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呼吸功能的训练对呼吸系统疾病康复的影响

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【摘　要】: 卹媲妛她儿呖徼哑鱐mV艹峎冗僈忥宦勍扃壨她忥宦吤噱謺▾ ㊦ナ傚鱐mV孳寁夬夼丹侜勍憤励她凅中⇑ 憔匪啊㈤掂勍叵噤她芻咕鱐mV夬夼她芻尉 60 fm謺做慷╦ 芻尉乙┳ 忥宦宦丆兑循宦謺嗷┤ 儀宦咕 30 fm芻尉謺兑循宦冗僈她呖兑循忥宦噱謺忥宦宦芻尉冗僈她呖鱐mV艹峎她忥宦噱謺傚嗺慷├┤ 儀宦┻ 挽她叼哖⇑ ｜呱宫家哖┤ nA▾ 妧丅謺忥宦宦她芻尉丹侜堪塺 93.33%徥嗺兑循宦她丹侜堪塺 76.67%撣謺劾▾ 慄慮慱壨鱐mV艹峎忥宦噱她噤夔叼哖徥嗺兑循噱撣謺慷├ 宦┻ 挽她儳写咕寁忏偕劂┻ 暨P<0.05暩⇑ 呱宫澤丅咾她家忾呖扚傚鱐mV孳寁偊伉夬夼她芻尉蒠彐鱐mV艹峎她忥宦噱⇑ 凑侧媝鼻┐ 峎侺傚ナ夼剝蒠彐号亂謺扁┘ 慶峎做芻尉她攉一恺扉厒撣謺ナ二咕凑撣【壨◐ へ⇑

【关键词】: 鱐mV艹峎暻忥宦暻鱐mV孳寁暻夬夼丹侜暻凅中

Effects of Training in Respiratory Function on the Rehabilitation of Respiratory Diseases

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Abstract: The purpose of the research is to analyze the training methods used in the training of respiratory function and its impact on the rehabilitation of respiratory diseases. 60 patients with respiratory diseases admitted to a hospital were selected, and these patients were divided into training group and routine group, with 30 patients in each group. The routine group carried out the routine training method, and the training group carried out the breathing Functional training method to compare the effect between the two groups. It can be seen from the final results that the recovery probability of the patients in the training group is 93.33% higher than that in the conventional group, which is 76.67%, so the therapeutic effect of using the respiratory function training method is higher than that of the conventional method. The difference between the two groups There was statistical significance (P<0.05). The final conclusion is the training method of respiratory function for patients with respiratory diseases. To a large extent, the disease can be improved, and the quality of life of the patient can also be improved, which has high use value.

Keywords: Respiratory function; Training; Respiratory system; Disease rehabilitation; Effects

勍怺她鱐mV艹峎忥宦儿呖傚芻咕鱐mV孳寁夬夼勍慱壨她┆ 婊嗺慆又伻她堜墠吤噱謺慷婊吤噱掃┓ 峎侺—冱芻尉她峋册囊ㄴ ←寰徼ナ鱐mV岌艹峎←—冱芻尉她岤囊ㄊ丆mV喽扉謺kℓ呀慶nA峎♂傚芻尉ナ▥ 孳寁艹峎憤励凅中謺【ナ丹侜暻粟慮慱壨慷婊吤噱謺釵× 揓兑嬔㈱謺┘ 噔咕×♗謺兢噔咕搘侠恢壨史丅嫽凅中謺慷揹吤噱伉┳ 六┐ 澤ㄷ侧扉关壨謺扁┘ 影凑俑芻尉卻㈜⇑ 勍▾ 凑俑婊鱐mV孳寁夬夼伉刱侜呀懿♂勱鱐mV艹峎忥宦冶× 即�ナ丹侜她扇徥慈ㄈ吤噱謺▾ ┐ ┗ 挲扚傚妛ㄨ┳ 六偳悹冶┤ 寀兑壨ㄷ鱐mV艹峎忥宦噱謺扁┘ 捗憇╗ 鱐mV忥宦伉鱐mV孳寁夬夼冶┤ 她偳摠慱壨剝儿⇑

1 临床资料和训练法

/,/ ┳ 六悚吗

憔匪㈤掂芻咕鱐mV孳寁夬夼她芻尉 4. fm謺× ┻ 嗔嗂卹媲妛啥⇑撠ゴ慷╦ 芻尉懿徥惡勃份鱐mV孳寁夬夼忴吡啥ン妠婺暻ナ嗂謺慷╦ 芻尉丆傻僊甍彐噤夔ㄨ謺┆ 偯徥崨劌嬓忐kℓ劂╟ ⇑嗔嗂卹媲芻尉啾鹵掫咪㊉儿乙┻ 忥宦宦丆兑循宦謺嗷┤ 儀宦懿咕 1. fm謺兑循宦她壳剃丆倍剃嗺〕伉 /38/3謺兡斃 23|62 僖謺兟优暨25,0¤ 0,1暩僖暻忥宦宦壳剃丆倍剃乙ㄨ┻ /48/2謺芻尉兡斃伉 24|61 僖謺兟优暨26,/¤ 0,2暩僖謺傚嗺忥宦宦丆兑循宦芻尉她兡斃←剃ㄨ嫽佢咤悚吗謺ナ乙哑┻ nm懿噔咕吳呜她儳写剃暨N<. ,. 3暩謺├ 宦同鹵nA嗺⇑

/,0 忥宦噱

窓└ 兑循宦芻尉甍彐她呖兑循噱謺效芻咕鱐mV孳寁夬夼她芻尉攉一⊡凌甍彐デ噻謺扁┘ 慶徥┻ ㄩ惡ナ甍彐噓慄謺慄慮慱壨咍圍丆她怕嘐cm芻尉捗憇咕デ夬夼ピ傃謺┃ 扁—侧ナ╗ 徼謺厒揮芻尉她崦ざ処謺咍咕ㄴ┛ nm咱成μℓ噤夔⇑└ 嗔kℓ呀謺伉撙搫吤揖慶徥甍彐pA仆謺芻尉┓ 峎mV埠謺▾シ—扇夼剝⇑

窓└ 忥宦宦儿伉▾ ┐ 佢娘┐ 冗僈鱐mV艹峎她忥宦噱謺ナ二⊡俏┐ 暉

嫳┆ 謺峻窅忥宦噱⇑ 慷婊吤噱儿呖—侧崟岌叵尅艹峎丆叼塺謺呖崟岌丆峻岌伉鱐mV慱ㄩ慮媝┤ 峎侺妠╟ ㈹怫謺┃扁做坻嘐扉厒撣←捻♫鱐mV艹屡丆艹峎嗤嘐扉←咕叼傚乘嘐艹峎甍彐怫后嫽妛啥⇑ 伉㊫寁丿攉偕冶┤ 謺慷婊傲影

媕┻┓ 怫刻忛宦聾忛宦慮婺┤ 咕劂忱伐傚崕慡鱋mV呀挽甍 彐勱卼聾峎侘咕循滄┘ 寰寰甍彐鱋mV聾冗僈崕勃怫后⇑ 冗僈慷揹忛宦呀聾芻尉nA▾ 勦┤ 崭憵她⊡♪聾ダ慡叹唷聾寰 劒伐め囮鱋mV聾┆ 晏ㄷ┓ 峎へmV聾僅♭鱋mV┻ nm壨ˆ劒劒鱋嘐暻亢冗僈慷揹鱋mV噱呀聾芻尉慶nA▾ 勱勓叹伉岋冢┓ 聾劉ˆ慷┤ 懹♪mV嘐呀她┓ 噉ˆ儀聾鱋嘐呀憙圁cm侠勠冞聾咕她呀な慶nA▾ 勱㊣勓区伉峻懹嫽♪尥聾崟劒—囤聾家μℓ芻尉她夼剝丁⊡凌剝儿呶寰忛宦軜尉扇侜甍彐忛宦⇑

嫳┘ 聾尅乍鱋mV忛宦⇑ 慷嫁忛宦吟噱惡揓尅乍鱋mV甍 彐傚嗺聾慄慮慱壨慷嫁吟噱甍彐鱋嘐呀聾嘐憺嫽㊉埁峎侘 憙圁cm嘐憺慹嫚即甍聾 シ▨ 丁她嘐⊡儀嘐ㄷ揓兑媻軜尉丁墇掍挶聾慷唗nA▾ 咱俍傚岤噷卵掃卯聾鱋丁嘐⊡呀挽揓兑抄聾nA▾ ダ揖傚⊡ピ捷㊧她側扉嘐⊡卵丁聾懇シ丁墇慷嫁墇恥⇑ 冗僈慷嫁忛宦呀聾芻尉徥挶孺仈乍寀処mV嘐聾│敺偾鱋嘐聾尅ˆ乍MW墇ˆ丶伻聾崟劒伐鱋mV攵媴聾傚鱋mV她礻奠甍彐勱卼聾慷嫁吟噱峎侘惡▾┓ 勍捗憇她鱋mV吟噱テkℓ【壨⇑

嫳┏ 聾mV嘐咣も揿鱋mV忛宦噱⇑ 伉芻尉鱋丁嘐⊡僅嘐她┆ 嗯呀挽ピ聾峎侘咱俍【ナmVタ嘐⊡勠合聾【慷嫁嘐⊡优△乙儺聾傚嘐⊡她╬ 占塺阨撣聾慷唗nA▾ 【凑俑帡尅岤噷扇吣冗冞聾傚芻尉她慄嘐ㄒ峎甍彐咕叼号亂⇑ 偳摠冗僈忛宦呀聾芻尉徥ダ慡叹唷聾勠┤ 崭憵伞倓聾こ匷口揑聾寰劒甍彐mV嘐聾伉mV嘐ㄷ呱nm呀媞凡も揿┆┓ 聾劒劒鱋嘐聾怫后嘐刻←鱋嘐嫽暻冗僈慷揹忛宦呀聾徥傚崕慡鱋mV她冽分甍彐怫后聾憙圁│嚨ㄷ囤劒⇑

嫳仅聾ダ慡鱋mV⊡叡⇑ 扃壨慷嫁鱋mVㄒ峎忛宦吟噱聾峎侘咱俍傚芻尉她岤慄嘐扉丁鱋mV岌她慱ㄩ阨撣聾竝岤噷冶┤ 她养嘐捻♫尅俄聾ナ勁冞峎侘咱俍傚芻尉她鱋mV孌伻甍彐号亂聾阨撣ナ鱋mV叼塺聾ℓ呀慶峎怫后芻尉処墠剝寋丁孤婧堳分嫽聾慷嫁昐娑ㄨ施兑扇徥她┆ 揹鱋mV忛宦吟噱⇑ 慷嫁忛宦吟噱儿昐勱峻窅鱋mV噱←尅乍鱋嘐丁┓ 愘嫽ダ慡她�same× 家μℓ惀咾聾芻尉徥挑揑伐甍彐鱋mV聾扃壨嬓⊡⇐㊧勓㊉峻聾勓崕cm┓ ┻ ⇐㊧崕┓ 伶聾㊧勓㊉峻⇐句侯听愰嫽鱋mV嘐忛宦聾┆ 晏ㄷ刱侜ㄷ挑揑她鱋mV丁峻窅鱋mV噱嫽⇑ 扁娑ㄨ伉忛宦呀聾芻尉nA▾ 家μℓ崕慡惀摠剝儿憔匪慱壨ㄩ× 一侧ナ忛宦聾軜尉家μℓ崕慡乔剝崑冚┆ ╥ ㄩ× 聾俏哖夼剝施兑┤ 扇徥懇シ愘♪⇑

嫳╟ 聾关壨GHz嫁鱋mV忛宦仗⇑ 壯┘ 娑ㄨ鱋mVㄒ峎忛宦她┓ 吡ㄉ偈聾伉┳ 六吟揖┣ 憙圁丁墇湊俑鱋mV忛宦仗聾嶉俏峗岌惀厧仗聾慄慮慱壨慷嫁仗啉峎侘 【坳嘐扉阨撣聾伉V サ┓ 慶峎吳嗚妧ㄷ峗岌媗ㄩ侈—⇑ 慷嫁吟噱嶉慆憵μℓ壨┘ 夼剝┤ 扇聾吳噱軜尉┓ 劌劂㊉└ ㄷㄨ攵嫁鱋mVㄒ峎拿垳吟噱她■ Gy⇑

/,1 復傒匸唅

慄慮咤(ㄖ)掂勍ㄇ偯她掷㊄怫呼聾ㄛ哑復傒兢┘ 傚嶉┣宦勿墠叼哖傚鱋mV孳寁夬夼她芻尉勍憤劤她凅中聾扁┘ 慶徥傚嶉慷┣ 宦她均劂異⇑

/,2 寁忏偕吤噱

慄慮慱壨 QNQQ7,. 寁忏偕愬● 傚叵揚ㄷ她ざ刻甍彐徼哑丁侚墠⇑ 慱壨塺暨#暩▸ 彙忏同悚吗磣壨暨x±s暩 彙婗聾傚嶉GHz宦┻ 挽她塺聾慄慮慱壨 v⁰啌摽聾┣ 宦┻ 挽她同卤儳写二咕寁忏(ㄏ)忮壨 N: . ,. 3▸ 彙⇑

2 结果

│▾┓ 卹媲┤ nA▾ 澤丁忛宦宦刱侜ゃ丹她芻尉咕 06 fm聾(ㄊ)ㄷ 71,11#聾ナ均劂異慬ㄷ /. . #聾呉呜徥嶉兑循宦撣暻忛宦宦芻尉♭掂呀挽徥嶉兑循宦儀聾慷┣ 宦┻ 挽她儳写咕寁忏偕劂┻ N: . ,. 3聾俏彙 /⇑

彙 / 傚嶉┣ 宦GHz揹剝儿Y暨#暩[

宦ㄨ	〕同	丹侜	均劂	♭掂呀挽暨侨暩
忛宦宦	1.	06&71,11'	1. &. . ,. '	2,/¤ . ,0
兑循宦	1.	0. &44,45'	01&54,45'	4,3¤ . ,6
V^0-r	+	0/,4	/. ,/	/2,0
n	+	: . ,. 3	: . ,. 3	: . ,. 3

3 呼吸功能训练对呼吸系统疾病康复影响

鱋mVㄒ崀她忛宦吟噱吻崀侘傚芻尉鱋mV孳寁夬夼甍彐号亂她扇徥慈ㄩ吟官聾扁娑ㄨ慷嫁吟官侧扉慱壨伉劒刜捭佺刜岤夬夼←厂岤奫嫽GHz揹丹侜忛宦冶┤ 聾慄慮㊝侑┳六偳悳丁娀媲忄呉nA▾ 妧丁聾ナ慱壨◐ へ揓兑撣⇑

1,/ 鱋mV忛宦傚劒刜捭佺刜岤夬夼丹侜凅中

傚┘ 劒刜捭佺刜她岤夬夼扁礭聾慷呖┆ 嫁劒刜她鱋mV孳寁夬夼聾慷嫁夬夼┳ 徥堡凌彙墠┳ 嘐嚦捭佺钕尉岤嘐岨聾伉凑俑卹媲┤ ♂勱鱋mVㄒ崀她拿垳吟噱慱壨伉慷揹丹侜忛宦冶┤ 聾慄慮忾忄nA▾ 妧丁芻尉凑侧她岤囊扉←鱋mV僾へ她嚦憣懿咕勍号亂聾扁┘ 崀侉咕叼偢芻尉她鱋mV搏塺捻♫聾咕叼号亂鱋mV刚ぇ钕尉姁ぇ她剝儿聾偢凑俑芻尉她攉偊恺扉阨撣⇑ 伉妠デ└ ├ ■ 侒卹媲┤ 聾偯咱傚芻尉冗僈♫嘜兟揯聾kℓ呀慶nA▾ 慱壨尅乍峻官她忛宦吟噱冗僈忛宦聾崀侉咱俍傚芻尉她岤ㄒ崀甍彐号亂聾阨撣ナ彉嘜搿厂異聾号亂ナ攉偊恺扉⇑

1,0 鱋mV忛宦傚岤奫丹侜凅中

岤奫┓ ▌ ♂傚芻尉她慡⊡ゃ丹憤劤凅中聾扁┘ 慶♂㈱㊦ナ攉一聾慄慮慱壨侠嬋勓咦噤夔聾儉嬝崀侉傚芻尉她岤ㄒ崀甍彐号亂聾kℓ哇♂克咾┆ ╥ 恶揖凅中聾嶉俏傚芻尉她岤pFゼ掃┻ nm聾♁ˆ♂、 攉湊侧太夼←鱋mV价採←恢壨扉厂慄嘐扉惄咾惄傥嫽⇑┳ ╗ 咱俍傚芻尉湊俑夼失厂⊡凌甍彐号亂聾┳ 六┐ 寀兑♂慮俑慱壨慈ㄩ鱋mV岌馈聾扃壨┓ 嗓娊她鱋mV吟噱傚芻尉冗僈忛宦聾慷哇湊傃呋傝崃芻尉丁墇鱋mV岌夤ㄗ聾▌ 吳噱偳墇寰徼夼失厂号亂岤ㄒ崀她娑她聾扁┘ 慶♂ㄉ攉尔嘜厂坮壽聾禳崟┤ 扇她慶♂傝崃芻尉丁墇

鹹mV彏嫙謺固中ナゃ丹⇑ 勍▾ 懹乙娀媲みcm╝ 鹹mVπ峎她 忥宦傚匊屘丹侜勍、 壟她凅中謺慄慮关壨鹹mV叡忥宦←勓咦ㄟ她ゃ丹吃岡丁慈ㄈ丞寞嫽吟噱謺效匊屘冗僈┗ ├ 刜她鹹mVπ峎忥宦⇑ 慄慮偳悹忾呉謺正└ 忥宦她匊屘岤π峎澤ㄈ咕叼号亂謺扇┘ 匊屘她兢ㄉ失咕勍怫后謺勓咦┻ nm她匊屘謺唾勃勿墠嫽慷╥ 吟揖懿徥嗺咢正└ 忥宦她匊屘撣謺慷傲彙娊鹹mVπ峎忥宦傚岤奫匊屘丹侜咕妻媔哌× 壨⇑

1,1 慱壨伉岤挽恺夬夼匊屘┥

挽恺刜她岤夬夼× ┯ ┆ 嫊写在刜她夬夼謺慷嫊夼ㄣ♂ 堠曬ㄈ岤噷侍丁岤噷log佯她宦宪謺扇伉ㄒ墇岤挽恺呀謺♂ 孽媔ㄈ岤嗿寀彊嬝ピ妄寀岶▾ ㊦岤�捏峚嫽⇑伶┯ 凑俈嫊夬夼夼ㄣ掃┓ 僕捼╝ 岤挽恺▾ 侠謺扇┘ 慶♂◇掇┆ ╥ 岤偳恺呀ㄣ孽謺伶嗔慷嫊┣ 影媕┻ ┯ 冨坛刜她岤偳恺夬夼⇑

伉┆ ╥ 卹媲┥ 彙呉謺岤π峎拿垳仗傚挽恺刜她岤夬夼丹侜咕妻凑侧凅中謺慄慮慱壨慷嫊儩二謺峎侔傚匊屘她岤懹π峎懘彐号亂謺寰徼ナ嘐姁▾ ㊦嘐刚失堳謺咕叼倚匊屘她彊嘜搿丁鼻厄揮謺寰徼ナ岤挽恺她夼ㄣ嫽⇑ 掃嗔┻ 侠謺伉懹乙揓仗恺刜她鹹mV价採冶┥ 謺慱壨峻窇鹹mVπ峎忥宦噱峎侔哏謺懇シ壯╝ 岤慄嘐┓ 侔扇傝崠她鹹mV彏嫙挪搔謺傚匊屘她偑ダ懘彐寔勿⇑ ㄨ侠慄慮慱壨囤鹹mV她吟噱謺倚匊屘她岤傃扉厄揮謺冒捯ナ囤鹹mV嘐咣呀挽謺【匊屘嗓兑她岤宦宪丁愿鼻ㄣ ㄈ卞偾她懹乙咕ゲ惋她呀挽懘彐嘐⊡ ╬ 占謺咕叼傚匊屘她岤π峎懘彐号亂⇑ 慱壨囤鹹mV叡慶峎倚匊屘她岤摇关刜厄揮謺倚ナ鹹mV慮媝┥ 她冰刜捭ㄊ一傥謺咕ㄴ╝ 厄揮匊屘她岤囊扉謺扇┘ 伉┆ ╥ 媝鼻┓ 慶峎寰徼ナ岤挽恺夼ㄣ⇑

4 小结

剖┻ 謺宅吐┗ 挲扚傚奴嫊鹹mVπ峎忥宦吟噱懘彐捗憇謺剖家慷╥ 鹹mV忥宦吟噱伉鹹mV孳寁夬夼丹侜冶┥ 她咕叼慱壨⇑ 鹹mVπ峎忥宦吟噱呖┆ 嫊吳×吳央謺嬔㈱う卨謺扇┘ ┓ ♂、 壟ナ▥ 搘侠恢壨史丁謺ナ二咕┯ 六关壨◐ 乀丁厥┻ 謺伉鹹mVピ嬋丁峋侠嬋嫽┆ ╥ 嬋偷nA▾ 傚慷╥ 吟噱冶× 夬夼丹侜慮媝丁┯ 勓咦慮媝┥ 寀兑壨ㄈ她勿墠吟噱謺鹹mVπ峎忥宦噱kℓ唗呖湊扇徥她┆ 嫊勿墠兟揯卿否⇑鹹mVπ峎忥宦噱nA▾ 壨伉湊偁鹹mV孳寁夬夼冶┥ 扇┘ 二咕湊俍她夔叼謺♩呖伶┯ GHz孌伶學凅中謺懹乙卹媲儩× 凑採忯◐ ナ偳捻叼哖謺伶嗔搤徥懘┆ 嘏傚ナ懘彐卹孼謺勦鹹mVπ峎忥宦噱况宙ㄈ鹹mV孳寁夬夼丹侜偳悹冶┥ 謺憙圁毘澤湊偁偕屘テ忱⇑ ㄨ侠謺伶┯ ナ咪ㄹ卹媲ㄣ ㄈ僕捼謺伉夔叼忯◐ 丁壟墠偕匚唅啌諙冶┥ 搤徥懘┆ 嘏懘彐号亂謺伶嗔伉忥宦扉丁冱異吟揖慶┓ 侔呉娊謺勍▾ 徥懘┆ 嘏傚ナ懘彐卹孼⇑ 傚╝ 鹹mVπ峎她忥宦劂┗ 扇徿謺┻ 徥傲呖傚匊屘懘彐冢傝宦┣ 謺【ナ峎侔响冔咕叼她鹹mV冽分謺┯ 徥傲呖冗僈ゃ丹吃岡謺伉嗔掀嗯┥ 謺勿墠■ Gy徥成μℓ㈤夔儩× 她慮媝┥ 謺慶徥傚┯ �刜ゲ乙ㄉ午丁咾謺考咍俍⊡墇丁勿墠儩× 她堭嬓屻峎⇑

傚嗺兑循噱丁鹹mVπ峎忥宦噱傚鹹mV孳寁夬夼丹侜勍、 壟她凅中⇑ │▾┐ 卹媲┥ nA▾ 妧丁謺㈤掂勍叵噤她鹹mV夬夼匊屘┆ テ咕 6. fm┯ 六悚吗謺慄慮妠デ卹媲nA▾ 毘澤忥宦宦丹侜匊屘丁均劂■ 同呉呜徥嗺兑循宦匊屘撣曝忥宦宦匊屘懘彐 b 掂噤夔慮媝┥ 她呀挽徥嗺兑循宦俶謺慷┣ 宦┻ 挽她儰写刜咕寁忏偕劂┗ 暨Nt . ,. 3暩⇑ 勍▾ 徥嘪傚鹹mV孳寁夬夼她匊屘┯ ㄩ懘彐鹹mVπ峎忥宦噱峎侔毘澤嵑俍叼哖謺伉湊侧媝奠┐ 慶峎尅姁匊屘她 b 掂呀挽謺傚ナGHz孌┯ 六失堳嗺俏嘐ぇ←嘐姁嫽剝儿懘彐寰徼謺咕叼寰徼匊屘丁墇她┓ 嵑剝寋謺奏侧媝奠┐ 慶峎傚匊屘她慱ㄩ屜ㄊ丁崾墠峎ㄊ厏揮謺【匊屘傚慷嫊夬夼姬忱二咕┆ 偯┐ 徼謺慷唗峎侔哈俍傚ナ夬夼懘彐勱瓟丁揯捨謺号亂ナ壟囊恺扉嚶挑⇑

寬┐ 勍憇謺灼傚鹹mV孳寁夬夼匊屘懘彐丹侜噤夔慮媝┥ 謺冗僈鹹mVπ峎忥宦噱咕妻扇徥劂┗ 謺扇┘ 慷嫊吟噱揓兑嬔㈱謺噔咕×ㄨ謺┓ 搤徥寇恢湊俍㈤夔恢壨謺慷嫊兟揯吟噱揓兑咕叼⇑ 慄慮慱壨鹹mVπ峎忥宦噱謺奏侧媝奠┐ 峎侔傚鹹mV孳寁夬夼匊屘夼剝懘彐号亂謺厄揮ナ壟一噤夔謺慄慮慱壨慷嫊吟噱謺咕妻揓兑揮她偳壨◐ へ謺揓兑へ澤侧扉即全丁慱壨⇑

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Y2[⊡嶙圯*份扊墈,鹹mV峎忥宦勿墠兟揯傚劒刜捭佺刜岤夬夼匊屘噤夔叼哖她凅中YH,┥ (ㄣ)岤懹夬夼咭凰8売偠堃*0. / 7ヶ0&!'8!,