

# STABILIZATIONS OF HEEGAARD SPLITTINGS AND DEHN TWISTING

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The Stabilization Problem for Heegaard splittings concerns how many stabilizations are needed to make two non-isotopic Heegaard splittings of a 3-manifold isotopic. We consider this problem in the case of two strongly irreducible Heegaard splittings which differ by a Dehn twist around an incompressible torus.

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