

**The review of the Italian association of psycho-neuro-endocrine-immunology**  
edited by Francesco Bottaccioli

# **PNEINEWS**

The new knowledge of health

**25 years after Chernobyl: Fukushima**

**Attack to life**

**PNEI – bimonthly review - nr. 2 - year V – March-April 2011**

## Editorial

### **Pag.3. Attack to life. Again.**

*Francesco Bottaccioli*

## Dossier

*Attack to life*

### **Pag.4. The difficult truth about Chernobyl**

The New York Academy of Sciences published a report written by Russian and Belorussian scientists. In this issue we propose some excerpts of it. It is a well documented denunciation about the lies and omissions from the local and international authorities in order to minimize the knowledge of Chernobyl subsequences on human health. Subsequences that concern half of the Earth.

**A.V.Nesterenko, V.B.Nesterenko-A.B. Yablokov**

## Dossier

*Attack to life*

### **Pag. 6. Ten questions about radioactive waste**

Nuclear technology has not yet solved a very important issue: how to manage considerable quantities of radioactive waste with a long term radioactive decay that can last up to a thousand years. A summary of the current information.

**International Society of Doctors for the Environment, Medicina Democratica and other 14 environmental associations.**

## Human network- Aging well

### **Pag.9. Hormonal balance and longevity**

From the secret of centenarian people to the new strategies for a successful ageing. The balance between anabolic and catabolic hormones is one of the most investigated fields as this seems to be the key to health and longevity.

**Ascanio Polimeni**

## Human network – How food changes the genic expression

**Pag.12. Nutrition and epigenetic: new knowledge for**

## a customized diet

The epigenetic changes are inheritable DNA alterations influencing the genic expression and function without altering the DNA sequence. They are influenced also by the diet. This fact opens the possibility to promote health through an individualized diet: the base for a customized medicine that requires the integration of different knowledge.

**Lucia Potenza, Adelaide Potenza**

## Human network – Pet therapy

**Pag.16. Doctor Dog: a therapist that asks for little and gives a lot**

Domestic animals during medical treatment. The relationship with a dog can help the healing process.

**Lino Cavedon**

Theoretics – In memory of Mario Trevi, the famous scholar who has recently passed.

**Pag.19. His critical and rational study on Jung's thought.**

Mario Trevi passed away last 31<sup>st</sup> March at the age of 87. He was one of the founder of the Italian analytical psychology.

**David Lazzari**

Theoretics – Thoughts about the doctor-patient communication.

**Pag.20. What to say and how to say it.**

Communication is the whole of psychological and physical processes through which the behaviour and the ability of communicating of an individual can influence those of another individual. It is therefore a central part in the treatment.

**Stefano Coaccioli**

## Book review

**Pag.22. Our recommendation.**

**Sipnei editorial team**

## Editorial

### **Attack to life. Again.**

Francesco Bottaccioli – SIPNEI Honorary President

**One month has gone by after the Fukushima nuclear disaster and we can't see yet the end of it. On the contrary, we are currently observing a paradox: on one side the nuclear accident has been removed from the front titles of newspapers and TV news entering thus into a limbo of unreal "normality", while, on the other side, the updated news coming from Japan become more and more alarming. Fukushima accident has been rated the highest classification for danger, the same as Chernobyl. This means that it does not only affect people and territories spreading dozens of kilometres around the nuclear power plant area, but it concerns potentially much wider areas. How big and how consistent will be the damage caused by the leak of radioactive material? At this moment, nobody can tell us for different reasons. First of all because the situation is not yet under control. According to the declarations released by the company managing the nuclear powerplant, it will take 3 months to have an effective cooling system and, provided they succeed, starting to block the emissions of gas and water which are highly radioactive. Second, the information are partial, omissive, contradictory with the clear intent of minimizing the whole issue. This game has been so obvious to cause the Japanese people, normally very respectful of authorities, to voice their distrust and march through the streets. Anyway, the company managing the plant is not new to cover up accidents that occurred in the past: fortunately they were of a smaller entity. The Japanese government had already an example to inspire their omissive behaviour: Chernobyl.**

Even then we observed the Russian government openly denying the risk during the first days and then classifying crucial information about the real dimension of the disaster. Also in our country there was a discrepancy between the reassuring declarations of the Italian government and the, rightly so, alarming ones from the Istituto superiore della Sanità (Superior Health Institute). Then, when the nuclear fallout was over, a minimizing work was started at international level to the point that 20 years after the Chernobyl catastrophe, the WHO and the International Atomic Energy Agency declared that the disaster had actually affected only Ukraine, Belarus and European Russia. Unfortunately reality is quite different. In December 2009, the New York Academy of Sciences published a volume authored by Russian and Belorussian scientists which contradicts WHO's reassurances. According to this report the radioactive emissions were one hundred times worse than Hiroshima and Nagasaki bombing and impacted not only the surrounding areas but all Europe. Some of these radionuclides have long term effects therefore from now to 2056 we should expect several hundreds of thousands additional deaths as a subsequence of the contamination outcome. In Italy the estimated Chernobyl effect will result in 3000 additional deaths especially for thyroid cancer, leukemias and other cancers. The research

documents in detail the effects of radiations after many years on the nervous, endocrine and immune system on young people and adults living in the most contaminated areas as well as on the children of “clean up” workers and technicians.

Endocrine abnormalities affected by thyroid and the pituitary gland, immunosuppression, genetic abnormalities. All combined with phenomena of premature ageing both in children and adults. It is important to notice that there are areas in Scandinavia, UK, Germany, France, Italy, Greece and Croatia that have been significantly contaminated. The warning given by the Russian scientists is mainly addressed to Europe to be aware that the Chernobyl bomb is still active and concerns us directly.

In this Pnei news issue we also take into consideration another aspect of great importance; there's no country in the world able to manage safely the nuclear waste produced by the normal activities of a nuclear power plant. These waste will stay active and therefore dangerous for hundreds of years.

The International Society of Doctors for Environment has an adage saying that each human being is responsible for the health of the environment and doctors are twice as much responsible. I am convinced that all Sipnei doctors and therapists agree with this concept, therefore we will engage in spreading a correct information for the citizens in order to terminate forever the era of the nuclear insanity.

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