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You're given $x^2 - 4x + c = 0$ and you're told x=-5 is a root.

1) Replace x with -5:
$$(-5)^2 - 4(-5) + c = 0$$

2) Square and multiply:
$$25+20+c=0$$

3) Add:
$$45+c=0$$

5) So now you have the equation:
$$x^2 - 4x - 45 = 0$$