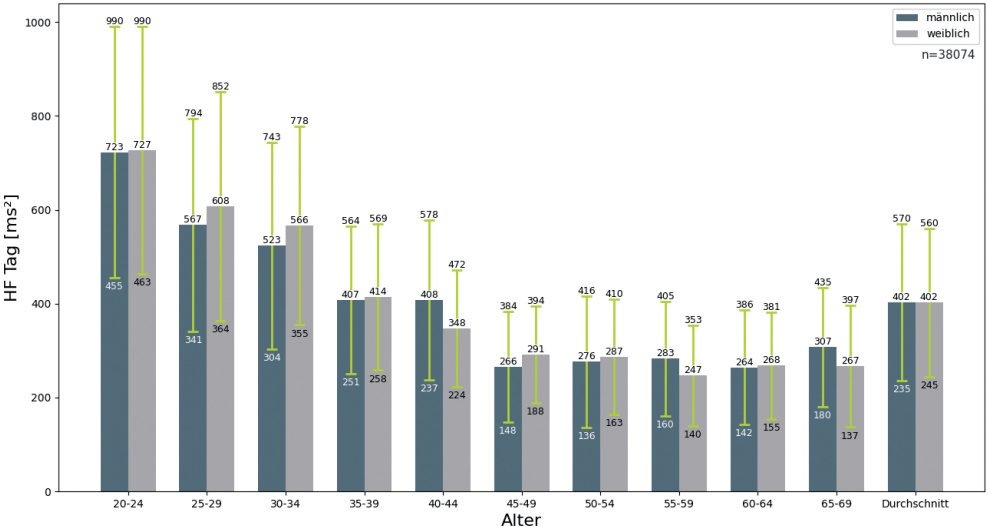

Abb. 4.38 HF Tag Männer und Frauen (Quelle: Autonom Health®, 2021).