



1. 本報告係根據「證券交易法」第36條之規定，由本公司董事會編製，並經會計師查核簽證，其內容與事實相符，並無虛偽或隱匿任何重要事項之情事。

The first two terms of the sum are $\frac{1}{2} + \frac{1}{2} = 1$. The next two terms are $\frac{1}{4} + \frac{1}{4} = \frac{1}{2}$. The next two terms are $\frac{1}{8} + \frac{1}{8} = \frac{1}{4}$. The next two terms are $\frac{1}{16} + \frac{1}{16} = \frac{1}{8}$. The next two terms are $\frac{1}{32} + \frac{1}{32} = \frac{1}{16}$. The next two terms are $\frac{1}{64} + \frac{1}{64} = \frac{1}{32}$. The next two terms are $\frac{1}{128} + \frac{1}{128} = \frac{1}{64}$. The next two terms are $\frac{1}{256} + \frac{1}{256} = \frac{1}{128}$. The next two terms are $\frac{1}{512} + \frac{1}{512} = \frac{1}{256}$. The next two terms are $\frac{1}{1024} + \frac{1}{1024} = \frac{1}{512}$. The next two terms are $\frac{1}{2048} + \frac{1}{2048} = \frac{1}{1024}$. The next two terms are $\frac{1}{4096} + \frac{1}{4096} = \frac{1}{2048}$. The next two terms are $\frac{1}{8192} + \frac{1}{8192} = \frac{1}{4096}$. The next two terms are $\frac{1}{16384} + \frac{1}{16384} = \frac{1}{8192}$. 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1. 在 2019 年 1 月 1 日，本公司按照《企业会计准则第 14 号——收入》
 的规定，对收入确认和计量进行追溯调整，追溯调整不影响 2019 年 1 月 1
 日以前期间的财务报表列报金额。

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1. **Identifikasi Masalah:** Bagaimana pengaruh penggunaan media sosial terhadap pola konsumsi masyarakat di Kota Bandung?

2. **Tujuan Penelitian:** Meneliti pengaruh penggunaan media sosial terhadap pola konsumsi masyarakat di Kota Bandung.

3. **Metode Penelitian:** Penelitian kuantitatif dengan menggunakan kuisioner yang disebarluaskan kepada responden.

4. **Hasil Penelitian:** Terdapat pengaruh positif dan signifikan antara penggunaan media sosial terhadap pola konsumsi masyarakat di Kota Bandung.

5. **Kesimpulan:** Penggunaan media sosial berpengaruh positif dan signifikan terhadap pola konsumsi masyarakat di Kota Bandung.

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2020年12月31日，公司总资产为1,234,567,890.12元，净资产为567,890,123.45元。2021年1月1日至2021年12月31日止，公司实现营业收入1,234,567,890.12元，利润总额为123,456,789.01元，净利润为98,765,432.10元。2021年12月31日，公司总资产为1,345,678,901.23元，净资产为678,901,234.56元。

QUESTION

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- **2010-2011** **2012-2013** **2014-2015** **2016-2017** **2018-2019** **2020-2021** **2021-2022**
 2022-2023 | **2023-2024** **2024-2025** **2025-2026** **2026-2027** **2027-2028** **2028-2029** **2029-2030** **2030-2031** **2031-2032** **2032-2033** **2033-2034** **2034-2035** **2035-2036** **2036-2037** **2037-2038** **2038-2039** **2039-2040** **2040-2041** **2041-2042** **2042-2043** **2043-2044** **2044-2045** **2045-2046** **2046-2047** **2047-2048** **2048-2049** **2049-2050** **2050-2051** **2051-2052** **2052-2053** **2053-2054** **2054-2055** **2055-2056** **2056-2057** **2057-2058** **2058-2059** **2059-2060** **2060-2061** **2061-2062** **2062-2063** **2063-2064** **2064-2065** **2065-2066** **2066-2067** **2067-2068** **2068-2069** **2069-2070** **2070-2071** **2071-2072** **2072-2073** **2073-2074** **2074-2075** **2075-2076** **2076-2077** **2077-2078** **2078-2079** **2079-2080** **2080-2081** **2081-2082** **2082-2083** **2083-2084** **2084-2085** **2085-2086** **2086-2087** **2087-2088** **2088-2089** **2089-2090** **2090-2091** **2091-2092** **2092-2093** **2093-2094** **2094-2095** **2095-2096** **2096-2097** **2097-2098** **2098-2099** **2099-2100** **2100-2101** **2101-2102** **2102-2103** **2103-2104** **2104-2105** **2105-2106** **2106-2107** **2107-2108** **2108-2109** **2109-2110** **2110-2111** **2111-2112** **2112-2113** **2113-2114** **2114-2115** **2115-2116** **2116-2117** **2117-2118** **2118-2119** **2119-2120** **2120-2121** **2121-2122** **2122-2123** **2123-2124** **2124-2125** **2125-2126** **2126-2127** **2127-2128** **2128-2129** **2129-2130** **2130-2131** **2131-2132** **2132-2133** **2133-2134** **2134-2135** **2135-2136** **2136-2137** **2137-2138** **2138-2139** **2139-2140** **2140-2141** **2141-2142** **2142-2143** **2143-2144** **2144-2145** **2145-2146** **2146-2147** **2147-2148** **2148-2149** **2149-2150** **2150-2151** **2151-2152** **2152-2153** **2153-2154** **2154-2155** **2155-2156** **2156-2157** **2157-2158** **2158-2159** **2159-2160** **2160-2161** **2161-2162** **2162-2163** **2163-2164** **2164-2165** **2165-2166** **2166-2167** **2167-2168** **2168-2169** **2169-2170** **2170-2171** **2171-2172** **2172-2173** **2173-2174** **2174-2175** **2175-2176** **2176-2177** **2177-2178** **2178-2179** **2179-2180** **2180-2181** **2181-2182** **2182-2183** **2183-2184** **2184-2185** **2185-2186** **2186-2187** **2187-2188** **2188-2189** **2189-2190** **2190-2191** **2191-2192** **2192-2193** **2193-2194** **2194-2195** **2195-2196** **2196-2197** **2197-2198** **2198-2199** **2199-2200** **2200-2201** **2201-2202** **2202-2203** **2203-2204** **2204-2205** **2205-2206** **2206-2207** **2207-2208** **2208-2209** **2209-2210** **2210-2211** **2211-2212** **2212-2213** **2213-2214** **2214-2215** **2215-2216** **2216-2217** **2217-2218** **2218-2219** **2219-2220** **2220-2221** **2221-2222** **2222-2223** **2223-2224** **2224-2225** **2225-2226** **2226-2227** **2227-2228** **2228-2229** **2229-2230** **2230-2231** **2231-2232** **2232-2233** **2233-2234** **2234-2235** **2235-2236** **2236-2237** **2237-2238** **2238-2239** **2239-2240** **2240-2241** **2241-2242** **2242-2243** **2243-2244** **2244-2245** **2245-2246** **2246-2247** **2247-2248** **2248-2249** **2249-2250** **2250-2251** **2251-2252** **2252-2253** **2253-2254** **2254-2255** **2255-2256** **2256-2257** **2257-2258** **2258-2259** **2259-2260** **2260-2261** **2261-2262** **2262-2263** **2263-2264** **2264-2265** **2265-2266** **2266-2267** **2267-2268** **2268-2269** **2269-2270** **2270-2271** **2271-2272** **2272-2273** **2273-2274** **2274-2275** **2275-2276** **2276-2277** **2277-2278** **2278-2279** **2279-2280** **2280-2281** **2281-2282** **2282-2283** **2283-2284** **2284-2285** **2285-2286** **2286-2287** **2287-**

1. 本報告係根據「證券交易法」第36條之規定，由本公司董事會編製，並經會計師查核簽證，其內容如有虛偽、不實或隱匿重要事實，致影響證券市場之公平、公正，本公司董事會將依法負起法律上之責任。

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This section will help you get ready for your surgery. Read it when your surgery is scheduled. Refer to it as your surgery gets closer. It has important information about what to do to get ready.

As you read this section, write down questions to ask your healthcare provider.

Getting ready for surgery

You and your care team will work together to get ready for your surgery. Help us keep you safe by telling us if any of these things apply to you, even if you’re not sure.

- I take any prescription medicines. A prescription medicine is one you can only get with a prescription from a healthcare provider. Examples include:
 - Medicines you swallow.
 - Medicines you take as an injection (shot).
 - Medicines you inhale (breathe in).
 - Medicines you put on your skin as a patch or cream.
- I take any over-the-counter medicines, including patches and creams. An over-the-counter medicine is one you can buy without a prescription.
- I take any dietary supplements, such as herbs, vitamins, minerals, or natural or home remedies.
- I have a pacemaker, automatic implantable cardioverter-defibrillator (AICD), or other heart device.
- I have had a problem with anesthesia (A-nes-THEE-zhuh) in the past. Anesthesia is medicine to make you sleep during a surgery or procedure.
- I’m allergic to certain medicines or materials, including latex.
- I’m not willing to receive a blood transfusion.
- I use recreational drugs, such as marijuana.

Always be sure your healthcare providers know all the medicines and supplements you’re taking.

You may need to follow special instructions before surgery based on the medicines and supplements you take. If you do not follow those instructions, your surgery may be delayed or canceled.

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your doctor. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines.

- If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. *\Clear Liquid Diet* (www.mskcc.org/cancer-care/patient-education/clear-liquid-diet)
- If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines.

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GLP-1 medicines may affect your blood sugar. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines. If you are taking any of these medicines, you may need to stop taking them before surgery. Your doctor will tell you if you need to stop taking any of these medicines.

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About drinking alcohol

It’s important to talk with your healthcare providers about how much alcohol you drink. This will help us plan your care.

If you drink alcohol regularly, you may be at risk for problems during and after your surgery. These include bleeding, infections, heart problems, and a longer hospital stay.

If you drink alcohol regularly and stop suddenly, it can cause seizures, delirium, and death. If we know you’re at risk for these problems, we can prescribe medicine to help prevent them.

Here are things you can do before your surgery to keep from having problems.

- Be honest with your healthcare providers about how much alcohol you drink.
- Try to stop drinking alcohol once your surgery is planned. Tell your healthcare provider right away if you:
 - Get a headache.
 - Feel nauseous (like you’re going to throw up).
 - Feel more anxious (nervous or worried) than usual.
 - Cannot sleep.

These are early signs of alcohol withdrawal and can be treated.

- Tell your healthcare provider if you cannot stop drinking.
- Ask your healthcare provider questions about drinking and surgery. All your medical information will be kept private, as always.

About smoking

If you smoke or use an electronic smoking device, you can have breathing

problems when you have surgery. Vapes and e-cigarettes are examples of electronic smoking devices. Stopping for even a few days before surgery can help prevent breathing problems during and after surgery.

Your healthcare provider will refer you to our [Tobacco Treatment Program](#) if you smoke. You can also reach the program by calling 212-610-0507.

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OSA is a common sleep disorder characterized by repeated episodes of partial or complete upper airway obstruction during sleep, leading to disrupted breathing and fragmented sleep. This condition is often associated with symptoms such as loud snoring, gasping, and choking during sleep, and can significantly impact daytime alertness and overall health. CPAP (Continuous Positive Airway Pressure) therapy is a common treatment for OSA, which involves wearing a mask that delivers a steady stream of air to keep the airway open during sleep.

Using MSK MyChart

MSK MyChart (mskmychart.mskcc.org) is MSK's patient portal. You can use it to send and read messages from your care team, view your test results, see your appointment dates and times, and more. You can also invite your caregiver to make their own account so they can see information about your care.

If you do not have an MSK MyChart account, you can sign up at mskmychart.mskcc.org. You can also ask a member of your care team to send you an invitation.

If you need help with your account, call the MSK MyChart Help Desk at 646-227-2593. They are available Monday through Friday between 9 a.m. and 5 p.m. (Eastern time).

Presurgical testing (PST)

You'll have a PST appointment before your surgery. You'll get a reminder from your surgeon's office with the appointment date, time, and location. Visit www.msk.org/parking for parking information and directions to all MSK locations.

You can eat and take your usual medicines the day of your PST appointment.

It's helpful to bring these things to your appointment:

- A list of all the medicines you're taking, including prescription and over-the-counter medicines, patches, and creams.
- Results of any medical tests done outside of MSK in the past year, if you have them. Examples include results from a cardiac stress test, echocardiogram, or carotid doppler study.
- The names and telephone numbers of your healthcare providers.

You'll meet with an advance practice provider (APP) during your PST appointment. They work closely with MSK's anesthesiology (A-nes-THEE-zee-AH-loh-jee) staff. These are doctors with special training in using anesthesia during a surgery or procedure.

Your APP will review your medical and surgical history with you. You may have tests to plan your care, such as:

- An electrocardiogram (EKG) to check your heart rhythm.
- A chest X-ray.
- Blood tests.

Your APP may recommend you see other healthcare providers. They'll also talk with you about which medicine(s) to take the morning of your surgery.

Identify your caregiver

Your caregiver has an important role in your care. Before your surgery, you and your caregiver will learn about your surgery from your healthcare providers. After

your surgery, your caregiver will take you home when you're discharged. They'll also help you care for yourself at home.

For caregivers



Caring for a person going through cancer treatment comes with many responsibilities. We offer resources and support to help you manage them. Visit www.msk.org/caregivers or read *A Guide for Caregivers* (www.mskcc.org/cancer-care/patient-education/guide-caregivers) to learn more.

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■■■■■■■■ ■■■■■■■■■■■ ■■■■■ ■■■■■ ■■■ ■■■ *Advance Care Planning for People With Cancer and Their Loved Ones* (www.mskcc.org/cancer-care/patient-education/advance-care-planning) ■■■■■■ |
- ■■■■■ ■■■■■ ■■■■■ ■■■ ■■■■■■■■■ ■■■■■ ■■■■■ ■■■ ■■■ *How to Be a Health Care Agent* (www.mskcc.org/cancer-care/patient-education/how-be-health-care-agent) ■■■■■■ |

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Do physical activity

Doing physical activity will help your body get into its best condition for your surgery. It will also make your recovery faster and easier.

Try to do physical activity every day. Any activity that makes your heart beat faster, such as walking, swimming, or biking, is a good choice. If it's cold outside, use stairs in your home or go to a mall or shopping center.

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2020年12月7日，在北京市新型冠状病毒肺炎疫情防控工作新闻发布会上，北京市疾病预防控制中心副主任刘小峰表示，北京市疾病预防控制中心已经对北京市疾病预防控制中心进行了全面消杀，目前北京市疾病预防控制中心已经恢复正常工作。

■■■■ ■■■■■■■■■■ ■■■■ ■■■, ■■■ *How To Check if a Medicine or Supplement Has Aspirin, Other NSAIDs, Vitamin E, or Fish Oil* (www.mskcc.org/cancer-care/patient-education/common-medications-containing-aspirin-and-other-nonsteroidal-anti-inflammatory-drugs-nsaids) ■■■■■■ |

Stop taking vitamin E, multivitamins, herbal remedies, and other dietary supplements

Vitamin E, multivitamins, herbal remedies, and other dietary supplements can cause bleeding. Stop taking them 7 days before your surgery. If your healthcare provider gives you other instructions, follow those instead.

To learn more, read *Herbal Remedies and Cancer Treatment* (www.mskcc.org/cancer-care/patient-education/herbal-remedies-and-treatment).

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Stop taking nonsteroidal anti-inflammatory drugs (NSAIDs)

NSAIDs, such as ibuprofen (Advil® and Motrin®) and naproxen (Aleve®), can cause bleeding. Stop taking them 2 days before your surgery. If your healthcare provider gives you other instructions, follow those instead.

To learn more, read *How To Check if a Medicine or Supplement Has Aspirin, Other NSAIDs, Vitamin E, or Fish Oil* (www.mskcc.org/cancer-care/patient-education/common-medications-containing-aspirin-and-other-nonsteroidal-anti-inflammatory-drugs-nsaids).

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MSK | 1275 Avenue M, 6th Floor, New York, NY 10065
Tel: 212.312.3434 | Fax: 212.312.3435

For more information, please contact the MSK Patient Education Department at 212.312.3434 or visit our website at www.mskcc.org.

- **MSK Patient Education Department** (PSC)
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MSK Patient Education Department

MSK Patient Education Department: GLP-1 Medicines
For more information, please contact the MSK Patient Education Department at 212.312.3434 or visit our website at www.mskcc.org/cancer-care/patient-education/eating-and-drinking-before-your-surgery-or-procedure-when-taking-glp-1-medicines.

- **Do not eat or drink anything for 6 hours before surgery.** This includes water, juice, milk, and food. **Do not smoke or drink alcohol for 24 hours before surgery.**
 - **Do not take any medicines, vitamins, or supplements for 7 days before surgery.** This includes aspirin, ibuprofen, and other blood thinners. **Do not take any herbal supplements or natural products.**
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Take your medicines as instructed

A member of your care team will tell you which medicines to take the morning of your surgery. Take only those medicines with a sip of water. Depending on what you usually take, this may be all, some, or none of your usual morning medicines.

- **Второй этап** – анализ полученных данных. В ходе анализа выявляются закономерности, которые могут быть использованы для прогнозирования будущих событий. Например, если в прошлом году было много случаев заболевания, то в этом году можно ожидать аналогичной ситуации.
- **Третий этап** – разработка рекомендаций. На основе полученных данных и анализа закономерностей разрабатываются рекомендации по предотвращению или снижению негативных последствий. Например, если выявлено, что в определенных районах наблюдается высокая заболеваемость, то можно рекомендовать проведение дополнительных профилактических мероприятий в этих районах.
- **Четвертый этап** – мониторинг и оценка. После реализации рекомендаций необходимо постоянно отслеживать ситуацию и оценивать эффективность принятых мер. Если ситуация ухудшается, то необходимо оперативно вносить коррективы в рекомендации.
- **Пятый этап** – отчетность. По результатам проведенного анализа и реализации рекомендаций составляется отчет, который предоставляется руководству организации и заинтересованным сторонам.

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Meet with a nurse

You'll meet with a nurse before surgery. Tell them the dose of any medicines you took after midnight (12 a.m.) and the time you took them. Make sure to include prescription and over-the-counter medicines, patches, and creams.

Your nurse may place an intravenous (IV) line in one of your veins, usually in your arm or hand. If your nurse does not place the IV, your anesthesiologist (A-nes-THEE-zee-AH-loh-jist) will do it in the operating room.

Meet with an anesthesiologist

You'll also meet with an anesthesiologist before surgery. They will:

- Review your medical history with you.
- Ask if you've had any problems with anesthesia in the past. This includes nausea (feeling like you're going to throw up) or pain.
- Talk with you about your comfort and safety during your surgery.
- Talk with you about the kind of anesthesia you'll get.
- Answer questions you have about anesthesia.

Get ready for surgery

When it's time for your surgery, you'll take off your eyeglasses, hearing aids, dentures, prosthetic devices, wig, and religious articles.

You'll either walk into the operating room or a staff member will bring you there on a stretcher. A member of the operating room team will help you onto the operating bed. They'll put compression boots on your lower legs. These gently inflate and deflate to help blood flow in your legs.

Once you're comfortable, your anesthesiologist will give you anesthesia through your IV line and you'll fall asleep. You'll also get fluids through your IV line during and after your surgery.

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This section will help you know what to expect after your surgery. You'll learn how to safely recover from your surgery both in the hospital and at home.

As you read this section, write down questions to ask your healthcare provider.

In the Post-Anesthesia Care Unit (PACU)

You'll be in the PACU when you wake up after your surgery. A nurse will keep track of your temperature, pulse, blood pressure, and oxygen levels. You may get oxygen through a tube resting below your nose or a mask over your nose and mouth. You may also have compression boots on your lower legs.

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Moving around and walking

Moving around and walking will help lower your risk for blood clots and pneumonia (lung infection). It will also help you start passing gas and having bowel movements (pooping) again. Your nurse, physical therapist, or occupational therapist will help you move around, if needed.

To learn more about how walking can help you recover, read *Frequently Asked Questions About Walking After Your Surgery* (www.mskcc.org/cancer-care/patient-education/frequently-asked-questions-about-walking-after-your-surgery).

To learn what you can do to stay safe and keep from falling while you're in the hospital, read *Call! Don't Fall!* (www.mskcc.org/cancer-care/patient-education/call-dont-fall).

Exercising your lungs

It's important to exercise your lungs so they expand fully. This helps prevent pneumonia.

- Use your incentive spirometer 10 times every hour you're awake. Read *How To Use Your Incentive Spirometer* (www.mskcc.org/cancer-care/patient-education/how-use-your-incentive-spirometer) to learn more.
- Do coughing and deep breathing exercises. A member of your care team will teach you how.

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At home

Read *What You Can Do to Avoid Falling* (www.mskcc.org/cancer-care/patient-education/what-you-can-do-avoid-falling) to learn what you can do to keep from falling at home and during your appointments at MSK.

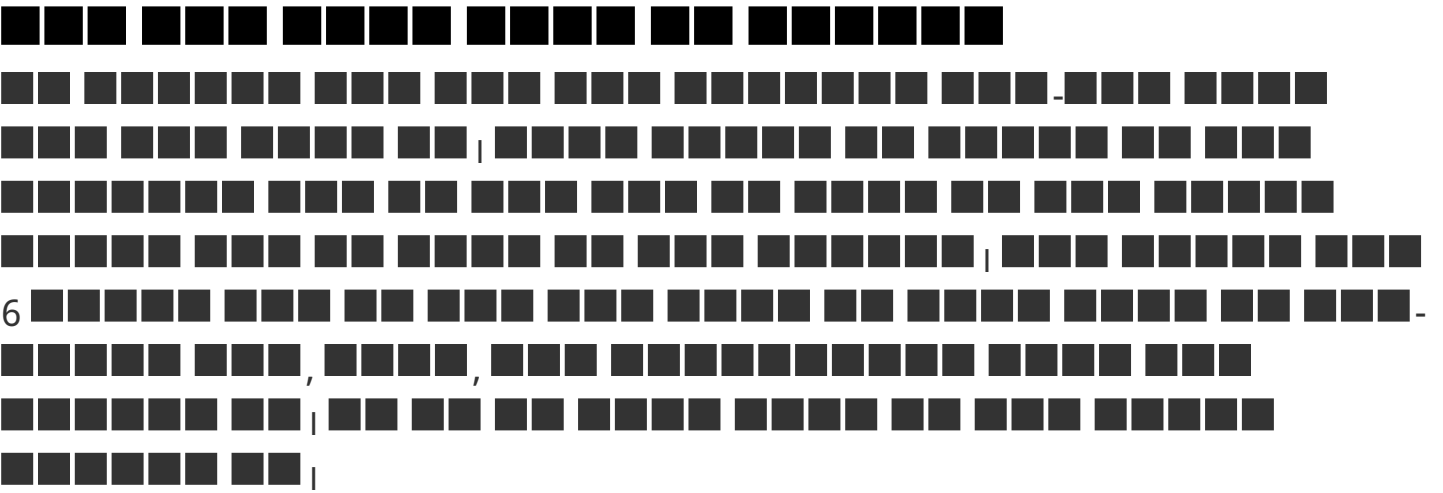


We want to know how you’re feeling after you leave the hospital. To help us care for you, we’ll send questions to your MSK MyChart account. We’ll send them every day for 10 days after you’re discharged. These questions are known as your Recovery Tracker.

Fill out your Recovery Tracker every day before midnight (12 a.m.). It only takes 2 to 3 minutes to complete. Your answers to these questions will help us understand how you’re feeling and what you need.

Based on your answers, we may reach out to you for more information. Sometimes, we may ask you to call your surgeon’s office. You can always contact your surgeon’s office if you have any questions.

To learn more, read *Common Questions About MSK's Recovery Tracker* (www.mskcc.org/cancer-care/patient-education/mymsk-recovery-tracker).



Follow these guidelines to help manage your pain at home.

- Take your medicines as directed and as needed.
- Call your healthcare provider if the medicine prescribed for you does not help your pain.

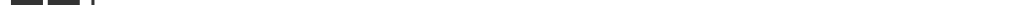
- Do not drive or drink alcohol while you're taking prescription pain medicine. Some prescription pain medicines can make you drowsy (very sleepy). Alcohol can make the drowsiness worse.
- You'll have less pain and need less pain medicine as your incision heals. An over-the-counter pain reliever will help with aches and discomfort. Acetaminophen (Tylenol®) and ibuprofen (Advil or Motrin) are examples of over-the-counter pain relievers.
 - Follow your healthcare provider's instructions for stopping your prescription pain medicine.
 - Do not take too much of any medicine. Follow the instructions on the label or from your healthcare provider.
 - Read the labels on all the medicines you're taking. This is very important if you're taking acetaminophen. Acetaminophen is an ingredient in many over-the-counter and prescription medicines. Taking too much can harm your liver. Do not take more than one medicine that has acetaminophen without talking with a member of your care team.
- Pain medicine should help you get back to your usual activities. Take enough to do your activities and exercises comfortably. You may have a little more pain as you start to be more active.
- Keep track of when you take your pain medicine. It works best 30 to 45 minutes after you take it. Taking it when you first have pain is better than waiting for the pain to get worse.

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2020年12月31日，公司总资产为1,000,000,000.00元，净资产为500,000,000.00元，营业收入为1,000,000,000.00元，净利润为100,000,000.00元，经营活动产生的现金流量净额为50,000,000.00元。

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2022 年 12 月 31 日，本公司 2022 年度利润分配方案为：以 2022 年 12 月 31 日总股本 100,000,000 股为基数，向全体股东每 10 股派发现金股利 1.00 元（含税），共计派发现金股利 10,000,000.00 元。

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Going back to work

Talk with your healthcare provider about your job. They'll tell you when it may be safe for you to start working again based on what you do. If you move around a lot or lift heavy objects, you may need to stay out a little longer. If you sit at a desk, you may be able to go back sooner.

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Managing your feelings

You may have new and upsetting feelings after a surgery for a serious illness. Many people say they felt weepy, sad, worried, nervous, irritable, or angry at one time or another. You may find that you cannot control some of these feelings. If this happens, it's a good idea to seek emotional support. Your healthcare provider can refer you to MSK's Counseling Center. You can also reach them by calling 646-888-0200.

The first step in coping is to talk about how you feel. Family and friends can help.

We can also reassure, support, and guide you. It's always a good idea to let us know how you, your family, and your friends are feeling emotionally. Many resources are available to you and your family. We're here to help you and your family and friends handle the emotional aspects of your illness. We can help no matter if you're in the hospital or at home.

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Support services

This section has a list of support services. They may help you as you get ready for your surgery and recover after your surgery.

As you read this section, write down questions to ask your healthcare provider.

MSK support services

Admitting Office

212-639-7606

Call if you have questions about your hospital admission, such as asking for a private room.

Anesthesia

212-639-6840

Call if you have questions about [anesthesia](#).

Blood Donor Room

212-639-7643

Call for information if you're interested in [donating blood or platelets](#).

Bobst International Center

www.msk.org/international

888-675-7722

We welcome patients from around the world and offer many services to help. If you're an international patient, call for help arranging your care.

Counseling Center

www.msk.org/counseling

646-888-0200

Many people find that counseling helps them. Our Counseling Center offers counseling for individuals, couples, families, and groups. We can also prescribe medicine to help if you feel anxious or depressed. Ask a member of your care team

for a referral or call the number above to make an appointment.

Food Pantry Program

646-888-8055

We give food to people in need during their cancer treatment. Talk with a member of your care team or call the number above to learn more.

Integrative Medicine and Wellness Service

www.msk.org/integrativemedicine

Our Integrative Medicine and Wellness Service offers many services to complement (go along with) traditional medical care. For example, we offer music therapy, mind/body therapies, dance and movement therapy, yoga, and touch therapy. Call 646-449-1010 to make an appointment for these services.

You can also schedule a consultation with a healthcare provider in the Integrative Medicine and Wellness Service. They'll work with you to make a plan for creating a healthy lifestyle and managing side effects. Call 646-608-8550 to make an appointment for a consultation.

MSK Library

library.mskcc.org

You can visit our library website or email asklibrarian@mskcc.org to talk with the library reference staff. They can help you find more information about a type of cancer. You can also visit the library's [Patient Education Resource Guide](#).

Nutrition Services

www.msk.org/nutrition

212-639-7312

Our Nutrition Service offers nutritional counseling with one of our clinical dietitian nutritionists. Your clinical dietitian nutritionist will talk with you about your eating habits. They can also give advice on what to eat during and after treatment. Ask a member of your care team for a referral or call the number above to make an appointment.

Patient and Community Education

www.msk.org/pe

Visit our patient and community education website to search for educational

resources, videos, and online programs.

Patient Billing

646-227-3378

Call if you have questions about preauthorization with your insurance company. This is also called preapproval.

Patient Representative Office

212-639-7202

Call if you have questions about the Health Care Proxy form or concerns about your care.

Perioperative Nurse Liaison

212-639-5935

Call if you have questions about MSK releasing any information while you're having surgery.

Private Duty Nurses and Companions

646-357-9272

You can request private nurses or companions to care for you in the hospital and at home. Call to learn more.

Rehabilitation Services

www.msk.org/rehabilitation

Cancers and cancer treatments can make your body feel weak, stiff, or tight. Some can cause lymphedema (swelling). Our physiatrists (rehabilitation medicine doctors), occupational therapists (OTs), and physical therapists (PTs) can help you get back to your usual activities.

- **Rehabilitation medicine doctors** diagnose and treat problems that affect how you move and do activities. They can design and help coordinate your rehabilitation therapy program, either at MSK or somewhere closer to home. Call Rehabilitation Medicine (Physiatry) at 646-888-1929 to learn more.
- An **OT** can help if you're having trouble doing usual daily activities. For example, they can recommend tools to help make daily tasks easier. A **PT** can teach you exercises to help build strength and flexibility. Call Rehabilitation Therapy at

646-888-1900 to learn more.

Resources for Life After Cancer (RLAC) Program

646-888-8106

At MSK, care does not end after your treatment. The [RLAC Program](#) is for patients and their families who have finished treatment.

This program has many services. We offer seminars, workshops, support groups, and counseling on life after treatment. We can also help with insurance and employment issues.

Sexual Health Programs

Cancer and cancer treatments can affect your sexual health, fertility, or both. MSK's sexual health programs can help you before, during, or after your treatment.

- Our [Female Sexual Medicine and Women's Health Program](#) can help with sexual health problems such as premature menopause or fertility issues. Ask a member of your MSK care team for a referral or call 646-888-5076 to learn more.
- Our [Male Sexual and Reproductive Medicine Program](#) can help with sexual health problems such as erectile dysfunction (ED). Ask a member of your care team for a referral or call 646-888-6024 to learn more.

Social Work

www.msk.org/socialwork

212-639-7020

Social workers help patients, families, and friends deal with common issues for people who have cancer. They provide individual counseling and support groups throughout your treatment. They can help you communicate with children and other family members.

Our social workers can also help refer you to community agencies and programs. If you're having trouble paying your bills, they also have information about financial resources. Call the number above to learn more.

Spiritual Care

212-639-5982

Our chaplains (spiritual counselors) are available to listen, help support family members, and pray. They can contact community clergy or faith groups, or simply be a comforting companion and a spiritual presence. Anyone can ask for [spiritual support](#). You do not have to have a religious affiliation (connection to a religion).

MSK's interfaith chapel is located near Memorial Hospital's main lobby. It's open 24 hours a day. If you have an emergency, call 212-639-2000. Ask for the chaplain on call.

Tobacco Treatment Program

www.msk.org/tobacco

212-610-0507

If you want to quit smoking, MSK has specialists who can help. Call to learn more.

Virtual Programs

www.msk.org/vp

We offer online education and support for patients and caregivers. These are live sessions where you can talk or just listen. You can learn about your diagnosis, what to expect during treatment, and how to prepare for your cancer care.

Sessions are private, free, and led by experts. Visit our website to learn more about Virtual Programs or to register.

External support services

Access-A-Ride

web.mta.info/nyct/paratran/guide.htm

877-337-2017

In New York City, the MTA offers a shared ride, door-to-door service for people with disabilities who can't take the public bus or subway.

Air Charity Network

www.aircharitynetwork.org

877-621-7177

Provides travel to treatment centers.

American Cancer Society (ACS)

www.cancer.org

800-ACS-2345 (800-227-2345)

Offers a variety of information and services, including Hope Lodge, a free place for patients and caregivers to stay during cancer treatment.

Cancer and Careers

www.cancerandcareers.org

646-929-8032

A resource for education, tools, and events for employees with cancer.

Cancer*Care*

www.cancercare.org

800-813-4673

275 Seventh Avenue (Between West 25th & 26th Streets)

New York, NY 10001

Provides counseling, support groups, educational workshops, publications, and financial assistance.

Cancer Support Community

www.cancersupportcommunity.org

Provides support and education to people affected by cancer.

Caregiver Action Network

www.caregiveraction.org

800-896-3650

Provides education and support for people who care for loved ones with a chronic illness or disability.

Corporate Angel Network

www.corpangelnetwork.org

866-328-1313

Offers free travel to treatment across the country using empty seats on corporate jets.

Good Days

www.mygooddays.org

877-968-7233

Offers financial assistance to pay for copayments during treatment. Patients must have medical insurance, meet the income criteria, and be prescribed medicine that's part of the Good Days formulary.

HealthWell Foundation

www.healthwellfoundation.org

800-675-8416

Provides financial assistance to cover copayments, health care premiums, and deductibles for certain medicines and therapies.

Joe's House

www.joeshouse.org

877-563-7468

Provides a list of places to stay near treatment centers for people with cancer and their families.

LGBT Cancer Project

www.lgbtcancer.com

Provides support and advocacy for the LGBT community, including online support groups and a database of LGBT-friendly clinical trials.

LIVESTRONG Fertility

www.livestrong.org/fertility

855-744-7777

Provides reproductive information and support to cancer patients and survivors whose medical treatments have risks associated with infertility.

Look Good Feel Better Program

www.lookgoodfeelbetter.org

800-395-LOOK (800-395-5665)

This program offers workshops to learn things you can do to help you feel better about your appearance. For more information or to sign up for a workshop, call the number above or visit the program's website.

National Cancer Institute

www.cancer.gov

800-4-CANCER (800-422-6237)

National Council on Aging (NCOA)

www.benefitscheckup.org

Provides information and resources for older adults. Offers BenefitsCheckUp®, a free online tool that connects you to prescription assistance programs, including Medicare's Extra Help program.

National LGBT Cancer Network

www.cancer-network.org

Provides education, training, and advocacy for LGBT cancer survivors and those at risk.

Needy Meds

www.needymeds.org

Lists Patient Assistance Programs for brand and generic name medicines.

NYRx

www.health.ny.gov/health_care/medicaid/program/pharmacy.htm

Provides prescription benefits to eligible employees and retirees of public sector employers in New York State.

Patient Access Network (PAN) Foundation

www.panfoundation.org

866-316-7263

Gives help with copayments for patients with insurance.

Patient Advocate Foundation

www.patientadvocate.org

800-532-5274

Provides access to care, financial assistance, insurance assistance, job retention assistance, and access to the national underinsured resource directory.

Red Door Community (formerly known as Gilda's Club)

www.reddoorcommunity.org

212-647-9700

A place where people living with cancer find social and emotional support through

networking, workshops, lectures, and social activities.

RxHope

www.rxhope.com

877-267-0517

Provides assistance to help people get medicines they have trouble affording.

Triage Cancer

www.triagecancer.org

Provides legal, medical, and financial information and resources for cancer patients and their caregivers.

Educational resources

This section lists the educational resources mentioned in this guide. They will help you get ready for your surgery and recover after your surgery.

As you read these resources, write down questions to ask your healthcare provider.

- *Advance Care Planning for People With Cancer and Their Loved Ones* (www.mskcc.org/cancer-care/patient-education/advance-care-planning)
- *Call! Don't Fall!* (www.mskcc.org/cancer-care/patient-education/call-dont-fall)
- *How To Check if a Medicine or Supplement Has Aspirin, Other NSAIDs, Vitamin E, or Fish Oil* (www.mskcc.org/cancer-care/patient-education/common-medications-containing-aspirin-and-other-nonsteroidal-anti-inflammatory-drugs-nsaids)
- *Herbal Remedies and Cancer Treatment* (www.mskcc.org/cancer-care/patient-education/herbal-remedies-and-treatment)
- *How To Use Your Incentive Spirometer* (www.mskcc.org/cancer-care/patient-education/how-use-your-incentive-spirometer)
- *What You Can Do to Avoid Falling* (www.mskcc.org/cancer-care/patient-education/what-you-can-do-avoid-falling)
- *Common Questions About MSK's Recovery Tracker* (www.mskcc.org/cancer-care/patient-education/mymsk-recovery-tracker)

MSK is a leading provider of cancer care and research. We are committed to providing the best possible care for our patients. Our team of experts is dedicated to understanding the unique needs of each patient and providing personalized treatment plans. We offer a wide range of services, including surgery, chemotherapy, radiation therapy, and immunotherapy. Our goal is to help our patients live longer, healthier lives. For more information, please contact us at 212-639-2000 or visit our website at www.mskcc.org.

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