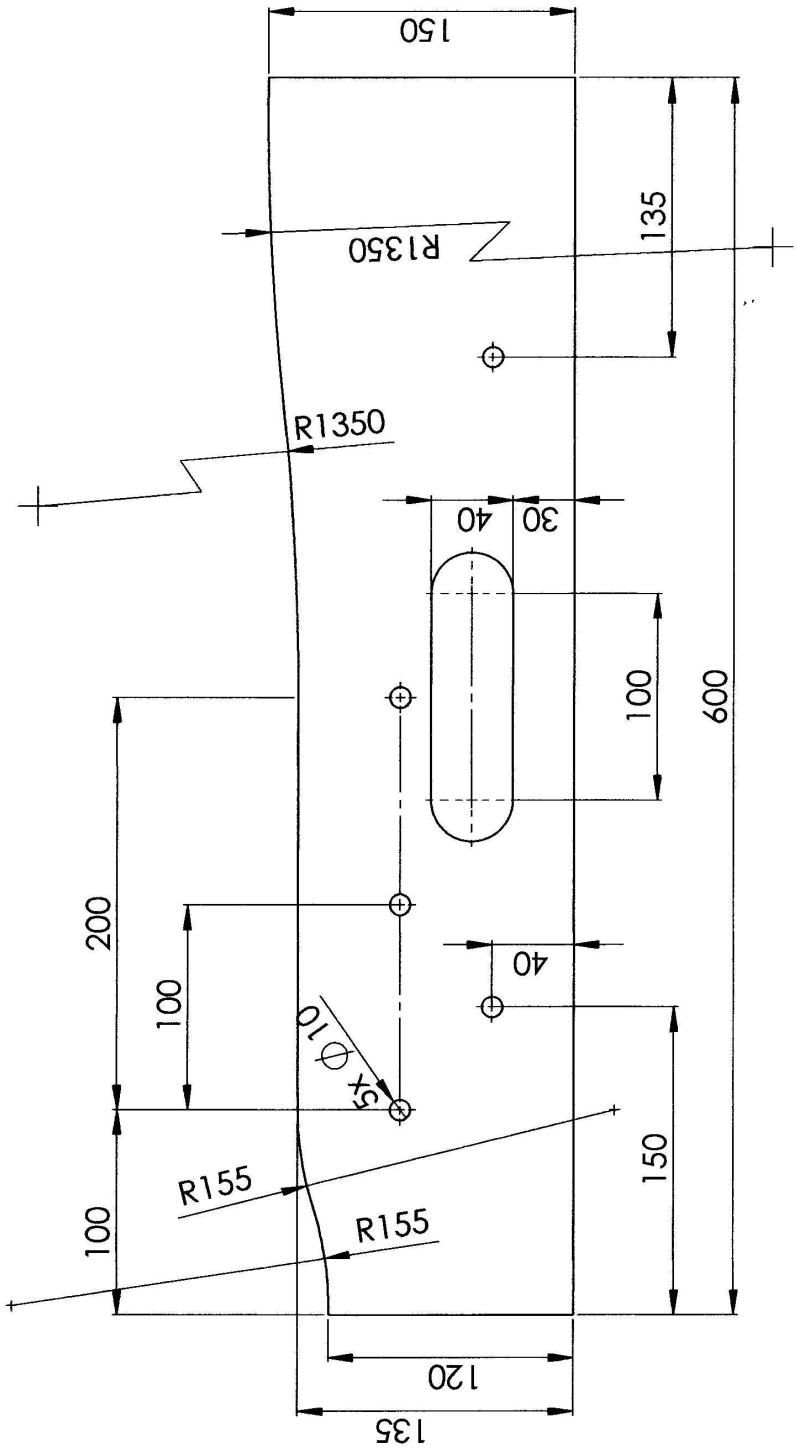PERFIL CARES EST i OEST