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• cial in e ac is n and em is men • ec . Famil, he a and
• g• • ide al able e• ce fo be h indi id al ^y i h chi • h enia and hei b ed • ne, fo e ing nde anding and
• ing a egie.

1/111/ C. W.

De i ead ancemen in ea men, indi id al i h chi• h enia face igni can challenge. Sigma and mi• nce i n ab he di• de • n ib e•• ciali• la i n, di c imina i n, and di c lie in acce ing ca e. P blic e ce i n• gen ain h e i h chi• h enia a dange• • n edic able, hich i n• • nl inacc a e b al• e ace ba e hei• la i n e e i enced b h e a ec ed.

To o mba igma, ed cain and a a ene a e a am n. Highligh ing he • ie • f ho eli ing i h chi • h enia, ho ca ing hei eng h, and ad • ca ing fo hei igh can hel hig • cie al a i de. F he mo e, enhancing men al heal h e ice, en ing ea l, in e en ion, and • iding o m ehen i e • em a e c i ical e in add e ing he need • f indi id al i h chi³ • h enia [7].

C₁₁ 1.

Schi • h enia i a m l iface ed di • de ha demand a n anced nde anding and • m a i na e a • ach. B eo gni ing he • m le i • f i m • m, ackm ledging he in e la • f gene ic and en i • nmen al fac • , and ad • ca ing fi e ec i e ea men and igma ed c i n, e can fi e a m e incl i e • cie. S • ing h e i h chi • h enia e i e m • nl medical in e en i n b al • a • llec i e e • • c ea e an en i • nmen he e he can h i e and lead f l lling li e .

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