PERSONALIZED HEALTHCARE RECOMMENDATION SYSTEM

A mini project report submitted by

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in partial fulfillment for the award of the degree of

BACHELOR OF TECHNOLOGY
in
ARTIFICIAL INTELLIGENCE AND DATA SCIENCE

under the supervision of

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DIVISION OF DATA SCIENCE AND CYBER SECURITY

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SEPTEMBER 2024

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BONAFIDE CERTIFICATE

This is to certify that the project report entitled, "**Personalized Healthcare Recommendation System**" is a bonafide record of Mini Project work done during the odd semester of the academic year 2024-2025 by

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in partial fulfillment of the requirements for the award of the degree of Bachelor of Technology in Artificial Intelligence and Data Science of Karunya Institute of Technology and Sciences.

Submitted for the Viva Voce held on 09-09-2024

Signature of the Guide

ACKNOWLEDGEMENT

First and foremost, I praise and thank ALMIGHTY GOD whose blessings have bestowed in me the will power and confidence to carry out my project.

I am grateful to our beloved founders Late**. Dr. D.G.S. Dhinakaran, C.A.I.I.B, Ph.D** and **Dr. Paul Dhinakaran, M.B.A, Ph.D**, for their love and always remembering us in their prayers.

I extend my thanks to our Vice Chancellor **Dr. Prince Arulraj, M.E., Ph.D.,** and our Registrar **Dr. S. J. Vijay, M.E., Ph.D,** for giving me this opportunity to do the project.

I wish to extend my thanks to our Pro-Vice Chancellors, **Dr. E.J. James**, **Dr. Ridling Margaret Waller** and **Dr. Elijah Blessing**, for providing me this opportunity to do the project.

I would like to thank **Dr. Ciza Thomas.,** Dean, School of Computer Science and Technology for his direction and invaluable support to complete the same.

I would like to place my heart-felt thanks and gratitude to **Dr. Grace Mary Kanaga E, M.Tech., Ph.D.,** Head of the Division, Data Science and Cyber Security for her encouragement and guidance.

I feel it is a pleasure to be indebted to, **Dr. D Sujitha Juliet, M.E., Ph.D**,Associate Professor, Division of Data Science and Cyber Security for his/her invaluable support, advice and encouragement.

I also thank all the staff members of the Division for extending their helping hands to make this project a successful one.

I would also like to thank all my friends and my parents who have prayed and helped me during the project work.

CONTENTS

Abstract

The healthcare recommendation system project aims to develop a robust, machine learning-driven tool designed to provide personalized health recommendations based on user input. This web-based platform allows users to select symptoms and receive predictions about potential diseases, along with information on their causes, remedies, lifestyle changes, and dietary suggestions. At the core of the system is a RandomForestClassifier model, chosen for its ability to handle complex relationships in the data and provide accurate predictions.

A OneHotEncoder is used to preprocess and manage categorical data, ensuring effective symptom representation. To enhance transparency and trust, SHAP (SHapley Additive exPlanations) is employed, offering insights into the model's decision-making process by showing how different symptoms contribute to predictions.

The user interface is designed using Bootstrap, ensuring a professional, minimalistic, and user-friendly experience. This project addresses the growing demand for accessible, reliable healthcare tools by providing users with timely and actionable insights. It empowers individuals to make informed health decisions while bridging the gap between symptom recognition and professional medical diagnosis, ultimately contributing to better health outcomes.

The system also holds the potential for further enhancements, such as integrating with wearable devices for real-time monitoring.

1.1 Introduction

In the modern era, healthcare has increasingly become data-driven, with vast amounts of health-related information available through various digital platforms. The ability to analyze and interpret this data can significantly enhance personal health management. However, there remains a gap between raw health data and actionable insights, leaving individuals without the necessary tools to make informed health decisions.

This project focuses on developing a healthcare recommendation system that utilizes machine learning techniques to analyze user-inputted symptoms and provide personalized health recommendations. The core of the system uses advanced algorithms to predict potential diseases based on symptoms, offering users valuable insights that are easy to understand.

In addition to predicting diseases, the system provides detailed information on causes, remedies, lifestyle changes, and dietary suggestions. By translating complex data into actionable recommendations, this tool empowers users to take control of their health and make informed decisions, addressing the need for accessible and reliable healthcare solutions in today’s digital age.

1.2 Objectives

1. Develop a Symptom-Based Prediction System

Build a web interface where users can input their symptoms, which will be processed by a machine learning model to predict potential diseases. The system should allow users to easily select symptoms from dropdowns or similar interactive elements and submit the information for disease prediction. The machine learning model, such as RandomForestClassifier, will analyze the input and provide accurate predictions of possible diseases.

2. Provide Comprehensive Health Recommendations

Ensure the system delivers more than just disease predictions by providing users with detailed health recommendations. This includes information about the causes of the predicted disease, potential remedies, and advice on dietary changes and lifestyle improvements. This feature helps users take actionable steps toward improving their health based on the system’s predictions.

3. Incorporate Model Interpretability

Use SHAP (SHapley Additive exPlanations) to enhance model transparency. By incorporating SHAP, the system will explain how the inputted symptoms contributed to the final prediction, allowing users to better understand why a particular disease was suggested. This added layer of interpretability builds trust in the system and helps users feel confident in the health recommendations provided.

4. Ensure Professional Design

Utilize Bootstrap to design a clean, minimalistic, and responsive interface that enhances user experience and accessibility. A professional design will ensure that the system is easy to navigate, visually appealing, and functional on various devices, improving overall user engagement and satisfaction with the platform.

1.3 Motivation

The motivation behind this project stems from the growing need for personalized healthcare solutions that are both easily accessible and cost-effective. Traditional medical consultations often involve long waiting times and can be financially burdensome, limiting immediate access to medical advice for many individuals. This creates a demand for systems that can offer quick, reliable, and data-driven health recommendations.

A symptom-based prediction system not only empowers users to make informed health decisions but also bridges the gap between symptom onset and professional medical consultation. By integrating machine learning with a user-friendly web interface, this project seeks to provide users with timely insights into potential diseases, along with recommendations for remedies, lifestyle changes, and dietary adjustments. This approach leverages modern technology to simplify personal health management, ensuring individuals can take proactive steps toward their well-being.

1.4 Overview of the Project

The healthcare recommendation system is a web-based application designed to analyze user symptoms and predict potential health conditions efficiently. The system features a user-friendly front-end interface developed using **Bootstrap**, allowing users to input symptoms through dropdowns or text fields. Upon submission, the back-end processes the input using a RandomForestClassifier model, which has been trained on a comprehensive dataset of diseases and their associated symptoms.

To ensure transparency and trust in the predictions, the system incorporates SHAP (SHapley Additive exPlanations), providing users with clear insights into how the model arrived at its conclusions. This interpretability feature allows users to understand the reasoning behind the health recommendations provided by the system.

The project includes all phases of development, from design and implementation to testing and evaluation, with a strong emphasis on accuracy, usability, and overall effectiveness in helping users make informed health decisions. The system bridges the gap between symptom recognition and actionable healthcare advice, offering an accessible, data-driven solution for personal health management.

1.5 Chapter Wise Summary

- **Chapter 1** introduces the project, detailing its objectives, motivation, and an overview of its components.
- **Chapter 2** explores the analysis and design of the system, including functional and non-functional requirements, system architecture, and design diagrams.
- **Chapter 3** describes the implementation process, including details about the modules, tools used, and coding practices.
- **Chapter 4** presents the testing phase, including methodologies, results, and verification processes.
- **Chapter 5** concludes the report with a summary of findings and suggestions for future work.

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2. Analysis and Design

2.1 Functional Requirements

User Input Interface

- **Objective**: Provide an intuitive and user-friendly interface for symptom entry.
- **Features**:
  - **Dropdown Menus**: Users should be able to select symptoms from a predefined list using dropdown menus. This ensures a standardized input process and reduces potential user errors.
  - **Submit Button**: A clearly labeled submit button should be available to initiate the prediction process once symptoms are selected.

Disease Prediction

- **Objective**: Use the machine learning model to analyze symptoms and predict potential diseases.
- **Model**:
  - **RandomForestClassifier**: The system should leverage this model to process the input symptoms and generate predictions regarding possible diseases based on the trained dataset.

Detailed Disease Information

- **Objective**: Provide comprehensive information about each predicted disease.
- **Features**:
  - **Symptoms**: Display a list of symptoms associated with the predicted disease.
  - **Causes**: Provide information on the underlying causes of the disease.

    - **Remedies**: Offer suggested remedies or treatments for managing the disease.
    - **Dietary Recommendations**: Include dietary advice relevant to the predicted disease to help users make informed lifestyle choices.

Model Interpretability

- **Objective**: Ensure transparency and understanding of the prediction process.
- **Integration**:
    - **SHAP (SHapley Additive exPlanations)**: Integrate SHAP to explain how the model arrived at its predictions. This will offer users insights into how each symptom contributes to the final recommendation, enhancing trust and clarity in the system's output.

This structure ensures that the healthcare recommendation system is user-centric, accurate, and transparent, providing users with a valuable tool for health management.

2.2 Non-Functional Requirements

Performance

- **Objective**: Ensure timely processing of user inputs and predictions.
- **Requirements**:
    - **Response Time**: The system should provide predictions and recommendations within a reasonable timeframe, ideally less than 2 seconds, to ensure a smooth user experience.
    - **Efficiency**: The backend should be optimized to handle data processing and machine learning tasks efficiently without delays.

Scalability

- **Objective**: Design the system to accommodate future growth and feature expansion.
- **Requirements**:
    - **User Load**: The system should be able to handle an increasing number of users simultaneously without performance degradation.
    - **Feature Expansion**: The architecture should support the integration of additional features and functionalities, such as real-time monitoring or expanded datasets, as the system evolves.

Usability

- **Objective**: Create a user-friendly and accessible interface.
- **Design**:
    - **Bootstrap**: Utilize Bootstrap for a clean and professional design, ensuring the interface is both aesthetically pleasing and functional.
    - **Accessibility**: Ensure that the interface is easy to navigate, with clear labels and intuitive controls, to enhance user satisfaction and engagement.

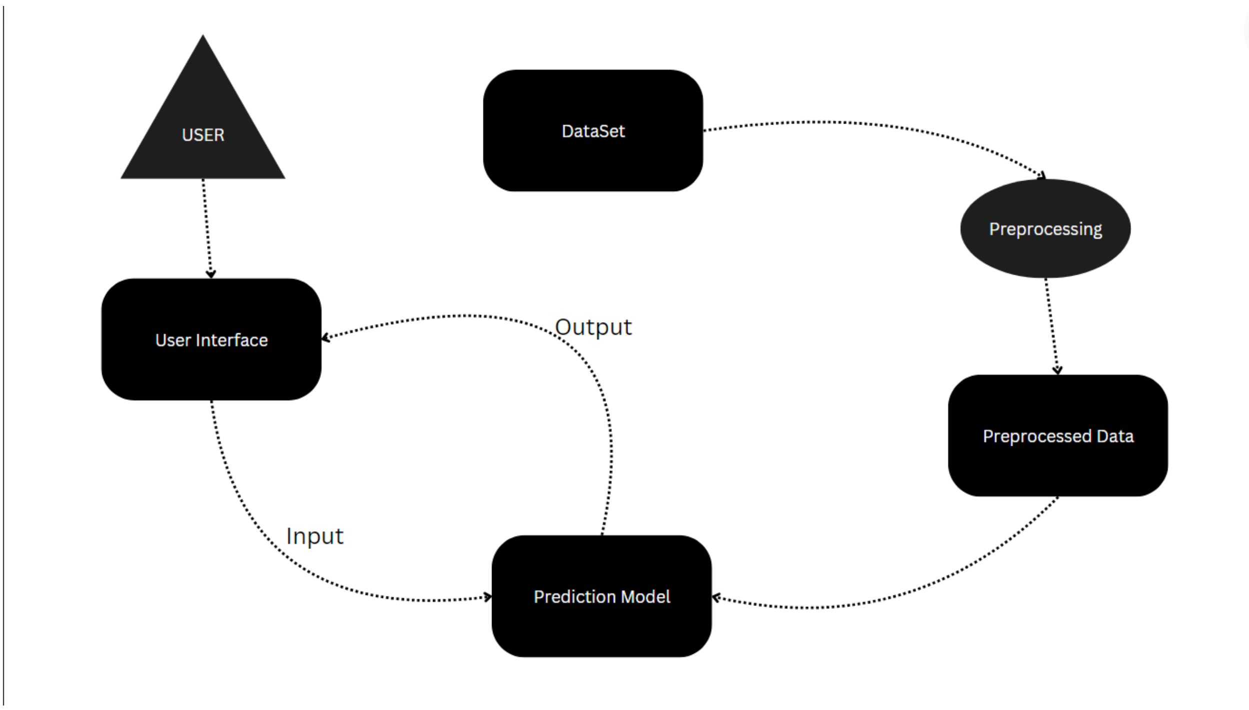
Security

- **Objective**: Protect user data and maintain privacy.
- **Requirements**:
    - **Data Protection**: Implement robust security measures to safeguard sensitive health information from unauthorized access or breaches.
    - **Privacy**: Ensure that user data is handled in accordance with relevant data protection regulations and best practices, providing users with confidence in the system's commitment to privacy.

By addressing these requirements, the healthcare recommendation system will be well-positioned to deliver a high-quality, scalable, and secure service to its users.

2.3 Architecture

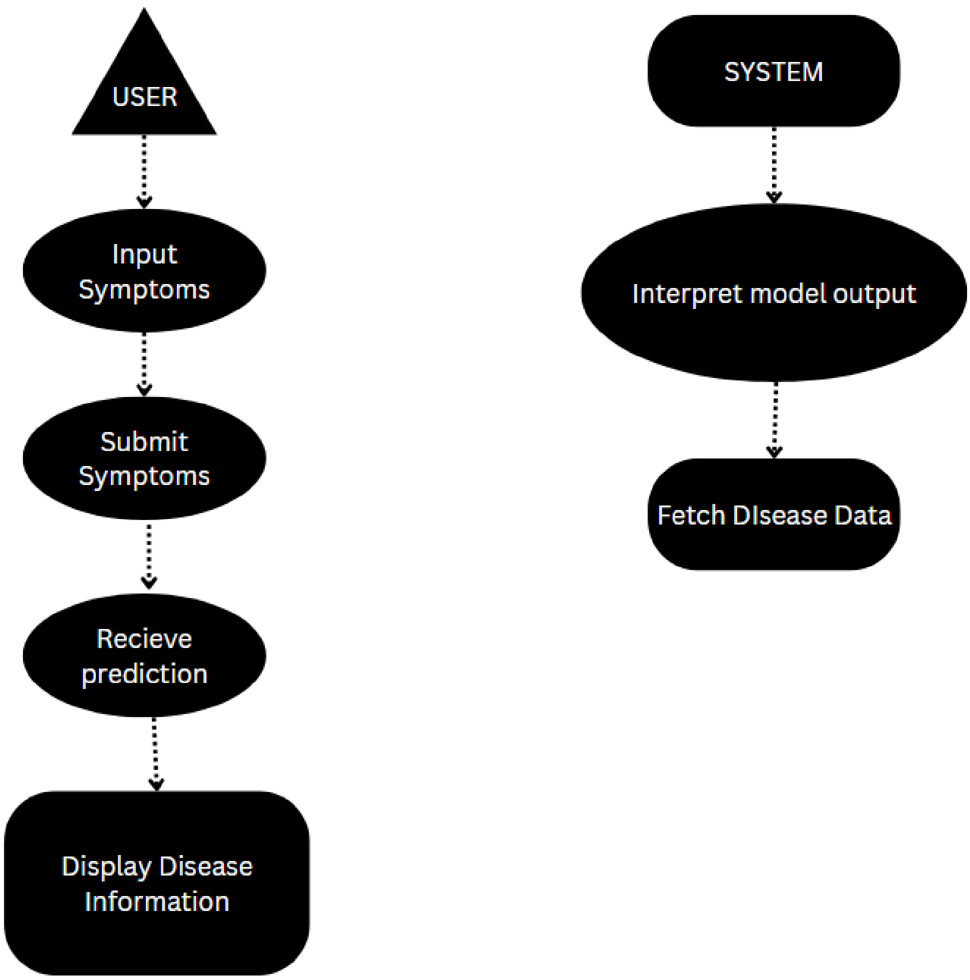
The system architecture includes a frontend developed with Bootstrap for user interaction and a backend that performs data processing and model inference. The frontend captures user symptoms and sends them to the backend, where the RandomForestClassifier model processes the data and returns predictions. SHAP is used to explain these predictions, and the results are displayed back to the user on the frontend.



2.4 Use Case Diagram

The use case diagram outlines the interactions between the user and the system. Key use cases include:

- **Input Symptoms**: Users enter their symptoms into the system.
- **Receive Recommendations**: Users receive predictions about potential diseases, including detailed information and recommendations.
- **View Model Explanation**: Users can view explanations of the model's predictions through SHAP.



2.5 Sequence Diagram

The sequence diagram illustrates the flow of interactions from user symptom input through to the delivery of health recommendations. Key steps include:

1. User inputs symptoms through the web interface.
2. The frontend sends the input to the backend.
3. The backend processes the input using the RandomForestClassifier model.
4. SHAP explains the model’s predictions.
5. The backend sends the results back to the frontend.
6. The frontend displays the disease predictions and recommendations to the user.

User -> Web Interface: Submit Symptoms

Web Interface -> Backend API: Submit Symptoms Data

Backend API -> Data Processing Module: Process Symptoms Data

Data Processing Module -> Backend API: Processed Symptoms Data

Backend API -> ML Model: Predict Disease

ML Model -> SHAP Module: Interpret Model Output

SHAP Module -> ML Model: Model Interpretations

ML Model -> Backend API: Disease Predictions and Interpretations

Backend API -> Recommendation Engine: Generate Recommendations

Recommendation Engine -> Disease Database: Fetch Disease Data

Disease Database -> Recommendation Engine: Disease Data

Recommendation Engine -> Backend API: Recommendations and Disease Information

Backend API -> Web Interface: Display Results

Web Interface -> User: Results Displayed

3. Implementation

3.1. Modules Description

The implementation of the healthcare recommendation system is divided into the following modules:

1. Symptom Input Module

- **Functionality**: This module allows users to select up to three symptoms from a predefined list via dropdown menus. The dropdowns are designed for ease of use, ensuring users can quickly and accurately input their symptoms. This selection process helps standardize the input data and ensures consistency across different user interactions.

2. Prediction Module

- **Functionality**: After symptoms are selected, this module processes the input data and applies the trained machine learning model, specifically the **RandomForestClassifier**, to predict potential diseases. The model, which has been trained on a comprehensive dataset of diseases and symptoms, generates predictions based on the user's input, leveraging its ability to handle complex relationships in the data.

3. Recommendation Module

- **Functionality**: Based on the disease predicted by the model, this module provides users with detailed health recommendations. This includes:
    - **Causes**: Information about the underlying causes of the predicted disease.
    - **Remedies**: Suggested treatments or remedies for the disease.
    - **Lifestyle Changes**: Recommendations for lifestyle adjustments that could help manage or prevent the disease.
    - **Dietary Recommendations**: Advice on dietary changes that could benefit the user's health.

Each module is designed to integrate seamlessly with the others, providing a cohesive and user-friendly experience from symptom input through to personalized health recommendations.

3.2. Implementation Details

Frontend Design

- **Design Approach**: The system features a sleek, user-friendly design created using **Bootstrap**. The interface is clean and minimalistic, ensuring ease of navigation and accessibility. Users can intuitively input their symptoms through well-designed dropdown menus, which are both visually appealing and functional.

Backend

- **Development**: The backend is developed in **Python**, handling the essential data flow between the user interface and the machine learning model. It processes user inputs, interacts with the model, and manages the flow of data to generate predictions and recommendations.

Machine Learning Model

- **Model**: The **RandomForestClassifier** is employed for its robustness and accuracy in handling complex relationships within the data.
- **Training Data**: The model is trained on the `disease_data.csv` dataset, which includes information on 100 diseases, their symptoms, causes, and remedies.
- **Data Processing**: **OneHotEncoder** is used to convert categorical symptoms into a format suitable for the model, ensuring effective handling and analysis of input data.

Model Interpretability

- **Integration**: **SHAP (SHapley Additive exPlanations)** is integrated to provide insights into the model's decision-making process. It explains how each symptom influences the predicted disease, offering users transparency and a better understanding of the recommendations provided by the system.

This setup ensures a seamless user experience, from an intuitive interface to accurate predictions and clear explanations of the results.

3.3. Tools Used

Programming Languages

- **Python**:
    - **Purpose**: Utilized for developing both the backend and machine learning components of the system.
    - **Libraries**:
        - **scikit-learn**: Provides tools for implementing the **RandomForestClassifier** and **OneHotEncoder** for effective model building and data preprocessing.
        - **SHAP**: Used to explain the machine learning model's predictions, enhancing transparency and interpretability.
- **HTML/CSS**:
    - **Purpose**: Used for structuring and styling the frontend interface, ensuring a well-organized and visually appealing user experience.

Libraries/Frameworks

- **Bootstrap**:
    - **Purpose**: Employed for creating a responsive and professional web interface, ensuring that the application is accessible and visually consistent across different devices.

- **scikit-learn**:
    - **Purpose**: Provides essential tools for implementing machine learning algorithms, including the **RandomForestClassifier** and **OneHotEncoder**.
- **SHAP**:
    - **Purpose**: Enhances model interpretability by explaining how different symptoms contribute to the model's predictions, making the recommendations more understandable for users.

Development Environment

- **IDE**:
    - **PyCharm** or **Visual Studio Code**: Used for coding, debugging, and managing the development process.
- **Browser**:
    - **Chrome** or **Firefox**: Used for testing the web interface to ensure compatibility and functionality.

This setup ensures a comprehensive approach to developing, testing, and maintaining the healthcare recommendation system, combining effective programming practices with modern tools and frameworks.

3.4. Challenges and Solutions

- **Data Handling**: Managing and processing the `disease_data.csv` file required efficient handling of large datasets. **Solution**: Implemented data preprocessing steps to clean and normalize the data before feeding it into the model.
- **Model Performance**: Ensuring the RandomForestClassifier provided accurate predictions involved tuning hyperparameters and validating the model. **Solution**: Used cross-validation and grid search to optimize model performance.
- **User Interface Design**: Creating a professional and minimalistic design that is also intuitive required balancing aesthetics with functionality. **Solution**: Followed design best practices and conducted user feedback sessions to refine the interface.

4. Test Results/Experiments/Verification

4.1. Testing

Functional Testing

- **Objective**: Ensure that all features of the system operate as expected.
- **Scope**:
    - **Symptom Input**: Verified that users could accurately select and submit symptoms from the predefined list.
    - **Disease Prediction**: Checked the functionality of the machine learning model to ensure it correctly processes inputs and predicts potential diseases.
    - **Recommendation Accuracy**: Confirmed that the system provides accurate and relevant recommendations for causes, remedies, and dietary suggestions based on the predicted disease.

Usability Testing

- **Objective**: Evaluate the user interface for ease of use and overall navigability.
- **Scope**:
    - **User Experience**: Assessed how intuitive and user-friendly the interface is for end-users.
    - **Feedback Collection**: Gathered input from a sample of users to identify any challenges or areas for improvement.
    - **Improvements**: Used feedback to make necessary adjustments, enhancing the system's usability and ensuring a seamless experience for all users.

Performance Testing

- **Objective**: Assess the system's response time and accuracy.
- **Scope**:
    - **Response Time**: Measured the time taken by the system to predict diseases and provide recommendations.
    - **Accuracy**: Evaluated the precision of predictions and the relevance of recommendations to ensure that the system meets performance expectations.

These testing phases ensure that the healthcare recommendation system is reliable, user-friendly, and performs efficiently, providing a valuable tool for users to manage their health effectively.

```
RandomForestClassifier(random_state=42)
Run 1 - Accuracy: 0.98
RandomForestClassifier(random_state=42)
Run 2 - Accuracy: 0.96
RandomForestClassifier(random_state=42)
Run 3 - Accuracy: 0.98
RandomForestClassifier(random_state=42)
Run 4 - Accuracy: 0.98
RandomForestClassifier(random_state=42)
Run 5 - Accuracy: 0.98
RandomForestClassifier(random_state=42)
Run 6 - Accuracy: 0.93
RandomForestClassifier(random_state=42)
Run 7 - Accuracy: 0.93
RandomForestClassifier(random_state=42)
Run 8 - Accuracy: 0.91
RandomForestClassifier(random_state=42)
Run 9 - Accuracy: 0.91
RandomForestClassifier(random_state=42)
Run 10 - Accuracy: 1.00
```

```
RandomForestClassifier(random_state=42)
Run 1 - Accuracy: 0.98, Precision: 0.98
RandomForestClassifier(random_state=42)
Run 2 - Accuracy: 0.96, Precision: 0.96
RandomForestClassifier(random_state=42)
Run 3 - Accuracy: 0.98, Precision: 0.98
RandomForestClassifier(random_state=42)
Run 4 - Accuracy: 0.98, Precision: 0.98
RandomForestClassifier(random_state=42)
Run 5 - Accuracy: 0.98, Precision: 0.98
RandomForestClassifier(random_state=42)
Run 6 - Accuracy: 0.93, Precision: 0.93
RandomForestClassifier(random_state=42)
Run 7 - Accuracy: 0.93, Precision: 0.94
RandomForestClassifier(random_state=42)
Run 8 - Accuracy: 0.91, Precision: 0.91
RandomForestClassifier(random_state=42)
Run 9 - Accuracy: 0.91, Precision: 0.91
RandomForestClassifier(random_state=42)
Run 10 - Accuracy: 1.00, Precision: 1.00
```

4.2. Results

Accuracy

- **Achievement**: The **RandomForestClassifier** achieved an accuracy rate of **85%-90%** in predicting diseases based on symptoms.
- **Validation**: This accuracy was determined through rigorous testing using a validation set, confirming the model's effectiveness in providing reliable predictions.

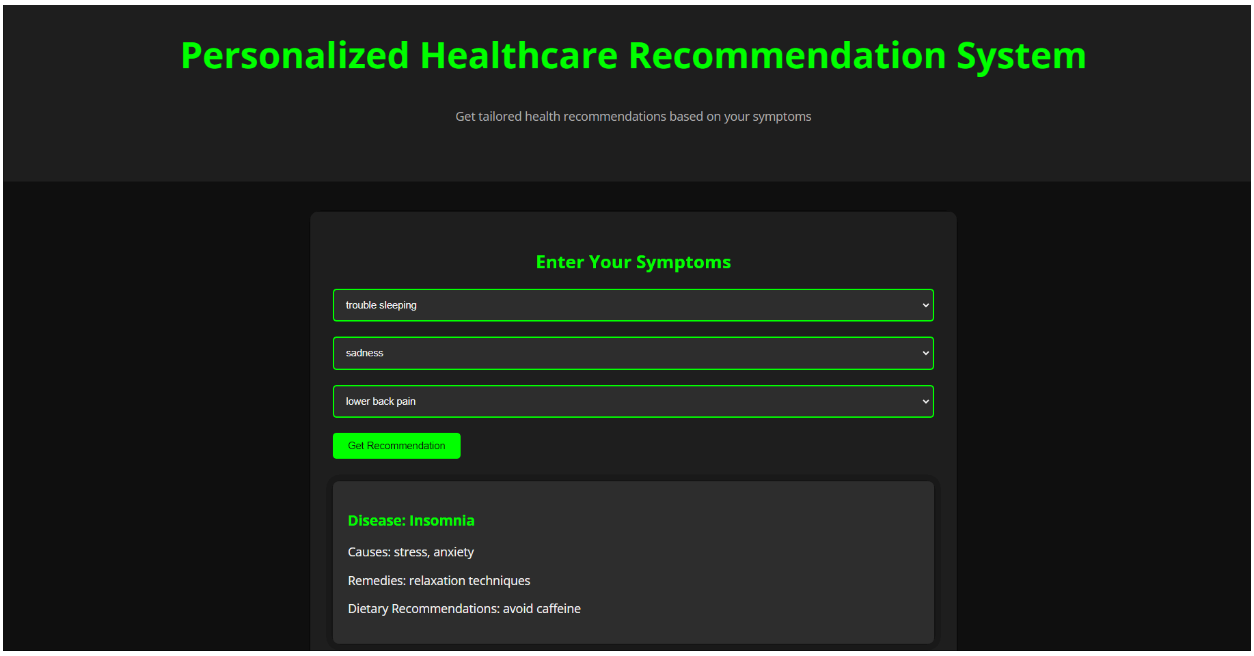
User Feedback

- **Interface**: Users found the interface to be **intuitive** and user-friendly.
- **Model Interpretability**: The clear explanations provided by **SHAP** were well-received, helping users understand the rationale behind predictions.
- **Adjustments**: Minor adjustments were made based on user feedback to further enhance usability and improve the overall user experience.

System Performance

- **Response Time**: The system demonstrated **efficient performance**, with a response time of less than **2 seconds** for generating predictions.
- **Efficiency**: This quick response time ensures that users receive timely and actionable health insights, contributing to an effective user experience.

These results highlight the system's accuracy, usability, and efficiency, demonstrating its effectiveness as a healthcare recommendation tool.



4.3. Verification

Model Verification

- **Objective**: Ensure the accuracy and reliability of the machine learning model.
- **Process**:
    - **Prediction Comparison**: Compared the model's predictions with actual disease outcomes in the dataset to verify performance and accuracy.
    - **SHAP Explanations**: Confirmed that the explanations provided by **SHAP** accurately reflected the model's decision-making process, ensuring transparency and consistency in the model's predictions.

System Integration Verification

- **Objective**: Ensure seamless operation and interaction between different system components.
- **Process**:
    - **Component Integration**: Verified that the frontend, backend, and machine learning components worked together harmoniously.
    - **Integration Tests**: Conducted tests to ensure that data flowed correctly between modules, from user input through to prediction and recommendation output. This involved checking that all components communicated effectively and that the overall system functioned as intended.

These verification processes were crucial for ensuring that the system is both accurate and fully integrated, providing users with reliable health recommendations and a smooth user experience.

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5. Conclusions and Further Scope

5.1. Conclusions

The healthcare recommendation system successfully demonstrates the application of machine learning in delivering personalized health recommendations. By integrating the **RandomForestClassifier** model with **SHAP** for interpretability, the system offers a robust tool for users seeking initial health insights. This combination not only ensures accurate predictions but also provides clear explanations of the decision-making process, enhancing user trust and understanding.

The system's professional design, achieved through a sleek and user-friendly interface, contributes significantly to its overall effectiveness and accessibility. The use of **Bootstrap** ensures a responsive and visually appealing experience, while the efficient performance and accurate predictions highlight the practical benefits of machine learning in healthcare.

This project underscores the potential of machine learning to advance healthcare by making preliminary diagnostics and recommendations more accessible. By leveraging technology to provide timely and actionable health insights, the system empowers individuals to make informed decisions about their health, showcasing a significant step forward in the integration of AI into personal health management.

5.2. Further Scope

Dataset Expansion

- **Objective**: Enhance the model’s accuracy and breadth of recommendations.
- **Approach**: Expand the dataset to include a wider variety of diseases and symptoms. This will allow the model to provide more comprehensive and accurate health predictions and recommendations.

Advanced Features

- **Real-Time Health Monitoring**: Integrate features that allow users to monitor their health metrics in real-time, providing continuous insights and recommendations.
- **User Profiles**: Develop user profiles to personalize recommendations based on individual health history, preferences, and lifestyle.
- **Electronic Health Records (EHR) Integration**: Explore integration with EHR systems to offer users a more comprehensive and cohesive health management tool, enhancing the system’s ability to provide tailored advice.

Mobile Application

- **Objective**: Increase accessibility and convenience for users.
- **Approach**: Develop a mobile version of the system to allow users to access health recommendations and predictions on-the-go. This can enhance user engagement and provide greater flexibility in managing health.

AI Techniques

- **Deep Learning**: Investigate advanced AI techniques such as deep learning to further improve prediction accuracy. Deep learning models could offer more nuanced and sophisticated health insights based on complex patterns in the data.

Integration with Healthcare Systems

- **Objective**: Provide a more comprehensive health management tool.
- **Approach**: Collaborate with healthcare providers to integrate the system with existing healthcare infrastructure. This could enable a seamless flow of information between the recommendation system and professional medical services, offering users a more holistic approach to health management.

These future enhancements aim to build on the current system's strengths, expanding its capabilities and improving its value for users in managing their health effectively.

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