

Atls Post Test 9th Edition Answer Xbshop

Beautifully and lavishly illustrated, Atlas of Nerve Conduction Studies and Electromyography demystifies the major conditions affecting peripheral nerves and provides electrodiagnostic strategies for confirming suspected lesions of the peripheral nervous system. Building on the success of the landmark Atlas of Electromyography, this new text is divided into sections based on the major peripheral nerves. It contains detailed illustrations of each nerve along with a discussion of its anatomy, followed by a thorough outline of the clinical conditions and entrapment syndromes that affect the nerve, including a list of the etiologies, clinical features, and electrodiagnostic strategies used for each syndrome. Routine and special motor and sensory nerve conduction studies are shown in an anatomical illustration. In addition, each muscle supplied by the peripheral nerve is illustrated showing the root, plexus, and peripheral nerve supply to the muscle and is accompanied by a corresponding human photograph. Written text provides information about the nerve conduction studies, muscle origin, tendon insertion, voluntary activation maneuver, and the site of optimum needle insertion, which is identified in the figures by a black dot or a needle electrode. Atlas of Nerve Conduction Studies and Electromyography is the perfect anatomical guide for neurologists, specialists in physical medicine and rehabilitation, and electrodiagnostic medicine consultants, while also providing support for individuals in residency training programs, critical care medicine, neurological surgery, and family practice.

Trauma is a leading cause of death and disability around the world, and the leading cause of death in those aged under forty-five years. Conditions such as airway obstruction, hemorrhage, pneumothorax, tamponade, bowel rupture, vascular injury, and pelvic fracture can cause death if not appropriately diagnosed and managed. This essential book provides emergency physicians with an easy-to-use reference and source for traumatic injury evaluation and management in the Emergency Department. It covers approaches to common, life-threatening, and traumatic diseases in the Emergency Department, for use on shift and as a reference for further learning. Each chapter includes a succinct overview of common traumatic injuries, with evaluation and management pearls and pitfalls. Highly illustrated with images from one of the busiest trauma centers in the US, and featuring expert contributions from a diverse set of attending physicians, this is an essential text for all emergency medicine practitioners.

This issue of Emergency Medicine Clinics, edited by Christopher Hicks and Andrew Petrosoniak, includes: Human factors in trauma resuscitation; rational approach to the trauma patient in shock; evidence-based updated on traumatic cardiac arrest; trauma airway; neuro-trauma management; managing thoracic trauma; major hemorrhage in trauma; major trauma in non trauma center; pelvic and abdominal trauma; major vascular injury; Special considerations in paediatric trauma; and Special considerations in geriatric trauma.

Mollison's Blood Transfusion in Clinical Medicine is an icon in the field of transfusion and the first edition was published in 1951. The book arose from the concept of the transfusionist, as both scientist and expert consultant. For many years, this text has provided the primary, and often the sole, reference for detailed information and practical experience in blood transfusion. The book is completely revised and updated throughout to include the latest advances and developments in the field.

With over 1000 questions, MCQs and EMQs in Surgery is the ideal self-assessment companion guide to Bailey & Love's Short Practice in Surgery. The book assists readers in their preparation for examinations and to test their knowledge of the principles and practice of surgery as outlined within Bailey & Love. Sub-divided into 13 subject-s

As the required textbook for NAEMTUs worldwide prehospital trauma life support courses, this is the definitive resource for learning basic and advanced prehospital trauma skills and concepts. Now revised and expanded to cover all aspects of military prehospital trauma with 12 new chapters, this edition is tailored expressly for the military.

The new edition covers 285 conditions, disorders, and diseases routinely seen by orthopaedic surgeons, orthopaedists, primary care physicians, and physical therapists. Topics presents disease or condition history, epidemiology, assessing the patient, diagnosis, treatment, therapy, and other important information. Illustrations are embedded throughout, and provide much-needed visual context to the written content.

Injury is an increasingly significant health problem throughout the world, accounting for 16 per cent of the global burden of disease. The public health burden of death and disability from injury is particularly notable in low and middle income countries. These guidelines seek to establish practical and affordable standards applicable to injury or trauma care worldwide, whether in rural health posts, small hospitals, hospitals staffed by specialists or tertiary care centres. It sets out a list of key trauma treatment services designed to be achievable in all settings, and defines the various human and physical resources required. It also includes a number of recommendations for methods to promote such standards including training, performance improvement, trauma team organisation and hospital inspection.

The aim of this book is to identify and shed new light on the main surgical practices involved in acute care and trauma surgery. Adopting an evidence-based approach, a multidisciplinary team of surgeons and intensivists illustrate basic and advanced operative techniques, accompanied by a comprehensive and updated reference collection. Emerging surgical procedures in Acute Care Surgery are also explored step by step with the help of ample illustrations. Further, the book offers an overview of treatment options for acute organ failure, with a focus on peculiar clinical situations that call for special treatment, including: extracorporeal membrane oxygenation (ECMO), circulatory support and urgent liver transplantation. In order to identify the key determinants in decision-making and therapeutic support that can help avoid critical errors, authors not only define and discuss specific surgical techniques, but also present major issues and controversies related to it. In essence, the book can be considered a "What to do guide" that offers easy access to both basic and advanced lifesaving surgical procedures, due in part to text boxes highlighting "Tips, Tricks and Pitfalls" as well as advice on "Complications Management". Many chapters are enriched by providing clinical case scenarios, an important educational resource including self-assessment questionnaires.

Featuring brilliant art, engaging new case studies, and dynamic new teaching and learning resources, this 9th edition of Porth's Pathophysiology: Concepts of Altered Health States is captivating, accessible, and student-friendly while retaining the comprehensive, nursing-focused coverage that has made it a market leader. The book's unique emphasis on "concepts" of altered health states, as opposed to factual descriptions of diseases and disorders, helps students grasp both the physical and psychological aspects of altered health. Drawing on the expertise of new co-author Sheila Grossman, the Ninth Edition maintains its comprehensive depth, while paring down content where appropriate and replacing descriptive content with striking art. (Approximately 600 illustrations are new or have been re-rendered in a consistent modern style.) Also new to this edition are advanced 3D narrated animations that address the most clinically relevant and difficult to understand disorders, engaging unit-opening case studies that reinforce critical thinking and set

the tone for the content to come, and a wide range of built-in study tools. Now, for the first time, Porth's Pathophysiology is supported by PrepU, an adaptive learning system that help students learn more, while giving instructors the data they need to monitor each student's progress, strengths, and weaknesses.

Medical acronyms and abbreviations offer convenience, but those countless shortcuts can often be confusing. Now a part of the popular Dorland's suite of products, this reference features thousands of terms from across various medical specialties. Its alphabetical arrangement makes for quick reference, and expanded coverage of symbols ensures they are easier to find. Effective communication plays an important role in all medical settings, so turn to this trusted volume for nearly any medical abbreviation you might encounter. Symbols section makes it easier to locate unusual or seldom-used symbols. Convenient alphabetical format allows you to find the entry you need more intuitively. More than 90,000 entries and definitions. Many new and updated entries including terminology in expanding specialties, such as Nursing; Physical, Occupational, and Speech Therapies; Transcription and Coding; Computer and Technical Fields. New section on abbreviations to avoid, including Joint Commission abbreviations that are not to be used. Incorporates updates suggested by the Institute for Safe Medication Practices (ISMP).

Now in vibrant full color, Manual of Orthopaedics, Eighth Edition, provides the must-know information you need to diagnose and treat musculoskeletal injuries and diseases with confidence. This quick-reference manual has been completely updated and revised to include content particularly valuable for orthopaedic physician assistants, while retaining key information for orthopaedic residents and nurse practitioners, primary care physicians, and orthopaedic providers in all practice environments.

Since the publication of the first edition in 1959, Apley's System of Orthopaedics and Fractures has been an essential textbook for those seeking to understand the structure and function of the musculoskeletal system, its diseases, and its response to trauma. As the leading textbook of modern orthopaedics for over 50 years, this book is a testament to the late Alan Apley's skills as a teacher, and the care and forethought he brought to the presentation of the content. The current authors have developed and extended this foundation to produce a thoroughly modern textbook of orthopaedic surgery, bringing contemporary expertise while retaining the book's characteristic philosophy and approach. They are joined by a selection of expert contributors from around the world who provide added material on a wide variety of subjects—including radiology, open fractures, neuromuscular disorders, and inflammatory arthropathies. This ninth edition echoes its predecessors in following Apley's approach to the orthopaedic patient. As before, the work is divided into three sections: General Orthopaedics, Regional Orthopaedics, and Fractures and Joint Injuries. The material has been fully updated and revised and includes more than 1,000 illustrations. Apley's System's wide readership of practicing orthopaedic surgeons, postgraduate trainees and residents in orthopaedics and general surgery, A&E specialists, and physiotherapists is evidence of the authors' ability to instruct and inspire. The book is a truly fitting introduction to modern-day orthopaedics.

The world's leading resource for to diagnosing and treating any injury—quickly, safely, and effectively Doody's Core Titles for 2021! Unparalleled in its breadth and depth of expertly crafted content, Trauma takes you through the full range of injuries you are likely to encounter. With a full-color atlas of anatomic drawings and surgical approaches, this trusted classic provides thorough coverage of kinematics and the mechanisms of trauma injury, the epidemiology of trauma, injury prevention, the basics of trauma systems, triage, and transport, and more. It then reviews generalized approaches to the trauma patient, from pre-hospital care and managing shock, to emergency department thoracotomy and the management of infections; delivers a clear, organ-by-organ survey of treatment protocols; and shows how to handle specific challenges in trauma—including alcohol and drug abuse, and combat-related wounds—in addition to post-traumatic complications such as multiple organ failure. 500 photos and illustrations Color atlas Numerous X-rays, CT scans, and algorithms High-yield section on specific approaches to the trauma patient A-to-Z overview of management of specific traumatic injuries Detailed discussion of the management of complications

Every day thousands of people are killed and injured on our roads. Millions of people each year will spend long weeks in the hospital after severe crashes and many will never be able to live, work or play as they used to do. Current efforts to address road safety are minimal in comparison to this growing human suffering. This report presents a comprehensive overview of what is known about the magnitude, risk factors and impact of road traffic injuries, and about ways to prevent and lessen the impact of road crashes. Over 100 experts, from all continents and different sectors -- including transport, engineering, health, police, education and civil society -- have worked to produce the report. Charts and tables.

Supplies basic summary and treatment information quickly for the health care provider on the front lines. Provides concise supplemental reading material to assist in education of biological casualty management. Edge indexed.

This comprehensive book provides practical guidance on the care of the critical patient in the emergency department. It focuses on the ED physician or provider working in a community hospital where, absent the consulting specialists found in a large academic center, the provider must evaluate and stabilize critically ill and injured patients alone. Structured in an easily accessible format, chapters present fundamental information in tables, bullet points, and flow diagrams. Emergency medicine scenarios covered across 38 chapters include acute respiratory failure, spinal cord Injuries, seizures and status epilepticus, care of the newborn, and end-of-life care. Written by experts in the field, Emergency Department Critical Care is an essential resource for practicing emergency physicians and trainees, internists and family physicians, advance practice nurses, and physician's assistants who provide care in emergency departments and urgent care centers. This book aims to provide an overview of the basics of anesthesia for neurotrauma. It showcases how management of different neurotrauma cases may differ, especially those involving spine and or polytrauma. It provides quick and easy access to understand anesthesia for neurotrauma.

Hemodynamic Monitoring Made Incredibly Visual! Second Edition offers an innovative visual approach to mastering the principles and practice of hemodynamic monitoring. Hundreds of detailed and colorful photographs, diagrams, charts, and other visual aids clarify essential cardiopulmonary anatomy and physiology and demonstrate the technical points and clinical applications of today's pressure monitoring systems, hemodynamic monitoring techniques, and circulatory assist devices. Lighthearted logos present visual mnemonics and reinforce key points. This edition includes new noninvasive cardiac output monitoring techniques and has been updated to current Infusion Nursing

Standards of Practice, Centers for Disease Control requirements, and American Association of Critical-Care Nurses Standards of Practice. The new edition of the now classic Adam's Outline of Fractures - prepared by authors working in the UK - has been updated to include the latest conservative and surgical approaches to the management of fractures. Suitable for medical undergraduates and trainee surgeons, as well as nurses and physiotherapists working in trauma services, this classic text continues to offer a sound basis for the safe and effective management of musculoskeletal injuries. New edition of highly praised book with an established reputation Well known for its clear writing style and logical classification of fractures Basics of treatment are summarised in a useful appendix for quick reference and revision Provides up-to-date surgical therapies as well as conservative treatment options New author line-up Clear new page format, using two-colour design Extended artwork programme, now including two-colour line artworks, new radiographs, MRI and CT scans Enhanced anatomical classification system Advances in cell biology and molecular genetics New chapter on osteoporosis, including fracture treatment in the elderly Fully revised, new edition presenting latest developments in gynaecology. Includes numerous graphics and diagrams and an interactive DVD ROM. Previous edition published in 2007.

Since its revolutionary first edition in 1983, Rosen's Emergency Medicine set the standard for reliable, accessible, and comprehensive information to guide the clinical practice of emergency medicine. Generations of emergency medicine residents and practitioners have relied on Rosen's as the source for current information across the spectrum of emergency medicine practice. The 9th Edition continues this tradition of excellence, offering the unparalleled clarity and authority you've come to expect from the award-winning leader in the field. Throughout the text, content is now more concise, clinically relevant, and accessible than ever before – meeting the needs of today's increasingly busy emergency medicine practitioner. Delivers clear, precise information, focused writing and references; relevant, concise information; and generous use of illustrations provide definitive guidance for every emergency situation. Offers the most immediately relevant content of any emergency medicine reference, providing diagnostic and treatment recommendations with clear indications and preferred actions. Presents the expertise and knowledge of a new generation of editors, who bring fresh insights and new perspectives to the table. Includes more than 550 new figures, including new anatomy drawings, new graphs and algorithms, and new photos. Provides diligently updated content throughout, based on only the most recent and relevant medical literature. Provides improved organization in sections to enhance navigation and six new chapters: Airway Management for the Pediatric Patient; Procedural Sedation and Analgesia for the Pediatric Patient; Drug Therapy for the Pediatric Patient; Co-Morbid Medical Emergencies During Pregnancy; Drug Therapy in the Geriatric Patient; and Global and Humanitarian Emergency Medicine.

Trauma patients present a unique challenge to anesthesiologists, since they require resource-intensive care, often complicated by pre-existing medical conditions. This fully revised new edition focuses on a broad spectrum of traumatic injuries and the procedures anesthesiologists perform to care for trauma patients perioperatively, surgically, and post-operatively. Special emphasis is given to assessment and treatment of co-existing disease, including surgical management of trauma patients with head, spine, orthopaedic, cardiac, and burn injuries. Topics such as training for trauma (including use of simulation) and hypothermia in trauma are also covered. Six brand new chapters address pre-hospital and ED trauma management, imaging in trauma, surgical issues in head trauma and in abdominal trauma, anesthesia for oral and maxillofacial trauma, and prevention of injuries. The text is enhanced with numerous tables and 300 illustrations showcasing techniques of airway management, shock resuscitation, echocardiography and use of ultrasound for the performance of regional anesthesia in trauma.

Covering the most important topics in trauma anesthesia, this updated edition provides anesthesiology trainees and practitioners with a practical basis for managing trauma patients. Many recent advances in trauma care are identified, including paradigm shifts in the management of bleeding and coagulopathy, new neuromuscular blockade and anticoagulant reversal drugs, and updated clinical practice guidelines. This volume provides a concise, practical review of the essential elements in the care of the severely injured trauma patient, including emergency airway management, fluid and blood resuscitation, monitoring, coagulation therapy, regional and general anesthesia, and perioperative care. Edited by two of the most experienced trauma anesthesiologists in the United States, with chapters written by experts from leading US and Canadian trauma centers with the highest and most varied caseload of critically injured patients, Essentials of Trauma Anesthesia identifies new trends in surgery and anesthesiology practices that impact on the management of trauma patients.

Trauma Surgery Volume 1: Trauma Management, Trauma Critical Care, Orthopaedic Trauma and Neuro-Trauma Springer Science & Business Media

Covering each of the fourteen core medical specialties, the tenth edition of the Oxford Handbook of Clinical Specialties is the must-have reference guide to each of the specialties you will encounter through your medical school and Foundation Programme rotations. Now updated with the latest guidelines, and developed by a new and trusted author team who have contemporary experience of life on the wards, this unique resource presents the content in a concise and logical way, giving clear advice on clinical management and offering insight into holistic care. Packed full of high-quality illustrations, boxes, tables, and classifications, this handbook is ideal for use at direct point of care, whether on the ward or in the community, and for study and revision. Each chapter is easy to read and filled with digestible information, with features including ribbons to mark your most-used pages and mnemonics to help you memorize and retain key facts, while quotes from patients help the reader understand each problem better, enhancing the doctor/patient relationship. With reassuring and friendly advice throughout, this is the ultimate guide for every medical student and junior doctor for each clinical placement, and as a revision tool. This tenth edition of the Oxford Handbook of Clinical Specialties remains the perfect companion to the Oxford Handbook of Clinical Medicine, together encompassing the entire spectrum of clinical medicine and helping you to become the doctor you want to be.

This best-selling resource provides a general overview and basic information for all adult intensive care units. The material is presented in a brief and quick-access format which allows for topic and exam review. It provides enough detailed and specific information to address most all questions and problems that arise in the ICU. Emphasis on fundamental principles in the text should prove useful for patient care outside the ICU as well. New chapters in this edition include hyperthermia and hypothermia syndromes; infection control in the ICU; and severe airflow obstruction. Sections have been reorganized and consolidated when appropriate to reinforce concepts.

For the third edition, the text has been thoroughly revised to keep pace with new concepts in oral medicine. The structure of the text has been clarified and made more practically useful, with references to etiology, clinical images, differential diagnosis, laboratory diagnostic tests, and therapy guidelines. Also new in the third edition: four new chapters, and more than 240 new, exquisite illustrations of lesions and pathologic conditions affecting the oral cavity.

This issue of Cardiology Clinics, edited by Dr. Amal Mattu and Dr. John Field, focuses Emergency Cardiology. Topics include, but are not limited to: Evaluation of Chest Pain and Acute Coronary Syndromes; Evolving Electrocardiographic Indications for Emergent Reperfusion; Cardiac biomarkers in emergency care; Non-ST-Segment Elevation Myocardial Infarction; Cardiogenic Shock, Acute Dyspnea and Decompensated Heart Failure; Evolving Strategies for Management of Cardiac Arrest; Multidisciplinary management post-cardiac arrest; Acute Myopericardial Syndromes; Acute Valvular Heart Disease; Ventricular Arrhythmias; Atrial Fibrillation, A New Face of Cardiac Emergencies: HIV-Related Cardiac Disease; Cardiovascular Emergencies in Pregnancy, and Blunt Cardiac Trauma.

The Golden Hour is a well-established concept in emergency medicine, related to the critical period of one hour after an injury, accident or trauma. This term implies that the mortality rates increase substantially if efficient care is not provided within 60 minutes after the trauma. This book is intended as a practical manual in Trauma Care within the context of the golden hour, addressing all trauma types and all body parts. Readers will find essential decision-making algorithms and protocols with commentary for traumas, along with easily accessible information on how to treat patients in a very practical and handy fashion. Furthermore, the content is presented in a didactic way suitable for a wide audience, from medical students who want to learn about the basics of trauma care to experienced surgeons seeking a comprehensive guide to trauma-related interventions. The book combines contributions from experts at two renowned Trauma Centers, the Hospital do Trabalhador at Curitiba, Brazil, and the Ryder Trauma Center in Miami, USA. Therefore, considering the different local environments and resources, the book provides distinct perspectives for several injuries, presenting the state of the art in Trauma Care. The diversity of perspectives in this book contributes to a global health care approach suitable for trauma-related events from developed countries to remote areas. The Trauma Golden Hour – A Practical Guide celebrates the Centennial Anniversary of the Federal University of Parana (Brazil), the 25th Anniversary of the Ryder Trauma Center (USA) and the 20th Anniversary of the Hospital do Trabalhador (Brazil).

Readers will discover how very recent scientific advances have overthrown a century of dogma about concussive brain injury.

Written by an engineer for engineers, this book is both training manual and on-going reference, bringing together all the different facets of the complex processes that must be in place to minimize the risk to people, plant and the environment from fires, explosions, vapour releases and oil spills. Fully compliant with international regulatory requirements, relatively compact but comprehensive in its coverage, engineers, safety professionals and concerned company management will buy this book to capitalize on the author's life-long expertise. This is the only book focusing specifically on oil and gas and related chemical facilities. This new edition includes updates on management practices, lessons learned from recent incidents, and new material on chemical processes, hazards and risk reviews (e.g. CHAZOP). Latest technology on fireproofing, fire and gas detection systems and applications is also covered. An introductory chapter on the philosophy of protection principles along with fundamental background material on the properties of the chemicals concerned and their behaviours under industrial conditions, combined with a detailed section on modern risk analysis techniques makes this book essential reading for students and professionals following Industrial Safety, Chemical Process Safety and Fire Protection Engineering courses. A practical, results-oriented manual for practicing engineers, bringing protection principles and chemistry together with modern risk analysis techniques. Specific focus on oil and gas and related chemical facilities, making it comprehensive and compact. Includes the latest best practice guidance, as well as lessons learned from recent incidents.

Trauma surgery has increasingly become a specialized field inspired by different principles and philosophy. A good trauma surgeon is a surgeon who knows how to perform abdominal vascular, thoracic, urologic, gynecologic, and orthopaedic procedures and is able to repair multiple traumatic injuries in the best sequence possible. In this first volume, practical, up-to-date guidance is provided on the optimal critical care and ICU management of trauma patients. In addition, individual chapters focus on specific injuries in orthopaedic trauma (and especially spinal trauma) and neurotrauma, with the aim of providing a fresh view of the surgical approach and practical suggestions for improving the skills of treating surgeons. Educational issues and the organization of a trauma center are also covered. The volume will be a handy pocket guide for trainee surgeons and any surgeon, physician, or nurse who treats trauma patients. It will be particularly relevant for emergency department physicians, critical care and ICU doctors, orthopaedic surgeons, neurosurgeons, and professionals responsible for trauma care and decision making, programs of trauma education, or organization of a trauma center. Also available: Trauma Surgery Vol. 2: Thoracic and Abdominal Trauma

These concise revision notes are aimed at candidates preparing for UK and international FRCS (Trauma & Orthopaedics) exit examination as well as the European Board (EBOT) and SICOT diplomas. The book has been written in an easy to read style, with a focus on being an exam candidate's companion for quick revision on the go. Candidates are usually caught between a busy job and the demands of these challenging exams. This book covers the depth and breadth of Trauma & Orthopaedics knowledge to help candidates sail through the Fellowship exit examinations. We have aimed to provide a high quality one stop concise knowledge bank to cover the whole syllabus of Trauma & Orthopaedics in a well organised bullet point style. This will provide a useful resource for both part 1 (MCQs, EMQs) as well as part 2 (Viva and Clinical) components of the exit examinations. It is an ideal companion to complement your preparation for the examination with the most useful information presented in the most succinct manner. The authors are senior members of the FRCS Mentor Group who have between them ample up to date experience and knowledge with the Fellowship examination. They have attended most postgraduate orthopaedic courses in the UK and internationally, and have reviewed all relevant exam book. They have excellent track records of helping many candidates to pass their exams. This book is complemented by hundreds of diagrams, illustrations, radiographs and clinical images. There are QR codes interspersed within the chapters which when scanned using your smartphone camera, link up to either the corresponding open-access seminal paper or to a YouTube video pertaining to the topic discussed. We look forward to the readers' feedback that will help us immensely to improve the contents in the next edition for the benefit of future orthopaedic aspirants. Head over to Amazon, Google Books and to BookAuthority.org to leave a review, or write to the email below. We also invite anyone who is interested to become an author of the next edition, or to discuss future collaboration or sponsorship opportunities to contact the editor on: thefrcsmentor@gmail.com This book is designed to offer the reader first-rate guidance on shock management in the real world. Comprehensive, evidence-based, and up-to-date instruction is provided on optimal care of patients with different types of shock – septic, hemorrhagic, cardiogenic, anaphylactic, and obstructive – at all stages from initial response through to ICU admission. As well as management, the coverage encompasses pathophysiology, clinical presentation, diagnosis, and emerging trends. A further key feature is the use of a scenario-based approach to present a series of cases based on real-life experiences. Here, a narrative style and Q&A form are employed to vividly convey scenarios that may be encountered in clinical practice and to elucidate decision making in complex circumstances. When readers experience difficulty in answering the questions, the earlier sections can be consulted to identify the correct response. This book will be of great value for all health care professionals. In particular, it will be very helpful for novice or inexperienced practitioners in emergency medicine, critical care medicine, and traumatology.

[Copyright: 0b29aa3d1b77affeef7f8030f55dc6cb](https://www.amazon.com/dp/0b29aa3d1b77affeef7f8030f55dc6cb)