

continued



UNIKAW SOLI!

1. **Unikaw** is a new, healthy, and delicious snack made from natural ingredients. It is a perfect choice for those who want to enjoy a sweet treat without the guilt of high sugar or fat content.

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Figure 1 displays a 4x4 grid of heatmaps showing the distribution of 16 different types of mutations across four categories: A, C, G, and T. The columns are labeled 'A', 'C', 'G', and 'T' at the bottom. The rows are labeled 'A', 'C', 'G', and 'T' on the left. Each cell in the grid contains a heatmap representing the distribution of a specific mutation type (e.g., A to A, A to C, etc.) across the four categories. The color scale ranges from blue (low frequency) to red (high frequency).

[illegible]

OBRZĘKI *Oedemas*

duszność
w pozycji leżącej
w trakcie wysiłku
i w czasie snu

*dyspnoea when
laying flat, on
exertion, sleeping*

cough
kaszel

*pleural
effusion
(excessive
fluid around
the lungs)*

wysięk
w opłucnej
(nadmiar płynu
wokół płuc)

obrzęk
płuc
(nadmiar płynu
wokół płuc)

powiększenie
jamy brzusznej
(wodobrzusze)

*enlargement of the
abdominal cavity
(ascites)*

weight increase
wzrost wagi

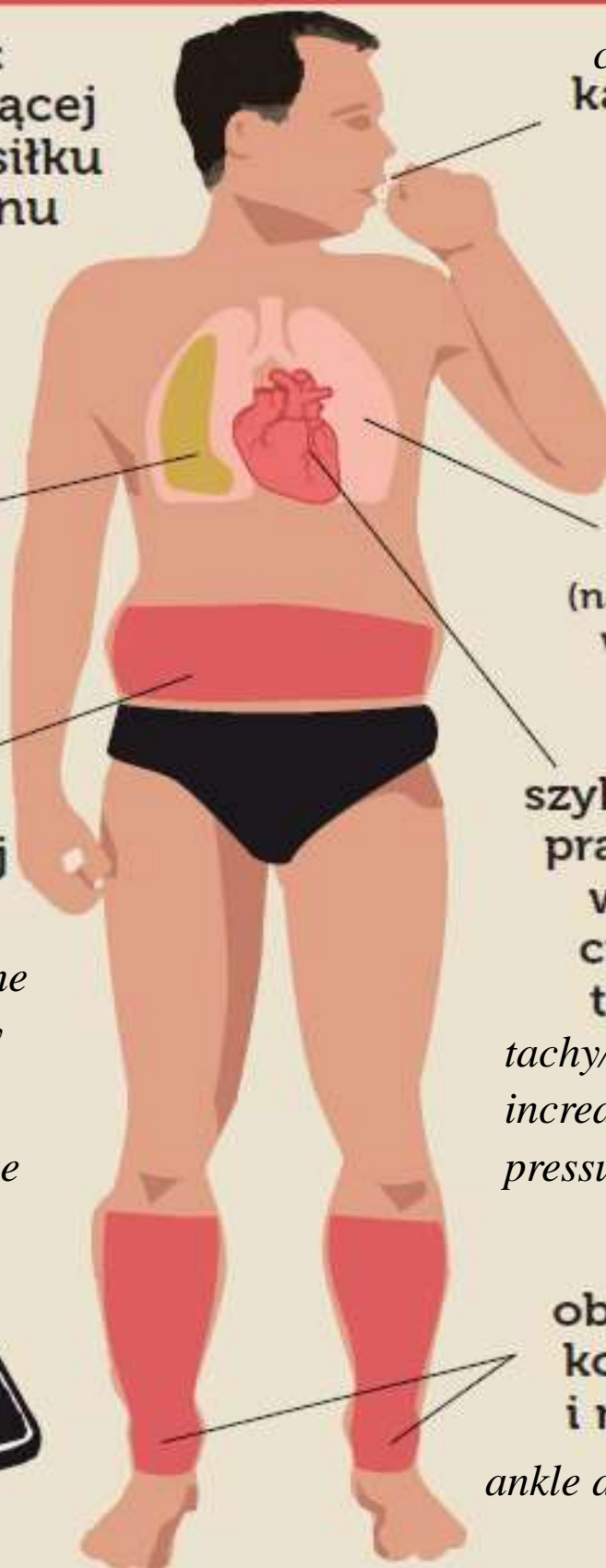


szybka/wolna
praca serca,
wysokie
ciśnienie
tętnicze

*tachy/bradycardia,
increased blood
pressure*

obrzęk na
kostkach
i nogach

ankle and legs edema



WAŻNE ZALECENIA



do 1,5 litra płynów
na dobę

*maximum 1,5l
of fluids per
day*



nie używać soli
dodatkowej

do not add salt



codziennie
ważenie

daily weight control



stosowanie
zalecanych leków

medications adherence



zakaz picia alkoholu

*alcohol
restrictions*



zakaz palenia

no smoking



mierzenie
ciśnienia i tętna

*blood pressure and
heart rate measurement*



systematyczna
aktywność
fizyczna

regular physical activity

1. *Completely resign from adding additional salt to your dishes on a plate.*
2. *Reduce salt usage on preparing your meals as much as possible. Replace it with more herbs or other spices which do not include salt.*
3. *Remember, that 100% of salt in the food is absorbed by your body.*

UNIKAJ SOLI! *Avoid salt!*



*prógoty, kuby, sól
sólony, sosy, ketchup
sosolowa itp.*

soy sauce, soup cubes etc.



*powdered soups and
sauces, sauces in tubes
e.g. ketchup, BBQ sauce,
mustard*



*packaged poultry, sausages and
smoked meat from the shops,
pâtés, black pudding, brown
jelly, prepared packed food to
reheat*



*chips, finger food, crackers,
peanuts with salt, coated peanuts,
snack bars e.g. Snickers*



*pizza, fast food, fries,
baked potatoes, kebab,
pita, toasted cheese
sandwiches, hot dog*



*marinated herring, cooked
salted herring, smoked fish,
herring in oil, preserved fish...*



*processed marinated vegetables,
processed preserved vegetables,
cucumbers and sauerkraut,
olives, vegetable juices*



*cheese, camembert, brie,
processed cheese, Fromage
cheese, feta cheese*



*cornflakes, pastry e.g. puff
pastry*

Physical activity?

AKTYWNOŚĆ FIZYCZNA?

