# The oxytocin receptor, luteolysis and the maintenance of pregnancy

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During luteal regression episodic pulses of oxytocin secretion become coupled to the release of prostaglandin F2a (PGF2a) following synthesis of endometrial oxytocin receptors, but in early pregnancy the inhibition of oxytocin receptor formation by the conceptus prevents the development of the pulsatile pattern of PGF<sub>20</sub> release needed to achieve luteolysis. Oxytocin receptors are present on the luminal epithelium in ovariectomized and anoestrous ewes, in pregnant animals throughout most of gestation (day 21 to term) and in explants of endometrial tissue cultured in vitro. These receptors can be downregulated for a brief period by progesterone (10-12 days in sheep, 12-14 days in cattle). This period of inhibition can be extended by infusion of interferon  $\tau$  (IFN- $\tau$ ) (which probably inhibits oxytocin receptor gene transcription) or of oxytocin into the systemic circulation (which may act further downstream, possibly at the level of translation). Oxytocin receptors also develop on the caruncular stroma and deep glands at oestrus, but these need positive upregulation and appear dependent on an oestrogenic environment. Only epithelial receptors are needed to achieve a maximal PGF<sub>2n</sub> response to an oxytocin challenge, but the presence of oxytocin receptors does not necessarily confer responsiveness as other factors may influence intracellular coupling mechanisms and precursor availability. The duration of the luteal phase is regulated by the time of the initial post-ovulatory rise in progesterone and the duration of exposure to progesterone. However, the development of oxytocin receptors in the luminal epithelium is not directly preceded by changes in the concentration of either progesterone or its receptor, implying that an intermediary time-dependent mechanism mediates the inhibitory effect of progesterone on oxytocin receptor formation.

### Hormonal Changes during Luteolysis

### Oxytocin

Circulating oxytocin concentrations are basal around oestrus, rise from about day 2 of the cycle as luteal oxytocin synthesis becomes established and reach a peak on about day 9 (Wathes and Denning Kendall, 1992). During this period, pulses of oxytocin are superimposed on a continuously increased baseline. In ewes the baseline falls on days 12–13 before the onset of luteolysis, although major episodes of secretion continue (reviewed by Flint *et al.*, 1990; Wathes *et al.*, 1993). This pattern of secretion is essentially similar in both pregnant and nonpregnant animals. In pregnant ewes the oxytocin pulses were smaller on days 13–16, although the frequency was unaltered (Hooper *et al.*, 1986). In cows there are no differences in either pulse amplitude or frequency between pregnant and nonpregnant animals on days 14–19 (Parkinson *et al.*, 1992a).



**Fig. 2.** *In situ* hybridization showing expression of mRNA encoding the oxytocin receptor in cross-sections of ovine uterus collected at (a,e) oestrus, (b, f) day 12 of the oestrous cycle, (c, g) day 14 of the cycle and (d, h) day 15 of pregnancy. Sections were treated with antisense (a–d) or sense (control) probes (e–h). LE: luminal epithelium; SG: superficial glands; DG: deep glands; CS: caruncular stroma; M: myometrium. The scale bar represents 2 mm. Note the specific hybridization to the luminal epithelium, glands and caruncular stroma at oestrus (a), whereas on day 14 (the time of the onset of luteolysis) receptors are present only on the luminal epithelium (c). The development of these epithelial receptors is blocked in pregnancy (d).



**Fig. 3.** (a) Oxytocin receptor concentrations in uterine biopsy samples from three cows collected during the late luteal phase. Reproduced with modification from Mann and Lamming (1994) with permission from *The Veterinary Record*, (b) Response to 50 iu oxytocin on day 15 (n = 4) and (c) response to 50 iu oxytocin on day 17 (n = 4). (Reproduced from Lamming and Mann, 1995a.) The initial receptors that developed by day 17 are capable of generating luteolytic episodes of PGF<sub>2a</sub> release in response to an oxytocin challenge at this time.

pattern of localization seen in these animals resembles that on day 14 of the natural cycle (compare Figs 2c and 4d).

The role of oestradiol is more contentious, and both stimulatory and inhibitory effects have been reported. Oestradiol treatment alone of ovariectomized ewes decreases the initially high oxytocin receptor concentration to intermediate values (Vallet *et al.*, 1990; Fairclough and Lau, 1992), whereas oestradiol treatment of anoestrous ewes increases the concentration of oxytocin receptors in both the epithelium and stroma (Matthews *et al.*, 1991). The basis for this difference is unclear, as both types of animal start with oxytocin receptors in the luminal epithelium and have low circulating steroid concentrations. If the oestradiol treatment immediately follows progesterone withdrawal in ovariectomized animals (to simulate the normal changes during luteolysis), more oxytocin receptors develop than are stimulated by progesterone treatment alone. Our localization data show that some of these extra receptors form on the deep glands and caruncular stroma in a pattern resembling that occurring at oestrus (Fig. 4b), and they may thus not be of prime importance in mediating a PGF<sub>2a</sub> response. Experiments on steroid-treated ovariectomized ewes have also shown that the oestrogen:progesterone ratio can alter the pattern of PGF<sub>2a</sub> release in response to an oxytocin challenge at this time (Beard and Lamming, 1994). Increasing the progesterone dose decreased responsiveness, whereas oestradiol had a



Fig. 5. Concentrations of oxytocin receptor in ovine caruncular endometrium ( $\blacklozenge$ ), intercaruncular endometrium ( $\blacklozenge$ ) and myometrium ( $\blacksquare$ ) at time of tissue collection and after 24, 48, 72 or 96 h of culture (mean ± SEM). Reproduced with permission from Sheldrick *et al.* (1993).

## Regulation by interferon- $\tau$

The major product of both the ovine and bovine conceptus during the period of preimplantation elongation is a protein belonging to the type 1 interferon family, now known as IFN- $\tau$ . This protein has been the subject of several reviews (Roberts *et al.*, 1992; Stewart *et al.*, 1992) and only those factors relevant to oxytocin receptor regulation will be considered here. IFN- $\tau$  is produced exclusively by trophoblast cells and is first detectable by days 8–10 of pregnancy. Production increases to a peak at days 14–16 in sheep and days 17–19 in cattle but then decreases rapidly.

Experiments demonstrating the antiluteolytic properties of IFN- $\tau$  have been performed using either purified conceptus secretory proteins containing IFN- $\tau$  or with recombinant ovine IFN- $\tau$  (roIFN- $\tau$ ). Infusions into the uterus of cyclic ewes on days 12–15 extended luteal lifespan and inhibited the pulsatile release of PGF<sub>2a</sub>. Systemically administered rbIFN- $\alpha$ 1 acted in a similar fashion and was more effective when administration started before day 12 (Parkinson *et al.*, 1992b; Roberts *et al.*, 1992; Mirando *et al.*, 1993a). These treatments prevented the normal development of uterine oxytocin receptors by day 15 in comparison with control (serum-treated) animals. It is uncertain how long such inhibition can be maintained, as insufficient IFN has been available for prolonged treatments. In ovariectomized ewes infusion of IFN- $\tau$  caused effective inhibition only if progesterone treatment was also maintained to day 15 (Ott *et al.*, 1992) and was less successful than in intact animals. If infusion began on day 8 of progesterone administration, it caused some reduction in oxytocin receptor concentration by day 13, but was unable to inhibit oxytocin-induced  $PGF_{2\alpha}$  release (Vallet and Lamming, 1991), suggesting that an additional ovarian factor(s) may be necessary to achieve full inhibition. Recent research has shown that, if the IFN- $\tau$  treatment in the presence of progesterone is coupled with either oxytocin or oestradiol administration, then the oxytocin–IFN- $\tau$  combination is effective in blocking the PGF<sub>2\alpha</sub> response whereas the oestradiol–IFN- $\tau$  combination is not (Payne *et al.*, 1995).

Experiments in ewes with transected uteri have shown that the regulation of oxytocin receptors by IFN- $\tau$  is local rather than systemic. In the unilaterally transected animals the pregnant horn contains a high antiviral activity and a low oxytocin receptor concentration, whereas the nonpregnant horn has low antiviral activity and a high oxytocin receptor concentration (Stewart *et al.*, 1992), with the increases in oxytocin receptors again limited to the luminal epithelium. This demonstrates that the initial development of receptors does not require an altered sex steroid hormone environment.

The inhibitory effect of IFN- $\tau$  is also transient. If endometrial tissue, which is unresponsive to oxytocin challenge *in vivo*, is removed from day 12, 14 or 16 pregnant ewes and treated instead *in vitro* following removal of the influence of the conceptus, then oxytocin can elicit a PGF<sub>2a</sub> response after only 3 h in culture (Silvia and Raw, 1993). mRNA encoding the oxytocin receptor is not detectable in the endometrium at this stage of pregnancy (Stevenson *et al.*, 1994), so these data imply that gene transcription and translation are activated immediately after removal of IFN- $\tau$  from the endometrial environment. A similar conclusion can be reached from studies in early pregnancy. In ewes mRNA encoding IFN- $\tau$  declines precipitously after day 15 and antiviral activity is low in the uterus by day 21 (Roberts *et al.*, 1992). This coincides with the time of development of luminal epithelial oxytocin receptors as detected by both *in situ* hybridization and autoradiography (Stevenson *et al.*, 1994). These epithelial receptors remain throughout pregnancy, although their concentration increases further at term (Flick-Smith *et al.*, 1994).

## Oxytocin Signalling Pathway

Many instances have now been recorded in which the concentration of oxytocin receptors measured in endometrial tissue did not correlate well with the amount of  $PGF_{2u}$  released. In cyclic cattle and sheep the development of endometrial responsiveness to an oxytocin injection coincided with only a minor rise in receptor concentration (Sheldrick and Flint, 1985; Silvia *et al.*, 1991; Mirando *et al.*, 1993b). Similarly, in ovariectomized ewes, the maximum response to oxytocin occurred on day 14 of progesterone treatment, whereas the highest oxytocin receptor concentration was not reached until day 16 (Lau *et al.*, 1992). These discrepancies may to a large extent be explained by evidence showing that oxytocin receptors are required only on the luminal epithelium to evoke a full luteolytic response, and that these constitute only a small percentage of the total potential endometrial oxytocin receptor population. However, ovariectomized ewes and cows and anoestrous ewes have a substantial epithelial receptor concentration (Fig. 4a), yet do not respond to an oxytocin challenge by prostaglandin release (Sharma and Fitzpatrick, 1974; Vallet and Lamming, 1991; Lamming and Mann, 1995). It is, therefore, likely that regulation can also be achieved at points on the pathway distal to the initial coupling of oxytocin to its receptor.

This pathway was studied by Flint *et al.* (1986), who concluded that stimulation of endometrial prostaglandin synthesis by oxytocin was mediated by an increase in phospholipase C (PLC) which catalysed hydrolysis of phosphoinositides to diacylglycerol and inositol phosphates, with subsequent release of arachidonic acid from diacylglycerol. Arachidonic acid can also be released from phospholipids by increased phospholipase  $A_2$  (PLA<sub>2</sub>) activity. This enzyme is calcium dependent and can be activated by an increase in intracellular Ca<sup>2+</sup>. This can also be stimulated by phosphoinositide hydrolysis, but it is possible to activate PLA<sub>2</sub> as a direct result of G protein activation, without any accompanying rise in inositol triphosphate, showing that the two pathways can be separated (Fuse and Tai, 1987; Fain *et al.*, 1988).

Several other groups have confirmed the association between oxytocin-stimulated PGF<sub>2a</sub> release and an increase in PLC (Mirando *et al.*, 1993); Silvia and Raw, 1993; Wallace *et al.*, 1993). However,

quantification of these responses has again shown discrepancies, as it is possible to achieve considerable PGF<sub>2a</sub> release with little increase in PLC, for example using ovine endometrial tissue obtained during early pregnancy (Silvia and Raw, 1993). A further detailed investigation into the relationship between PLC and PGF<sub>2a</sub> failed to resolve this difference. The time course and specificity of response to various oxytocin agonists and antagonists was consistent with an involvement of PLC, but the treatment of endometrial explants with U-73122, a PLC inhibitor, blocked the ability of oxytocin to stimulate the release of PGF<sub>2a</sub> but did not influence stimulation of PLC activity (Silvia *et al.*, 1994). The same group has also investigated the possible involvement of the PLA<sub>2</sub> pathway (Lee and Silvia, 1994). Treatment of endometrial explants with aristolochic acid, which inhibits PLA<sub>2</sub> activity, blocked the ability of oxytocin to stimulate PGF<sub>2a</sub> release but did not affect tissue responsiveness to exogenous arachidonic acid, the stimulatory effect of which is exerted distal to PLA<sub>2</sub>. There is therefore good evidence that both PLC and PLA<sub>2</sub> can be involved. Experiments to date have involved tissue explants or homogenates, so it remains to be determined whether both pathways are present in all cell types or are perhaps confined to different populations of endometrial cells.

The result of oxytocin binding is activation of the enzymes that mobilize release of arachidonic acid from its storage pool. Regulation of the response is possible at two other points on the pathway, availability of arachidonic acid reserves and of the enzyme prostaglandin endoperoxide H synthase (PGS) which converts arachidonic acid to  $PGF_{2a}$ . Arachidonic acid is released from phospholipid or triglyceride stores. There is an accumulation of lipid droplets in uterine epithelial cells during both the bovine and ovine oestrous cycles which is stimulated by progesterone treatment (reviewed in Silvia *et al.*, 1991). Progesterone treatment of ovariectomized cattle increases the amount of  $PGF_{2a}$  which the endometrium can produce in response to an oxytocin challenge (Lamming and Mann, 1995b). Progesterone thus appears to have a dual role – both activation of oxytocin receptors and a time-dependent suppression of oxytocin receptor concentration. Additional evidence for the activational role comes from experiments in prepubertal ewe lambs which have an unresponsive oxytocin receptor population in their uteri; these can also become functional following progesterone treatment (G. E. Lamming and M. Batten, unpublished).

The endometrial concentration of PGS also changes during the oestrous cycle, with an overall increase in activity detectable by days 12–13 in ewes (Huslig *et al.*, 1979; Silvia and Raw, 1993), at least 2 days before the increase in responsiveness to oxytocin. In the early part of the cycle the enzyme is localized principally to the stromal cells, whereas between days 10 and 14 it increases in the epithelial cells of the lumen and superficial glands. This pattern did not differ between pregnant and nonpregnant ewes (Salamonsen *et al.*, 1992). In ovariectomized or oestrogen-treated ewes, PGS is located principally in stromal cells, whereas treatment with progesterone results in a transfer to the epithelial cells (Salamonsen *et al.*, 1992). These results are consistent with the contention that it is the epithelial cells which are involved in the luteolytic release of PGF<sub>2w</sub> but they do not suggest that PGS availability is the rate-limiting step in the development of responsiveness to oxytocin in cyclic ewes. However, in ovariectomized animals the lack of responsiveness to an oxytocin treatment may be due to the different localization of oxytocin receptor (in the epithelium) and PGS (in the stroma). Another possible regulatory step is that enzyme activity may be inhibited by a fatty acid intracellular inhibitor. This is present in bovine endometrium during the mid-luteal phase, decreases in the late luteal phase between days 14 and 17, but remains high at this stage of pregnancy (Helmer *et al.*, 1989).

# Steroid Receptors

# Pattern of production

Oestradiol receptor concentrations in the endometrium reach peak values at oestrus and the early luteal phase, declining significantly in the mid- to late luteal phases in both sheep and cattle (Ott *et al.*, 1993; Wathes and Hamon, 1993). The pattern for progesterone binding is similar, although the peak occurs slightly later, in the early luteal phase. The use of immunocytochemistry has revealed a complex pattern, with localization changing between different ovarian compartments with time (Fig. 6). Oestradiol receptor concentrations in all regions (luminal epithelium, glands and stroma) were maximal



Fig. 6. Comparisons between the mean oxytocin ( $\Box$ ) and oestradiol ( $\bullet$ ) receptor concentrations in different uterine compartments during the oestrous cycle: (a) luminal epithelium; (b) myometrium; (c) superficial glands; and (d) caruncular stroma. Steroid receptor localization was by immunocytochemistry and was quantified on a scale of 3 (intense), 2 (moderate), 1 (faint) and 0 (absent) nuclear staining. Oxytocin receptor concentration in different regions was assessed by specific binding of I<sup>125</sup>-labelled oxytocin antagonist (OTA) to uterine sections measured as optical density units (OD) on autoradiographs. Reproduced from Wathes and Hamon (1993) by permission of the Journal of Endocrinology Ltd.

between days 0 and 2 of the cycle, declining by day 5. In most regions concentrations remained low or undetectable in the second half of the luteal phase, with the exception of the deep glands, in which significant immunoreactivity remained throughout the cycle (Cherny *et al.*, 1991; Wathes and Hamon, 1993). There was little change in staining intensity on day 14, although luteolysis was initiated at this time, with the major increase in the luminal epithelium and stroma first occurring on days 15–16 as animals returned to oestrus. It appeared from the study of Wathes and Hamon (1993) that oxytocin receptor development in the luminal epithelium preceded that of the oestradiol receptors, whereas in the superficial glands and caruncular stroma there was a significant correlation in the timing of the development of oxytocin and oestradiol receptors (Fig. 6). This supports the concept that initial formation of oxytocin receptors in the luminal epithelium is oestrogen independent, but receptors in the rest of the endometrium and myometrium are oestrogen dependent.

Progesterone receptors were present throughout the cycle in stromal and myometrial cells and, although the staining intensity tended to increase on days 1–2 and decrease on days 9–14, these changes were not significant because of variations between animals (Wathes and Hamon, 1993). In contrast, the localization to the epithelial cells was highly regulated. Receptors were absent in the luminal epithelium at oestrus, but in both the luminal epithelium and superficial glands they appeared on days 1–2, rising to a peak on days 5–7. In the deep glands, both the initial appearance and disappearance were delayed by about 4 days. These data show that the increase in progesterone receptor binding in the early luteal phase is principally associated with formation of additional receptors in the epithelial layers and that this development proceeds in a wave from the lumen towards the myometrium.

Comparisons between pregnant and nonpregnant animals revealed clear differences in receptor concentrations by days 15-16, as nonpregnant animals showed the increase in oestradiol receptor concentrations associated with the return to oestrus which is blocked in pregnancy. Earlier, small variations were noted for oestradiol receptors (higher in nonpregnant ewes from days 9-15, Findlay *et al.*, 1982) and progesterone receptors (Ott *et al.*, 1993), but other studies failed to detect a difference (Wathes and Hamon, 1993, for both receptors, Ott *et al.*, 1993, for oestradiol receptors). However, we have recently found a major variation in the intensity of oestradiol receptor staining between the pregnant and nonpregnant horns of ewes with transected uteri in which pregnancy is confined to one horn. Oestradiol receptors were present at concentrations equivalent to those found at oestrus in the nonpregnant horn on day 16, while remaining at low, luteal values in the pregnant horn (G. E. Lamming and D. C. Wathes, unpublished). This finding suggests that, as for oxytocin receptors in the luminal epithelium, the upregulation of oestradiol receptors at oestrus is not initially dependent on a decline in circulating progesterone concentrations, but may occur at this stage unless inhibited by an additional pregnancy-specific factor. This may be an additional function of IFN- $\tau$ .

# Regulation of steroid receptor concentrations

There is evidence that oestradiol and progesterone can influence the concentration of their own and each other's receptors (Bergman *et al.*, 1992; Chauchereau *et al.*, 1992). Oestradiol is apparently responsible for stimulating the development of its own receptor in the follicular phase and receptor concentrations decrease in all but the deep glands in the early luteal phase as progesterone concentrations rise; the two events are significantly correlated (Wathes and Hamon, 1993). It is possible that the oestradiol receptors in the deep glands are spared from downregulation by progesterone by the delayed development of progesterone receptors in these cells. Oestradiol receptors in ovariectomized ewes develop following progesterone withdrawal in animals in which the oestradiol concentration is kept constant (Leavitt *et al.*, 1985), again indicating an inhibitory effect of progesterone. Further insights into the regulation of oestradiol receptor concentrations have been obtained by comparing concentrations of processed receptor with those of mRNA. There was a steady increase in endometrial mRNA concentrations between days 10 and 16 in cyclic animals, whereas the receptor concentration rose only on day 16 (Ott *et al.*, 1993). It is possible that in the early luteal phase progesterone inhibits both transcription and translation, but the ability to inhibit transcription is lost first, allowing mRNA to accumulate in the late luteal phase.

McCracken et al. (1981) proposed that the duration of the luteal phase was determined by rising progesterone concentrations in the early luteal phase downregulating its own receptor via a 'progesterone block' which lasted about 10 days. Loss of this inhibitory influence was thought to be the initiating factor in luteolysis, as it allowed oxytocin receptor formation to occur. In steroid-treated ovariectomized ewes, progesterone treatment does decrease the progesterone receptor concentration, but several lines of evidence suggest that the relationship is quite complex. The wave of progesterone receptor development moves from the lumen to the deep glands during the early luteal phase as circulating progesterone concentrations rise, and at this stage progesterone is clearly not inhibitory to its own receptor. Likewise, some progesterone receptors remain in the stroma and myometrium throughout the luteal phase, so that the block in this cell type is incomplete. Finally, the appearance of oxytocin receptors in the luminal epithelium between days 14 and 16 in normal cyclic ewes, after 10-12 days of progesterone treatment in ovariectomized ewes and in the nonpregnant horn of animals with a transected uterus, is not preceded by the reappearance of progesterone receptors in the luminal epithelium. In the cyclic animal these do not develop until 1–2 days after oestrus, probably as a result of exposure to high oestradiol concentrations. It is thus hard to link the loss of a negative feedback effect of progesterone on its own receptor directly to the onset of luteolysis.

How then does the timing of the progesterone block operate? One possibility is that progesterone stimulates synthesis of another substance which is inhibitory to oxytocin receptor formation. Synthesis could occur only in the epithelium of the lumen and superficial glands during the time when the presence of progesterone receptors coincides with high circulating progesterone concentrations, that is days 3–7 of the cycle (Fig. 7). This process could start a clock at a given time in the development of the



Fig. 7. Diagrammatic scheme for the steroidal regulation of oxytocin receptor development in the luminal epithelium during the ovine oestrous cycle. The induction of an 'oxytocin receptor inhibiting factor' is hypothesized. This is stimulated by progesterone during the time when circulating progesterone concentrations (plasma  $P_4$ ) are high and progesterone receptors (PR) are present on the luminal epithelium (LE), i.e. days 3–8 of the cycle, as shown by the arrowheads. This is able to maintain an inhibitory influence until days 13–14 when oxytocin receptors (OTR) first develop on the luminal epithelium. Low concentrations of circulating oestradiol (plasma  $E_2$ ) are present throughout the cycle, with additional increases due to (a) ovulatory follicle(s); (b) the first follicular wave and (c) the second follicular wave. Oestradiol is not necessary for oxytocin receptors (ER) are present on the luminal epithelium. This occurs during the follicular phase of the cycle (days 15 and 0, solid arrows). It could potentially also occur on days 3–4 (open arrow) if the postovulatory rise in circulating oestradiol precedes the increase in progesterone.

post-ovulatory plasma progesterone rise which could operate in one of two ways. Either the half-life of the putative inhibitor would be such that it would become depleted after about a further 5 days (egg timer effect) or, alternatively, formation of the original inhibitor could initiate a chain of events that would eventually lead to oxytocin receptor formation after a similar period.

#### Conclusions

These data indicate that in ruminants the development of oxytocin receptors in the luminal epithelium is the key event that initiates luteolysis. If these form before the luteal oxytocin store is depleted, then a pulsatile release pattern of  $PGF_{2a}$  will become established in response to episodic secretion of oxytocin from the corpus luteum. The regulation of this oxytocin receptor population is different from that in the rest of the endometrium in that the luminal epithelial receptors are present most of the time. However, they are subjected to a period of negative inhibition by progesterone covering the first 13 days of the ovine luteal phase (about 16 days in cattle). The crucial role of IFN- $\tau$  in maintaining pregnancy is to sustain this inhibition to at least 20 days in sheep (slightly longer in cattle) to allow the loss of luteal oxytocin to occur without provoking a luteolytic response. This action of IFN- $\tau$  is achieved by a local effect on the endometrium.

A large proportion of the endometrial oxytocin receptor population in the deep glands and caruncular stroma does not form until luteolysis is complete and the formation and activity of these receptors is probably oestrogen dependent. There is therefore a gradation in control of oxytocin receptor formation from the cells in the luminal epithelium through to the superficial and deep glands. This suggests that, although the epithelial cell layer is continuous, the individual cells within it receive information about their position in the endometrium which has a major impact on the way in which they will regulate their oxytocin receptor population and thus their PGF<sub>2a</sub> response to an oxytocin challenge. The basis for this difference in regulatory mechanisms needs to be established.

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