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| Author | Family Name | Plotczyk |
| | Particle | |
| | Given Name | Magdalena |
| | Prefix | |
| | Suffix | |
| | Role | |
| | Division | Department of Bioengineering |
| | Organization | Imperial College London |
| | Address | London, UK |
| | Email | |
| Corresponding Author | Family Name | Jimenez |
| | Particle | |
| | Given Name | Francisco |
| | Prefix | |
| | Suffix | |
| | Role | |
| | Division | |
| | Organization | Mediteknia Dermatology and Hair Transplant Clinic, University Fernando Pessoa Canarias |
| | Address | Gran Canaria, Spain |
| | Email | fjimenez@mediteknia.com |
| Abstract | <p><i>Introduction:</i> Besides the primary role of hair follicles in producing hair shafts, these mini-organs have been shown to contribute to the healing and remodelling of the skin in the response to injury. There is an increasing number of clinical and experimental studies exploring the mechanisms by which hair follicles contribute to skin recovery. Mouse tracing experiments demonstrated that after skin injury, epithelial stem cells migrate out of the follicle to support wound re-epithelialization, while the mesenchymal cells from the hair follicle are mobilised to migrate into the wound bed and contribute to the repair of the dermis. Accordingly, there is a significant delay in wound healing in the absence of hair follicles, observed both in experimental studies in mice and in humans during clinical practice. In the healthy state, hair follicles induce changes to the surrounding skin, which occur in synchrony with the hair follicle cycle. Besides supporting wound healing and healthy skin remodelling, it remains to be investigated whether hair follicles could also remodel the fibrotic tissue formed after skin injuries. <i>Methods:</i> For the selection of literature covered in this chapter, we used Pubmed database with the keywords hair follicles in wound healing and skin remodeling, and hair follicles transplantation and wound healing. Publications related to the clinical use of hair follicle grafts for healing chronic cutaneous wounds are also discussed. <i>Results:</i> A large body of evidence supports the role of hair follicles in wound healing and skin remodeling. As demonstrated in several clinical studies, transplantation of autologous hair follicle grafts into chronic ulcers and difficult to heal wounds accelerate the healing of wounds. <i>Conclusions:</i> There is a great potential in exploring the role of hair follicles in wound healing and skin regeneration. Once we understand the exact mechanism by which hair follicles contribute to skin recovery, we can try to mimic this effect with therapeutic solutions.</p> | |

A potential approach involves deciphering the populations of hair follicle cells that contribute to the observed effect and injecting them directly into wounds or scar tissue to improve the clinical outcomes. Alternatively, elucidating the paracrine effect of transplanted follicles would open up new avenues for therapeutic discovery, to replicate the combination of required factors that facilitate healing or scar remodelling.

Keywords
(separated by '-')

Hair follicles - Wound healing - Skin remodelling - Hair follicle cycle - Autologous hair transplantation

Chapter 14

Hair Follicles in Wound Healing and Skin Remodelling



Magdalena Plotczyk and Francisco Jimenez

Abstract *Introduction:* Besides the primary role of hair follicles in producing hair shafts, these mini-organs have been shown to contribute to the healing and remodelling of the skin in the response to injury. There is an increasing number of clinical and experimental studies exploring the mechanisms by which hair follicles contribute to skin recovery. Mouse tracing experiments demonstrated that after skin injury, epithelial stem cells migrate out of the follicle to support wound re-epithelialization, while the mesenchymal cells from the hair follicle are mobilised to migrate into the wound bed and contribute to the repair of the dermis. Accordingly, there is a significant delay in wound healing in the absence of hair follicles, observed both in experimental studies in mice and in humans during clinical practice. In the healthy state, hair follicles induce changes to the surrounding skin, which occur in synchrony with the hair follicle cycle. Besides supporting wound healing and healthy skin remodelling, it remains to be investigated whether hair follicles could also remodel the fibrotic tissue formed after skin injuries. *Methods:* For the selection of literature covered in this chapter, we used Pubmed database with the keywords hair follicles in wound healing and skin remodeling, and hair follicles transplantation and wound healing. Publications related to the clinical use of hair follicle grafts for healing chronic cutaneous wounds are also discussed. *Results:* A large body of evidence supports the role of hair follicles in wound healing and skin remodeling. As demonstrated in several clinical studies, transplantation of autologous hair follicle grafts into chronic ulcers and difficult to heal wounds accelerate the healing of wounds. *Conclusions:* There is a great potential in exploring the role of hair follicles in wound healing and skin regeneration. Once we understand the exact mechanism by which hair follicles contribute to skin recovery, we can try to mimic this effect with therapeutic solutions. A potential approach involves deciphering the populations of hair follicle cells that contribute to the observed effect and injecting them directly into wounds or scar tissue to improve the clinical outcomes. Alternatively, elucidating the

M. Plotczyk
Department of Bioengineering, Imperial College London, London, UK

F. Jimenez (✉)
Mediteknia Dermatology and Hair Transplant Clinic, University Fernando Pessoa Canarias, Gran Canaria, Spain
e-mail: fjimenez@mediteknia.com

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1

paracrine effect of transplanted follicles would open up new avenues for therapeutic discovery, to replicate the combination of required factors that facilitate healing or scar remodelling.

Keywords Hair follicles · Wound healing · Skin remodelling · Hair follicle cycle · Autologous hair transplantation

Key Points

- Hair follicles in the skin play an important role in stimulating healing. Hair follicle epithelial stem cells migrate and are known to contribute to re-epithelialization, while dermal remodeling is postulated to be regulated by the hair follicle dermal sheath.
- Clinical studies using hair follicles transplanted into wounds have been performed with successful outcomes in chronic ulcers and difficult-to-heal wounds and this type of intervention seems to be a promising novel therapeutic tool.
- Hair follicles induce changes in healthy skin during hair follicle cycles (skin remodeling). Their role in skin remodeling after injuries needs to be investigated and translated to clinical practice.

Summary

The role of hair follicles in human skin is not to simply produce hair shafts but to participate in many other functions including skin homeostasis and the wound healing response to cutaneous injuries.

In this chapter, we will first explore the role that human hair follicles play in wound healing and the clinical and experimental evidence that supports this connection. Then, we will summarize the latest translational clinical work that has been performed using autologous hair follicle grafts (hair transplantation) as a therapeutic tool to stimulate wound healing and discuss possible mechanisms through which hair transplantation stimulates the healing response. Finally, we will comment on the role of hair follicles in the remodeling of normal skin and fibrotic/scar tissue.

Hair Follicles and Wound Healing: Historical Studies

The first clinical studies suggesting an active role of hair follicles in the wound healing response date back to the work of Brown and McDowell in 1942 [1]. In their article, they suggest that during wound repair cells from the hair follicles dedifferentiate to cells that contribute to the healing of the wound. However, without doubt the most enlightening and convincing paper demonstrating that hair follicles are key contributors to the wound healing response after skin injuries in humans was written by Bishop, a neuroanatomist from Washington University in St. Louis [2]. In this paper, published in 1945, Bishop performed his experiments in the most objective



way possible by self-inflicting cutaneous wounds on his own forearm at different depths and observing the clinical and histological healing process. Bishop demonstrated that the remaining hair follicles left in the wound bed played a pivotal role in wound healing and that their presence or absence influenced the outcome of the healing response. More specifically, he concluded that: (1) re-epithelialization of the wound starts not only from the marginal epithelium but also from the remaining hair follicles; (2) scar formation occurs when the wound is sufficiently deep to destroy the bases of hair follicles; and (3) when the skin is destroyed down to the reticular layer, the granulation tissue regenerates most readily from the connective tissue surrounding the hair follicles. This granulation tissue is necessary for migration of the epithelial cells and subsequent healing of the wound surface.

This pioneering work of Bishop supports the well-known observation of clinicians nowadays that a wound made in areas of high hair density (and with terminal hair follicles) heals faster than a wound of the same size in a less hairy area. For example, the healing time of a 0.2–0.3 mm depth wound made on the scalp averages 5–6 days against the 10–14 days that it takes to re-epithelialize a wound of the same size made on the thighs, buttocks or abdomen [3]. This faster healing time is the reason why the scalp seems to be a very efficient area to harvest split thickness skin grafts for burn wounds [4].

The contribution of hair follicles in wound healing described by Bishop were later confirmed by Ito et al. who showed that follicular stem cells played a key role in re-epithelialization of the wounded epithelium, as will be discussed later in more detail [5].

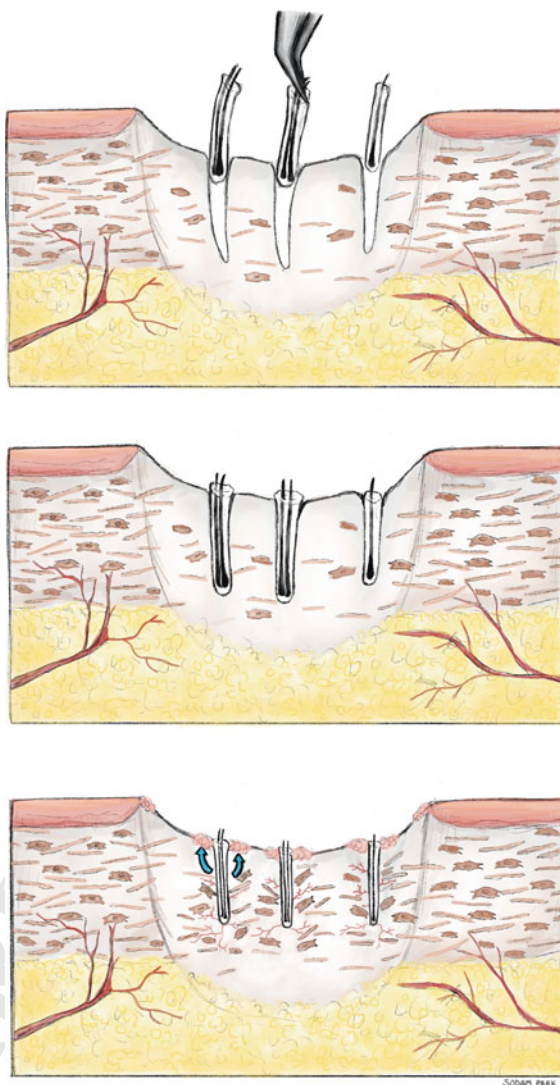
Hair Follicles as a Therapeutic Tool to Stimulate Wound Healing: Clinical Evidence

In view of this ability of hair follicles to promote wound healing, several clinical studies have been successfully undertaken to demonstrate the use of autologous hair follicle grafts harvested from the scalp in stimulating the healing of chronic ulcers or other difficult-to-heal wounds [6].

The first clinical cases showing that hair follicles could be used as a therapeutic tool to stimulate wound healing were reported in the plastic surgery literature. These reports described a few patients with deep and extensive burns successfully treated with a combination of an artificial dermis that provided an immediate coverage of the wound, followed by autologous hair follicle grafting that accelerated healing and re-epithelialization [7–9].

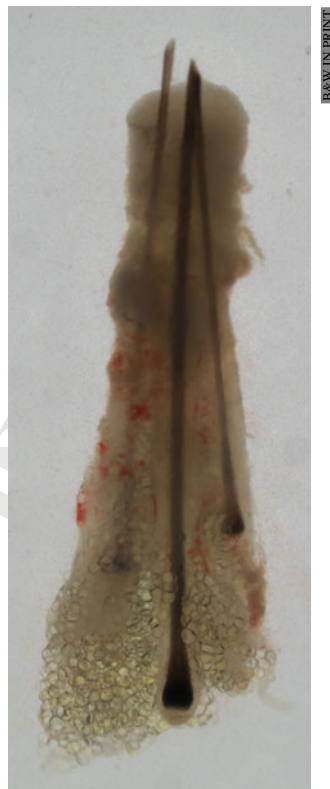
The methodology used for implantation of hair follicles in non-healing wounds is basically the same as is used in hair transplantation techniques for the treatment of baldness, where hair follicles are harvested from the patient's occipital scalp (donor area) and inserted into the skin of the balding area (recipient area) (Fig. 14.1). These autologous transplanted follicles (also called hair grafts or follicular unit grafts) have

Fig. 14.1 The process of hair transplantation into wounds. In the upper image, hair follicles harvested from the donor site (scalp) are inserted with fine tip forceps into slits created in the wound bed. The lower image represents follicular epithelial and mesenchymal cells proliferating and migrating out of the hair follicle into the interfollicular skin, increasing vascularization and re-epithelialization, and supporting the healing of wounds



the attribute of “donor dominance”, which means that they maintain their original characteristics after transplantation from a donor site to a new region [10]. They regenerate and start cycling, producing hair shafts approximately 2–4 months after their implantation. It is pertinent to say here that, in addition to terminal and vellus hair follicles, the follicular units (FUs) harvested with 1 mm punches may contain other cell types such as perifollicular dermal fibroblasts, dermal adipocytes, and eccrine epithelial cells [11] (Fig. 14.2). Although the contribution of all these extrafollicular cell types in wound healing has been well established [12–16], their relative

Fig. 14.2 Follicular unit harvested from the scalp during a hair transplantation procedure. This FU contain 3 hair follicles (1 terminal and 2 intermediate), perifollicular dermis, sebaceous gland, and adipose tissue. The presence of eccrine coil is not visible unless stained with specific dye such as methelene blue



proportion in the skin punches is minor in comparison with the number of follicular cells.

Hair follicle transplantation into wounds is performed under local anesthesia as an outpatient procedure. There are two surgical methods that can be used for hair follicle harvesting: the *follicular unit excision (FUE)* technique, which involves the excision of FUs one at a time using small circular punches, and the strip harvesting method also known as *follicular unit transplantation (FUT)*, which involves excising a strip from the mid-occipital scalp followed by its stereomicroscopic dissection into follicular units. Most published cases of hair transplantation in wounds have used the FUE technique because it is less invasive, and the donor wounds heal by second intention with no need for suturing. However, although in hair restoration surgery the widest punch used in FUE measures 1 mm in diameter, bigger punches of up to 2 mm have been used in transplantation for wound healing because the goal is not to provide a cosmetic natural hair coverage but to provide a source of epithelial and mesenchymal hair follicle cells that migrate into the wound site and stimulate the healing process. The hair follicle grafts are inserted into slits created in the wound bed, the size of which must be sufficient to accommodate the diameter of the hair follicle graft. For example, for the insertion of FU grafts, which normally measure

1 mm in diameter and 4–5 mm in depth, the slits can be made with a 20-gauge needle or a 1 mm surgical blade. The insertion can then be made with fine tip forceps or with hair implanters.

The first pilot study using hair transplant grafts to heal wounds included 10 patients with chronic leg ulcers of 10.5 years average duration and of venous pressure and mixed etiology [17]. Each ulcer had an experimental area that was transplanted with 2 mm punch scalp grafts and a non-transplanted control area. A significant reduction in ulcer size was noted in the experimental area compared with the control, and most patients presented an increase of granulation tissue, decrease of pain, and ulcer border reactivation. After this pilot study in 2012 [17], a further seven papers have been published reporting on the successful use of transplanted hair follicles to stimulate the healing of difficult-to-heal or complex wounds. These papers are summarized in Table 14.1. The following paragraphs describe some of the most important points of interest from these publications.

Martinez et al. published a randomized controlled trial of 12 patients with chronic leg ulcers comparing the healing capacity of hair follicle punch scalp grafts versus punch grafts harvested from non-hairy areas [18]. Each ulcer was divided longitudinally into two halves, one half receiving the hair follicle grafts and the other half the same number of grafts with no hair. At the 18-week endpoint a 75% ulcer reduction was observed in the area transplanted with hairy grafts compared with 34% in the area transplanted with non-hairy grafts, demonstrating that grafts containing hair follicles induced a significantly ($P = 0.002$) better healing response (Table 14.2).

Another study published by Yang et al. compared the outcomes of 40 chronic wounds, 20 of which were treated with transplanted follicles and 20 with the more conventional therapy of split thickness skin grafts [19]. An interesting observation of this study was that wounds treated with the hair follicles achieved in general a better residual scar quality, which was more elastic and less contracted.

A 54-year-old intermediate recessive dystrophic epidermolysis bullosa patient with chronic ulcers was successfully treated with hair follicle transplantation [20]. This case is particularly interesting from a clinical point of view because the wounds of this congenital disease due to mutations in the COL7A1 gene are very recalcitrant and have a high risk of developing squamous cell carcinomas as result of poor wound healing. These patients suffer from skin fragility, blistering, and chronic non-healing ulcers from infancy and current treatments are mostly supportive. In this particular patient, a total of 360 follicular units were transplanted in nine sessions over 5 years, resulting in rapid healing of most of the treated ulcers. This novel indication of using hair follicles as a treatment of epidermolysis bullosa and other blistering diseases seems to be promising, especially since a recent publication has also demonstrated the key role of hair follicles stem cells in the healing of subepidermal blisters produced in mice [21].

It is also interesting to note that in several of the publications the authors described that the hairs transplanted in the wound grew in far less quantity than would be expected in a normal hair transplant procedure performed in androgenetic alopecia [19, 22], sometimes growing in different patterns in the central and peripheral zones

Table 14.1 Publications showing hair transplantation as a therapy for wound healing

| Patients/type of wound treated | Procedure | Outcome | Reference |
|--|---|--|----------------------|
| 1 patient with full thickness burn on the scalp | Artificial skin (Integra) followed by autologous scalp hair follicle transplantation 12 days later | Complete re-epithelialization | Navsaria et al. [8] |
| 2 patients with scalp defects | Artificial dermis in the first phase until granulation; then hair graft transplantation | Complete healing | Narushima et al. [9] |
| 15 patients with third-degree burns on limbs and hands | Hair follicle containing dermal grafts from scalp | Complete re-epithelialization | Zakine et al. [7] |
| 10 patients with chronic venous leg ulcers | Hair transplantation (2 mm punch) | At 18 weeks, 27% reduction in transplanted area compared with 6% reduction in the non-transplanted control area Transplanted area increased in granulation tissue | Jimenez et al. [17] |
| 14 patients with chronic wounds | Hair transplantation. No control group | Complete healing in all patients after 2 months | Liu et al. [22] |
| 40 patients with traumatic or surgical wounds | 20 patients treated with hair grafts and 20 treated with split thickness skin grafts | Better skin/scar quality and clinical outcome was found in the ulcers treated with hair follicle grafts | Yang et al. [19] |
| 12 patients with chronic venous leg ulcers | 2 mm punch hair transplant. Half of the ulcer transplanted with punch scalp hair grafts and the other half with punch skin grafts from non-hairy abdominal skin | At 18 week end point of the study, 75% ulcer area reduction in the side of transplanted hair versus 34% reduction in the side of non-hairy grafts | Martínez et al. [18] |
| 1 patient with chronic leg ulcer | One third of the ulcer was transplanted with scalp hair grafts, one third with skin grafts from the back, and one third served as control | The area transplanted with scalp graft healed significantly better | Fox et al. (2016) |

(continued)

Table 14.1 (continued)

| Patients/type of wound treated | Procedure | Outcome | Reference |
|--|---------------------------------|---|----------------------------|
| 15 patients with chronic leg ulcers | Hair follicular unit transplant | At 18 week end-point of the study, average ulcer area improved by 49% and volume by 72%. Two patients did not respond | Budamakuntla et al. (2017) |
| 2 patients with non-healing traumatic and iatrogenic ulcers | Hair follicular unit transplant | Ulcers completely healed | Alam et al. [23] |
| 1 patient with dystrophic epidermolysis bullosa and non-healing ulcers | Hair follicular unit transplant | Most treated ulcers healed completely. 360 follicular units transplanted in 9 sessions over 5 years | Wong et al. [20] |

Table 14.2 Clinical response after hair follicle transplantation in wounds

| | |
|---|---|
| 1 | Overall faster and greater healing response (significant wound reduction) |
| 2 | Increased re-epithelialization from the borders (wound border reactivation) and from the transplanted follicles |
| 3 | Decrease in pain |
| 4 | Greater development of granulation tissue |
| 5 | Better skin/scar quality (more elastic and less contracted scar) |

of the wounds [23]. This would seem to support the idea that the wound microenvironment dictates the fate of the transplanted hair follicles in the direction of wound healing and not in the direction of hair shaft production, a hypothesis suggested by Jahoda in 2001 [24, 25].

Hair Follicles and Wound Healing: Experimental Studies

Years after the publication of Bishop's study, there exists an increasing body of evidence describing the role of hair follicles in wound healing. As mentioned above, experimental studies using transgenic mouse models demonstrated that bulge stem cells migrate out of the follicle in response to an injury to the skin, differentiate into epidermal progenitor cells, and contribute to the restoration of the epidermis [5, 26, 27]. Lineage tracing in mouse skin confirmed that hair follicle stem cells contribute to the healing of wounds at the expense of hair development, causing a delay in hair follicle growth [21]. Hair follicles, rather than the interfollicular epidermis, were also shown to be the primary source of keratinocytes for the repair of blister

wounds, which caused reduction in the hair follicle size. Accordingly, in the absence of hair follicles, there is a significant delay in re-epithelialization during the healing of murine wounds [28].

Besides the epidermal compartment of the hair follicle, the hair follicle mesenchyme also appears to participate in the wound healing response [25, 29, 30]. Lineage studies in mice demonstrated that alongside the skin-derived precursors (SKPs), hair follicle dermal stem cells, as well as dermal papilla and dermal sheath cells from follicles surrounding the site of injury are mobilised to migrate into the wound bed and support skin repair [31]. When injected into the site of skin injury, dermal stem cells repopulate full-thickness wounds, simultaneously rejuvenating hair follicle growth [31]. Similarly, dermal sheath cells were shown to have an ability to both reconstitute the hair follicle mesenchyme and generate interfollicular dermal fibroblasts after transplantation [29]. Importantly, the clinical potential of dermal cell populations lies in their ability to be expanded in vitro, whilst maintaining the capacity to give rise to various mesenchymal cell types [31]. Although there is strong evidence that follicular cells can migrate to support wound healing, lineage tracing and single-cell studies examining the long-term fate and progeny of these cells will be essential to understand the full potential of their contribution to the repair of wounds.

Importantly, it is not only the presence of hair follicles, but also the stage of the cycle that impact on the wound healing capacity of the skin. Mouse wounding studies demonstrated that skin containing hair follicles in an active anagen stage heal faster than skin with hair follicles in a resting telogen stage [32]. Alongside accelerated healing, the presence of anagen hair follicles was linked with faster re-epithelialization, increased angiogenesis, and deposition of extracellular matrix in the dermis [32].

A phenomenon of wound-induced hair neogenesis (WIHN) provides further evidence for the link between hair follicle growth and wound healing. In the mouse model of WIHN, large-size excisional skin wounds can heal by activating spontaneous regeneration of new hair follicles in the wound centre [33]. In the process, myofibroblasts transdifferentiate into adipocytes, reducing the formation of fibrotic tissue, with the conversion triggered by hair follicle-derived BMP (bone morphogenic protein) signals [13]. Similarly, in a coculture system, human scalp follicles induced BMP4-dependent trans differentiation of human keloid fibroblasts into adipocytes, suggesting a potential of hair follicles to benefit the wound healing response, as well as reducing the formation of scars [13].

Hair Follicles and Skin Remodelling: Future Benefits

During the hair follicle cycle, the healthy interfollicular skin undergoes constant physiological remodelling, which can be clearly observed in mouse skin where follicles grow synchronously with one another [34, 35]. When murine hair follicles are in anagen, the epidermis, dermis, and hypodermis (adipose tissue) are respectively



2.0-, 1.6-, and 1.7-fold thicker compared to when all follicles are in telogen [36]. Despite fluctuations in dermal thickness, the number of cells in the dermis remains constant during the cycle [37, 38]. This raises the interesting possibility that changes to dermal thickness can be linked to a redistribution of the extracellular matrix to accommodate the growth of follicles during anagen [39]. Skin vasculature also varies with the stage of the hair follicle cycle, with angiogenesis occurring around growing hair follicles (anagen) followed by degeneration of capillaries when hair follicles regress (catagen) [40–42].

While hair follicle cycling and remodelling of interfollicular skin occur at the same time, it is not clear whether the skin changes drive the hair follicle cycle or if the transition through hair follicle stages induces changes to the skin. In support of the former hypothesis, a functional analysis of mouse skin revealed that intradermal adipocytes are necessary and sufficient to drive follicular stem cell activation and induction of anagen, while adipocyte defects result in reduced hair growth [43]. Similarly, neurons surrounding the hair follicle were found to interact with bulge cells via release of paracrine factors, changing the lineage of bulge cells into epidermal stem cells [44]. These two studies raised the possibility that other cell types residing in the interfollicular skin may provide molecular input that could direct the hair follicle cycle. On the other hand, there is substantial evidence that cycling hair follicles induce the growth of vascularization and innervation in the interfollicular zone [40–42]. Among others, several *in vitro* and *in vivo* studies described the pro-angiogenic properties of the hair follicle, including the expression of VEGF (vascular endothelial growth factor) in various follicular compartments [45–48]. A possible explanation for the observed effect could be a bi-directional independence whereby cycling hair follicles influence remodelling of the interfollicular skin, while the interfollicular skin has the capacity to induce transition of the follicle through the cycle, depending on the strength of the induced effect and timing of the cycle stage.

Besides inducing changes to healthy skin during a natural hair cycle and contributing to the wound healing response, it remains to be investigated whether hair follicles could also remodel the fibrotic tissue formed after skin injuries. In fact, anecdotal unpublished observations by hair surgeons have noted the clinical aesthetic improvement of scalp scars (mainly burn scars and scars from split thickness skin grafts) as a result of hair transplantation (scientific poster presented by Dr. Richard Keller at ISHRS meeting in Montreal, 2008). Thus, it could be possible that anagen hair follicles transplanted into scars could remodel mature scars, similar to how they remodel healthy tissue, with an increase in the thickness of skin layers, vascularization, adipogenesis, and innervation of the fibrotic tissue. This effect could be facilitated by either migration of epidermal and dermal stem cells out of hair follicles to support skin remodelling, or the release of remodelling factors directly from the follicle (Fig. 14.3).

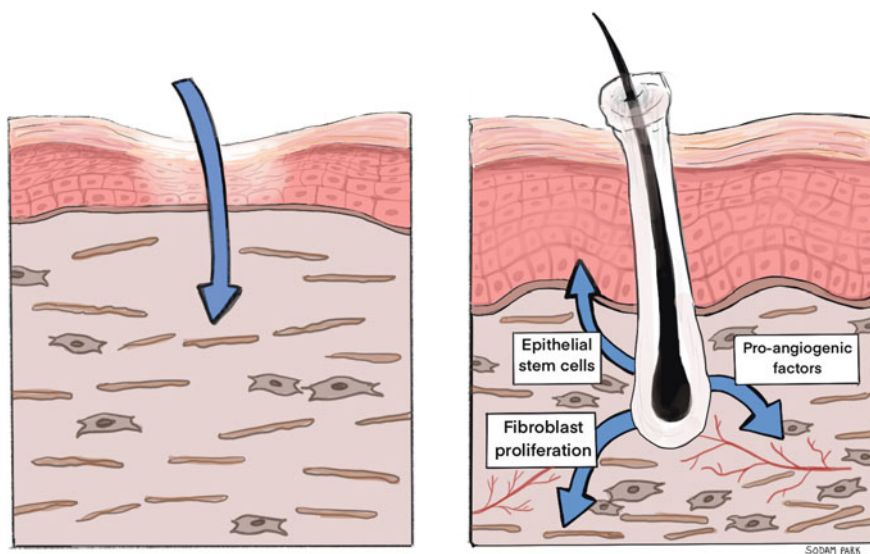


Fig. 14.3 Hair follicle transplantation into scars. We hypothesize that anagen hair follicles transplanted into scars could remodel mature scars, similar to how they remodel healthy interfollicular tissue

Concluding Remarks

Hair follicle transplantation for wound healing applications is a relatively recent and still underutilized minimally invasive surgical technique. It is a safe and relatively inexpensive procedure that does not require cell manipulation in the laboratory. The clinical indications, which currently have been limited to stimulate the healing of difficult-to-heal wounds or chronic ulcers, will become better defined as further clinical experience is gained with this form of therapy. However, there remain important questions to be answered, including the minimum number of hair follicles to be transplanted in the wound bed per cm^2 in order to reach an optimal healing response.

Once we understand the exact mechanism behind the role of hair follicles in wound healing and scar remodelling, we can try to mimic the effect of hair follicles on skin repair and regeneration with therapeutic solution. A potential approach involves deciphering the populations of hair follicle cells that contribute to the observed effect and injecting them directly into wounds or scar tissue in order to improve the clinical outcomes. Alternatively, elucidating the paracrine effect of transplanted follicles would open up new avenues for therapeutic discovery, to replicate the combination of required factors that facilitate healing or scar remodelling.

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Chapter 14

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