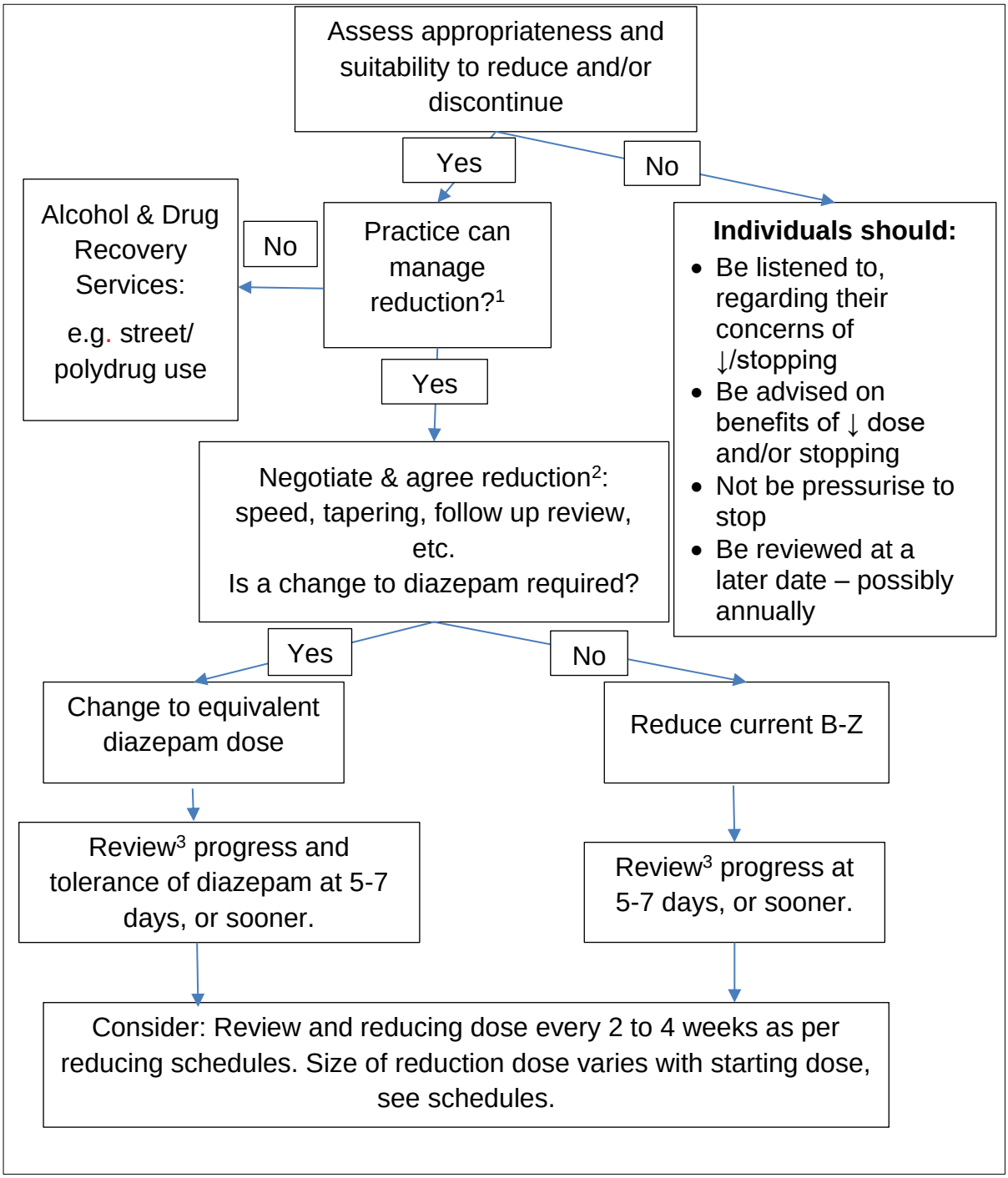Assessing suitability to reduce and discontinue B-Z drugs