|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | |  | | |  | | --- | |  | | | |  | | --- | | **1- Semaine européenne pour l'emploi des personnes handicapées** | | | |  | | --- | |  | | |  | | |  | | --- | |  | | | |  | | --- | | La 28ème Semaine européenne pour l'emploi des personnes handicapées (SEEPH) se déroulera du lundi 18 au dimanche 24 novembre 2024.   * Le Dr Richard a réalisé un podcast de 5 minutes expliquant la maladie et ses conséquences. Vous pouvez retrouver la vidéo sur la chaîne YouTube de notre association en cliquant [**ici**](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=2432f58877&e=6456981a96)**.** * Carole a réalisé une nouvelle affiche : « Un milieu de travail sans parfum ».   Un grand merci au Dr Richard et à Carole pour leur investissement pour cette semaine. | | | |  | | --- | |  | | |  | | |  | | --- | |  | | | |  | | --- | | **2- Question de Mme VÉRIEN Dominique (Yonne - UC) publiée  dans le JO Sénat du31/10/2024 - page 4245** | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | | Je lis la question | | | |  | | --- | |  | | |  | | |  |  | | --- | --- | | |  | | --- | | Mme Dominique Vérien attire l'attention de Mme la ministre de la Santé et de l'Accès aux soins sur la nécessité de la création d'un fonds d'indemnisation des victimes de produits phytosanitaires.  En effet, même si ces dernières années des liens directs entre exposition aux pesticides et certaines pathologies ont été mis à jour par plusieurs études scientifiques, et que l'impact de ces produits sur la santé a été reconnu, il existe encore une absence de prise en charge pour certaines pathologies par notre système de santé, notamment **le syndrome d'hypersensibilité chimique multiple.**  La proposition de loi n° 630 (Assemblée nationale, XVe législature) portant création d'un fonds d'indemnisation des victimes des produits phytopharmaceutiques a été adoptée par le Sénat le 1er février 2018. Cette loi a pour objet de compléter le dispositif de réparation par la création d'un fonds d'indemnisation abondé par les fabricants de ces produits.  L'association « phyto-victimes » qui vient en aide aux professionnels victimes des pesticides salue l'adoption indispensable de ce texte. Cependant, le plan d'action sur les produits phytopharmaceutiques du 25 avril 2018, présenté par l'État, ne comporte pas de dispositifs de prise en charge médicale de ces malades.  Cela implique que les patients ne soient pas remboursés des actes médicaux comme les prises de sang, les radios, ou encore scanners, liés à ces pathologies.  Aussi, elle lui demande de bien vouloir lui indiquer les intentions du Gouvernement sur ce sujet. | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | |  | | | |  | | --- | | **3- Tour Alternatiba 2024** | | | |  | | --- | |  | | |  | | |  | | --- | |  | | | |  | | --- | | Après quatre mois intenses, 6 500 km parcourus et des mobilisations sur 103 territoires, le Tour Alternatiba 2024 s’est achevé le 06/10/2024 à Marseille.                                                                                                                                                 Voici les premiers chiffres clés du Tour Alternatiba 2024 :  ·       23 788 personnes mobilisées  ·       103 étapes organisées dans 103 villes et villages différents par des groupes organisateurs locaux  ·       un millier d’associations locales impliquées dans l’organisation des étapes avec les habitant e.s  ·       une équipe de 108 cyclistes, 56 femmes et52 hommes, âgés de 18 à 67 ans, qui se sont relayés au fil des semaines pour pédaler  ·       6 500 kilomètres parcourus sur les triplettes d’Alternatiba  ·       un passage dans chacune des régions métropolitaines  ·       une grande diversité de types de territoires  o   33 % des étapes organisées dans des villages (communes de moins de 5 000 habitant.e.s)  o   16,5 % des étapes dans des petites villes (entre 5 000et 15 000 hab.)  o   34 % des étapes dans des villes moyennes (entre 15 000et 100 000 hab.)  o   16,5 % des étapes dans des grandes villes (plus de 100000 hab.)  ·       50 formations à l’action non-violente et la désobéissance civile, à laquelle ont participé plus de 500 personnes. | | | |  | | --- | |  | | | |  | | --- | |  | | Voici leur article final | | | |  | | --- | |  | | | |  | | --- | | **4- Tribune : « Transition écologique :des médecins appellent à cesser de subventionner le chauffage au bois »  par un Collectif de médecins et d'associations, publiée le 29/10/2024** | | | |  | | --- | |  | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | SOS MCS est co-signataire de la lettre adressée à la Ministre de la transition et à la Presse.  Une part importante du budget sert à financer le développement du bois énergie. Une aberration sanitaire et climatique, dénonce un collectif de médecins et d’associations dans une lettre à la ministre de la Transition écologique. | | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | Lire l’article dans le Point | | | |  | | --- | |  | | | |  | | --- | |  | | Lire l’article dans Transitions Energies | | | |  | | --- | |  | | | |  | | --- | |  | | Voir le replay sur BFMTV | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | | **5- Déclaration du CSO à la Commission pour la protection du climat, de la nature et de la santé publique, le 04 novembre 2024** | | | |  | | --- | |  | | | |  | | --- | | SOSMCS soutient la prochaine déclaration des organisations de la société civile (OSC) à la Commission européenne, lui demandant de mieux protéger les citoyens en fournissant des garanties sur le climat, la nature et la santé publique.  Avec la nouvelle configuration du Parlement européen et de la Commission à la suite des élections, nous nous trouvons à un moment critique pour l'avenir de l'action climatique et environnementale dans l'Union européenne.  Un résumé rapide :  -Qu'est-ce que c'est ? Une déclaration de la société civile pour contrer les tentatives de déréglementation et l'affaiblissement des normes climatiques et environnementales.  -Pourquoi maintenant ? À l'approche des auditions des commissaires, il est urgent que la Commission s'engage à protéger les lois clés du Green Deal et qu'elle change de discours face aux appels de plus en plus nombreux à la «simplification » comme ouverture à la dérégulation. | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | | Lire la déclaration de la société civile en français | | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | | Lire la déclaration de la société civile en anglais | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | | **6- Association des Familles Victimes du Saturnisme                          (membre du CISE)** | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | Lire le communiqué | | | |  |  | | --- | --- | | |  | | --- | | Retrouvez le communiqué de l’AFVS dans le cadre de la12e semaine internationale pour la prévention de l’intoxication au plomb. | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | | **7- ALLEMAGNE** | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **« Repensez votre façon de gérer le parfum ! »**  Douleurs, crampes, nausées, faiblesse et épuisement, fatigue intense, mais aussi insomnie : les symptômes étaient divers, les causes mystérieuses. Jusqu'à ce que la personne touchée par la pandémie du coronavirus réalise de quoi elle souffrait : elle ne supporte pas les parfums artificiels ! Elle a immédiatement écrit un livre à ce sujet.  Entretien avec Daniela Arbter-Öttl | | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | Lire l'article | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | |  | | | |  | | --- | | **8- CANADA** | | | |  | | --- | |  | | |  | | |  | | --- | |  | | | |  | | --- | | **Visioconférence de l’ASEQ-EHAQ**  🌟👥 Nous avons le plaisir de vous convier à une importante conférence intitulée « Briser les barrières : Faire progresser l'accessibilité et les droits de la personne pour les personnes atteintes de sensibilité chimique multiple (SCM). »   📅 Date : Jeudi 21 novembre 2024 🕜 Heure : 13 h 30 à 16 h 45 HNE (18h 30 à 21 h 45 France) 🌐 Lieu : En ligne sur Zoom 🔊 Une traduction simultanée sera disponible.  Cette conférence traitera des enjeux cruciaux liés à l'accessibilité et aux droits des personnes vivant avec la SCM. Votre participation contribuera à sensibiliser et à encourager les communautés à favoriser un changement significatif et l'inclusivité. 🌍💬  🔗 Veuillez vous inscrire ici : [https://lnkd.in/gMV4xVh3](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=8cebd1cad5&e=6456981a96) 📖 Pour consulter l'ordre du jour complet, cliquez ici:[https://lnkd.in/giRi4VSd](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=e1e4702fca&e=6456981a96) 👩‍🏫 Pour en savoir plus sur nos conférenciers, cliquez ici : [https://lnkd.in/gpGiktHg](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=5ef9101e0a&e=6456981a96) Nous sommes impatients de vous accueillir à cet événement marquant, où votre présence fera une véritable différence. Ensemble, œuvrons pour un avenir plus accessible et inclusif pour tous. 🤝💚 | | | |  | | --- | |  | | | |  | | --- | | **9- ESPAGNE** | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | Lire l'info | | | |  |  | | --- | --- | | |  | | --- | | À la fin de l'année 2023, l’Asociación de Sensibilidad Química Múltiple deGalicia  [SQM Galicia](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=6e40bd49e5&e=6456981a96) a eu une réunion avec les responsables du 061 (Ambulance) pour leur demander d'appliquer le protocole de prise en charge des personnes atteintes de SQM (SCM) où ils se sont engagés à respecter les points suivants.  1) Lorsque vous appelez le 061 vous devez vous identifier comme affectée de SQM et demander qu'ils activent le protocole de prise en charge des personnes atteintes de SQM de Sergas. Ils vont avertir le centre de santé, la PAC ou l'hôpital qu'il y a un patient atteinte de SQM.  2) Des draps et des couvertures peuvent être emportées dans l'ambulance.  3) La ventilation est autorisée dans l'ambulance.  4 )Ils n'utilisent pas de gel hydroalcoolique.  5) Le personnel portera des gants à condition qu'ils ne dérangent pas la personne atteinte de SQM et de masque  Il est primordial que les malades de SQM ou les membres de la famille qui appelle le 061 communiquent clairement la pathologie et toute autre particularité du patient (allergie gants, etc.)  Les responsables du 061 ont manifesté un grand intérêt et un soutien à notre Partenariat et un engagement de coordination est apparu afin de pouvoir surmonter les éventuelles difficultés qui pourraient surgir. | | | | | | | | | | | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | Lire l'article | | | |  |  | | --- | --- | | |  | | --- | | **Remise des prix photographie de l'association SFC-SQM 'Espaces Sains' à** [**Lanza**](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=2ea6f7c5aa&e=6456981a96) **/ CIUDAD REAL, le16 octobre 2024**  Cérémonie de remise des prix du Vème Concours de Photographie organisé par l'Association des Personnes Touchées par l'Encéphalomyélite Myalgique/Syndrome de Fatigue Chronique et d'hypersensibilité chimique multiple de Castille a eu lieu au Département des Services Sociaux, Seniors et Familiaux de la Mairie de Ciudad Real -. La Manche (SFC-SQM CLM). | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | | **10- ITALIE** | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Article publié dans L'arène Territoires, le 11 octobre 2024 : Détergents, cosmétiques, conservateurs : Daniela, prisonnière des allergies.**  « Je vis dans une bulle : pour en sortir la première étape est d'en parler » | | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | Lire l'article | | | |  | | --- | |  | | | | | | | | | | | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **La Sensibilité Chimique Multiple – SCM - La maladie niée et les malades sans droits** | | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | | Document en français | | | |  | | --- | |  | | | |  | | --- | |  | | Document en italien | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | | **11- Documentation** | | | |  | | --- | |  | | | |  | | --- | | La dernière version du document « **Impacts du bois énergie sur l'air, la santé, la forêt et le climat** » par le collectif Air Climat Santé | | | |  | | --- | |  | | | |  | | --- | |  | | Lire l'article | | | |  | | --- | |  | | | |  | | --- | | **Fleurs, pesticides et maladies professionnelles, par deux sociologues Jean-Noël Jouzel et Giovanni Prete**   A l’instar d’autres produits devenus des commodités courantes de la mondialisation globalisée, comme l’or ou les diamants, les fleurs sont des produits ambigus. D’un côté, elles sont des symboles de beauté, d’amour et de nature. De l’autre, leur production et leur circulation se fait au prix de coûts environnementaux et sanitaires non négligeables et aujourd’hui bien documentés... | | | |  | | --- | |  | | | |  | | --- | |  | | Lire l'article | | | |  | | --- | |  | | |  | | |  | | --- | |  | | | |  | | --- | | Merci à Solange de nous avoir envoyé une liste de livres qui pourraient vous intéresser :   * Psychotropes et tueries de masse de [Roger LENGLET](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=b2f3b706b8&e=6456981a96) : Lanceur d’alerte chevronné, Roger Lenglet enquête ici sur les effets secondaires des médicaments psychotropes (hypnotiques et antidépresseurs) prescrits massivement. [**Lire un extrait**](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=0f6b720ec4&e=6456981a96) * Menace sur nos neurones: Alzheimer, Parkinson... et ceux qui en profitent de [Marie Grosman](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=3e5b6379d6&e=6456981a96) (Auteur), [Roger Lenglet](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=9ae0e73791&e=6456981a96) (Auteur) :Pourquoi les cas de maladies neurodégénératives sont-ils en recrudescence, et pourquoi les malades sont-ils de plus en plus jeunes ? Les substances toxiques qui agressent nos organismes quotidiennement sont identifiées, mais pas interdites... À qui profite le crime? Études et enquêtes rigoureuses à l'appui, les auteurs démontent le mécanisme d'un "effet d'aubaine" ignoble et proposent des solutions à cette crise sanitaire. * Le monde de la 5G : La démocratie en péril de [Denis Bourgeois](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=d433a2f229&e=6456981a96) (Auteur), Robin Des Toits (Préface) :L’emprise numérique et la restriction des droits individuels vont croissants depuis au moins deux décennies. Nous sommes à un point de bascule où ces phénomènes peuvent être démultipliés. Ceci provient de progrès technologiques mais aussi des possibilités que propose d’offrir la 5G. Cette dernière, et le système technique dont elle va être un maillon essentiel, sont des outil importants pour l’avènement d’une dictature aux couleurs du XXIe siècle. * Ces maladies créées par l'homme : Comment la dégradation de l'environnement met en péril notre santé de [Dominique Belpomme](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=ec17244466&e=6456981a96) (Auteur), [Bernard Pascuito](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=9e4533d732&e=6456981a96) (Auteur) :Depuis la seconde guerre mondiale, le nombre de décès provoqués par le cancer a doublé en France : 150 000 par an ! Le tabac, premier accusé, n'en explique que 30 000. Les autres sont essentiellement liés à la dégradation de notre environnement. Le cancer est devenu une « maladie de civilisation ». * Comment naissent les maladies: ... Et que faire pour rester en bonne santé ? de [Dominique Belpomme](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=f2c0d1cd3f&e=6456981a96) (Auteur) | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | |  | | |  |  | | --- | --- | | |  | | --- | | Isabelle vous invite à lire le dernier **Que Choisir** du mois de novembre 2024 : il y a un article sur les adoucissants, nettoyants ménagers, lessives - trop d'allergènes cachés et un autre dossier complet sur les substances chimiques, quand l'industrie sabote l’évaluation. | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | | **12- Webinaires** | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Webinaire "Soins et santé environnementale : une occasion de repenser le soin?" le mardi 19 novembre 2024 de 12 h à 13 h**  Selon l'Organisation mondiale de la santé (OMS), le changement climatique représente une menace fondamentale pour la santé humaine au XXIème siècle. En France, le secteur de la santé représente près de 8 % des émissions de gaz à effet de serre, selon le ministère de la Santé. Le secteur de la santé, partie prenante de ces changements climatiques et environnementaux, adonc un rôle à jouer dans la mise en place de pratiques plus responsables.  Comment le secteur de la santé peut-il participer à la transition écologique ? Dans quelle mesure les établissements de santé peuvent-ils atténuer l'impact carbone de leurs activités ? Sachant que la moitié de l’empreinte carbone du secteur de la santé est liée aux médicaments et dispositifs médicaux, quelles nouvelles pratiques écoresponsables peuvent adopter les professionnels de santé ? Pour quels bénéfices ?  Pour répondre à toutes ces interrogations, le CRES organise le webinaire "Soins et santé environnementale : une occasion de repenser le soin?", avec l’intervention de Philippe Perrin, éco-infirmier et directeur de l’Institut de Formation en Santé Environnementale (IFSEN).  À la suite de sa présentation, l’intervenant répondra en direct aux questions des participants.  Ce webinaire, destiné aux professionnels de la santé, de l'environnement et du social, est proposé dans le cadre du PRSE 4 et financé par l’ARS Provence-Alpes-Côte d'Azur. | | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | Lien pour s'inscrire au webinaire | | | | | | | | | | | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Webinaire "Méditation de pleine conscience et fatigues?" le jeudi 21novembre 2024 - de 18 h 30 à 20 h**  Ce webinaire vous proposera un temps d’initiation à la méditation de pleine conscience avec le Dr Béatrice Leloutre (médecin radio pédiatre, praticienne en hypnose Ericksoniènne et méditation pleine conscience), l’éclairage scientifique d’Ingrid Banovic (Professeure en psychopathologie, Université de Rouen-Normandie), et un temps de témoignage avec Sophie Bertuzzi-Giraudon (bénévole à l’association Apaiser S&C(Syringomyélie et Chiari) et à l’Association Française du Syndrome de Fatigue Chronique), l'ASFC, association amie de SOS MCS.  Vous pourrez bien entendu poser toutes vos questions en direct et échanger avec les autres participant.e.s par le Chat !  Merci à [Afa Crohn RCH France](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=5345b2b02a&e=6456981a96) pour cette initiative ! | | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | Lien pour s'inscrire au webinaire | | | | | | | | | | | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Webinaire « Les 3 clefs du pacing », organisé par l'AFSFC, le samedi 23 novembre de 11 h à 12 h**  Dans le cadre de la semaine de sensibilisation aux fatigues (2024 est une année inter-biennale des fatigues), l'AFSFC ouvre son webinaire sur le pacing à tous.  Le pacing est un ensemble de techniques qui permet d'abaisser la charge des symptômes au quotidien.  **Inscription obligatoire**  30 minutes de présentation et 30 minutes de questions/réponses.  En savoir plus sur le pacing : lire l’article de l’AFSFC [**ici**](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=98dc755070&e=6456981a96)  Merci à l'**[AFSFC](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=c1911bf3b5&e=6456981a96" \t "_blank)** pour cette initiative ! | | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | Lien pour s'inscrire au webinaire | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | | **13- Atelier Détente : « Partage Lecture »** | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | |  | | |  |  | | --- | --- | | |  | | --- | | Partage lecture est une soirée sur Zoom où les adhérents, amateurs de livres tous genres confondus, pourront se connecter pour nous parler de leurs préférences littéraires, faire la critique des titres qu'ils lisent actuellement, trouver des idées de titres à lire ou en suggérer aux autres.  Cette soirée aura lieu le : jeudi 05 décembre 2024 à 18 h.(connexion à partir de 17 h 45).  Rejoindre Zoom Réunion :  [https://us06web.zoom.us/j/6262818940?pwd=ZXFibUF5MEN4ajQwdC9kR2FHcExCdz09&omn=88463882616](https://sosmcs.us9.list-manage.com/track/click?u=adef5d00bd703c53c4a6cbaa0&id=98f958fafe&e=6456981a96)  ID de réunion: 626 281 8940  Code secret: j8AW9r  ---  Une seule pression sur l’appareil mobile : +33170372246,,6262818940#,,,,\*716821# France | | | | | | | | | | | | | |  | | --- | |  | | |  | | | | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | |

