Windows PowerShell Get-Help on Cmdlet 'and'

PS:\>Get-HELP and

Name	Category	Module	Synopsis
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Get-Command	Cmdlet	Microsoft.PowerShell.Core	...
Invoke-Command	Cmdlet	Microsoft.PowerShell.Core	...
SafeGetCommand	Function	Pester	...
Find-Command	Function	PowerShellGet	...
Set-PSReadLineKeyHandler	Cmdlet	PSReadLine	Set-PSReadLineKeyHandler...
Get-PSReadLineKeyHandler	Cmdlet	PSReadLine	Get-PSReadLineKeyHandler...
Remove-PSReadLineKeyHandler	Cmdlet	PSReadLine	Remove-PSReadLineKeyHandler...
Get-Random	Cmdlet	Microsoft.PowerShell.U...	Get-Random...
Show-Command	Cmdlet	Microsoft.PowerShell.U...	Show-Command...
Trace-Command	Cmdlet	Microsoft.PowerShell.U...	Trace-Command...
Measure-Command	Cmdlet	Microsoft.PowerShell.U...	Measure-Command...
Invoke-CommandInDesktopPackage	Cmdlet	Appx	Invoke-CommandInDesktopPackage...
Set-DOPercentageMaxBackgroundB...	Function	DeliveryOptimization	...
Get-DOPercentageMaxForegroundB...	Function	DeliveryOptimization	...
Set-DOMaxForegroundBandwidth	Function	DeliveryOptimization	...
Set-DOMaxBackgroundBandwidth	Function	DeliveryOptimization	...
Get-DOPercentageMaxBackgroundB...	Function	DeliveryOptimization	...
Set-DOPercentageMaxForegroundB...	Function	DeliveryOptimization	...

Expand-WindowsImage	Cmdlet	Dism	Expand-WindowsImage...
Expand-WindowsCustomDataImage	Cmdlet	Dism	Expand-WindowsCustomDataImage...
Expand-Archive	Function	Microsoft.PowerShell.A...	...
Set-SmbBandwidthLimit	Function	SmbShare	...
Remove-SmbBandwidthLimit	Function	SmbShare	...
Get-SmbBandWidthLimit	Function	SmbShare	...