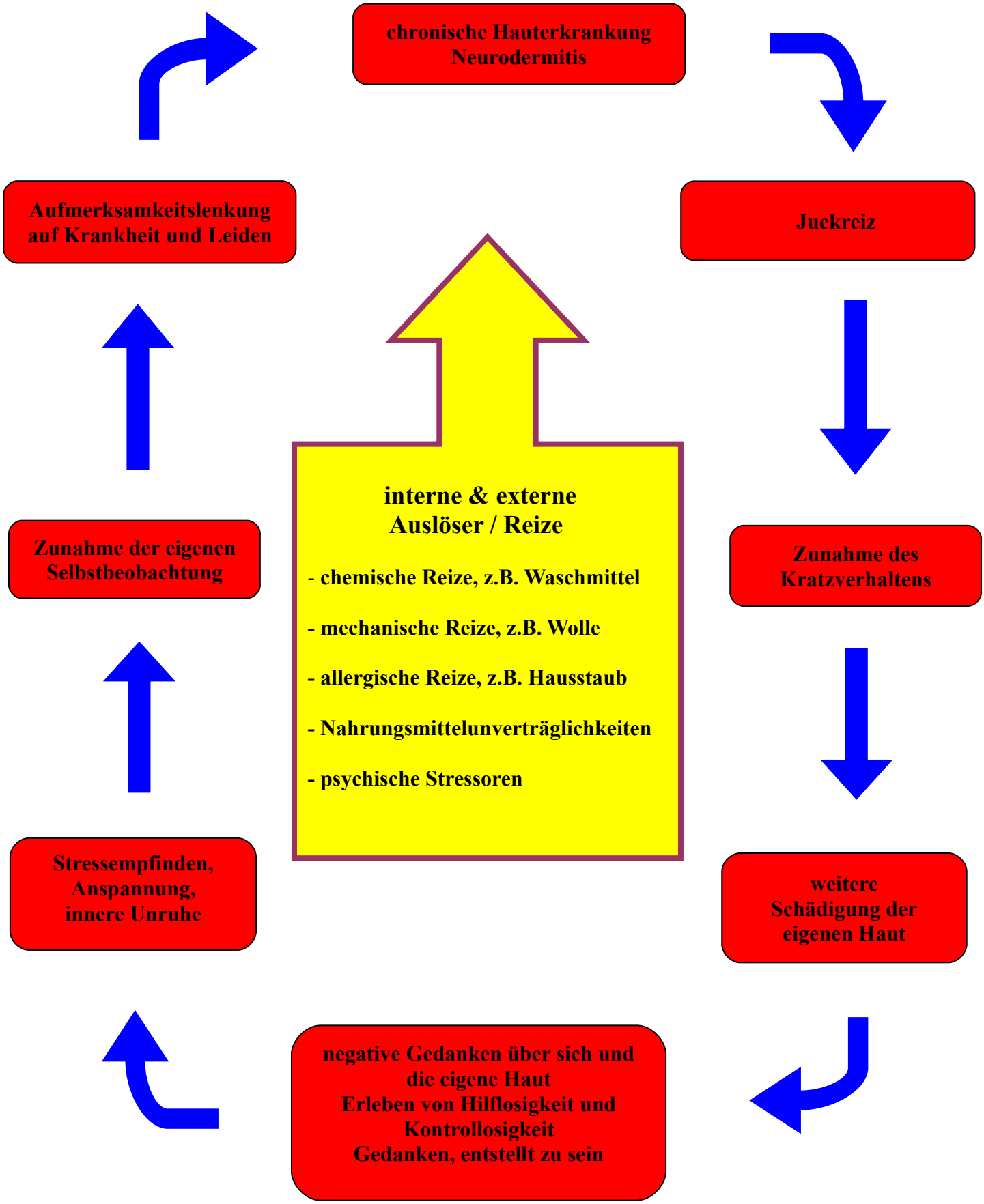Teufelskreislauf „Juckreiz“