

# Sommario Rassegna Stampa

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# Sommario Rassegna Stampa

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		30/05/2018		
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RTGOWPKTUK EQPVTQ NG DCUUG VGORGTCV  
- OGINQK NKOKVCTG NG CVVKXKVÂ KPVGPUG  
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CPVKKPHKCOOCVQTK CPVKDKQVKEK CPVKF  
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RUDULR 6H YLDJJLDWH LQ DHUHR FRQVHUYDWHOL LQ  
PHWUL QRQ KDQQR HIIHWR  
ORQLWRUDWH L GDWL VDQJXLJQL FRQ FRVWDQJD

3RUWDWH FRQ YRL XQ IRJOLR FRQ OH JHQHUDOLW  
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2OWUH DL IDUPDFL FKH SUHQGHWL GL VROLWR S  
VRSUDYYLYHQJD FRQ GHQWUR USHOOHQWL SHU LQV  
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3UHFLVLRQH SHU GDUH DG RJQL VLQJROR SDJLHQ  
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, IDUPDFL VDOYDYLWD FL SURWHJJRQR GD XQ SULPI  
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f H LQ FDVR GL YLDJLJL DOOHVWHUR DVVXPHUOL VHQ]D FRVLEH]DUH LO IXVR RUDU  
SURSUL GDWL VDQJXLJQL f HG DYHUH FRQ Vp XQ IRJOLR FK]H SRUWH HGHUHQ]LWj HY  
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SUHQGHU L SURSUL IDUPDFL VHJQD FRQVGHUUDH IO IXVR RIUD  
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,QILQH q FRQVLJOLDELOH PRQLWRUDUH L SURSUL GDWL VDQXLJQ  
DQFKH D GRPLFLOLR SRUWDUH FRQ Vq XQ FRQVRSUD L PHWUL VFHJOLHUH  
HYHQWXDOL DOOHUJLH PDODWWLH H PHGIEPHU DOWD SUHVLRQH DOWD SUHVLRQH DOWD  
VRSUDYYLYHQJD FRQ UHSHOOHQWL SHU LQXHVWL SHUODLPHVRSUD L PHWUL VFHJOLHUH  
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6HJQDOD QRW HJLDDOD HYHXRORLFLSHGDJI


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,QYLD DG XQ DPLFI  
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DSSDVVLRQDWL GL RJQL HWj SURQWL D FLPHQWUUVL LQ SDVVHJJLDWH WUHNNLQJ  
TXRWD DUULYDQR OH VHP SOLFL UHJROH GHO %XRQVHQVR DG DOWD TXRWD UHG  
ORWWD DOOD WURPERVL H DOOH PDODWWLH FDUGLRYDVFRDUL \$OW 2QOXV ,O GH  
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WHQHUH SUHVHQWL DOFXQL DFRUJLPHQWL H SUHFDXJLRQL

(FFR L FRQVLJOL GHJOL HVSHUWL GL \$OW 2QOXV

(YLWDUH GL DQGDUH ROWUH L PHWUL SHUFKp OD SUHVVRQH DUWHULRV  
GHOO DULD SL• UDUHIDWWD VLD GHOO DVVHQJD GL RVVLJHQR FUHQQR ULVFKL SHU  
/ DEEDVVDPHQWR GHOOD WHPSHUDWXUD SRUWD D XQ QDWXUDOH LQQDOJDPHQWR  
VDQJXLJQD GXQTXH q EHQH SUHPXQLUVL FRQWUR OH EDVVH WHPSHUDWXUH

( PHJOLR OLPLWDUH OH DWLWYLVj LQWHQVH SHUFKp OD IDWLFD ID DXPHQWUWH C  
VRQR FRQVHQWLWH PD FRQ PRGHUJLRQH H LQ OXRJKL FKH QRQ ULFKLHGDQR JUDQG  
( DQFRUD

/D FXFLQD GL PRQWDJQD q VSHVVR PROWR JUDVVD H SHVDQWH D EDVH GL EXUUR  
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,O ELVRJQR GHOOD FDORULH LQ DOWD PRQWDJQD q GLYHUVR GD TXHOOR DELWXD  
FDOR GHOO DSSHVLWR FKLDPDWR DQRUVVLD GD DOWD TXRWD FDXVDWR GDOOD PE  
FRQVLJOLDELOH IDUH SL• VSXQWLQL GXUDQWH LO JLRUQR FRQ FLEL IDFLOPHQWH GLJ  
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2OWUH DL IDUPDFL FKH DVVXPHWH FRQ UHJRODULWj ULFRUGDWHYL GL SRUWUDH GL VRSUDYYLYHQJD FRQWHQHQWH UHSHOOHQWL SHU LQVHWWL EHGGH HODVWLFKH DQWLELRWFL DQWLGLDUURLFL DQWLGRORULILFL FHURWWL VRQQLIHUL DSSDUHFF GL RVVLJHQR 0D DQFKH FROWHOLQL VYL]]HUL IRUELFLQH H SLQ]HWWH



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&RPPHQWD TXHVWR DUWLFROD

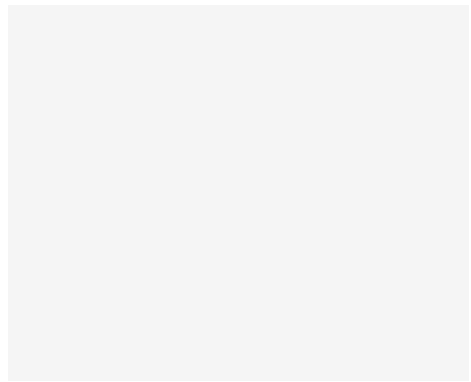
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>`Gco>@`Ä > GsGS`> IS \_c`r>Q`> O p]Kppc \_c]rc Qo>pp> K IKp>`rK` > F>pK IS Fsooc` Pco\_>QQS`  
K Gc`\_c]rS >]Gc]SGS` , FK`K KxSr>oK Qo>llK K ]SnscoS` c]roK cxxS>\_K`rK >] Ps\_c`%Ä ] FSpCQ  
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\_KISGS`K >pps`rK† ...Ä \$]roK >S P>o\_>GS GRK >pps\_KrK Gc` oKQc]>oSrB` oSGcol>rKxS IS lcor>c  
ns>]GRK ISGGc]c ,\Sr IS pclo>xxSxK`-> , Gc`rK`K`rK oKIK]]K`rS IKo S`pKrrS` FK`IK K]>prSGRK` ]>  
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## Montagna e pressione alta, 10 regole per godersi le vacanze

No a escursioni troppo faticose e oltre i 3000 metri

ROMA

(ANSA) - ROMA, 12 GIU - Non andare sopra i 3000 metri, scegliere escursioni non troppo faticose e portarsi sempre dietro una scorta d'acqua: sono alcuni degli accorgimenti indicati da Alt (Associazione per la Lotta alla Trombosi) a chi pensa ad una vacanza in montagna e soffre di ipertensione. E' un falso mito infatti che la montagna causi problemi a chi ha la pressione alta, se si seguono delle regole semplici come quelle indicate nel decalogo del 'Buonsenso ad Alta Quota'. Il primo consiglio è di evitare di andare oltre i 2500-3000 metri, perché la pressione arteriosa aumenta a causa dell'aria più rarefatta e dell'assenza di ossigeno, e di premunirsi contro le basse temperature, che portano ad un naturale innalzamento della pressione. Meglio limitare le attività intense, perché la fatica fa aumentare la pressione. Quindi sì alle escursioni, ma con moderazione e in luoghi che non richiedano grandi impegni. È bene poi evitare grappe, liquori, e fumo, e se si ha un calo dell'appetito (chiamato 'anoressia da alta quota'), causato dalla mancanza di ossigeno, si consiglia di fare più spuntini durante il giorno con cibi facilmente digeribili e in piccole quantità, evitando quelli più grassi e ricchi di sale. Durante le passeggiate ricordarsi di portare sempre con sé almeno mezzo litro d'acqua, e anche in vacanza non dimenticare di prendere i propri farmaci, senza considerare il fuso orario. Se si viaggia in aereo, vanno messi in un sacchetto di plastica a parte, ricordando che sopra i 3500 metri i farmaci smettono di fare effetto. Infine è consigliabile monitorare i propri dati sanguigni con costanza, anche a domicilio, portare con sé un foglio con le proprie generalità, eventuali allergie, malattie e medicine assunte, e un kit di sopravvivenza, con repellenti per insetti, bende elastiche, lassativi, antiinfiammatori, antibiotici, antidiarroici, antidolorifici, cerotti, sonniferi, apparecchio per la pressione, bombole di ossigeno.

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5RPD JLX \$GQ.URQRV 6DOXWH 8Q GHFDORJR SHU YLY  
3HU JOL DSSDVVLRQDWL GL RJQL HWj SURQWL D FLPHQWDU  
ELFLFOHWWDDWH DG DOWD TXRWD DUULYDQR OH VHPSOL  
UHGDWWH GDOO \$VVRFLD]LRQH SHU OD ORWWD DOOD WURP  
2QOXV ,O GHFDORJR SDUWH VIDWDQGR XQ IDOVR PLWR  
DJOL LSHUWHVL PD VH VL q DIIHWL GD SUHVLRQH DOWD  
DFFRUJLPHQWL H SUHFDX]LRQL (FFR FRQVLJOL GHJOL HV  
DQGDUH ROWUH L PHWUL SHUFKp OD SUHVLRQH  
GHOO DULD SL• UDUHIDWWD VLD GHOO DVVHQ]D GL RVVLJHC  
/ DEEDVVDPHQWR GHOO WHPSHUDWXUD SRUWD D XQ QDWX  
VDQJXLJQD GXQTXH q EHQH SUHPXQLUVL FRQWUR OH EDVV  
OLPLWUOH OH DWLWLYLWj LQWHQVH SHUFKp OD IDWLFD ID D  
VRQR FRQVHQWLWH PD FRQ PRGHU]LRQH H LQ OXRJKL FK  
( DQFRUD /D FXFLQD GL PRQWDJQD q VSHVVR PROWR JU  
EXUUR IRUPDJL FLEL VDODWL H FRQ PROWL DOFROLFL ( EHQH HYLWUOH JUDSSH H OLTX  
RYYLDPHQWH DO IXPR ,O ELVRJQR GHOOH FDORULH LQ DOWD PRQWDJQD q GLYHUVR GD  
DELWXDOH H SRWUHEEH YHULILFDUVL XQ FDOR GHOO DSSHWLWR FKLDPDWR DQRUHVLD  
FDXVDWR GDOOD PDQFDQ]D GL RVVLJHQR ( GXQTXH FRQVLJOLDELOH IDUH SL• VSXQWLQL  
JLRUQR FRQ FLEL IDFLOPHQWH GLJHULELOL H LQ SLFFROH TXDQWLWj HYLWDQGR L FLEL SL•  
ULFFKL GL VDOH 'XUDQWH OH SDVVHJJLDWH q LPSRUWDQWH SRUWDUH VHPSUH FRQ Vp  
PH]JR OLWUR GL DFTXD ( LPSRUWDQWH ULFRUGDUVL GL SRUWDUH VHPSUH FRQ Vp L SI  
IDUPDFL H GL DVVXPHUOL VHQ]D FRQVLGHUOH LO IXVR RUDULR 8QLFD DFFRUWH]JD D T  
VXSHULRUL DL PHWUL L IDUPDFL VPHWWRQR GL IDUH HIIHWWR ( FRQVLJOLDELOH  
PRQLWRUDUH L SURSUL GDWL VDQJXLJQL FRQ FRVWDQ]D DQFKH D GRPLFLOLR 5LFRUG  
SRUWDUH FRQ YRL XQ IRJOLR VX FXL DQQRWDWH OH YRVUOH JHQHUDOLWj HYHQWXDOL DC  
PDODWWLH H PHGLFLQH DVVXQWH 2OWUH DL IDUPDFL FKf .W  
ULFRUGDWHYL GL SRUWDUH FRQ YRL TXDOFKH SLFFROR NLW GL VRSUDYYLYHQ]D FRQWH

0VspeyAse Va Jepme LN  
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( VWDWR ULWURYDWR VWDPDQH  
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GLVSHUVR QHO PDUH GHOO 3OD  
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DQWLGLDUURLFL DQWLGRORULILFL FHURWWL VRQLIHUL DSS...  
GL RVVLJHQR OD DQFKH FROWHOLQL VYL]]HUL IRUEFLQH H SEQJHWWH

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2FFKLDOL SURJUH VPDUW %5\$%86 'D VHPSOLFH VHJI  
XOWLPD JHQHUD] ;WUHPH O XOWLP D ¼ DO PHVH  
VROL ¼ DQ]LFKq VWRULD LQ HVI VWRULD GL FK& FI  
RFFKLDOL LW VPDUW XQ PDUFKLR 'DI IRUH[H]FOXVLY FRP

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6HOH]LRQD PHVH

&RQILJXUD 2SHO 6ROX]LRQL 'LJLWD ,QYHVWH ¼ VX \$  
52&.6 GD ¼ PH SURGXUUH GL SL• \*RRJOH 6XO VXR  
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2SHO 9RGDIRQH QHZVGLTXDOLWD LW

- espNIIN csNpNqqApsV cJUN GD 7DE

)URQWDOH IUD XE 3LHWUR \$JHQ 1XI 2PLFLGLR QHO  
DXWR H GURJDWF \*RYHUQL" \$OOD IL DUUHVWDWR HC  
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6KO 7IN PQ EKIU QTC UQNKFC...  
CPPQ GUWDGTK IGVKVK EQP  
RTGRGPUKQPCOGPVK

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8OWLPH QRWLJLH

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XQD VFRUWD G DFTXD VRQR DOFXQL GHJOL DFFRUJLPHQWL LQGLFDWV GD \$OW \$VWRFLD JLRQH SHU  
SHQVD DG XQD YDFDQJD LQ PRQWDJQD H VRUUH GL LSHUWHQVLRQH ( XORDOVR PLWR LQIDWWL FKH  
D FKL KD OD SUHVLRQH DOWD VH VL VHJXRQR GHOOH UHVLRQH VHPSOH FRPL TXHOOH LQGLFDWH  
DG \$OWD ~~4XSWD~~ PR FRQVLJOLR q GL HYLWDUH GL DQGDUH ROWUH L PHWUL SHUFKp OD S  
DXPHQWD D FDXVD GHOO DULD SL• UDUHIDWWD H GHOO DVVHQJD GL RVVLJHQR H GL SUHPXQLUVL  
FKH SRUWDQR DG XQ QDWXUDOH LQQDOJDPHQWR GHOO SUHVLRQH SHJOLR OLPLWDUH OH DWWL  
DXPHQWDUH OD SUHVLRQH 4XLQGL VU DOOH HVFXUVLRQL PD FRXGWLPHGLD H LQ OXRJKL  
LPSHJQL É EHQH SRL HYLWDUH JUDSSH OLTXRUL H IXPR H VH VL KD XQ FDOR GHOO DSSHWLWR  
TXRWD FDXVDWR GDOOD PDQFDQJD GL RVVLJHQR VL FRQVLJOLD GL IDUH SL• VSDWR QL GXUDQWI  
GLJHULELOL H LQ SLFFROH TXDQWLWj HYLWDQGR TXHOOL SL• JUDVVL H ULFFKL SHVD IDUPDFR QWH OI  
VHPSUH FRQ Vp DOPHQR PHJJR OLWUR G DFTXD H DQFKH LQ YDFDQJD QRQ GLPHQSDGLR &XVDJHQGHU  
FRQVLGHUDUH LO IXVR RUDULR 6H VL YLDJJLD LQ DHUHR YDQQR PHVL LO XQLWUHLWWD GL SOD  
VRSUD L PHWUL L IDUPDFL VPHWWRQR GL IDUH HIIHWR ,QILCH q FRQVLJREHUWR 7RELWRUD  
FRVWDQJD DQFKH D GRPLFLOLR SRUWDUH FRQ Vq XQ IRJOLR FRQ OH SURSULH JHQHODLWj H  
PHGLFLQH DVVXQWH H XQ NLW GL VRSUDYYLHQJD FRQ UHSHOOHQWL SHU LQVHWDJLHQGH HODVW  
DQWLELRWLFL DQWLGLDUURLFL DQWLGRORULILFL FHURWWL VRQQIHUL DSSD JULYDFR GDO OD SUH  
PDJJLR LQ YLJ  
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(VWDWH Ê%XRQVHQVR DG DOWD  
GHOOD PRQWDJQD VLFXUD

# OKPWVQÙCQKWPIK WP EQDORGWU /KP .GVVWTC

4QOC IKW \$FP-TQPQU 5CNWVG Å 7P FGECNIIQ RGT XKXGTG NC OQPVCIPC UG  
EKOGPVCTUK KP RCUUGIIKCVG VTGMMKPI HGTTCVG G DKEKENGVCVG CF CNVC  
SWQVCÆ TGFCVVG FCNNÆ\$UUQEKCKQPG RGT NC NQVVC CNNC VTQODQUK G CNN  
WP HCNUQ OKVQ È.C OQPVCIPC PQP ECWUC RTQDNGOK CINK KRGTVGUK OC UG I  
CEEQTIKOGPVK G RTGECW\KQPKÉ

(EEQ K EQPUKINK FGINK GURGTVK FK \$NV 1PNWU

(XKVCTG FK CPFCTG QNVTG K OGVTK RGTEJI NC RTGUUKQPG CTVGTKQ  
FGNNÆCUUGP\C FK QUUKIGPQ ETGCPFQ TKUEJK RGT INK KRGTVGUK

.ÆCDDCUUCOGPVQ FGNNC VGORGTCVWTC RQTVC C WP PCVWTCNG KPPCN\COGP  
EQPVTQ NG DCUUG VGORGTCVWTC

(Æ OGINKQ NKOKVCTG NG CVVKXKV• KPVGPUG RGTEJI NC HCVKEC HC CWOGPVC  
OQFGTC\KQPG G KP NWQIJK EJG PQP TKEJKGFCPQ ITCPFK KORGIPK

( CPEQTC

.C EWEKPC FK OQPVCIPC ¥ URGUUQ OQNVQ ITCUUC G RGUCPVG C DCUG FK DW

GXKVCTG ITCRRG G NKSQTK QNVTG QXXKCOGPVG CN HWOQ

ØN DKUQIPQ FGNNG ECNQTG KP CNVC OQPVCIPC ¥ FKXGTUQ FC SWGNNQ CDKV  
ÅCPQTGUUKC FC CNVC SWQVCÆ ECWUCVQ FCNNC OCPECP\C FK QUUKIGPQ (Æ FW  
HCEKNOGPVG FKIGTKDKNK G KP RKEEQNG SWCPVKV• GXKVC PFQ K EKDK RK¶ ITCU

'WTCVPVG NG RCUUGIICVVG ¥ KORQTVCPVG RQTVCTG UGORTG EQP U! CNOGPQ O

(Æ KORQTVCPVG TKEQTFCTUK FK RQTVCTG UGORTG EQP U! K RTQRTK HCTOCEK  
CEEQTVG\C C SWQVG UWRGTKQTK CK OGVTK K HCTOCEK UOGVVQPQ FK HCT

(Æ EQPUKINKCDKNG OQPKVQTCTG K RTQRTK FCVK UCPIWKIPK EQP EQUVCP\C C

4KEQTFCVG FK RQTVCTG EQP XQK WP HQINKQ UW EWK CPPQVCVG NG XQUVTG I

1NVTG CK HCTOCEK EYG CUUWOGVG EQP TGIQNCTKV• TKEQTFCVGXK FK RQTV  
TGRGNNGPVK RGT KPUGVVK DGPFQ GNCUVKEJG NCUUCVKXK CPVKPÒCOOCVQTK  
CRRCTGEEJKQ RGT NC RTGUUKQPG DQODQNGVVG FK QUUKIGPQ /C CPEJG EQNVG

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.G EQQTFKPCVG RGT NG FQPC\KQPK RGT NG RQRQNC\KQPK EQNRKVG FCN VGTTC  
3WGUUVGQ NG EQQTFKPCVG FC WVKNK\CTG RGT NC TCEEQNVG HQPFK FGNNC &TQI

.G OCNCVVKG FGNNC VKTQKFG

'GNNG OCNCVVKG FGNNC VKTQKFG EYG EQNRKUEQPQ OKNKQPK FK RGTUQPG PQ

.G PWQXG HTQPVKGTG FGNNC \*KPGEQNQIKC TQDQVKEC

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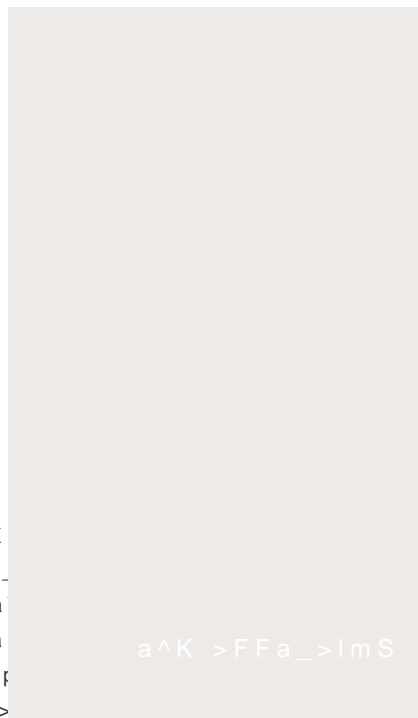
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YXRL VDSHUQH GL SL• R QHJDUH LO FRQVLDVFRDOWXWGLDRXDT DOOXOTFRNLH  
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/ DEEDVVDPHQWR GHOO WHPSHUDWXUD SRUWD D XQ Q  
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Codice abbonamento: 010379

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/D FXFLQD GL PRQWDJQD <sup>a</sup> VSHVVR PROWR JUDVVD H SI  
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,O ELVRJQR GHOOH FDORULH LQ DOWD PRQWDJQD <sup>a</sup> GLY  
YHULæFDUVL XQ FDOR GHOO DSSHWLWR FKLDPDWR DQRUI  
GL RVVLJHQR ( GXQTXH FRQVLJOLDELOH IDUH SL» V SXQ'  
GLJHULELOL H LQ SLFFROH TXDQWLWç HYLWDQGR L FLEL

'XUDQWH OH SDVVHJJLDWH <sup>a</sup> LPSRUWDQWH SRUWDUH VI  
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( LPSRUWDQWH ULFRUGDUVL GL SRUWDUH VHPSUH FRC  
FRQVLGHUDUH LO IXVR RUDULR 8QLFD DFFRUWH]]D D TX  
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( FRQVLJOLDELOH PRQLWRUDUH L SURSUL GDWL VDQJX

5LFRUGDWH GL SRUWDUH FRQ YRL XQ IRJOLR VX FXL D  
DOOHUJLH PDODWWLH H PHGLFLQH DVVXQWH

2OWUH DL IDUPDFL FKH DVVXPHWH FRQ UHJRODULWç I  
SLFFROR NLW GL VRSUDYYLYHQJD FRQWHQHQWH UHSHOC  
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6H YXRL VDSHUQH GL SL• R QHJDUH LO FRQVHURRFD WXXWWL R DG DOFXQL FRNLH  
&KLXGHQGR TXHVWR EDQQHU VFRUHQGR TXHVWD SDJLQD R FOLFFDQGR TXDOVLDVL VXR HOHPHQW

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+RPH 6DOXWH H SUHYHJLRQH! VDOXWH %XRQVHQVR DG DOWD TXRWD OH  
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0DODWWLH GHOOHWJ  
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3URSULHWJ GHJOL  
6HVVDOLWJ QHOOD  
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1RWLJLDUL VDOXV  
,Q TXHVWR &DQDOH  
\$UWLFROLWSYL  
\*DPEH JRQILH HV  
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\$FTXDJAP IDL GD V  
\*XLGD SUDWLFD DG  
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\$ SURSRVLWRVH  
5RPD JLX \$GQ.URQRV 6DOXWH 8Q GHFDORJR SHU YLYHUH OD PRQWD  
VHQJD ULVFKL 3HU JOL DSSDVVLRQDWL GL RJQL HWJ SURQWL D FLPHQWD  
SDVVHJJLDWH WUHNQLQJ IHUUDWH H ELFLFOHWWDWH DG DOWD TXRWD  
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SDUWH VIDWDQGR XQ IDOVR PLWR /D PRQWDJQD QRQ FDXVD SUREOHL I  
LSHUWHVL PD VH VL q DIIHWWL GD SUHVVLQRH DOWD q EHQH WHQHUH SUI  
(YLWDUH GL DQGDUH ROWUH L PHWUL SHUFKp OD SUHVVLQRH DU  
D FDXVD VLD GHOO DULD SL• UDUHIDWWD VLD GHOO DVVHQJD GL  
FUHQGR ULVFKL SHU JOL LSHUWHVL / DEEDVDPHQWR GHOD WHPSHU  
XQ QDWXUDOH LQQDOJDPHQWR GHOD SUHVVLQRH VDQJXLJQD GXQTXH q  
SUHPXQLVLRQWRUR OH EDVVH WHPSHUDWXUH ( PHJOLR OLPLWDUH OH  
LPSHUWH SHUFKp OD IDWLFD ID DXPWDUH OD SUHVVLQRH /H HVFXULF  
FRQVHQWLWH PD FRQ PRGHUJLRQH H LQ OXRJKL FKH QRQ ULFKLHGDR  
LPSHUWH ( DQFRUD /D FXFLQD GL PRQWDJQD q VSHVVR PROWR JUDVVD  
SHVDQWH D EDVH GL EXUUR IRUPDJL FLEL VDODWL H FRQ PROWL DOFR  
HYLWDUH JUDSSH H OLTXRUL ROWUH RYYLDPHQWH DO IXPR ,O ELVRJQR  
LQ DOWD PRQWDJQD q GLYHUVR GD TXHOOR DELWXDOH H SRWUHEEH YHULI  
GHOO DSSHVLWR FKLDPDWR DQRUHVVD GD DOWD TXRWD FDXVDWR GDO  
RVVLJHQR ( GXQTXH FRQLJOLDELOH IDUH SL• VXSQWLQL GXUDQWH LO J  
IDFLOPHQWH GLJHULELOL H LQ SLFFROH TXDQWLWJ HYLWDQGR L FLEL SL• J  
VDOH 'XUDQWH OH SDVVHJJLDWH q LPSRUWDQWH SRUWDUH VHPSHU FR  
PHJJR OLWUR GL DFTXD ( LPSRUWDQWH ULFRUGDUVL GL SRUWDUH VHP  
SURSUL IDUPDFL H GL DVVXPHUOL VHQJD FRQLVGHUWH LO IXVR RUDULR  
DFFRUWHJJD D TXRWH VXSHULRUL DL PHWUL L IDUPDFL VPHWWRQR GL  
HIIHWR ( FRQLJOLDELOH PRQLWRUDUH L SURSUL GDWL VDQJXLJQL I  
DQFKH D GRPLFOLR 5LFRUGDWH GL SRUWDUH FRQ YRL XQ IRJOLR VX F  
YRVWUH JHQHODLWJ HYHQWXDOL DOOHUJLH PDODWWLH H PHGLFLQH DVV  
IDUPDFL FKH DVVXPHWH FRQ UHJRODULWJ ULFRUGDWHYL GL SRUWDUH FR  
SLFFROR NLW GL VRSUDYYLYHQJD FRQWHQHWH UHSHOOHQWL SHU LQVH  
HODVWLFKH ODVVDWLYL DQWLQILDPPDWRUL DQWLELRWFL DQWLGLDUUR  
FHURWWL VRQLIHUL DSSDUHFFKLR SHU OD SUHVVLQRH ERPEROHWWH  
DQFKH FROWHOOLQL VYLJHUL IRUELFLQH H SLQJHWWH

, FRQWHQXWL GL TXHVWD SD\$GONURQRV DJLQDQGR BWR LO

Codice abbonamento: 010379

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( FFR L FRQVLJOL GHJOL HVSHUWL GL \$OW 2Q PHWUL SHUFKp OD SUHVVRQH DUWHU GHOO DULD SL• UDUHIDWWD VLD GHOO DVVHQ JOL LSHUWHVL / DEEDVDPHQWR GHOO WH SHUDWXUD SRUWD LQQDO]DPHQWR GHOO SUHVVRQH VDQJXLJOD FRQWUR OH EDVVH WHPSHUDWXUH ( PHJO SHUFKp OD IDWLFD ID DXPHQWUWH OD SUHVVR

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( EHQH HYLWUWH JUDSSH H OLTXRUL ROV ELVRJQR GHOOH FDORULH LQ DOWD PRQWDJQD SRWUHEEH YHULILFDUUVL XQ FDOR GHOO DSSH TXRWD FDXVDWR GDOOD PDQFDQJD GL RVVLJH

3 6 , & 1 2 / 2 \* , \$ GD TXH WTWR FKI IPIWR TI /R SVLFRORJR 3VLFRORJLD GHL SRSROL

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Codice abbonamento: 010379



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ULFFKL GL VDOH 'XUDQWH OH SDVVHJJLDWH  
FRQ Vp DOPHQR PHJJR OLWUR GL DFTXD  
SRUWUDH VHPSUH FRQ Vp L SURSUL IDU  
FRQVLGHUDH LO IXVR RUDULR

SRUWUDH  
\$QHPLD ,O PLHORPD  
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8QLFD DFFRUWHJJ D TXRWH VXSHULRUL DL  
GL IDUH HIIHWR ( FRQVLJOLDELOH PRQL  
FRQ FRVWDQJD DQFKH D GRPLFLOLR 5LFRUGDWH  
IRJOLR VX FXL DQQRWDWH OH YRVWUH JHQH  
H PHGLFLQH DVVXQWH 2OWUH DL IDUPDFL  
ULFRUGDWHYL GL SRUWUDH FRQ YRL TXDOFK  
FRQWHQH QWH UHSHOOHQWL SHU LQVHW  
DQWLQILDPPDWRUL DQWLELRWFL DQWL  
VRQQLIHUL DSSDUHFFKLR SHU OD SUHVLRQH

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/D ULQRSODVWL,DDWUDSLDQW

Codice abbonamento: 010379

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kpao>^ >IISu>\_a \K „f mK^i\SGS IKQa\K IK\ ^3 pa\_mK\_ma >I >lo> kpao>^a IKI>ooK I>\^3 mmaGS>{Sa\_  
\aoo> >\> ola^FamS K >\K ^>\>ooSK\_G>I ISau>mGa\>IS » lo %\_ \pm¼ ~ \ IKG>\aQa i>loK mP>o>\_la\_  
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oK\_KIK iIKmK\_oS >\Gp\_S >GGaIQS^K\_oS K iIKG>p{Sa\_S2^

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...¼ ^>FF>mm>^K\_oa IK\^> oK^iKI>opl> ialo> > p\_>opl>\K S\_>\>^K\_oa IK\^> iIKmmSa\_K m>\_QpS Ip\_kpK O FK\_K iIK^p\_Slms Ga\_ola \K F>mmK oK^iKI>opIK'

†¼ ^>KQ\Sa \S^So>IK \K >ooSuSoB S\_oK\_mK iKIGRL \> P>oSG> P> >p^K\_o>IK \> iIKmmSa\_K^ K Kr ma\_a Ga\_mK\_oSoK^ ^> Ga\_ ^aIKI>{Sa\_K K S\_ \paQRS GRK \_a\_ ISGRSKI>\_a QI>\_IS S^iKQ\_S^

>\_Gal>©

‡¼ > GpGS\_> IS ^a\_o>Q\_> O miKmma ^a\oa QI>mm> K iKk>\_oK^ > F>mkIS FpIla^ Pal^>QDS^ GSFS Ga\_ ^a\oS >\Ga\SGS^ ^> FK\_K KuSo>IK QI>iiK K \SkpaIS^ a\oIK auuS>^K\_oK=>R= R\_s=

^¼ \ FSmaQ\_a IK\K G>laISK S\_ >lo> ^a\_o>Q\_> O ISuKlma l> kpK\la .>FSop>\K^K iaolKFFK ukts.G> G>la IK\^>iiKoSoa GRS>^>oa ^>\_aIKmmS> l> >lo> kpao>^> G>pm>oa >En]g>\_f>g\_a\_hmsQK\_a]

Ip\_kpK Ga\_mSQ\S>FS\K P>IK iSt mip\_oS\_S lpl>\_oK S\ QSal\_a Ga\_ GSFS P>GS\^K\_oK ISQKISFS\S l kp>\_oSoB^ KuSo>\_la S GSFS iSt QI>mmS K ISGGRS IS m>\K'

%¼ pl>\_oK \K i>mmKQQS>oK O S^ialo>\_oK ialo>IK mK^iIK Ga\_ mL >\^K\_a ^K{a \Sola^IS>Gkp> 0=[nmR R] gR=yy=

Š¼ ^>S^ialo>\_oK ISGall>ImS IS ialo>IK mK^iIK Ga\_ mL S ilailS P>I^>GSGK]R]m]p^k]R]H=F> HR Ga\_mSIKI>IK S\ Ppma al>ISa^ 3\_SG> >GGaloK{>© > kpaoK mpiKISals >S^m=j]R^k]S]S^p>I^>G]R]k

◀¼ ^>Ga\_mSQ\S>FS\K ^a\_Soal>IK S ilailS l>oS m>\_QpSQ\_S Ga\_ GamO>\_{>^>P]R]k]R]Ia^SGS]S^R E=i]m]m]m]R]k]F]R] R]]=[J]g]k]v]z]F\_]R] E=[[\_m]m]P]R]±

œ¼ OSGall>oK IS ialo>IK Ga\_ uaS p\_ PaQ\Sa mp GpS >\_\_ao>oK \K uamo]k]k]k]so]B]k]k]op>^S [n]k]s]k]R]H=F\_ 0=[s\_ ,\_P]R]k]k]

„f¼ %\oIK >S P>I^>GS GRK >mmP^KoK Ga\_ IKQa\>ISoB^ ISGall>oKuS IS ialo>IK Ga\_ uaS kp>\GRK IS IS mail>uuSuK\_{>^> Ga\_oK\_K\_oK IKiK\K\_oS iKI S\_mKooS^ FK\_IK K\>moSGRK^m]m]m]S]k]m]j]m]j] >\_oSFSaoSGS^ >\_oSIS>IlaSGS^ >\_oSla\ais.GS^ GKlaooS^ ma\_\_SPKIS^ >ii>\R]G]R]S]a]k]i]R]k]R]k]I]S]a]R [n]k]s]k]R]H=F\_ 0=[s\_ ,\_P]R]k]k]

Fa^Fa\KooK IS ammsQK\_a^ "> >\_GRK GaloK\IS\_S muS{{KIS^ PalFSGS\_k]k]s]k]R]H=F\_ 0=[s\_ ,\_P]R]k]k]

7L SRWUHEEHUR LQWHUHVVDUH DQFKH

&RPXQDOL D &DWI 5DSLGR H GLVFU,QJOHVH LQ RU VRQR L FRQVLJ, FHURWWL GLPDJODL VWXGLDWR LC GHJOL (OHIDQWL O ,WDOLD OIKD LPSDUDWR I

7 \$

0=[nmR R] gR=yy= n\_{a \Sola^IS>Gkp> F=ZKp> [ ]J\_ kR]H=F\_ E=i]m]m]m]R]k]F]R] R]]=[J]g]k]v]z]F\_]R] E=[[\_m]m]P]R]±

0=[nmR R] gR=yy= n\_{a \Sola^IS>Gkp> F=ZKp> [ ]J\_ kR]H=F\_ E=i]m]m]m]R]k]F]R] R]]=[J]g]k]v]z]F\_]R] E=[[\_m]m]P]R]±

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# Í%XRQVHQVR DG DOWD TXRWDÎ LQ PRQWDJQD

ØN 'GECNQQ RCTVG UHCVC PFQ WP HCNUQ OKVQ N  
KRGTVGUK OC UG UK ¥ CxGVVK FC RTGUUKQPG CNV  
CEEQTIKOGPVK G RTGECW\KQPK

\$ EWTXKIFOGPC )QIKWAPQ

0L SLDH

+DZDLL LO ILXPH GL O  
ULYHUVD QHOO RFHDQR

/ËHVWDWH VL DYYLFLQD H OD YRJOLD GL YDFDQJH FUHVH PD QHL GHVLGHUDWD GHJOL LWI  
GRUDWH H DFTXH FULVWDOOLQH \$QFKH OH PRQWDJQH ULFKLDPDQR VHPSUH SL» DSSDVVLI  
FLPHQWUUVL LQ SDVVHJJLDWH WUHNQLQJ IHUUDWH H ELFLFOHWWDWH DG DOWD TXRWD 4  
FRQ OD VDOXWH GL WXWWL" 6@ SXUFK« VL VHJXDQR VHPSOLFL UHJROH /H VXJJHU  
m%XRQVHQVR DG \$07WÈ \$XRWÈLDJLRQH SHU OD /RWD DOOD 7URPERVL H DOOH 0D  
&DUGLRYDVFRFKWLÈ2R0VH DQQL VL LPSHJQD SHU SUHYHQLUH OH PDODWWLH FDUGL  
7URPERVL GLIIRQGHQGR XQR VWLOH GL YLWD VDQR H XQÈDOLPHQWDJLRQH HTXLOLEUDWD

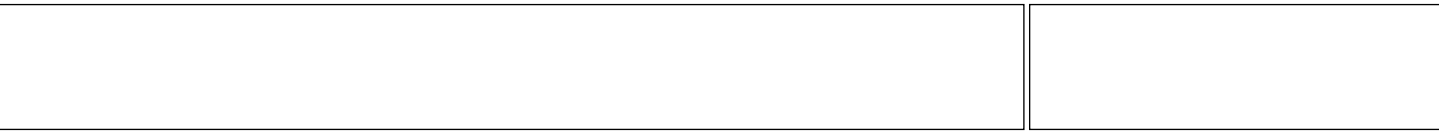
,O 'HFDORJR SDUWH VIDODDPRQWDJQDQDQVRQPLDWRD SRURVGHPL DDOHMSHUWHVL  
GD SUHVVRQH DOWD a EHQH WHQHUH SUHVHQLW DOFXQL DFRUJLPHQLW H SUHFDXJLRQL (F

(YLWDUH GL DQGDUH ROWSHUFLK« OD SUHWWURQH DUWHULRVD DXPHQWD D FDXVD VLD  
GHOOÈDULD SL» UDUHIDWWD VLD GHOOÈDVVHQJD GL RVVLJHQR FUHDQGR ULVFKL SHU JOL  
/ÈDEEDVVDPHQWR GHOD WHPSHUDWXUD SRUWD D XQ QDWXUDOH LQQDOJDPHQWR GH  
GXQTXH SEHDXQLUUVL FRQWUR OH EDVVH WHPSHUDWXUH

Š PHJOLPLWDUH OH DSHUFLKWDQDQMDQVÈ ID DXPHQWDUH OD SUHVVRQH /H HVFXUVLRQL  
FRQVHQWLWH PD FRQ PRGHUJLRQH H LQ OXRJKL FKH QRQ ULFKLHGDQR JUDQGL LPSHJQL  
/D FXFLQD GL PRQWDJQD a VSHVVR PROWR JUDVVD H SHVDQWH D EDVH GL EXUUR IRUF  
PROWL DOFRYLALDUSHJHOS H OLTXRUL ROWUH RYYLDPHQWH DO IXPR

,O ELVRJQR GHOOH FDORULH LQ DOWD PRQWDJQD a GLYHUVR GD TXHOOR DELWXDOH H S  
GHOOÈDSSHVLWR FKLDPDWR ÌDQRUHVVD GD DOWD TXRWDÎ FDXVDWR GDOOD PDQFDQJD G  
IDUH SL» VSXQLQL FRQDQWLH IDQDORUQRH GLJHULELOL H LQ SLFFROH TXDQLWÈ HYLW  
SL» JUDVVL H ULFFKL GL VDOH

Codice abbonamento: 010379



'XUDQWH OH SDVVHJJS. D WMDUHP SRSUHQ WRQ V « DOPHQR PHJJR OLVUR GL DFTXD  
 Š LPSRUWDQWHS BUMADUGDVHESGHH FRQ N «GL SURŠPHUDUPDFQJD FRQVLGHUDUH  
 LO IXVR RUDULR 6H YLDJJLDWH LQ DHUHR FRQVHUYDWHOL LQ XQ VDFFKHWWR GL SODVWL  
 D TXRWH VXSHULRUL DL PHWUL L IDUPDFL VPHWWRQR GL IDUH HIIHWWR  
 Š FRQVL PDLFLOH DUH L SURŠFRWWDQD D DFKH D GRFLFLOLR  
 5LFRUGDWH GL SRUWDUH FRQRWDW K D HRYJONVRLQMXKH D H L D D D M L J L H  
 PDODWWLH H PHGLFLQH DVVXQWH  
 2OWUH DL IDUPDFL FKH DVVXPHWH FRQ UHJRODULWENLWVFRUGDWHYL GL SRUWDUH FRQ  
 GL VRSUDY YLRQH HQHQWH UHSHOOHQWL SHU LQVHWWL EHQGH HODVWLFKH ODVVDWL  
 DQWLELRWFL DQWLGLDUURLFL DQWLGRORULIFL FHURWWL VRQQLIHUL DSSDUHFFKL  
 GL RVVLJHQR 0D DQFKH FROWHOLQL VYLJHUL IRUELFLQH SLQJHWWH HÑ WDQWD YRJOL  
 GL PHWWHULHOLH H D D D R J R DGL \$/7 m%XRQVHQVR DG \$OWD 4XRWD}

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 WP TKOGFKQ NCORQ RCTNÆKPUGIPC FGNNC NCPWRC'UOQFNNKVG URKC  
 FGRWTCTG RGT INK KVCNKCPK

)QVQITCHCVQ KN ECORQ CQWKEBQKPC FKGUN G IRN  
 OQTVG \* UQNQ WPÆKNWVKQPGG TOQ UWNNC SUTQ PQOKC PWQXK KPFKIK UWNNC  
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&RQWDQWD FRHWRZHE LW		

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