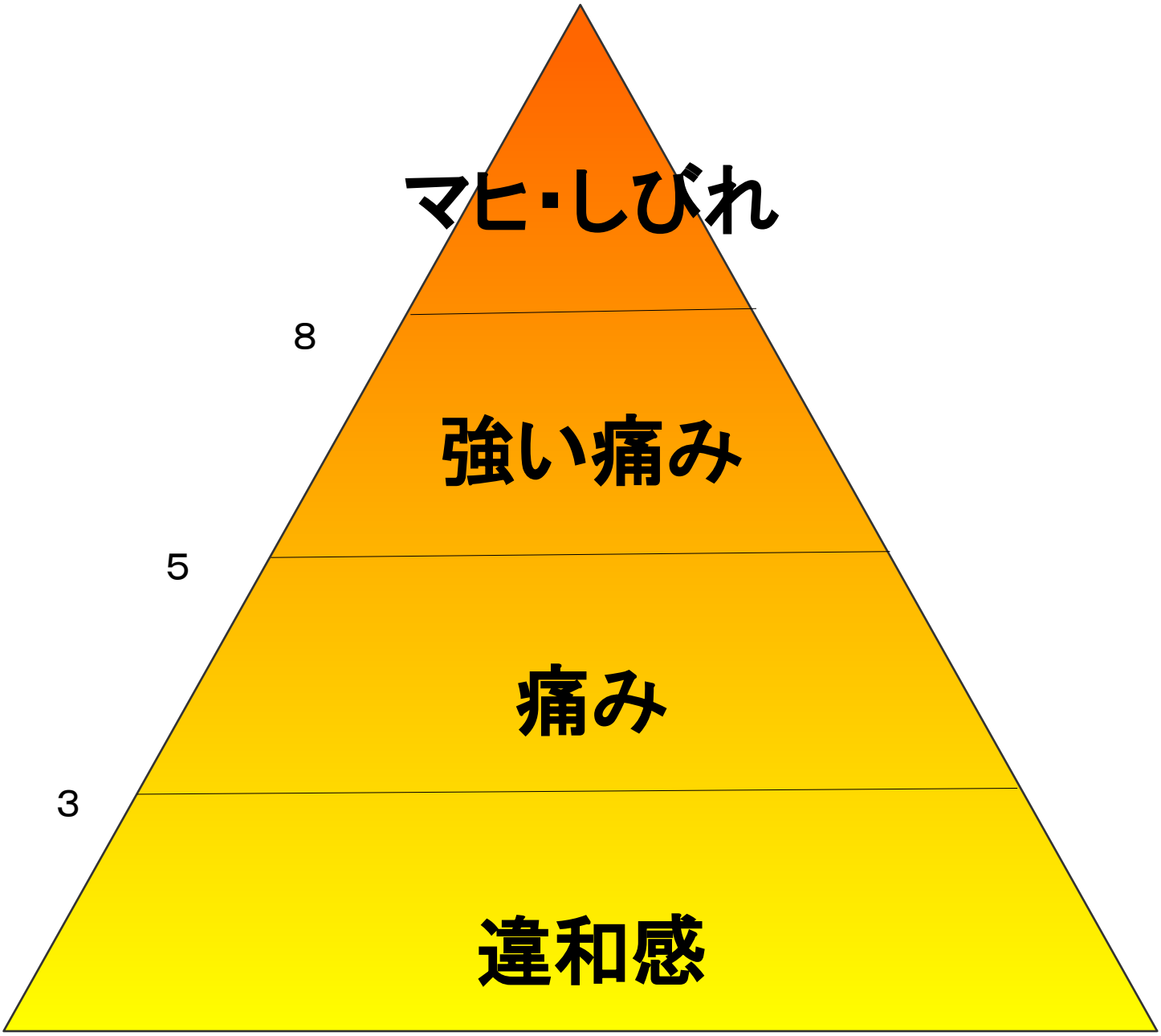不調の種類と治療期間のめやす