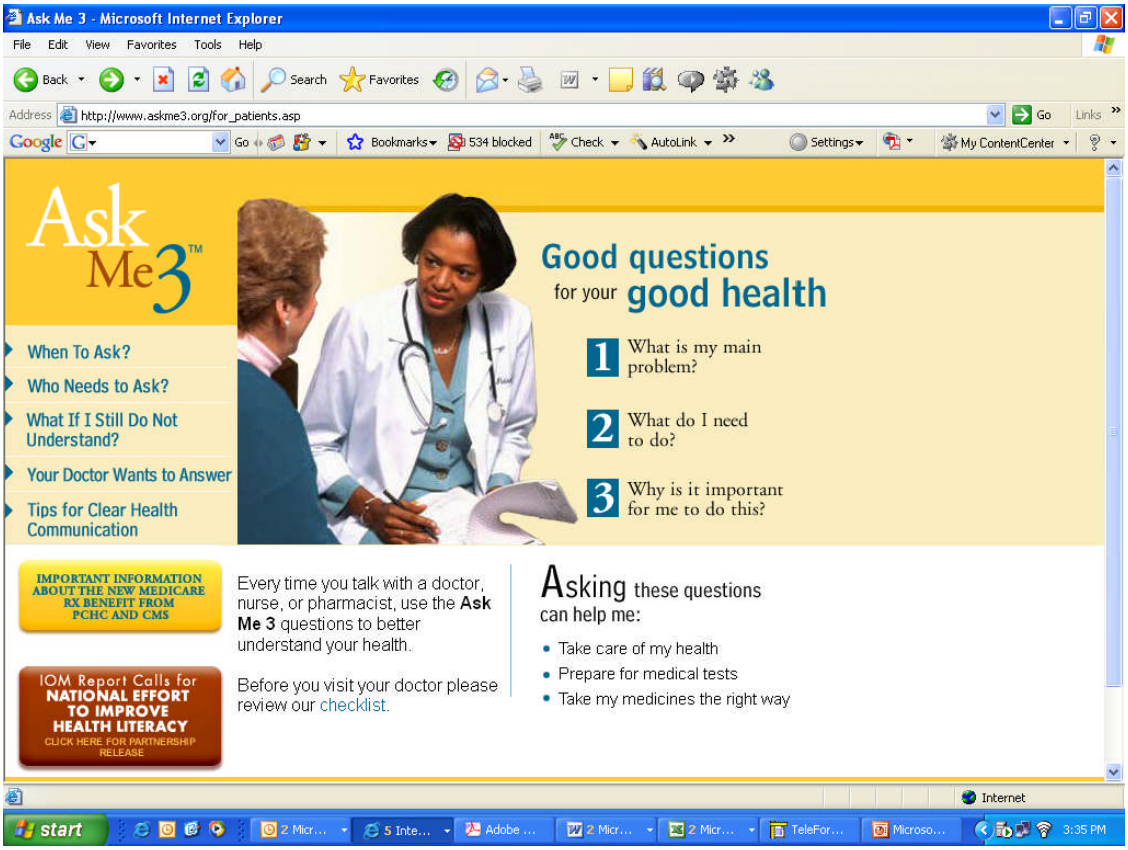http://www.askme3.org/for_patients.asp