KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL

THE CHECK UP

VOL. 7 ISSUE 6

MEN'S EMPOWERMENT FORUM 2026

"STRONG MEN ASK FOR HELP, PLAN FOR THE FUTURE, AND SUPPORT ONE ANOTHER."

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MEN'S EMPOWERMENT FORUM 2026

"Strong Men Ask for Help, Plan for the Future, and Support One Another."

In recognition of Men's Mental Health Awareness Month, KUTRRH hosted the Men's Empowerment Forum, bringing together staff for meaningful discussions on men's mental health, financial wellness, personal growth, and the importance of seeking support during life's challenges.

Moderated by Shem Mutwiri, the interactive forum provided a safe space for participants to openly share personal experiences and life lessons. The discussions highlighted the strong connection between mental well-being, financial stability, healthy relationships, and purposeful living.

The first session, facilitated by Ms. Jackie Ogutu, a Financial Advisor from Old Mutual, emphasized the impact of financial health on mental well-being. She encouraged participants to develop healthy financial habits by budgeting, setting achievable financial goals, and adopting disciplined saving practices. She also explained different financial personalities, including spenders, savers, investors, and dreamers—and demonstrated how sound financial planning can reduce stress and improve overall well-being.

The second session, led by Mr. Martin Ochieng Ayoo, KUTRRH's Director of ICT and Innovation, focused on purposeful living and intentional financial planning. He urged participants to set clear life goals, manage resources responsibly, and build their lives on integrity, discipline, and resilience rather than titles or positions.

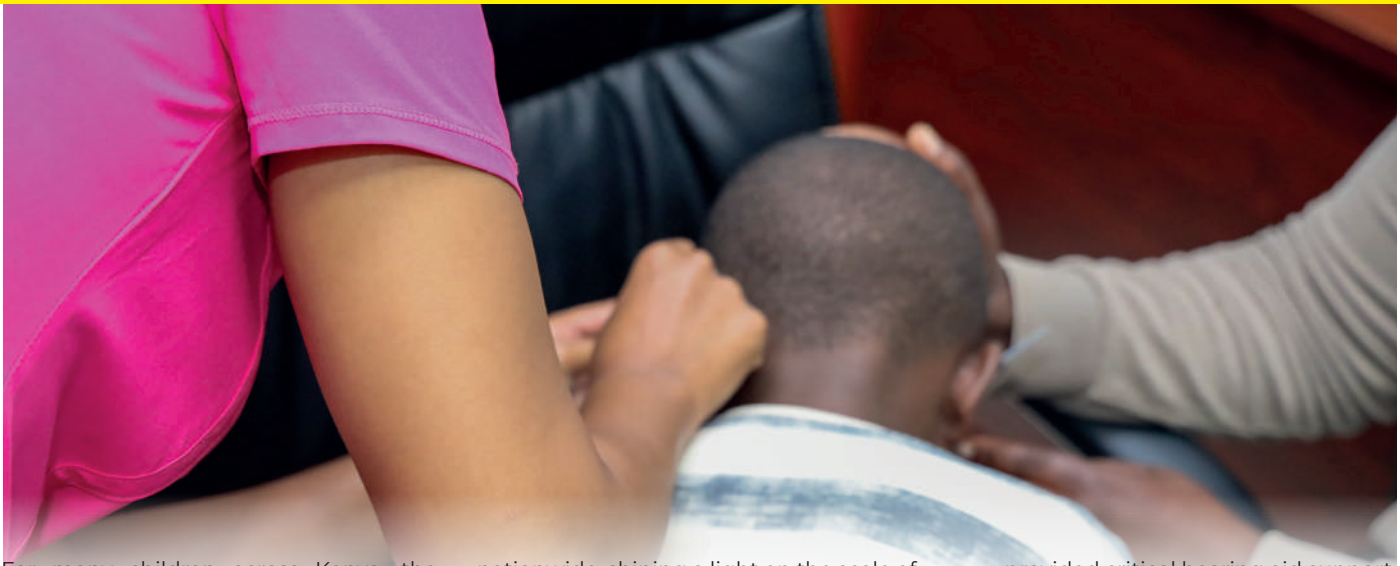
One of the forum's most impactful moments was the open discussion, where participants shared experiences related to financial pressures, family responsibilities, workplace challenges, and emotional struggles. The conversations encouraged men to speak openly about their mental health, seek help when needed, and build strong support systems among colleagues, friends, and family.

The forum reaffirmed that seeking help is a sign of strength, not weakness, and that mental wellness is essential for both personal and professional success. By promoting financial literacy, open dialogue, and peer support, KUTRRH continues to demonstrate its commitment to staff well-being and to fostering a workplace where employees can thrive.

Through initiatives such as the Men's Empowerment Forum, KUTRRH encourages men to plan wisely, support one another, and prioritize their mental health—recognizing that healthy, empowered men are the foundation of strong families, workplaces, and communities.

GIVING THE GIFT OF SOUND:

ENT Medical Camp Brings Hope to Children with Hearing Loss



For many children across Kenya, the world has always been a quieter place than it should be. Undiagnosed hearing loss has meant missed lessons, missed conversations, and missed opportunities. But from 10th to 12th June 2026, KUTRRH took a bold step toward changing that reality, hosting a three-day Ear, Nose and Throat (ENT) Camp that brought together medical specialists, government agencies, and international partners in a shared commitment to restoring hearing and transforming the lives of children across the country.

Led by Dr. Ian Macharia, the hospital's ENT Surgeon and Head of Department, the camp was the culmination of a wide-community out-reach program designed to identify, assess, and support children living with hearing loss.

"What's happening is that children can create dignity for themselves, be able to grow socially, communicate, and be aware of their environment. And that's the aim of all of this." – Dr. Ian Macharia.

The ENT Camp is the second phase of a two-phase program developed in partnership with the Clinton Health Access Initiative (CHAI) and Build a World of Play (BAWP), with the overarching goal of supporting children with hearing loss through a comprehensive, end-to-end approach to care.

The first phase took the program directly into the community, with teams going out to schools across Kenya to identify and screen children for hearing loss. The results were striking, with more than 4,700 children screened across schools nationwide, shining a light on the scale of undetected hearing impairment among the country's school-going population.

The second phase, the ENT Camp itself, brought the identified children to the facility for hospital-based hearing assessments and a full range of support services. At the camp, children underwent hearing aid fitting, speech assessments, and rehabilitation support, giving them the tools and the professional guidance needed to navigate the world of sound with greater confidence and independence.

Through the ENT Camp, the program aimed to support more than 80 children through specialized, tailored interventions.

Each child received individualized attention from KUTRRH's team of hearing specialists ensuring that the support provided was matched to their specific level of hearing loss and their unique communication needs. The goal throughout was not merely to fit a hearing aid but to help each child stay aware of and communicate meaningfully within their environment, at home, in school, and in their wider community.

The success of the ENT Camp was made possible by a remarkable collaboration of partners who brought together government authority, clinical expertise, and international resources in support of a common cause. The program was delivered in collaboration with:

The Ministry of Health (MOH) which provides national health system support and coordination.

- The Ministry of Education, ensuring that the program reached children within the school system.
- The Clinton Health Access Initiative (CHAI), co-designing and driving the program's implementation.
- The Starkey Foundation, a leading hearing solutions organization that provided critical hearing aid support.
- All hearing care specialists at KUTRRH, whose clinical expertise was the backbone of every assessment and intervention carried out during the camp.

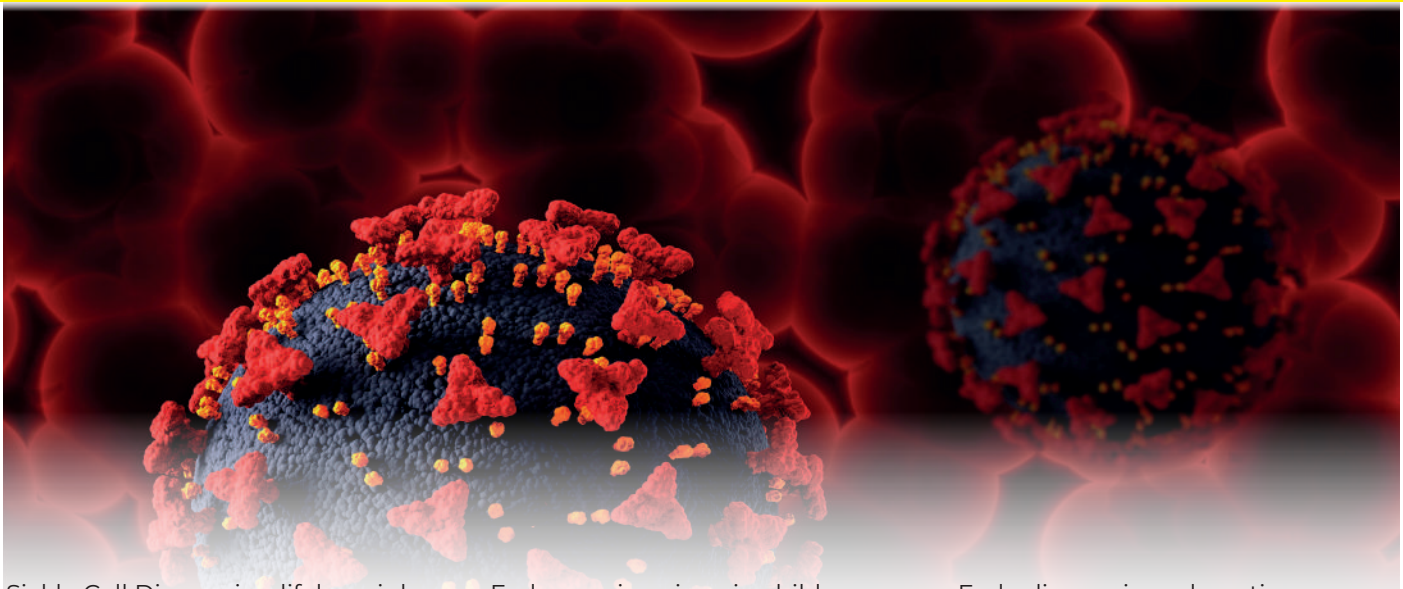
This multi-sectoral collaboration reflects the kind of partnership-driven approach that KUTRRH continues to champion, bringing together government, civil society, and the private sector in addressing some of Kenya's most pressing health challenges.

The ENT Camp was more than a three-day medical event. It was a statement of the hospital's deep and sustained commitment to inclusive, community-centered healthcare. By reaching beyond the hospital walls into schools and communities to identify children who might otherwise never have received a diagnosis, the program demonstrated that world-class healthcare is not just about the quality of care delivered inside a hospital but about the reach and impact of that care in the lives of everyday Kenyans.

For the children who passed through the camp, the experience represented something profoundly life-changing: the moment the world got louder, clearer, and full of possibility. For KUTRRH, it represented another chapter in its ongoing story of delivering specialized, patient-centered care that goes the extra mile, literally and figuratively, for those who need it most.

As the program continues to evolve and expand, KUTRRH remains committed to ensuring that no child in Kenya is left behind simply because they cannot hear.

Sickle Cell Disease: Understanding the Condition, Early Signs, and Hope for Families



Sickle Cell Disease is a lifelong inherited blood disorder that continues to affect many families in Kenya and across Sub-Saharan Africa. It affects the shape and function of red blood cells, leading to reduced oxygen delivery, pain episodes, and long-term complications if not properly managed.

Dr John Otieno Ochieng', a medical doctor in the Department of Internal Medicine, explained how the condition develops, its early signs, and how families can support affected individuals.

What happens in the body

Dr Otieno explained that sickle cell disease affects haemoglobin, the protein that carries oxygen in red blood cells. Normally, red blood cells are soft and flexible, shaped like "doughnut-like discs," allowing smooth movement through blood vessels.

In sickle cell disease, the cells become rigid and sickle shaped. These abnormal cells block small blood vessels, reducing oxygen supply to tissues.

"When the cells block small blood vessels, the body tissues are deprived of oxygen, leading to pain and complications," Dr Otieno said.

These blockages cause sudden painful episodes known as pain crises and may also lead to long-term organ damage.

Early warning signs in children

One of the earliest and most important signs appears in infancy. Dr Otieno highlighted swelling and pain in the fingers and toes (dactylitis) caused by blocked blood flow in small bones. "The child may cry, refuse to use the hands, and the fingers become swollen and painful," he explained. Other early signs include: frequent pain episodes, swollen hands and feet, pale skin or yellow eyes (jaundice), repeated infections, fatigue, and poor growth.

He emphasized that these symptoms are often mistaken for common childhood illnesses, delaying diagnosis and treatment.

Sickle cell disease vs sickle cell trait

Dr Otieno explained that sickle cell disease occurs when a child inherits two abnormal haemoglobin genes, one from each parent. Sickle cell trait occurs when only one gene is inherited; these individuals usually have no symptoms but can pass the gene to their children.

Treatment and management

Although there is no universal cure, sickle cell disease can be managed effectively. Treatment includes pain relief during crises, preventive antibiotics, vaccinations, regular checkups, blood transfusions when needed, hydroxyurea therapy to reduce complications, and in some cases, bone marrow transplant.

Early diagnosis and continuous care significantly improve quality of life and reduce complications.

Living with sickle cell disease

Beyond physical symptoms, patients and families face emotional and social challenges due to frequent illness episodes and hospital visits. Dr Otieno emphasized the importance of support, understanding, and encouragement.

"Families should celebrate people living with sickle cell disease. Their journey is quite tough, and they deserve recognition for their resilience. We must encourage hope and continue supporting them emotionally and socially," he said.

Sickle cell disease remains a serious but manageable condition. With early diagnosis, proper treatment, and strong family support, individuals affected can live meaningful lives. Dr Ochieng's insights highlight a key message: awareness, early care, and compassion are essential in improving outcomes for patients.

Driving Climate Action Through Ecosystem Restoration & Community Partnership.

KUTRRH continues to demonstrate leadership in environmental sustainability through an ecosystem restoration program that achieved its annual target of 52,000 trees during the 2025/2026 Financial Year. The initiative forms part of the Hospital's broader environmental management strategy aimed at carbon offsetting, biodiversity conservation, watershed protection, and climate change mitigation, while supporting Kenya's National Tree Growing and Landscape Restoration Campaign.

Rather than focusing solely on increasing tree numbers, KUTRRH has adopted a landscape restoration approach that seeks to establish healthy, self-sustaining forest ecosystems capable of delivering long-term environmental, social, and economic benefits. Implemented in partnership with the Kenya Forest Service (KFS) and local communities in Elgeyo Marakwet County, the program is anchored on community ownership, sustainable forest management, and ecological restoration.

Since its inception in 2023, the program has consistently met its annual planting target of 52,000 trees, demonstrating that environmental sustainability can be successfully integrated into healthcare operations.

A major contributor to the program's success is the Plantation Establishment and Livelihood Improvement Scheme (PELIS), a participatory forest restoration model implemented by KFS. Through PELIS, forest-adjacent communities help establish and maintain trees while benefiting from controlled cultivation during the early stages of forest regeneration. This approach enhances tree survival, strengthens community stewardship, improves livelihoods, and supports the restoration of degraded forest landscapes.

The program also reflects KUTRRH's commitment to internationally recognized environmental standards by operationalizing the principles of the World Bank Environmental and Social Standards (ESS1 and ESS3). Through these frameworks, the Hospital has strengthened environmental governance by:

- Integrating environmental risk assessment into restoration planning.
- Promoting inclusive stakeholder engagement and community participation.
- Enhancing resource efficiency and ecosystem conservation.
- Strengthening environmental monitoring and reporting.
- Supporting climate change mitigation through carbon sequestration and landscape restoration.
- Delivering measurable environmental and social outcomes through evidence-based management.

KUTRRH's annual contribution of 52,000 trees directly supports Kenya's goal of achieving at least 30% national tree cover by 2032. More importantly, it demonstrates how healthcare institutions can play a meaningful role in addressing climate change while generating positive health, environmental, and socio-economic outcomes.

As climate change and ecosystem degradation increasingly impact public health, KUTRRH recognizes that environmental sustainability is inseparable from its healthcare mandate. By combining ecosystem restoration, community partnerships, carbon offsetting, and global environmental safeguard principles, the Hospital is positioning itself among healthcare institutions that are embracing environmental leadership as part of delivering better health for present and future generations.

The successful planting of 52,000 trees during the 2025/2026 Financial Year is therefore more than an environmental achievement—it is a testament to KUTRRH's commitment to restoring ecosystems, empowering communities, strengthening climate resilience, and building a healthier, more sustainable future for Kenya.

THE SILENT CRISIS: BRING EMPATHY BACK TO MEN`S MENTAL HEALTH

Every June, the global conversation turns to a subject that remains, for many, deeply uncomfortable: the mental health of men. This year, the theme is "Bring Back Empathy," a call to action that acknowledges a widening empathy gap in how society recognizes and responds to the emotional well-being of men. At KUTRRH, our mental health team joined this conversation — not just as clinicians, but as advocates for change.

Empathy, at its core, is the capacity to understand and share the feelings of another. It is the bridge between isolation and connection. Yet when it comes to men, that bridge has too often been absent. Society has long conditioned men to be stoic, resilient, and emotionally self-sufficient. To show vulnerability, the narrative goal is to show weakness. This month, we seek to challenge and dismantle that narrative entirely.

A Crisis Hidden in Plain Sight

Mental health challenges do not discriminate. Across the general population, men and women alike struggle with depression, anxiety, and psychological distress. However, a critical distinction exists men are far less likely to seek professional help. This phenomenon what mental health professionals are now calling the "silent crisis", means that while fewer men present in clinical settings, more are suffering in silence, their struggles masked by societal expectations and deeply ingrained stigma.

Nowhere is this crisis more clearly illustrated than in suicide statistics. While women report more suicide attempts, men are significantly more likely to die by suicide; a tragic consequence of choosing more lethal methods and reaching out for help too late, or not at all. Depression and anxiety are prevalent among men, but they rarely present in the ways clinicians are trained to recognize. The classic signs are tearfulness, expressed sadness, open withdrawal are often absent. Instead, the distress is buried, re-routed, and suppressed until it manifests in other more visible ways.

Recognizing the Warning Signs

From a clinical perspective, identifying mental distress in men requires a different lens. Because a man in crisis is unlikely to break down openly, families and communities must learn to read subtler signals. The first and perhaps most telling sign is a marked change in behavior. If someone who was known to be calm and composed suddenly becomes irritable, prone to anger outbursts, or unpredictable in temperament, this deserves attention.

Social withdrawal is another key indicator. A man who once thrived in social settings, meeting friends, attending community events, engaging with family then all over sudden begins to isolate himself, is communicating distress through his absence. Similarly, declining performance at work, persistent absenteeism, or an inability to meet responsibilities that were previously routine, may signal that something deeper is wrong.

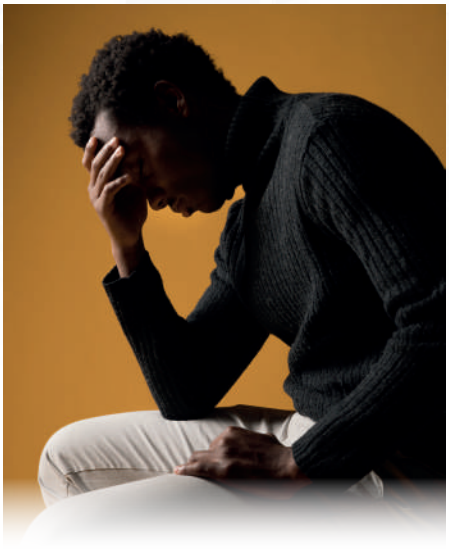
One of the most widely observed coping mechanisms among men in distress is escalating substance use. What begins as moderate alcohol consumption can shift into dependency. Some turn to other substances entirely. Risky or erratic behavior that is out of character like; recklessness, aggression, or self-destructive decisions, are all cries for help, even when they do not look like it. In such moments, the community plays a vital role. As our clinicians often say, "be your brother's keeper."

The Role of Community and Family

The empathy gap in men's mental health exists at two levels: the internal world of the individual man, who has been socialized not to acknowledge or articulate emotional pain; and the broader social environment, which continues to penalize vulnerability in men. Closing this gap demands effort at both levels. It requires men to give themselves permission to feel, speak and seek help. It also requires families, friends, workplaces, and healthcare institutions like KUTRRH to create safe, stigma-free spaces for those conversations to happen.

This Men's Mental Health Month, KUTRRH reaffirms its commitment to compassionate, evidence-based mental health care for all. We encourage men to check in with themselves and with one another. We invite families to pay attention, lean in, and resist the temptation to dismiss behavioral changes as "just stress." And we remind all who may be struggling, reaching out is not a sign of weakness, it is, in fact, one of the most courageous things a person can do. As we celebrate men's mental health month, men should remember that vulnerability is not weakness, it is the beginning of healing.

Happy men's mental health awareness month.



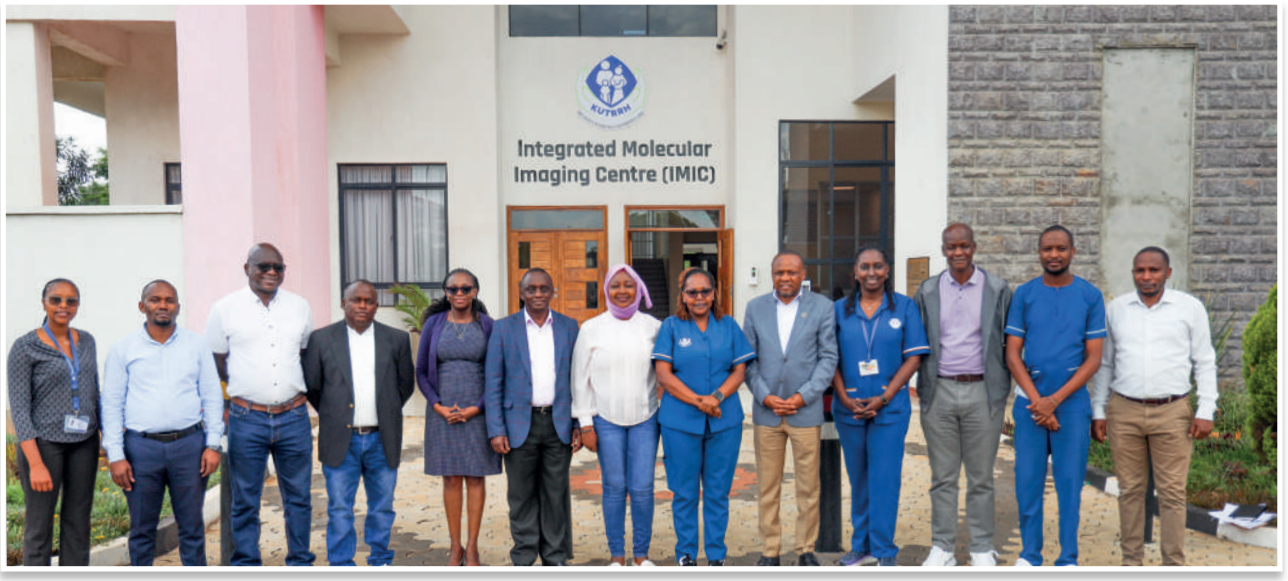
PICTORIAL

KUTRRH CEO Dr. Zeinab Gura (3rd left) with the newly elected KMPDU Nairobi Branch officials led by Branch Chairperson Dr. William Muriuki (2nd right) during a stakeholder engagement meeting with Hospital's Management, aimed at fostering collaboration and strengthening partnership in advancing healthcare services.

KUTRRH team led by the Director of Training, Research, Partnerships and Resource Mobilization Dr.Caroline Ngugi (5th right) during a collaborative engagement meeting with the Kenyatta International Convention Centre (KICC) team to strengthen institutional partnerships and explore areas of mutual collaboration.

KUTRRH team led by Director Training, Research, Partnership and Resource Mobilisation, Dr.Caroline Ngugi (4th right) with a team from Chuka University Credit facility during an establishment meeting at the Hospital

KUTRRH Research and Clinical Team during the Research and Clinical Trials Day at the Hospital Auditorium, celebrating innovation, collaboration, and excellence in advancing patient-centered research.



KUTRRH team with the Bamburi Cement team during a benchmarking visit aimed at fostering knowledge exchange, strengthening partnerships, and exploring opportunities for collaboration in advancing cancer care services.

KUTRRH team receives contour pillows from Ridgeways Baptist Church, a generous donation aimed at enhancing patient comfort and supporting quality care

Showcasing Healthcare Excellence at the Africa Public Service Day 2026

KUTRRH was among the key public institutions that participated in the two-day Africa Public Service Day (APSD) 2026 celebrations held at the Kenyatta International Convention Centre (KICC) in Nairobi. This important continental event brought together public sector institutions, policymakers, development partners, and stakeholders from various sectors with the shared goal of showcasing innovation, strengthening partnerships, and enhancing the quality of public service delivery across Africa.

The 2026 celebrations were held under the theme, "Enhancing Public Sector Institutional Empowerment through Multi-Stakeholder Partnerships to Achieve Universal Water Availability and Safe Sanitation by 2063." The theme emphasized the importance of collaborative efforts in addressing critical development challenges and highlighted the need for integrated approaches to ensure sustainable access to essential services. The platform provided an opportunity for institutions to reflect on progress, share experiences, and align strategies toward achieving long-term development goals under Agenda 2063.

The event was officially graced by Hon. Geoffrey Kiringa Ruku, Cabinet Secretary for Public Service, Human Capital Development and Social Programmes, and hosted by Dr. Jane Kere Imbunya (PhD), Principal Secretary in the State Department for Public Service. Their presence underscored the government's commitment to strengthening public sector institutions and promoting effective service delivery through partnerships and innovation. The high-level engagement also created an enabling environment for dialogue on policy direction and institutional capacity building.

During the celebrations, KUTRRH showcased its comprehensive range of healthcare services, positioning itself as a leading institution in the delivery of specialized and general medical care in Kenya. The hospital highlighted its commitment to quality, patient-centered care, underpinned by modern technology, skilled healthcare professionals, and continuous improvement in service delivery. This demonstration reinforced the hospital's strategic focus on meeting the evolving healthcare needs of the population while maintaining high clinical standards. The hospital's exhibition booth attracted significant interest from dignitaries, stakeholders, and members of the public, many of whom visited to learn more about the hospital's specialized services, innovations, and contribution to strengthening Kenya's healthcare system. The interactions provided a valuable platform for engagement, allowing KUTRRH representatives to share insights on its services, respond to inquiries, and highlight ongoing efforts to expand access to advanced healthcare solutions.

Beyond exhibition, KUTRRH's participation facilitated knowledge exchange and networking with other public institutions and development partners. These engagements supported the identification of potential collaborations, learning opportunities, and best practices that could further enhance healthcare delivery. The hospital's presence at APSD 2026 reflected its proactive approach to engaging with broader public sector initiatives and aligning its objectives with national and continental development priorities.

Through its participation, KUTRRH demonstrated not only its clinical excellence but also its commitment to innovation, collaboration, and continuous improvement in healthcare service delivery. The engagement further reinforced the hospital's role as a key contributor to the advancement of accessible, high-quality healthcare in Kenya.

KUTRRH's presence at APSD 2026 ultimately served as a testament to its dedication to excellence and its ongoing efforts to transform healthcare delivery through strategic partnerships, innovation, and a patient-centered approach. As the public sector continues to evolve, such platforms remain critical in fostering collaboration, driving innovation, and enhancing service delivery for the benefit of all citizens.

KUTRRH's Commitment to Community Well-Being Through CSR

Healthcare goes beyond diagnosing illnesses and treating patients within hospital walls. It extends into the community through compassion, education, and meaningful partnerships that improve lives. At KUTRRH, Corporate Social Responsibility (CSR) remains a vital pillar in fulfilling this commitment by reaching vulnerable members of society and promoting healthier communities.

As part of its ongoing CSR initiatives, the hospital carried out a series of community outreach programs aimed at supporting children, empowering young people, and improving the well-being of elderly people. These activities reflected the hospital's dedication to promoting health, restoring hope, and creating lasting social impact.

One of the outreach activities was held at Familia ya Ufariji Children's Home during the commemoration of the Day of the African Child, observed annually on June 16. This year's theme, "Ensuring Universal Access to Water, Sanitation and Hygiene for Every Child in Africa," emphasized the importance of protecting children's health, dignity, and future through improved hygiene and sanitation practices.

The celebration was filled with excitement as the children entertained guests through vibrant songs, dances, and creative presentations that showcased their talents and resilience. Their performances created a joyful atmosphere and reminded everyone of the importance of nurturing every child's potential. As part of the hospital's CSR program, the hospital donated foodstuffs and other essential supplies to support the children's welfare. More importantly, the visit provided an opportunity for staff to interact with the children, share memorable moments, and reaffirm the hospital's commitment to supporting vulnerable members of society.

The hospital also extended its outreach to the Kamiti Youth Correctional and Training Centre, where healthcare professionals conducted educational sessions focusing on personal hygiene and mental health. Participants were educated on proper body hygiene practices, environmental cleanliness, and the importance of maintaining good hygiene in preventing disease.

The mental health session encouraged open discussions about emotional well-being and highlighted the importance of seeking help whenever one experiences mental health challenges. Youth were encouraged to speak to trusted individuals, seek counselling when necessary, and understand that taking care of one's mental health is just as important as maintaining physical health. The interactive discussions created a supportive environment where participants actively engaged with the facilitators and gained valuable knowledge that can positively influence their lives.

KUTRRH's commitment to community well-being also reached the elderly through a visit to the Little Sisters of the Poor Home in partnership with Membley Technical College. The outreach combined health education with acts of kindness aimed at promoting dignity and improving the quality of life of the residents.

Healthcare professionals conducted sessions on infection prevention, personal hygiene, and mental wellness while encouraging residents to remain socially active and seek emotional support whenever needed. The team also donated essential items and participated in grooming activities, including hairdressing, shaving, and nail care. These simple yet meaningful acts brought smiles to the residents and created memorable moments of companionship and care.

Although each outreach activity served different members of the community, they shared a common purpose to demonstrate that healthcare is not confined to hospital wards but is also about compassion, education, and community engagement. By investing in children, empowering young people with knowledge, and supporting older people with dignity and respect, KUTRRH continues to strengthen its relationship with the communities it serves.

Through Corporate Social Responsibility initiatives such as these, KUTRRH remains committed to promoting healthier lives, inspiring hope, and making a meaningful difference beyond healthcare. As the hospital continues to grow as a Centre of excellence in healthcare, research, and teaching, its dedication to serving the community remains at the heart of its mission.

KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL (KUTRRH)

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PLATINUM PACKAGE

FULL BLOOD COUNT (FBC)	STOOL OCCULT BLOOD	CALCIUM	BLOOD PROTEIN TEST (CA 125)	COLON CANCER MARKER (CEA)
C-REACTIVE PROTEIN (CRP)	LIVER FUNCTION TESTS (LFT)	PHOSPHORUS	PANCREATIC TUMOR MARKER (CA 19-9)	LIPID PROFILE
BLOOD GROUP	KIDNEY FUNCTION TESTS (UEC)	MAGNESIUM	BREAST CANCER TEST (CA 15-3)	MAMMOGRAM (age>40)
COLONOSCOPY	BLOOD SUGAR TEST (HBA1C)	VITAMIN D	PAPSMEAR	BREAST ULTRASOUND (age<40)
URINE ANALYSIS	THYROID PROFILE	ECHOCARDIOGRAM	HEART ELECTROCARDIOGRAM (ECG)	MICROALBUMIN
LIVER TUMOR MARKER (AFP)		GLUCOSE (FASTING OR RANDOM)		OVARIAN CANCER MARKER (CA 125)
URIC ACID	UPPER GIT ENDOSCOPY	CLINICAL BREAST EXAMINATION		KSH 45,000

GOLD PACKAGE

FULL BLOOD COUNT (FBC)	STOOL OCCULT BLOOD	LIPID PROFILE	VITAMIN D	GLUCOSE (FASTING OR RANDOM)	MAMMOGRAM (age>40)
C-REACTIVE PROTEIN (CRP)	LIVER FUNCTION TESTS (LFT)	BLOOD SUGAR TEST (HBA1C)		URIC ACID	BREAST ULTRASOUND (age<40)
BLOOD GROUP	KIDNEY FUNCTION TESTS (UEC)	THYROID STIMULATING HORMONE (TSH)		HEART ELECTROCARDIOGRAM (ECG)	CLINICAL BREAST EXAMINATION
URINE ANALYSIS	CALCIUM	PAPSMEAR		ECHOCARDIOGRAM	KSH 20,000

BRONZE PACKAGE

FULL BLOOD COUNT (FBC)	STOOL OCCULT BLOOD	URINE ANALYSIS	KIDNEY FUNCTION TESTS (UEC)	LIVER FUNCTION TESTS (LFT)
BLOOD GROUP	KIDNEY FUNCTION TESTS (UEC)	GLUCOSE (FASTING OR RANDOM)	CLINICAL BREAST EXAMINATION	PAPSMEAR
HEART ELECTROCARDIOGRAM (ECG)	LIPID PROFILE	THYROID STIMULATING HORMONE (TSH)		KSH 10,000

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