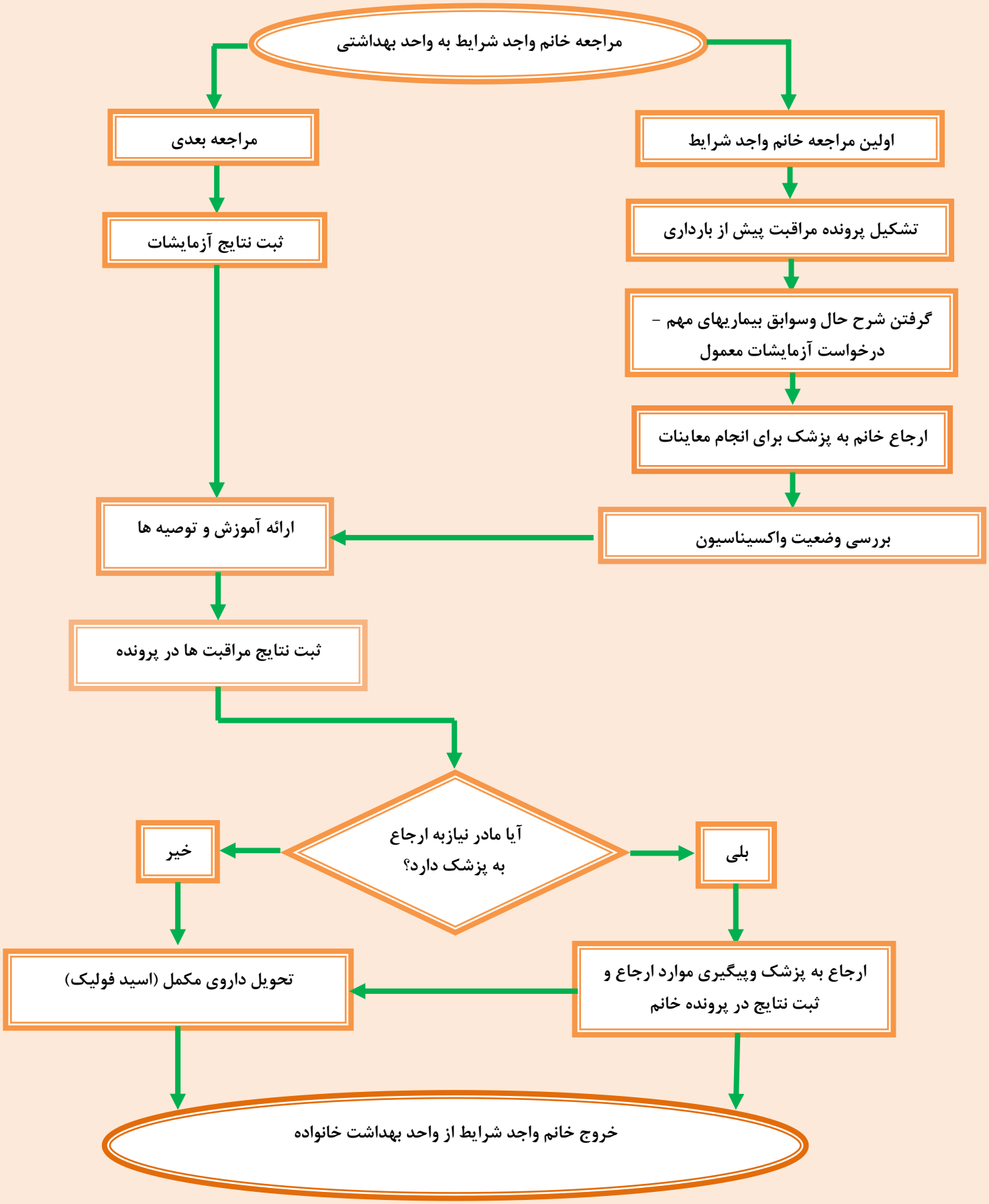فلو چارت مراقبت پیش از بارداری