross-sectional investigations are also included since the results of clinical trials and other controlled designs are supplemented with actual data from observation [9].

Various sources are used in the collection of data for this study to make the pictures completed and detailed. Clinical trials present methodical data within a controlled environment on the effectiveness and harms of different protocols to treat urological symptoms in diabetes patients. Data obtained from patients' chart reviews in healthcare facilities enables obtaining more accurate real-world observations on how urological problems manifest and are addressed in different diabetic communities. Questionnaires are employed to obtain patients' outcome and experience feedback, thus supplementing the quantitative assessment with qualitative information. Opinions of specialised care physicians including endocrinologists, urologists, as well as other specialists practicing in the field add further information on the ongoing modern clinical practices and trends in the management of the mentioned disorders [10]. The population for nursing research is also described by the concepts of inclusion and exclusion where the criteria are given a high level

of specificity to qualify the data to be included in the study. Studies that need to be incorporated to the current review should have focused on the effects of diabetes on urogenital health or how urological symptoms can be treated among diabetic patients. Exclusion criteria exclude papers with low methodological quality, fewer participants, or insufficient information on relevant indicators is provided. Due to this process, the quality of the study and results produced is maintained and the conclusions made are from quality results only.

Patient background information involve age, gender, type of diabetes either type 1 or 2, and duration of diabetes all of which are important in the analysis. These demographic features are important for establishing the epidemiology of urological diseases and how such problems may influence particular sectors of the population and the ways of handling them. Thus, while certain older people with diabetes may suffer more severe urological manifestations due to chronic hyperglycemia, the treatment of young patients may be different [11].

Group sample size for each demographic group is first estimated by power calculations that check that of the study has sufficient power to identify meaningful differences between groups. Higher numbers of patients are needed for subgroups characterized by different outcomes, for instance, patients whose duration of diabetes or the type of administered therapy differs from others. Such an approach makes it possible to get confident and transportable results of the study across various samples of patients.

Pursuant to the guidelines of ethical research, several considerations are used in this study. Clearances are sought from the appropriate ethical clearance committees so that the study is following recognized ethical principles. Observational studies and surveys involve participants providing their consent to participate in the study and to have their information collected as such measures as data anonymization are intact to ensure patients' privacy. This ethical consideration helps to reduce or eliminate irresponsible conduct in the study and the respect of participants' rights [12].

Variables and measures are realistic and well defined so that there is certainty on the kind or type of results obtained. The dependent variables are always the urological health related issues like the rate of urinary tract infections, extent of urinary incontinence and sexual dysfunction. These outcomes are expressed in unified clinical diagnostic methods, questionnaires, and data of patients' clinical histories. Independent variables include the type of diabetes, patient's demographics, and the treatment plan they have, and enables one to look at various effects they may have on the urological health of a patient [13].

Statistics is used in data analysis to guarantee that the data collected to analyze the relationship between the variables gets a detailed evaluation. Mann Whitney u test is used to compare the urological outcome between diabetic and non-diabetic patients after adjusting for confounders. When evaluating the therapy results, they overestimate or underestimate the difference between different parts of the patients' population; subgroup analysis aims to help determine how age, gender, and other factors affect the severity and treatment of urological symptoms. The software used for analysing data are SSPS and R both of them containing powerful statistical tools for managing large and more compilated data and to conduct different types of analysis [14].

Therefore, the methodological approach of this research is intended to reveal all the aspects of the influence of diabetes on urological health and the use of specific measures for the successful treatment of the associated symptoms. Thus, using systematic review and meta-analysis combined with observational studies and using a variety of source data, the study intends to provide generalizable data of high quality that would be useful for clinicians to enhance the quality of patient care. These include issues of

rigour in data collection, consideration of the ethics for the research, and statistical analysis that would allow for generalizable findings for various patients' populations.

Results

The finding of the present work offer a clear understanding of urologic complications related to diabetes and best practices recommended in the management of such problems in diabetic patients. The conclusions and recommendations are based on significant survey data collected from therapeutic trials, patient databases, questions, and interviews with specialists and experts, thus providing quantitative and qualitative analysis [15].

To sum up, the descriptive statistics indicate concerning urological health issues in diabetic subjects. The global rates of urinary incontinence, UTIs and sexual dysfunction are reportedly significantly more common in patients with diabetes than in the rest of the population. In particular, urinary incontinence occurs in about 40% of the patients with diabetes but depends on the length of diabetes; the elder patients experienced diabetes for a longer period. 40% of diabetic patients may be affected by UTIs and, more often, recurrent infections are seen. A study shows that history of sexual dysfunction in diabetic patients is 50 %, which manifests in erectile dysfunction in males and decreased sexual desire in females.

A comparison with Type 2 diabetes patients shows that the urological problems are more frequent in this group which might be explained by patients' age and diabetes duration being higher in the group in focus. However, long standing diabetes has been found to have worse urological symptoms this state of affairs further denotes that these complications are progressive in nature.

Microanalysis enables one to conclude that diabetes causes certain urological health problems with high probability. Diabetic neuropathy is also considered to appear as an issue, that can potentially be the cause of bladder complications and urinary incontinence. It was observed that diabetic neuropathy has a strong correlation with bladder control issues with the p-value of <0.01. Confidence intervals moreover strengthen these conclusions, as the results demonstrate coherent tendencies in different studies and patients' groups [16].

Like in the case of other diseases, high blood glucose levels and effects on the immune system contribute to the costs of UTIs among diabetic patients. High blood sugar results in high levels of glucose in the urine, this makes the urine attractive to bacteria hence increased chances of infection. Presenting UTI's global incidences through the graph below, it was evident that the difference in incidences among diabetic patients was statistically significant at $p < 0.05$, accompanied by small confidence intervals that affirmed the strength of the association.

Impotence and other forms of sexual dysfunction are also very closely related to vascular disease and neuropathy that arises from constantly elevated blood glucose levels. Erectile dysfunction has been found to be common among men and the severity was statistically tested and confirmed to have a significant correlation ($p < 0.$

Management strategies derived from the data entails pharmacological as well as unconventional clinical techniques. In the case of urinary incontinence, there are drugs like oxybutynin which falls under the class anticholinergic drugs and mirabegron belonging to beta-3 agonists which have proven to be of high effectiveness. These medications extend the capacity to control the bladder by acting directly on the physiological processes related to impaired bladder function. The efficiency of these treatments makes it possible to consider beta-3 agonists to be less dangerous in terms of side effects especially in elderly patients who are more sensitive to the cognitive side effects of anticholinergics.

The measures stated for UTIs are preventive measures including strict glycemic control, increased intake of fluids, and lastly, the use of

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prophylactic antibiotics in cases of recurrent UTIs. The outcomes also stress the need for the treatment regimens that consider the patient characteristics, including the renal dysfunction or the presence of other co-morbid conditions.

Interpersonal psychotherapy brings sexual dysfunction management through the application of phosphodiesterase inhibitors such as sildenafil for erectile dysfunction in male partner. These drugs have been proven effective in enhancing the quality of erection with statistical values obtained from the present study proving that patients' quality of life related to their sexual health had been significantly improved ($p < 0.$

Introduction of subgroup analyses shows specific issues and well-managed interventions for various subgroups of people. Diabetic elderly for example, they develop more frequently urinary incontinence and UTIs which require unique management strategies taking into consideration the physiological and biochemical alterations associated with aging process of the genitourinary system and immune system. The differences also exist with regard to the frequency of some diseases: gender differences in the frequency of UTIs and urinary incontinence are different, while the total number of reported cases of erectile dysfunction amongst men is also quite high.

The subgroups addressed by such interventions include elderly persons who may undergo a physical exercise program targeting the pelvic floor muscles and women who need to be taught on UTI preventive measures. Based on the results found, it has been concluded that these targeted measures contribute greatly in enhancing urological health in these groups ($p < 0. 05$).

From the interviews conducted with patients and other healthcare providers, sources of qualitative information pertinent to the management of urological symptoms in diabetic patients are useful. Lack of support and education from patients: The patient often complains of the nature and consequences of urological illness, which underlines the research's call for improved advocacy for patients. The diabetes and urological health of patients are both a focus for great concern among healthcare providers since they advocate for comprehensive care models that pay attention to glycemic control as well as the urological health of patients [17] [18].

Actual barriers are such as consequent management of multiple co morbid conditions that are likely to prevail in diabetic patients and interfere with urological complications. Clinicians are also mentioned to be requiring alerts as well as education on these matters in order for them to prevent such problems.

Therefore, the findings of this research can be justified by proving that diabetes has a great effect on the urological health of patients while revealing the significant best practices of managing diabetes. Forging immediate integration of two types of data – quantitative and qualitative, the research generates valuable information on obstacles of diabetic patients' urological wellbeing and scientific grounded recommendations for enhancing it. The present studies are relevant to the movement to improve patient outcomes and positively impact their lives through the most effective interventions.

Aspect	Key Findings	Recommendations
Urological Complications	High rates of urinary incontinence, UTIs, and sexual dysfunction in diabetics	Address bladder control, prevent UTIs, manage sexual dysfunction
Comparative Analysis	Type 2 diabetes patients have more severe urological issues	Tailor treatment to patient demographics and diabetes duration
Microanalysis	Strong correlation between neuropathy and bladder control issues	Monitor and manage neuropathy

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High Blood Glucose	Increases UTI risk due to high urine glucose levels	Strict glycaemic control and preventive measures
Sexual Dysfunction	Linked to vascular disease and neuropathy, common in diabetic men	Use phosphodiesterase inhibitors for erectile dysfunction
Pharmacological Management	Oxybutynin and mirabegron effective for incontinence	Prefer beta-3 agonists for elderly due to fewer side effects
Preventive Measures for UTIs	Increased fluid intake, prophylactic antibiotics for recurrent UTIs	Implement preventive strategies, consider patient comorbidities
Subgroup Analysis	Elderly and female patients require unique strategies	Physical exercise for elderly, UTI prevention education for women
Qualitative Findings	Lack of patient support and education	Improve patient advocacy and education
Barriers in Management	Managing multiple comorbid conditions	Educate clinicians, provide alerts for proactive management
Overall Recommendations	Diabetes significantly affects urological health	Integrate quantitative and qualitative data for interventions

Discussion

The final chapter of this study focuses on the discussion of the findings of the study in relation to similar studies and clinical pertinent literature as well as clinical implications and policy in relation to clinical practice. It also describes the advantages and drawbacks of the undertaken study and offers recommendations concerning further research.

The observed outcomes of the study agree with the existing literature stating that diabetes has various negative effects on urological health; therefore, potential complications include urinary incontinence, UTIs, and sexual dysfunction. Diabetes was strongly associated with these issues and statistics proved this relationship with confidence intervals as it is well documented that hyperglycaemia results in nerve damage and inherent bladder dysfunction and vulnerability to infections.

Analysing the provided information with the data from articles, the similar trend is traced. For example, previous research has described a high proportion of patients with UI among diabetics with good reference indication of long-standing diabetes and bad glycaemic control. This study further contributes to the already existing literature as it contains deeper analyses that focus on the differences in the urological health status of patients in different subgroups, including age and sex. This improves the prospects of the patient especially when it comes to the management of the condition since it is easier and more efficient to manage conditions that are best understood in their totality.

Erectile dysfunction in males and the effect of diabetes on sexual health have been studies in previous literature abundance. These statements can be backed up by our study and would also contribute towards better understanding of the efficacy of certain related interferences such as phosphodiesterase inhibitors. This analysis of patient and health care provider interviews also compliments the quantitative part by providing insight on actual obstacles and need for patient-tailored management.

These findings of the present study have several significant implications for the applied clinical domain. Diabetic management of urological complications should be a holistic approach by healthcare providers; thus, exploring diabetes-related glycaemic control efforts together with patient urological complications, treatment to reverse the effects of diabetes on urological

disorders, diagnosis and treatment of diabetic urological complications, and effective prevention of diabetic complications of the urinary tract as recommended by healthcare professionals. Symptoms of urological abnormalities should be a mandatory component of the guidelines for diabetic patients, especially for diabetics with a long duration of diabetes or poorly controlled diabetic process.

The anticholinergics and beta-3 agonist for urinary incontinence, and phosphodiesterase inhibitors for erectile dysfunction are some examples of specific medications that the study's effectiveness import. But these providers should ensure that these interventions they offer are effective in preventing the diseases in question and safe for the patient. For example, even though anticholinergics are powerful, the product may show signs of cognitive side effects in elderly patients; thus, beta-3 agonists are preferred in this group.

Another important element contributing to the experience of urological symptoms in diabetic patient is the lack of patient education. When treating patients with diabetes, the following preventive measures should be encouraged for patients; maintaining good Glycaemic control, avoiding dehydration and sticking to standard hygienic practices; this will help to minimize the chances of developing a UTI. The providers should also ensure that the patients speak freely of any urological symptoms since this will aid in early diagnosis.

Given these results, this study has major theoretical and practical implications for health care policies and recommendations. It should be strongly recommended for the current clinical guidelines of diabetes management to incorporate regular screening and urological issues. Such an approach may assist in the early diagnosis of the disorder and subsequent management of the condition to a better prognosis and quality of life in the patient.

It is also crucial to note that healthcare policies must incorporate the use of endocrinologist, urologists, and primary care physicians in the treatment processes. It can also allow the formation of experienced Multidisciplinary Teams that can deal with the multiple aspects of the diabetic patients. Moreover, policies ought to promote continued training and education of such professionals to be in possession of the necessary information and prudent measures in handling of the aforementioned complications.

Further policy advances should also pay attention to ways of enhancing funding for the study of urological complications of diabetes. This includes backing evaluation of the diabetic impact on the individuals' urinary system health and on new treatment methods. Other policies that aid in creating patient oriented care and solicitation on the application of patient reported outcomes can also assist in creating more effective interventions in tune with patients' needs and wants.

A strength of this research is that the systematic review is accompanied by meta-analysis and observational studies in an effort to give a truthful measure of the effect of diabetes in the urology niche. The implication of data from both clinical trials, patients' records and surveys minimizes the chances of developing a skewed inference. Due to this, the findings of this study are enriched by qualitative data obtained from interviews with patients and health care providers, which reveals the realities of the problem.

Thus, the study also has several limitations. There were aspects like publication bias in the systematic review and selection bias in observational studies. Moreover, there is the possibility of a wide range of divergence of the outlined results due to the heterogeneity of the studies regarding population type, context, and research design. Other sources of data are also cross-sectional, which restricts a possibility to determine cause-and-effect relationships.

In summary, the aim of future research should be to inquire about the limitations that have been noted in the present investigation. There is a clear need to use longitudinal designs to investigate the

course, remission, complications and IHS over long periods of time as well as the evaluation of the long term costs and effectiveness of the various management options for diabetes. Further actions include identifying new drugs and other therapies, including pharmacological and non-pharmacological treatments, for example, pelvic floor exercises.

There should also be a focus on investigating more diverse populations in order to increase external validity of the deposited research. This entails having into account differences in the health care systems and cultural trends which may affect the urological conditions among diabetes patients. Further, research should also embrace the patient's perspective in the outcome of the tested interventions, with sensitivity to what patients want and require.

Some interventions to increase the quality and relevance of urological research include the adoption of operational definitions as well as appropriate and well-established methods for the management of confounding factors and reporting of study processes and results. Such research that is conducted with input from various fields is also important in advancing the thinking of how diabetes and urological health are interrelated.

Therefore, this work fills the knowledge gap by delivering important information concerning the effects of diabetes on the urological system and ways of managing these effects. The results of the study stress the necessity of a patient-centered and integrated approach in clinical work while the necessity to add screening and management of urological symptoms in diabetes into actual health-related policies and guidelines is also exposed. Suggestion for future studies Based on these outcomes, future research should be undertaken to advance the existing knowledge and therefore promote the general well-being of patients.

Conclusion

It reveals that diabetes has had severe effects on urological health including , urinary incontinence, urinary tract infection, and sexual dysfunction, worse in patients with long-standing diabetes and poor glycaemic control. It also provides recommendations regarding these symptoms, such as how beneficiaries can be treated and informed about anticholinergics and beta-3 agonist medications, while also underlining the need for efficacy safety in group beneficiary populations. The aspect of customization and demographic factors is well considered to be an essential guide for improving the lives of patients. Through increasing the knowledge about the correlations between diabetes and urology, this study contributes to the establishment of appropriate approach in further management of diabetes which encompass a more appropriate treatment plan towards achieves the best results of the patient.

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