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妊娠期糖尿病孕妇血清 CST、humanin、VAP-1 与糖脂代谢及胰岛素抵抗的关系研究 *

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摘要 目的:探讨妊娠期糖尿病(GDM)孕妇血清皮质醇激素抑制素(CST)、humanin、血管黏附蛋白-1(VAP-1)与糖脂代谢及胰岛素抵抗的关系。**方法:**选择2017年1月至2019年10月我院妇产科门诊收治的79例GDM患者(GDM组),另选取同期到我院行产检的52例正常妊娠孕妇(NGT组)。检测并比较血清CST、humanin、VAP-1水平,分析CST、humanin、VAP-1与GDM患者糖脂代谢、胰岛素抵抗的相关性,并作二元Logistic回归分析探讨GDM发病的危险因素。**结果:**GDM组血清CST、humanin、空腹C肽(FC-P)、C-P峰值/FC-P、胰岛素β细胞功能指数[HOMA-β(C-P)]水平低于NGT组($P<0.05$),VAP-1、空腹血糖(FPG)、胰岛素抵抗指数[HOMA-IR(C-P)]、甘油三酯(TG)、低密度脂蛋白胆固醇(LDL-C)水平高于NGT组($P<0.05$)。Pearson相关性分析结果显示血清CST水平与FPG、HOMA-IR(C-P)呈负相关($P<0.05$),与FC-P、C-P峰值/FC-P、HOMA-β(C-P)呈正相关($P<0.05$)。humanin水平与TG、FPG、HOMA-IR(C-P)呈负相关,与FC-P、C-P峰值/FC-P、HOMA-β(C-P)呈正相关($P<0.05$)。VAP-1与TG、FPG、HOMA-IR(C-P)呈正相关($P<0.05$),与FC-P、C-P峰值/FC-P、HOMA-β(C-P)呈负相关($P<0.05$)。二元Logistic回归分析结果显示CST、humanin、HOMA-β(C-P)水平降低,年龄、BMI、LDL-C、VAP-1、HOMA-IR(C-P)水平升高是GDM发病的危险因素($P<0.05$)。**结论:**GDM患者血清CST、humanin水平降低,VAP-1水平升高,三者均参与GDM发病和胰岛素抵抗。CST与糖代谢紊乱有关,humanin、VAP-1与糖脂代谢异常有关。

关键词:妊娠期糖尿病;皮质醇激素抑制素;humanin;血管黏附蛋白-1;糖代谢;脂代谢;胰岛素抵抗

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The Relationship between Serum CST, Humanin, VAP-1 and Glucose and Lipid Metabolism and Insulin Resistance in Pregnant Women with Gestational Diabetes Mellitus*

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ABSTRACT Objective: To investigate the relationship between serum cortistatin (CST), humanin and vascular adhesion protein-1 (VAP-1), glucose and lipid metabolism and insulin resistance in pregnant women with gestational diabetes mellitus (GDM). **Methods:** 79 patients with GDM (GDM group) admitted to the department of Obstetrics and gynecology of our hospital from January 2017 to October 2019 were selected. In addition, 52 normal pregnant women (NGT group) who came to our hospital for antenatal examination in the same period were selected. Serum level of CST, humanin, and VAP-1 were detected and compared, and the correlation between CST, humanin, and VAP-1 and glucose and lipid metabolism and insulin resistance in PATIENTS with GDM were analyzed. Binary Logistic regression analysis was conducted to explore the risk factors for GDM. **Results:** The serum CST, humanin, fasting C peptide (FC-P), C-P peak/FC-P, insulin β cell function index [HOMA -β(C-P)] levels in GDM group were lower than those in NGT group ($P<0.05$), VAP-1, fasting plasma glucose (FPG), insulin resistance index [HOMA - IR (C-P)], triglycerides (TG), low-density lipoprotein cholesterol (LDL-C) levels were higher than those in NGT group ($P<0.05$). Pearson correlation analysis showed that serum CST level were negatively correlated with FPG and HOMA-IR (C-P) ($P<0.05$), and positively correlated with FC-P, C-P peak/FC-P, and HOMA-β(C-P) ($P<0.05$). humanin level were negatively correlated with TG, FPG, HOMA -IR (C-P), and positively correlated with FC-P, C-P peak /FC-P, and HOMA-β (C-P) ($P<0.05$). VAP-1 were positively correlated with TG, FPG, HOMA-IR (C-P) ($P<0.05$), and negatively correlated with FC-P, C-P peak /FC-P and HOMA- β (C-P) ($P<0.05$). Binary Logistic regression analysis showed that CST, humanin, HOMA-β(C-P) decreased, and age, BMI, LDL-C, VAP-1, HOMA-IR (C-P) increased were risk factors of GMD ($P<0.05$). **Conclusion:**

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Serum CST and humanin levels of GDM patients are decreased, and serum VAP-1 level is increased. All of them are involved in the incidence of GDM and insulin resistance. CST is related to glucose and lipid metabolism disorder, and humanin and VAP-1 are related to glucose and lipid metabolism abnormality.

Key words: Gestational diabetes mellitus; Cortistatin; Humanin; Vascular adhesion protein-1; Glucose metabolism; Lipid metabolism; Insulin resistance

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前言

妊娠期糖尿病(gestational diabetes mellitus, GDM)是一种全球范围内发病率较高的妊娠期间特有疾病,严重威胁妊娠期妇女健康。GDM 可导致早产、流产、胎儿畸形、生长缓慢等不良妊娠结局,严重威胁母婴健康^[1]。胰岛素抵抗和糖脂代谢异常是GMD 主要病理基础之一,寻找与 GDM 糖脂代谢、胰岛素抵抗的机制有助于临床治疗,改善妊娠结局。皮质醇激素抑制素(cortistatin, CST)是有多种生物活性的环状神经肽,通过与生长抑素受体、生长素释放肽受体、Mas 相关基因 2 受体结合发挥多种生物学效应,参与炎症过程、调节神经内分泌调节^[2]。humanin 是线粒体来源的多肽,具有抑制细胞凋亡,促使细胞生长分化,调节代谢和炎症反应作用,在糖尿病发病和进展中均扮演重要角色^[3]。血管黏附蛋白-1(vascular adhesion protein-1, VAP-1)是一种多功能蛋白,在炎症反应、粘附反应、血管损伤、糖代谢调节等多个方面有重要作用^[4]。本研究检测 GDM 患者血清 CST、humanin、VAP-1 水平,分析其与 GDM 患者糖脂代谢异常和胰岛素抵抗的关系。

1 资料与方法

1.1 一般资料

选择 2017 年 1 月至 2019 年 10 月我院妇产科门诊收治的 79 例 GDM 患者(GDM 组),纳入标准:^① 首次确诊 GDM,符合《妊娠期糖尿病诊治指南》诊断标准^[5];^② 单活胎妊娠;^③ 年龄 20~39 周岁;^④ 孕前无糖尿病、高血压、心脏病、高血脂症等疾病。排除标准:^⑤ 伴妊娠期高血压、肝内胆汁淤积、妊娠剧吐、心脏病等合并症;^⑥ 经 B 超证实双胎及以上妊娠;^⑦ 伴肝、肾、心、肺等功能不全、血液系统、免疫系统疾病;^⑧ 并发胎盘早剥、胎膜早破、感染、羊水异常等妊娠期并发症;^⑨ 精神障碍无法沟通者。另选择同期我院行产检的 52 例正常妊娠孕妇(NGT 组),均经检测糖耐量正常,并排除妊娠期合并症和并发症、系统性疾病、感染等可能。2 组受试者入组后均测量身高、体重,计算体质指数,收集孕产相关资料建档保存。2 组受试者年龄、采样孕周、孕次、产次比较无统计学差异($P>0.05$),采样时 BMI、新生儿出生体重、空腹血糖(Fasting plasma glucose, FPG)高于 NGT 组($P<0.05$),见表 1。2 组受试者及其家属均知情同意签署同意书,诊疗过程严格遵循伦理学原则,保障患者隐私和安全。

表 1 基线资料

Table 1 Baseline data

| Groups | n | Age (years old) | Sampling gestational age(weeks) | When sampling BMI (kg/m ²) | Pregnancy times (times) | Parity times (times) | Birth weight of newborn(g) | FPG (mmol/L) |
|-----------|----|--------------------|--------------------------------------|---|----------------------------|-------------------------|-------------------------------|-----------------|
| GDM group | 79 | 28.42±5.91 | 20.04±0.84 | 25.03(22.35,28.46) | 3.02(1,5) | 1.32(0,3) | 3512.42±261.25 | 8.42±2.65 |
| NGT group | 52 | 28.56±5.76 | 20.15±0.83 | 23.05(20.76,26.15) | 3.06(1,6) | 1.40(0,4) | 3307.24±235.09 | 4.21±0.51 |
| t/z | | 0.134 | 0.737 | 5.275 | 0.953 | 1.608 | 4.573 | 11.305 |
| P | | 0.894 | 0.463 | 0.000 | 0.342 | 0.110 | 0.000 | 0.000 |

1.2 血清学指标检测方法

所有受试者于入院当日采集空腹静脉血 10 mL, 4°C 3 000 r/min 离心 15 min(离心半径 10 cm),取血清保存于 -80°C 超低温冰箱(Thermo Fisher 公司)。快速解冻清样品,室温下采用酶联免疫吸附试验检测血清 CST、humanin、VAP-1 水平,仪器为意大利全自动酶免分析仪 BIOBASE2000,试剂盒购自上海尚瑞德生物技术有限公司。罗氏 Modular 全自动生化分析仪检测总胆固醇(Total cholesterol, TC)、甘油三酯(Triglycerides, TG)、低密度脂蛋白胆固醇(Low density lipoprotein cholesterol, LDL-C)、高密度脂蛋白胆固醇(High density lipoprotein cholesterol, HDL-C)。美国雅培 I2000 全自动化学发光免疫分析仪及配套试剂检测空腹血糖(Fasting plasma glucose, FPG)、空腹 C

肽(fasting C peptide, FC-P),精氨酸刺激试验(AST)记录 C-P 峰值,计算 C-P 峰值 /FC-P 比值,根据公式计算胰岛 β 细胞功能指数:[HOMA-β(C-P)]=0.27×FC-P/(FPG-3.5),改良稳态模型计算胰岛素抵抗指标[HOMA-IR(C-P)]=1.5 + FPG × FC-P / 2800^[6]。本研究检测项目均由我院检验中心完成。

1.3 统计学分析

SPSS 25.0 进行数据分析,正态分布的连续参数以($\bar{x} \pm s$)表示,非正态分布连续参数以 MD(P25, P75)表示,采用 Student t 检验和 Mann-Whitney U 检验。分类数据以频率和百分比表示,并与卡方检验进行比较。Pearson 相关性分析各变量之间相关性,二元 Logistic 回归分析 GDM 的危险因素,所有统计均采用双侧检验,检验水准 $\alpha=0.05$ 。

2 结果

2.1 两组血清 CST、humanin、VAP-1 水平比较

GDM 组血清 CST、humanin 水平低于 NGT 组 ($P < 0.05$)，

VAP-1 水平高于 NGT 组 ($P < 0.05$)，见表 2。

表 2 两组血清 CST、humanin、VAP-1 水平比较($\bar{x} \pm s$)

Table 2 Comparison of serum CST, Humanin and VAP-1 levels between the two groups($\bar{x} \pm s$)

| Groups | n | CST(ng/mL) | Humanin(pg/mL) | VAP-1(μg/L) |
|-----------|----|-------------|----------------|-------------|
| GDM group | 79 | 48.85±15.18 | 465.35±95.64 | 8.65±2.05 |
| NGT group | 52 | 65.84±21.98 | 1235.26±321.45 | 4.12±1.73 |
| t | | 5.390 | 20.019 | 13.145 |
| P | | 0.000 | 0.000 | 0.000 |

2.2 两组糖脂代谢指标比较

GDM 组 FPG、HOMA-IR (C-P)、TG、LDL-C 高于 NGT 组 ($P < 0.05$)，见表 3。FC-P、C-P 峰值 /FC-P、HOMA-β(C-P) 低于 NGT 组 ($P < 0.05$)。

表 3 两组糖脂代谢指标比较($\bar{x} \pm s$)

Table 3 Comparison of glucose and lipid metabolism indexes between the two groups($\bar{x} \pm s$)

| Groups | n | FPG (mmol/L) | FC-P (ng/mL) | C-P peak/FC-P | HOMA-IR (C-P) | HOMA-β (C-P) | TC (mmol/L) | TG (mmol/L) | HDL-C (mmol/L) | LDL-C (mmol/L) |
|-----------|----|-----------------|-----------------|------------------|------------------|-----------------|----------------|----------------|-------------------|-------------------|
| GDM group | 79 | 8.42±2.65 | 2.03±0.56 | 1.32±0.62 | 4.32±1.01 | 1.62±0.42 | 4.83±0.47 | 2.89±0.37 | 1.22±0.41 | 2.72±0.69 |
| NGT group | 52 | 4.21±0.51 | 4.51±0.79 | 2.91±0.85 | 2.01±0.35 | 2.16±0.77 | 4.79±0.31 | 2.15±0.28 | 1.33±0.38 | 2.01±0.25 |
| t | | 11.305 | 21.024 | 12.370 | 15.860 | 5.178 | 0.541 | 12.286 | 1.546 | 7.111 |
| P | | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.590 | 0.000 | 0.125 | 0.000 |

2.3 CST、humanin、VAP-1 与糖脂代谢、胰岛素抵抗相关性

血清 CST 水平与 FPG、HOMA-IR (C-P) 呈负相关 ($P < 0.05$)，与 FC-P、C-P 峰值 /FC-P、HOMA-β(C-P) 呈正相关 ($P < 0.05$)，与其它指标无关 ($P > 0.05$)。humanin 水平与 TG、FPG、HOMA-IR(C-P) 呈负相关，与 FC-P、C-P 峰值 /FC-P、HOMA-β

(C-P) 呈正相关 ($P < 0.05$)，与其它指标无关 ($P > 0.05$)。VAP-1 水平与 TG、FPG、HOMA-IR (C-P) 呈正相关 ($P < 0.05$)，与 FC-P、C-P 峰值 /FC-P、HOMA-β(C-P) 呈负相关 ($P < 0.05$)，与其它指标无关 ($P > 0.05$)。见表 4。

表 4 GDM 血清 CST、humanin、VAP-1 水平与临床指标相关性

Table 4 Correlation between serum CST, Humanin, VAP-1 levels and clinical indicators in GDM

| Indexes | CST | | humanin | | VAP-1 | |
|---------------|--------|-------|---------|-------|--------|-------|
| | r | P | r | P | r | P |
| TC | -0.192 | 0.130 | -0.142 | 0.291 | 0.169 | 0.401 |
| TG | -0.164 | 0.402 | -0.531 | 0.010 | 0.623 | 0.003 |
| HDL-C | 0.106 | 0.425 | 0.113 | 0.409 | 0.154 | 0.462 |
| LDL-C | -0.112 | 0.467 | -0.138 | 0.342 | 0.163 | 0.405 |
| FPG | -0.536 | 0.006 | -0.539 | 0.005 | 0.672 | 0.000 |
| FC-P | 0.615 | 0.002 | 0.523 | 0.012 | -0.531 | 0.006 |
| C-P peak/FC-P | 0.607 | 0.005 | 0.530 | 0.007 | -0.529 | 0.008 |
| HOMA-IR(C-P) | -0.653 | 0.000 | -0.623 | 0.003 | 0.607 | 0.005 |
| HOMA-β(C-P) | 0.635 | 0.000 | 0.533 | 0.009 | -0.611 | 0.004 |

2.4 妊娠期糖尿病的危险因素

以是否患有 GDM 为因变量 (0= 否, 1= 是)，年龄、孕次、产次、BMI、FPG、FC-P、C-P 峰值 /FC-P、HOMA-IR(C-P)、HOMA-β (C-P)、TC、TG、HDL-C、LDL-C、CST、humanin、VAP-1 为自变

量。二元 Logistic 回归分析结果显示 CST、humanin、HOMA-β (C-P) 降低，年龄、BMI、LDL-C、VAP-1、HOMA-IR(C-P) 升高是 GDM 发病的危险因素 ($P < 0.05$)，见表 5。

表 5 影响 GDM 发病的二元 Logistic 回归分析
Table 5 Binary logistic regression analysis on the incidence of GDM

| Factors | β | SE | Wald χ^2 | OR(95%CI) | P |
|---------------------|---------|-------|---------------|--------------------|-------|
| Age | 0.435 | 0.169 | 6.625 | 1.545(1.321~1.764) | 0.036 |
| Pregnancy times | 0.201 | 0.165 | 1.484 | 1.223(0.935~1.649) | 0.179 |
| Parity times | 0.164 | 0.125 | 1.721 | 1.178(0.920~1.907) | 0.226 |
| BMI | 0.501 | 0.182 | 7.578 | 1.650(1.510~1.803) | 0.012 |
| FPG | 0.135 | 0.124 | 1.185 | 1.245(1.021~1.864) | 0.047 |
| FC-P | 0.25 | 0.179 | 1.951 | 1.284(0.815~1.305) | 0.115 |
| C-P peak/FC-P | 0.206 | 0.164 | 1.578 | 1.229(0.936~1.672) | 0.156 |
| HOMA-IR(C-P) | 0.564 | 0.169 | 11.137 | 1.758(1.602~2.035) | 0.011 |
| HOMA- β (C-P) | 0.602 | 0.182 | 10.941 | 1.826(1.745~2.251) | 0.009 |
| TC | 0.295 | 0.199 | 2.198 | 1.343(0.905~1.416) | 0.112 |
| TG | 0.169 | 0.143 | 1.397 | 1.184(0.913~1.956) | 0.205 |
| HDL-C | 0.134 | 0.124 | 1.168 | 0.643(0.423~0.856) | 0.109 |
| LDL-C | 0.496 | 0.199 | 6.212 | 1.642(1.535~1.898) | 0.023 |
| CST | 0.695 | 0.183 | 9.423 | 1.504(1.145~1.853) | 0.014 |
| humanin | 0.709 | 0.201 | 10.342 | 1.732(1.235~2.115) | 0.011 |
| VAP-1 | 0.698 | 0.167 | 13.469 | 1.416(1.137~2.003) | 0.000 |

3 讨论

随着我国二胎政策的全面开放,高龄孕妇增加,GDM发病率不断增高,GDM患者较正常妊娠孕妇存在更严重的糖脂代谢异常和胰岛素抵抗^[7,8]。糖脂代谢紊乱是GDM病理表现之一,两者相辅相成,形成恶性循环,加重胰岛素功能衰退和胰岛素抵抗进程。胰岛素抵抗是妊娠期生理性代谢变化,妊娠中后期孕妇体内雌、孕激素水平逐渐升高,可发挥拮抗胰岛素作用,导致靶器官对胰岛素敏感性降低,胰岛功能衰退和胰岛素抵抗,并代偿性分泌大量胰岛素以维持血糖水平稳定,但是当这一平衡机制破坏时可出现一系列GDM症状^[9-11]。多种细胞因子参与糖尿病糖脂代谢异常和胰岛素抵抗发病机制,目前CST、humanin、VAP-1与GDM的关系尚不明确。

CST属于生长抑素基因家族成员,因在皮质中大量表达抑制皮质功能而得名,位于4号染色体,在肾、肝、脾、胰腺、胃、空肠、回肠、垂体等多种组织中广泛表达,CST具有和生长激素类似的功能,并能调控生长激素分泌,在神经内分泌系统中扮演重要角色^[12-14]。近期报道显示CST参与妊娠期胰腺内分泌调节,与胰岛素、血糖水平存在一定关系^[15]。Balbaba^[16]报道糖尿病合并视网膜病变患者房水CST低于无视网膜病变患者和健康对照组。Chen^[17]发现新诊断2型糖尿病患者血浆CST水平较健康对照组降低,且CST水平与FPG、胰岛素、HOMA-IR、糖化血红蛋白呈负相关。本研究观察CST在GDM患者降低,CST水平与FPG、HOMA-IR(C-P)呈负相关,与FC-P、C-P峰值/FC-P、HOMA- β (C-P)呈正相关,提示CST缺乏可能与糖脂代谢紊乱、胰岛功能障碍和胰岛素抵抗存在一定关联。既往研究表明CST参与调节体内内分泌系统,其表达异常可导致内分

泌代谢改变,CST具有调节生长激素/促肾上腺皮质激素轴作用,敲除CST基因小鼠表现出生长激素表达和分泌、ACTH/皮质酮/促生长素水平增强^[18],而生长抑素/CST/饥饿素轴调控胰岛素分泌、葡萄糖稳态和胰岛素抵抗,CST异常影响胰岛功能和代谢功能,破坏葡萄糖-胰岛素稳态^[19],因此推测CST缺乏可能导致糖代谢异常和胰岛素抵抗,进而影响GDM的发生发展。

humanin是一种内源性细胞保护肽,通过调节神经淀粉样蛋白和凋亡相关蛋白抑制细胞凋亡,降低氧剥夺、缺血、氧化应激等导致的细胞损伤,对肌肉萎缩、心脑血管疾病有一定治疗价值^[20-22]。线粒体功能障碍参与糖尿病发病机制,humanin在2型糖尿病患者中表达下调, humanin缺失导致了胰岛功能和代谢障碍^[23,24]。Humanin在GDM作用机制尚不明确,本研究观察humanin在GDM患者降低, humanin水平与TG、FPG、HOMA-IR(C-P)呈负相关,与HDL-C、FC-P、C-P峰值/FC-P、HOMA- β (C-P)呈正相关,二元回归分析结果显示humanin是GDM发病的危险因素之一,提示humanin减少可能诱导了妊娠期间GDM发病,并加速糖脂代谢异常和胰岛素功能障碍。线粒体功能障碍与胰岛细胞衰竭和胰岛素抵抗有关, humanin可促使胰腺细胞线粒体生成, humanin可增加胰岛细胞数量及其下游靶基因NRF1和TFAM表达,提高线粒体功能,改善胰腺细胞功能^[25]。体外研究显示给予humanin胰岛瘤细胞凋亡率显著降低,并有效维持胰岛细胞正常形态,促使胰岛素分泌,脂代谢相关蛋白UCP-1、HSL等分泌增加^[26],提示humanin通过增强胰岛线粒体功能,抑制胰岛细胞凋亡,保护胰岛功能,调节糖脂代谢在糖尿病发病过程中发挥保护作用, humanin表达缺失导致了GDM发病、胰岛素抵抗以及糖脂代谢异常进程。

VAP-1 是一种同型二聚体唾液酸糖蛋白, 主要由内皮细胞产生, 在内皮细胞、脂肪细胞、平滑肌细胞中表达丰富, 具有促使粘附分子表达, 诱导粘附级联反应、炎性反应等作用。相关报道指出 VAP-1 在糖尿病患者表达升高, 且与微血管和大血管并发症有关。Kuo 等人报道显示 VAP-1 在糖尿病前期已出现升高, 与脂联素、炎性因子水平以及肥胖均有关。目前缺乏 VAP-1 在 GDM 的研究, 本研究同样发现 GDM 血清 VAP-1 水平升高, VAP-1 参与 GDM 发病和糖脂代谢异常过程。VAP-1 参与 GDM 发病可能的机制为: VAP-1 具有氨基脲氧化酶(Nitrourea oxidase, SSAO) 催化活性, SSAO 能促进葡萄糖转运载体 4(Glucose transporter type 4, GLUT4) 表达, 刺激脂肪细胞葡萄糖转运代谢, 降低血糖水平, 但是 SSAO 过度活化可导致脂质代谢异常和过度氧化, 加重血糖代谢紊乱和血管内皮功能障碍。VAP-1 过表达还可募集白细胞、巨噬细胞、单核细胞迁移, 释放大量炎性因子, 导致炎症级联反应, 加速胰岛素抵抗和糖脂代谢紊乱, 进而促进了 GDM 的发生发展。

综上所述, GDM 患者血清 CST、humanin 水平降低, VAP-1 升高, CST 缺乏参与了 GDM 发病和糖代谢紊乱、胰岛素抵抗过程, humanin 减少、VAP-1 生成增加可能诱导 GDM 发病和糖脂代谢异常和胰岛素抵抗。

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