

Radiation & Health

TEAC4 -- Dr. Alexander Cannara, 5 Oct 2012

www.thoriumenergyalliance.com

- Nature wisely evolved its organisms to have **immune systems** that combat invasion by micro-organisms, including parasites, viruses & bacteria.
- Nature, even earlier, evolved mechanisms in single cells that protect against chemical & radiological damage – **repair systems**, even genetic sharing in bacteria.
- Chemicals can break or distort molecules important to cells, while energetic radiation simply breaks molecular bonds, such as in proteins & DNA, by ionizing individual atoms.
- Decades ago, some **poor science** led to the conclusion that no level of ionizing radiation was small enough not to cause irreparable damage to living cells. That belief led to radiation-exposure standards with no relation to reality or evolutionary history.
- In recent years, that error & outright lies about radiation dangers have begun to be corrected. This talk attempts to explain why **Mother Nature isn't dumb about radiation**.

Radiation & Health

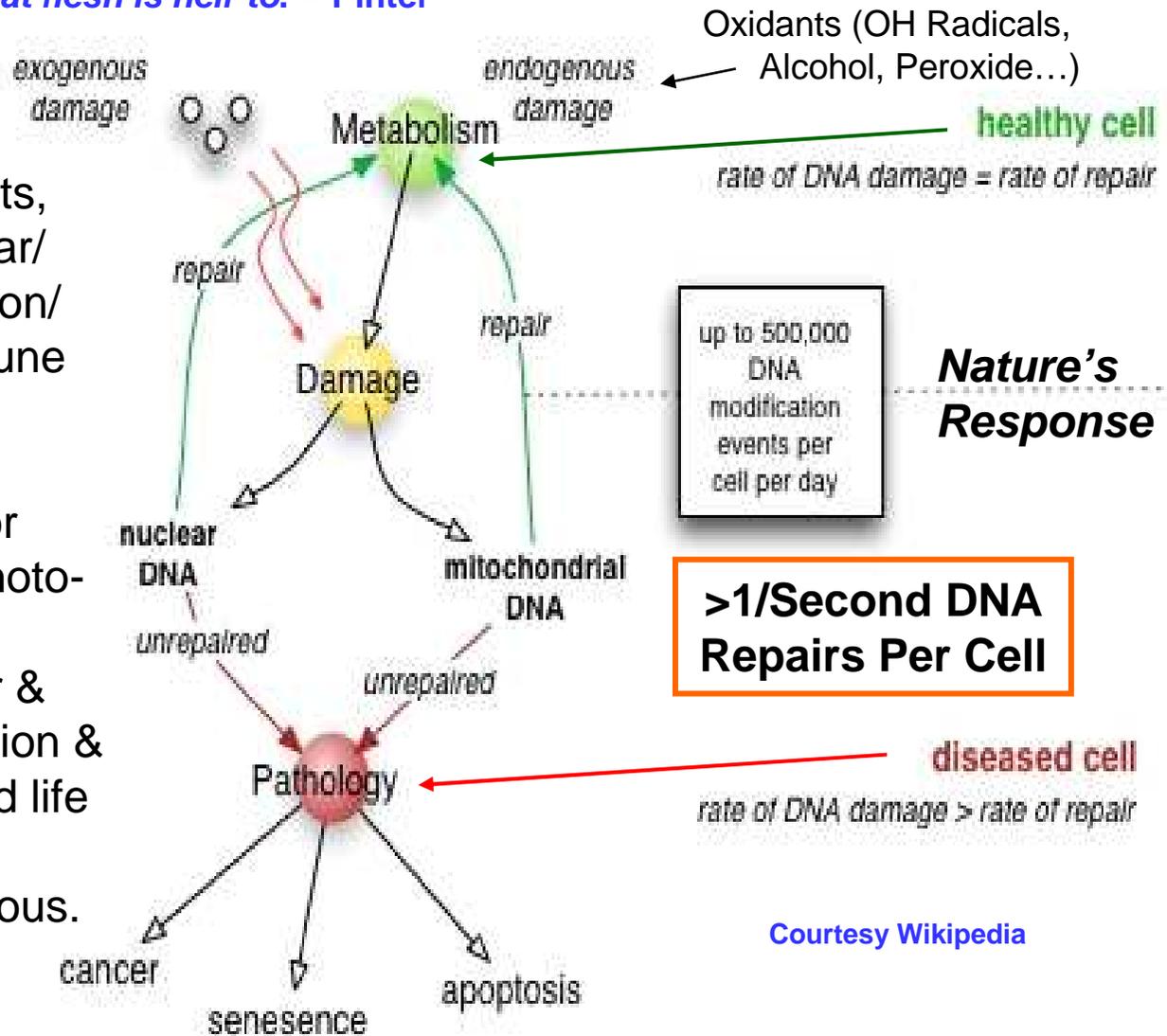
The thousand natural shocks that flesh is heir to. -- Pinter

Threats to Living Cells...

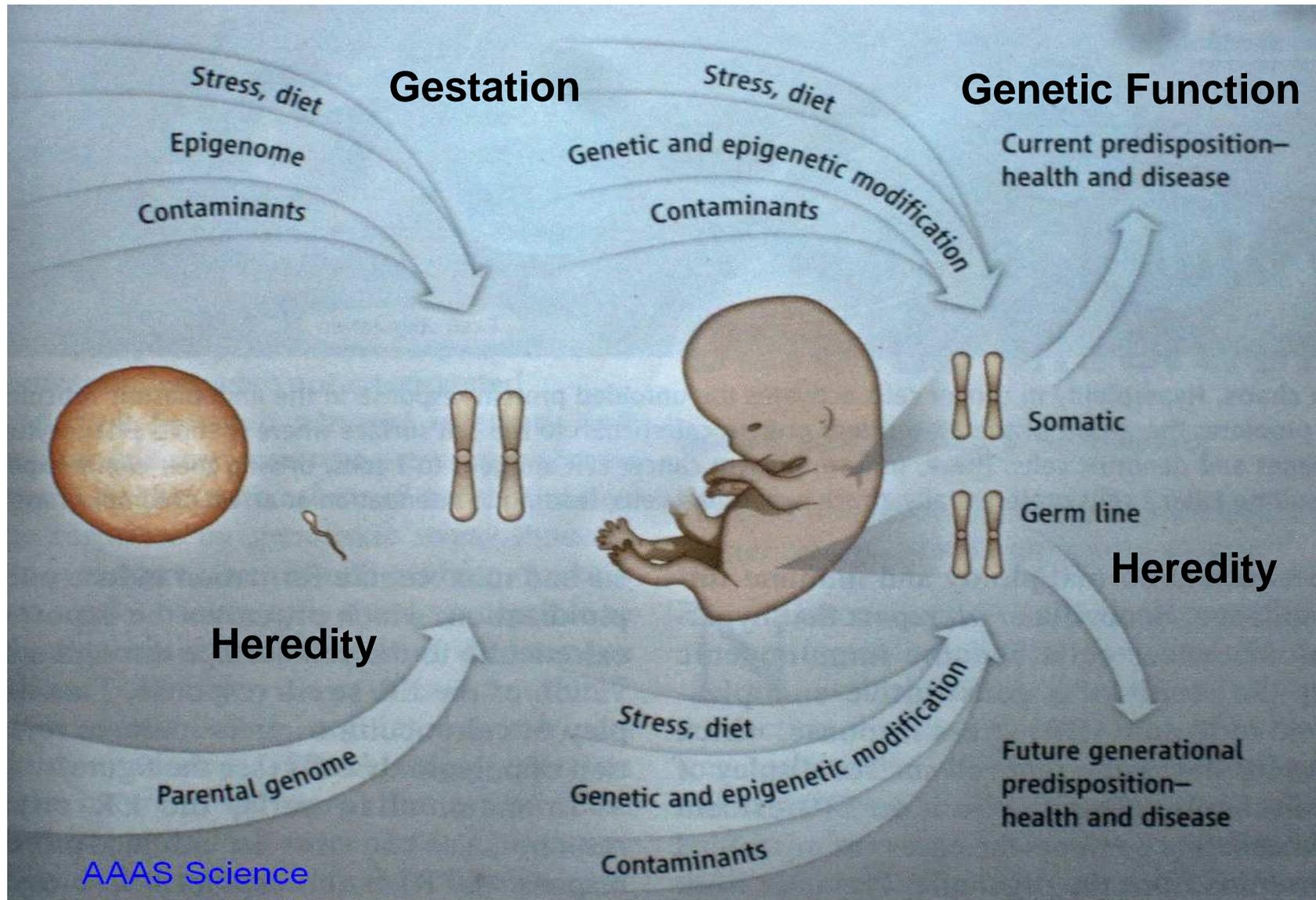
Oxygen, chemical pollutants, particulates, microbes, solar/cosmic/nuclear-decay/fission/fusion radiation, auto-immune diseases, or parasites.

Nature has dealt with all for ~1.6 billion years, when photosynthesis finally produced enough Oxygen to alter air & water. Earlier, heat, radiation & Sulfur chemistry dominated life & its need for defenses. Oxidants are more dangerous.

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Cellular Threats



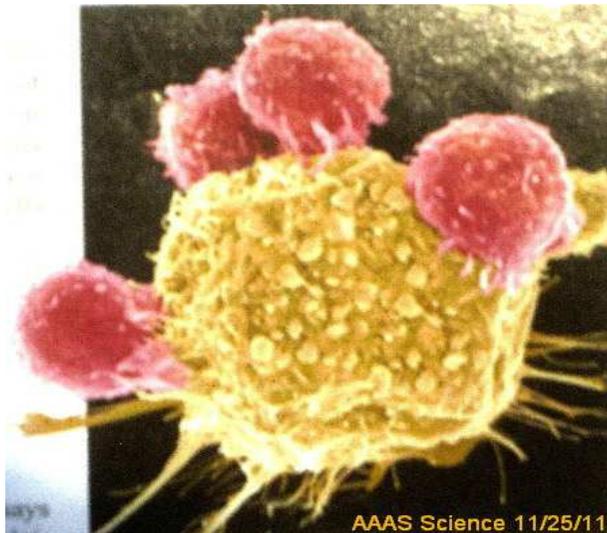
Cells That Serve & Protect

~100 times the genes of a human are in internal/external microbes.
Virome and *microbiome* coexist peacefully, and may even cooperate.
More than 4,000 different viral strains in the human biome.

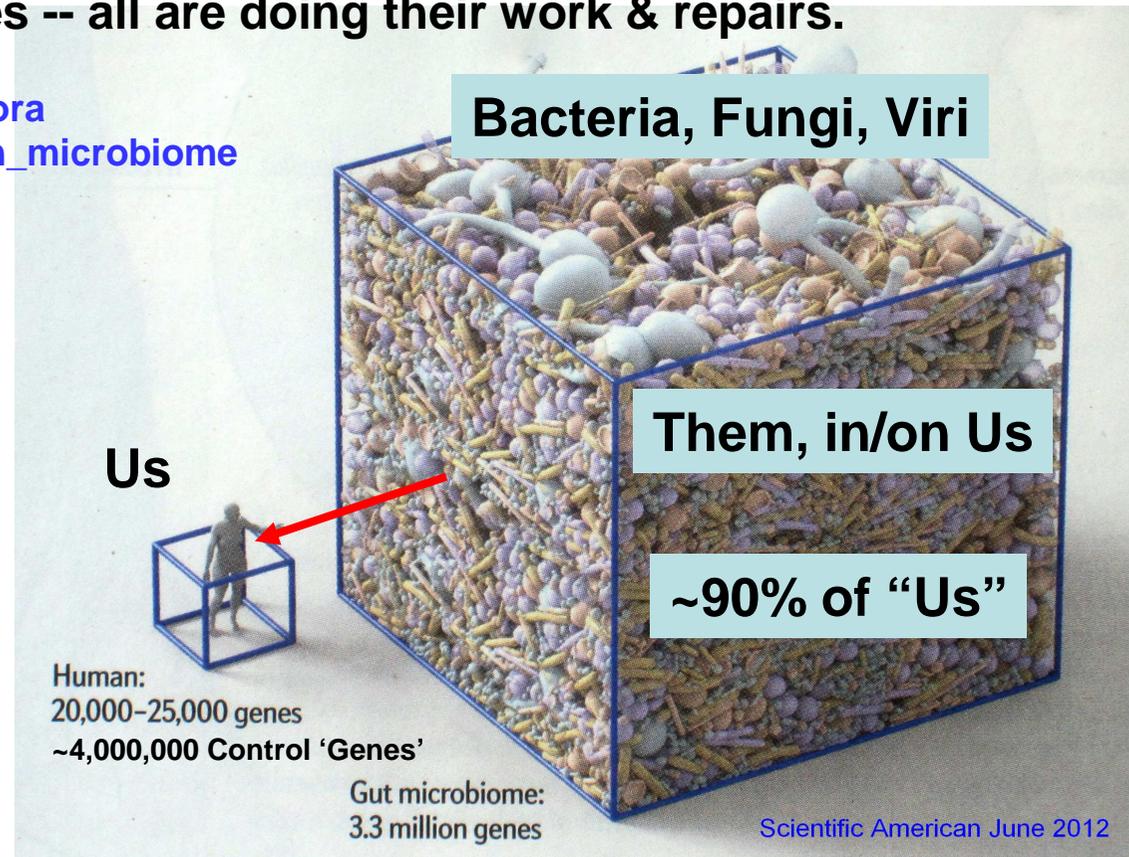
Humans' ~10 trillion cells are outnumbered by 100 trillion microbial cells throughout our bodies -- all are doing their work & repairs.

http://en.wikipedia.org/wiki/Gut_flora
http://en.wikipedia.org/wiki/Human_microbiome

T-cells attacking a cancer cell



AAAS Science 11/25/11



Scientific American June 2012

Our 100+ -Year Emissions Debt

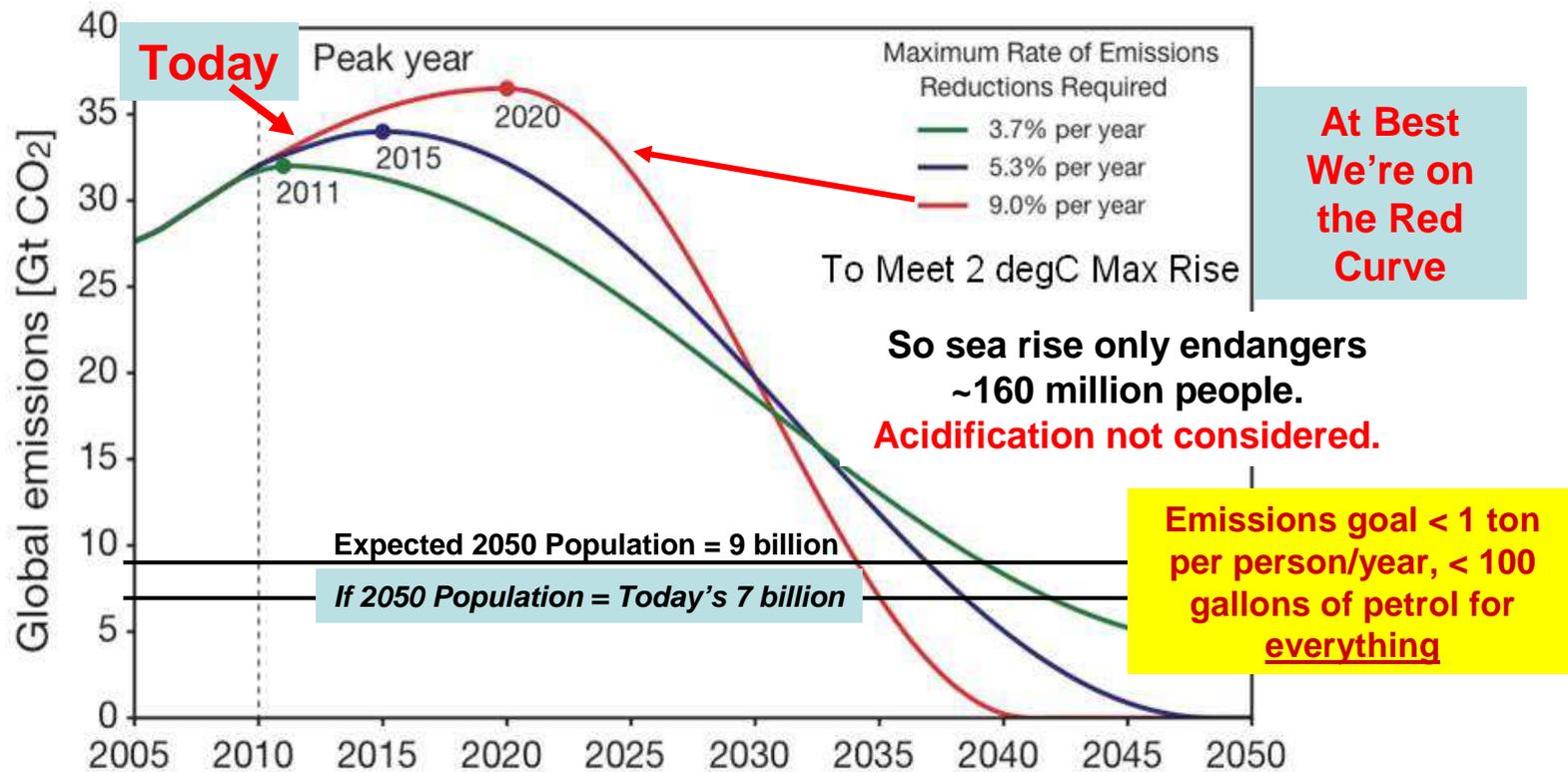
The problem to work: <1 ton of CO₂ per capita/year by 2050...

<http://download.copenhagendiagnosis.org/default.html> (10/2009 1st edition, p51)

<http://tinyurl.com/2a7lswe> (latest projections)

<http://tinyurl.com/3cw4rkc> <http://tinyurl.com/bueq2ev> (how bad it is)

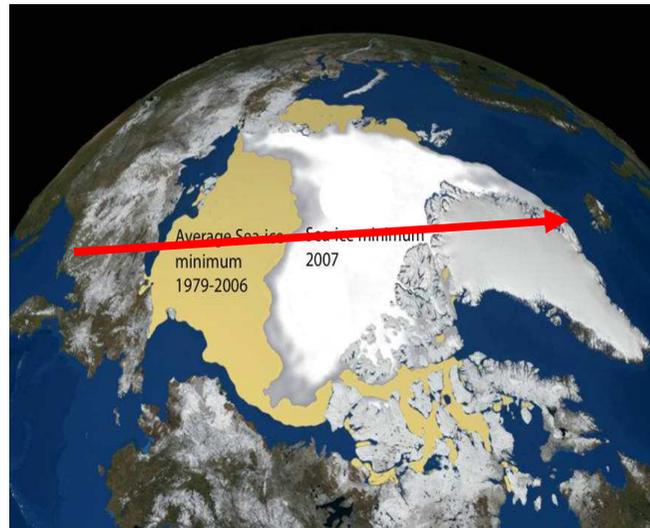
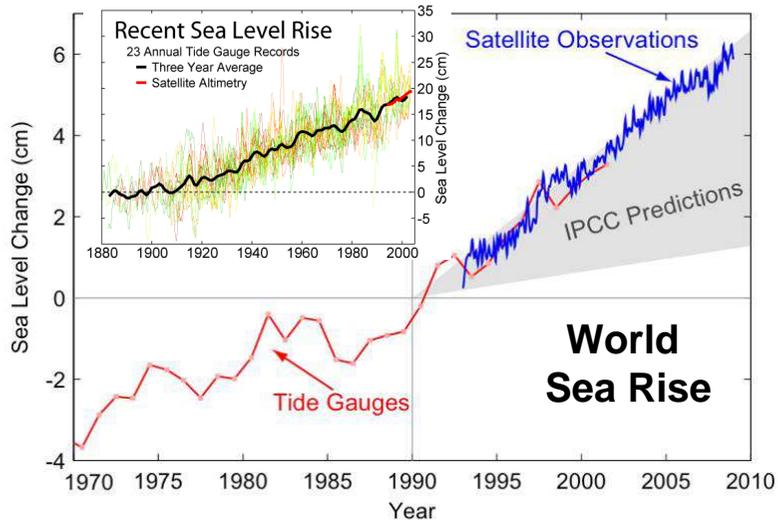
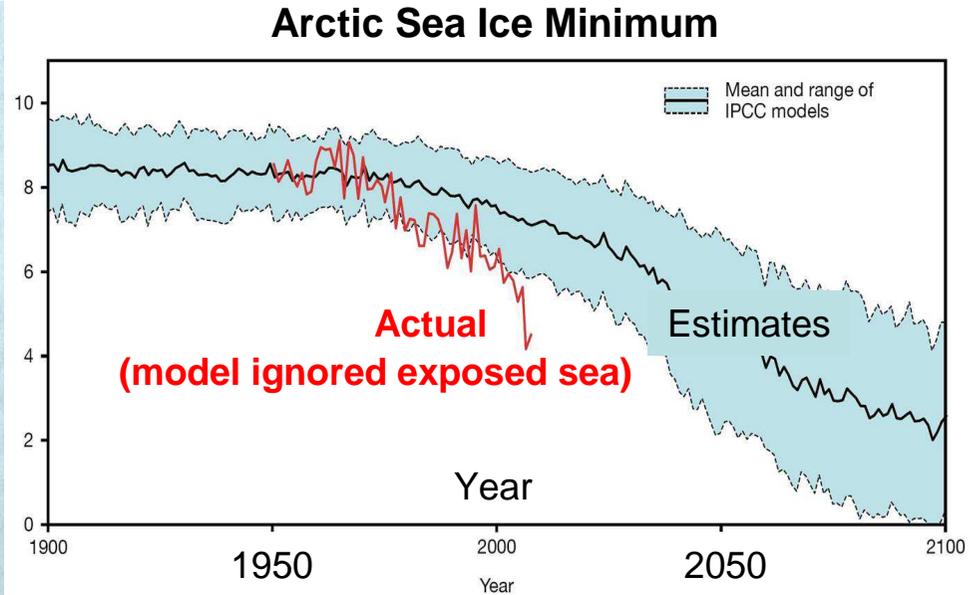
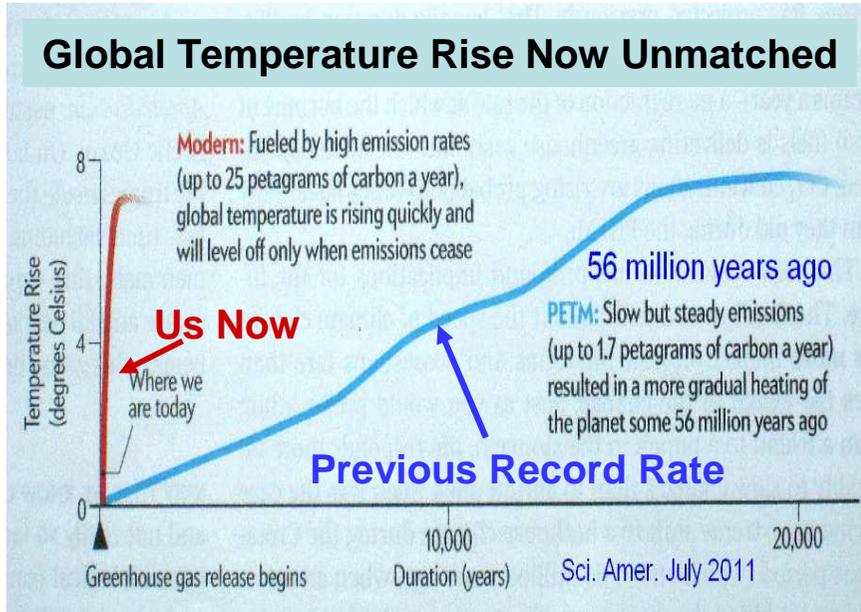
<http://online.wr.usgs.gov/calendar/2012/mar12.html> (USGS 2012 update)



World CO₂ emissions from just power grew 6% in 2010, to a record 30+ billion metric tons:

www.bbc.co.uk/news/science-environment-13595174 (1 Metric ton = 1.1 English ton)

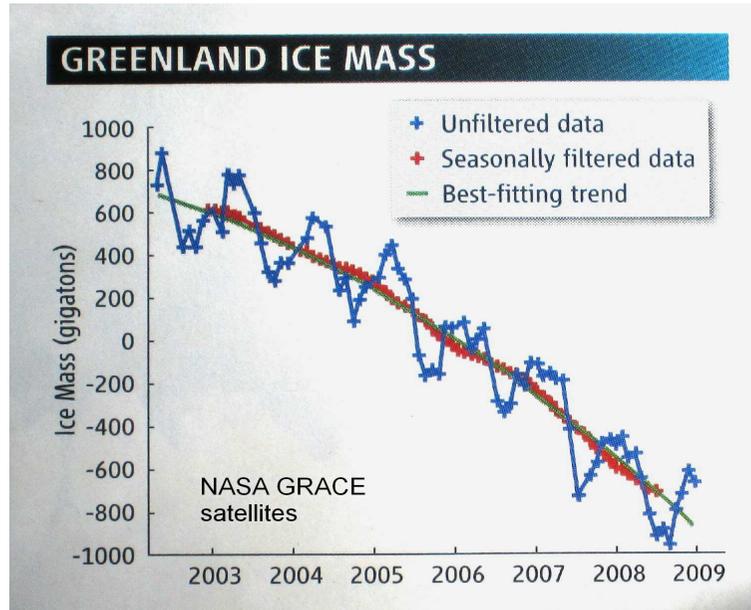
Emissions Effects



**China Ships to Iceland.
Russia deploys shipborne reactors to power Siberian coastal industrial development.**

Ice Loss

Greenland: 51 Cubic Miles lost in 2008, doubling every 7-8 years, 20 feet of sea rise possible -- **most of Greenland's surface melted in 4 days in July 2012:**



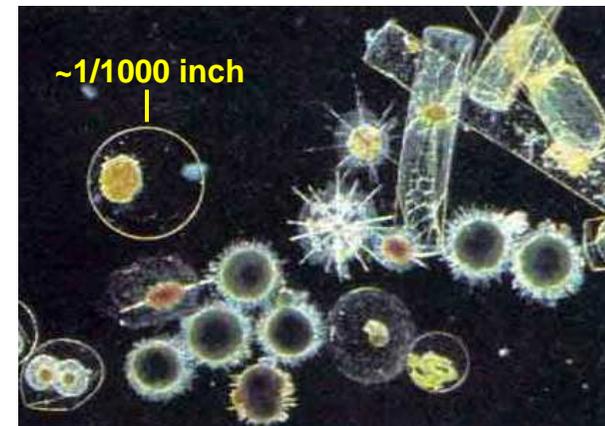
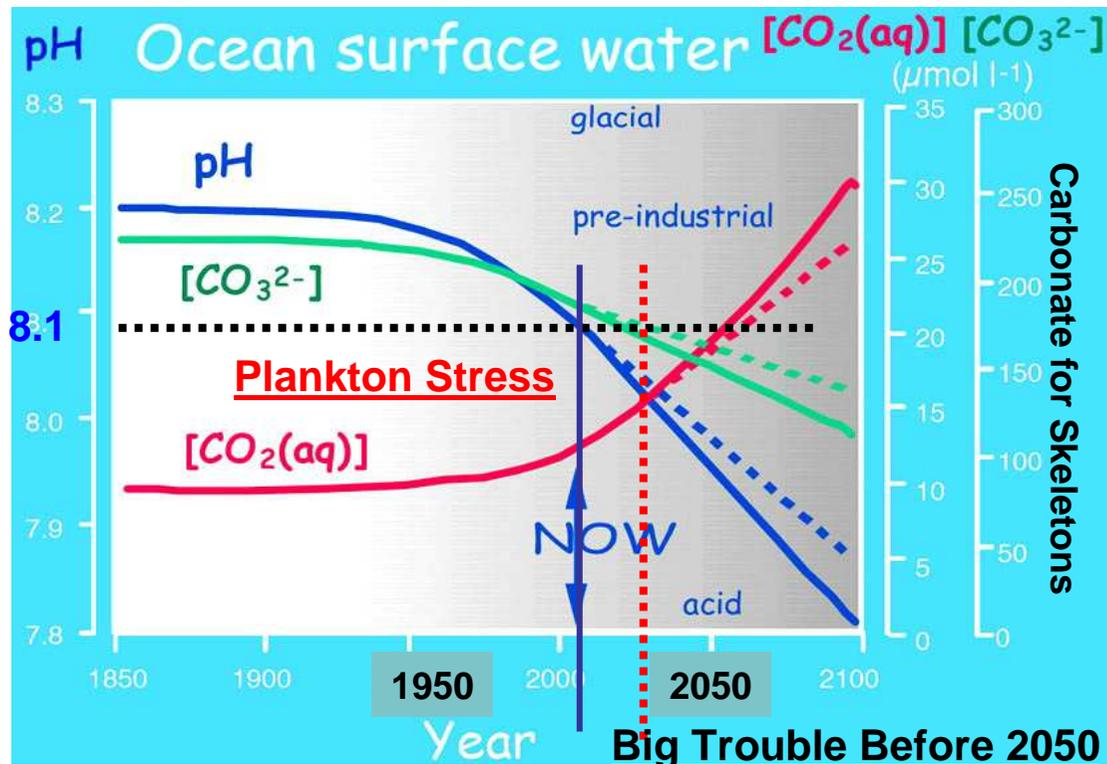
<http://tinyurl.com/cepqxag>



5 August 2010, ~100 square miles of ice broke away from Greenland.

Acidification

~40% of all human CO₂ emissions are now in oceans, creating more acidic seawater, preventing plankton growth, affecting entire sea food chain -- sea life provides 20% of human food protein & ~80% of people are coastal...



Deformed Larvae

Normal Larvae:

Warmer, acidifying North Atlantic

www.ocean-acidification.net/

<http://tinyurl.com/6mtd8db>

www.noaa.gov/video/administrator/acidification/index.html

www.bbc.co.uk/news/science-environment-18938002

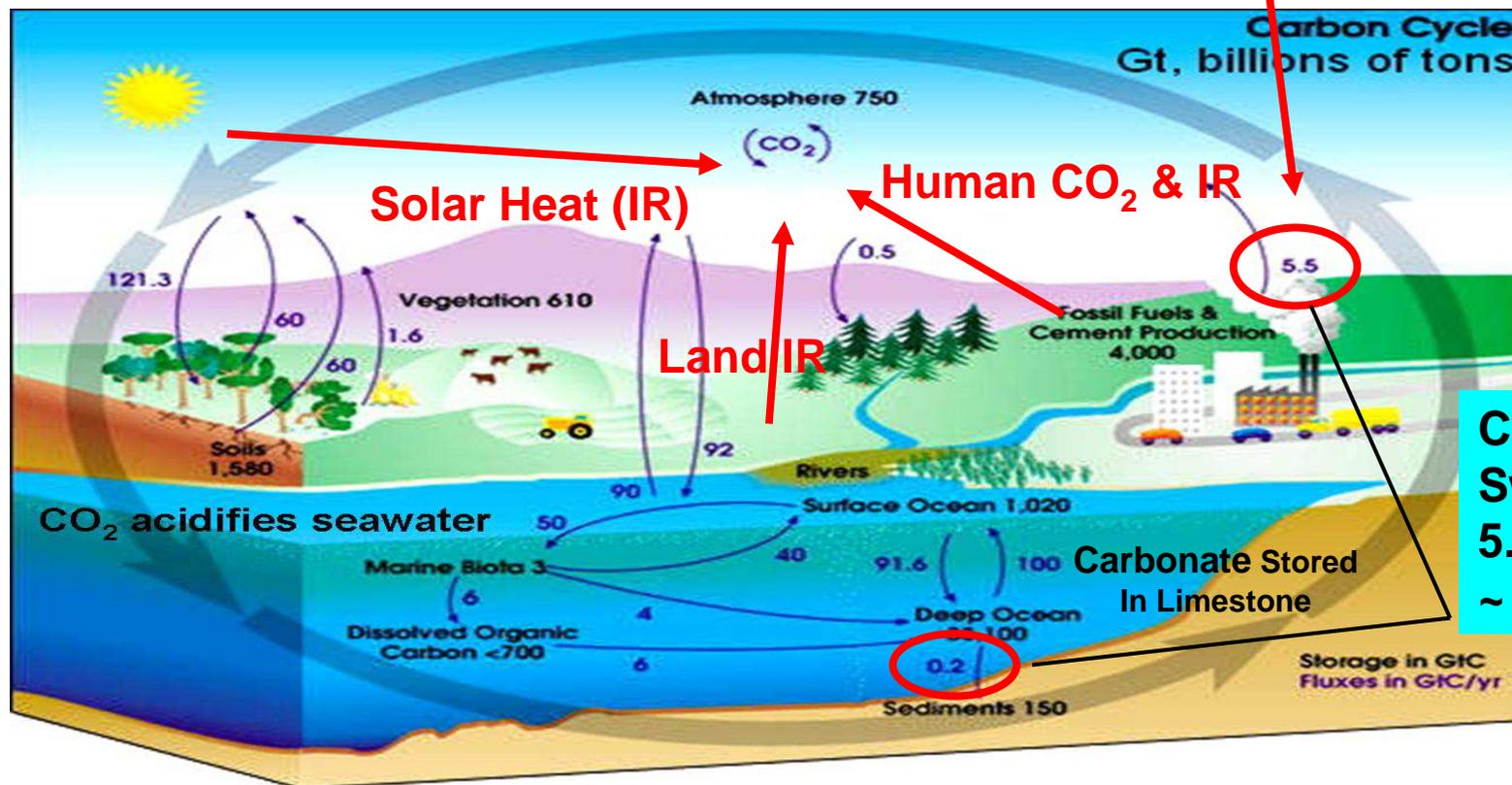
The Carbon cycle

Plankton & algae produced most of the Oxygen we have to breathe, starting ~2 billion years ago, with the earliest photosynthesizing ocean organisms. Land plants later evolved & helped. All fossil fuels we now dig up were made this way. Carbon emissions today are ~**10Gt** (~34Gt CO₂)

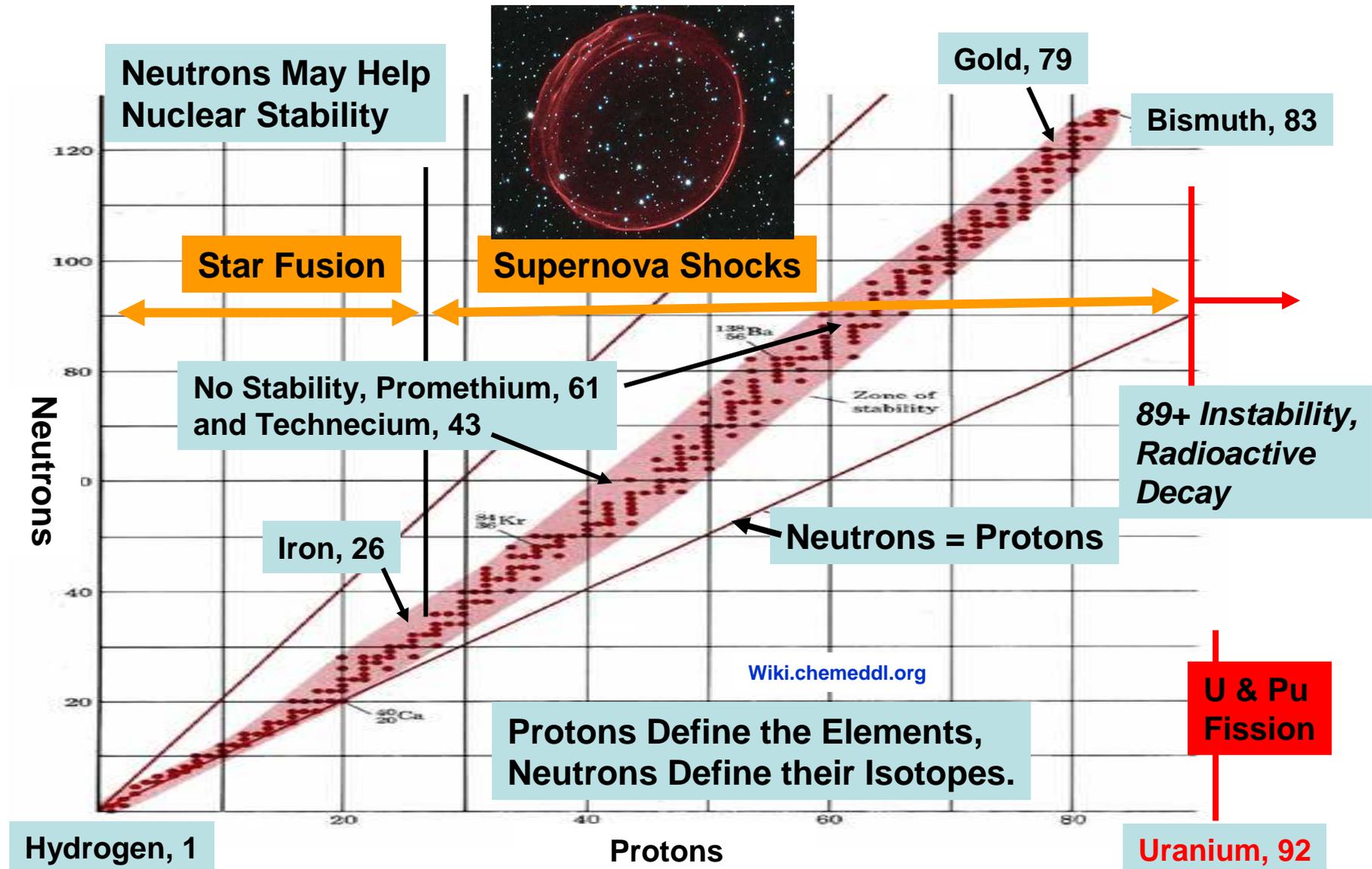
www3.geosc.psu.edu/~jfk4/PersonalPage/Pdf/annurev_03.pdf

www.atmo.arizona.edu/courses/fall07/atmo551a/pdf/CarbonCycle.pdf

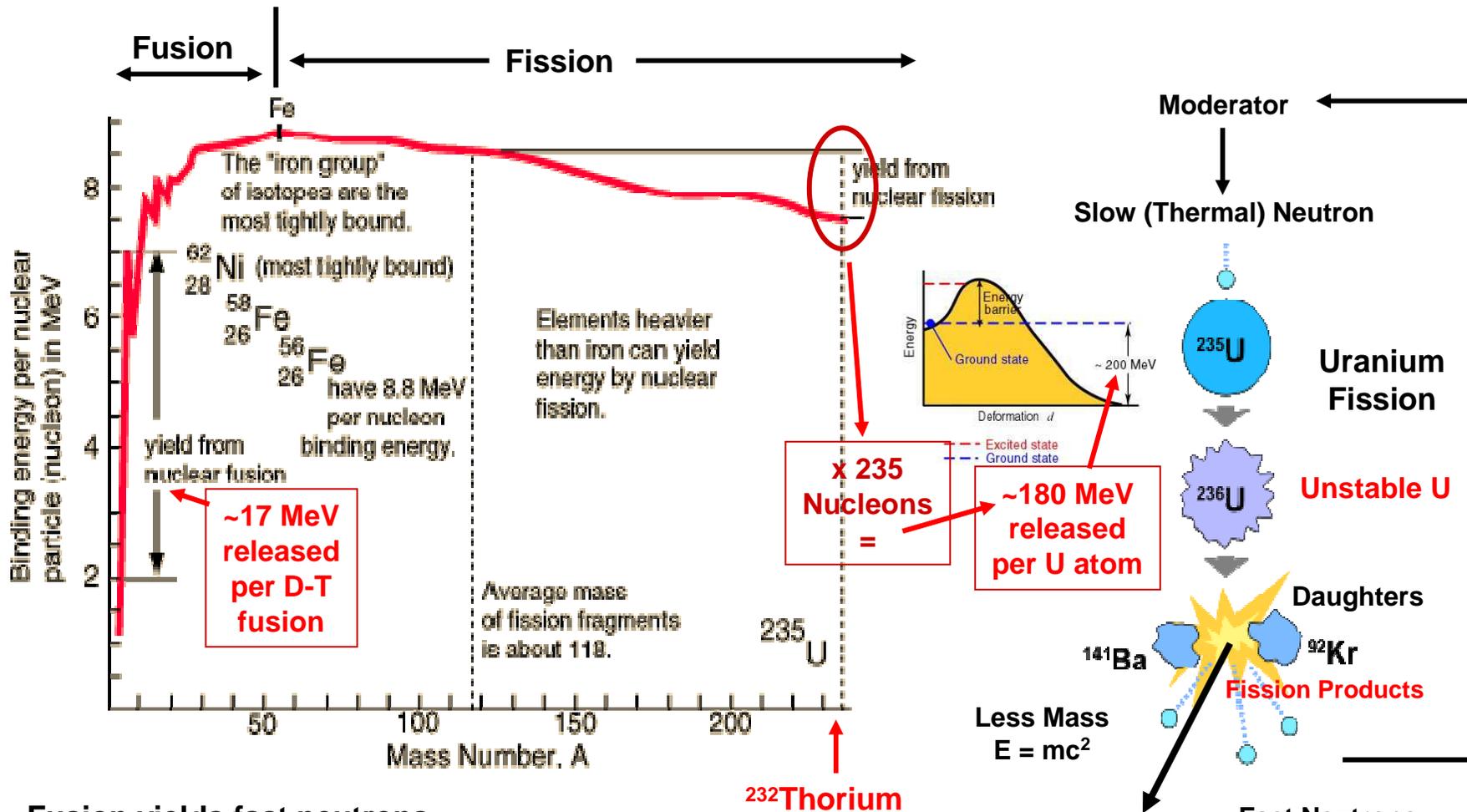
www.annualreviews.org/doi/abs/10.1146/annurev.earth.031208.100206?journalCode=earth



Elements & Origins



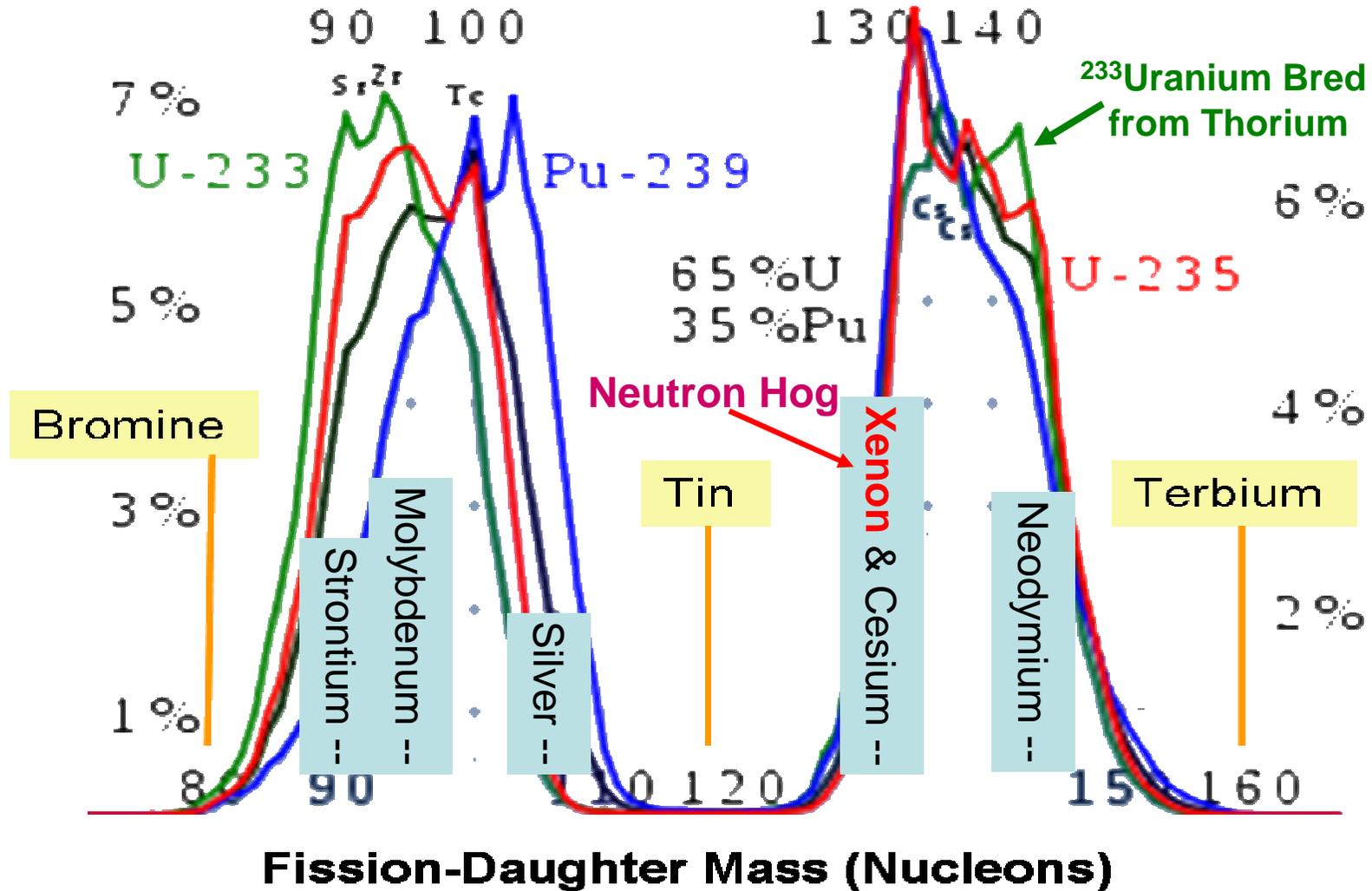
Nuclear Energy



Fusion yields fast neutrons, gamma rays & neutrinos.

Fission yields fast neutrons, gamma rays & energetic isotopes (Fission Products).

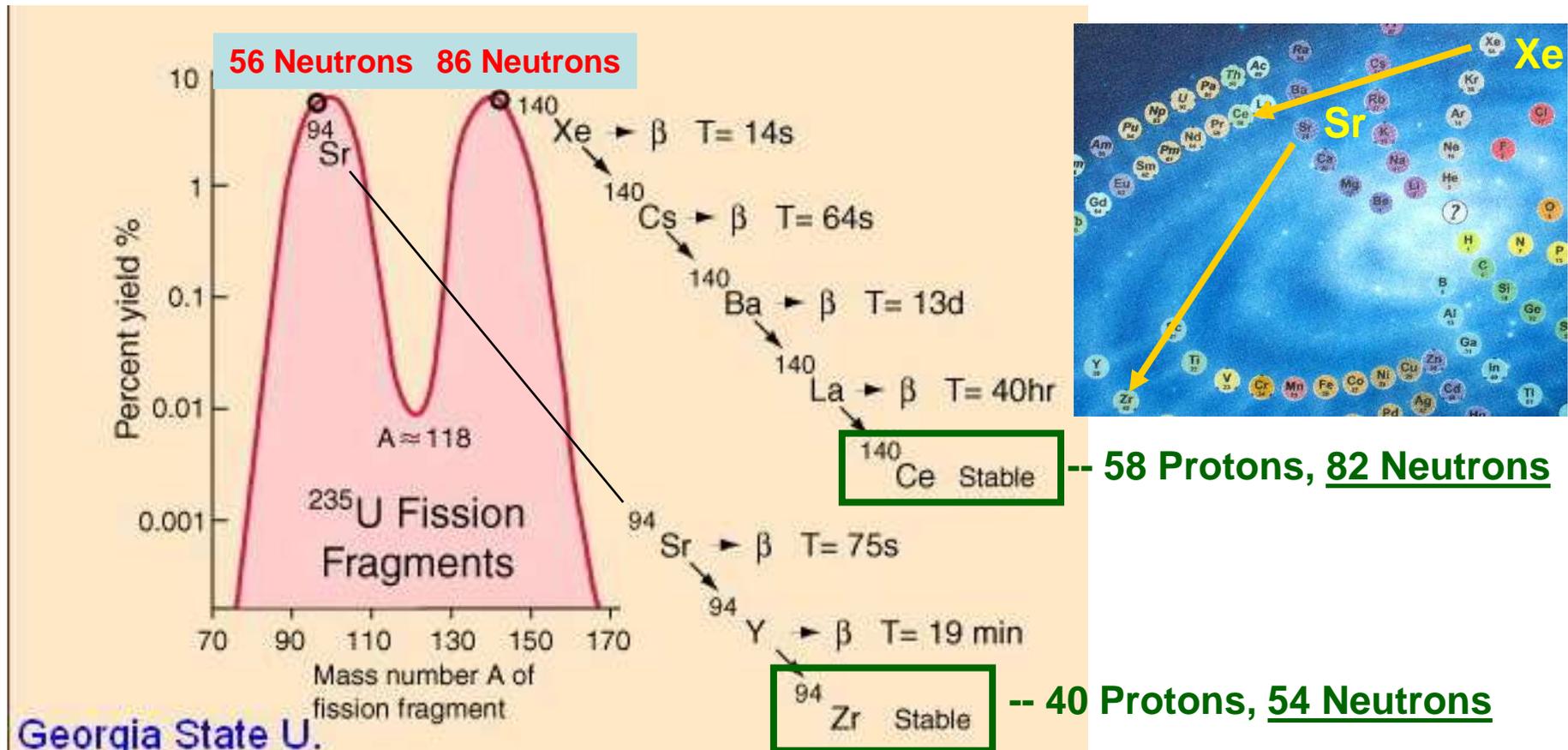
Fission Products



Asymmetrical yields of thermal-fission-product pairs versus fissile element

Fission-Product Radiation

^{235}U fission can result in the FP pair ^{94}Sr and ^{140}Xe , which are Highly radioactive, due to excess of several neutrons each. They decay within minutes or days to stable Zirconium and Cerium, by shedding Beta particles (electrons), thus moving up the Periodic Table to higher Proton/Neutron ratios..



Types of Radiation

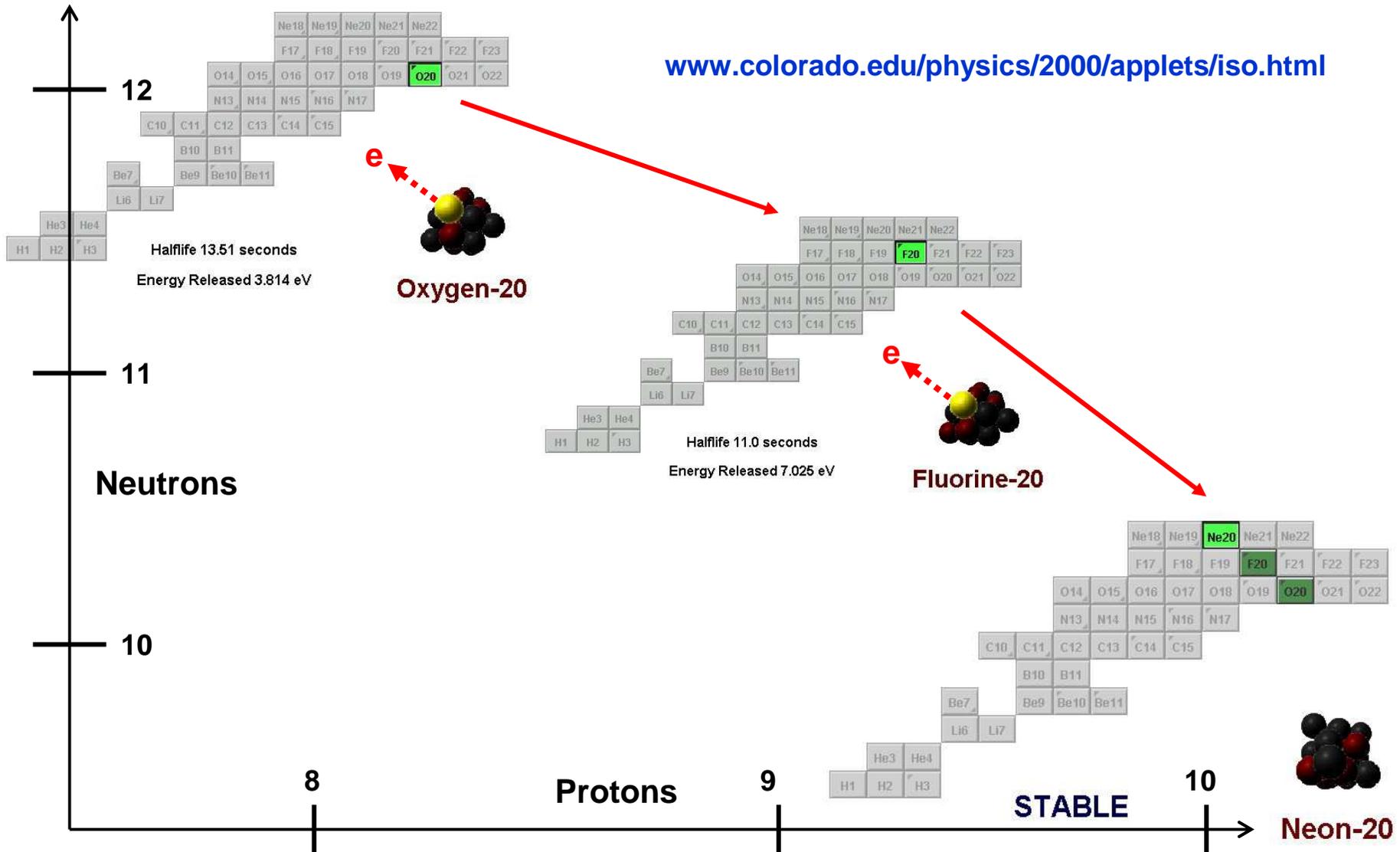
Alpha Particle (${}^4\text{He}$ ion): A fast-moving, Helium nucleus (2 Protons, 2 Neutrons) with +2 charge. Alpha Particle emission moves an element 2 positions down (Z-2) the Periodic Table, to become a lighter element. Radioactive decay produces Alpha emissions that can't penetrate skin but can damage a cell's molecules and cause radiation burns under high exposure. Cosmic Rays and solar fusion can create higher Alpha energies.

Beta Particle: A freely-moving, energetic Electron. Beta emission releases some nuclear energy and effectively converts a Neutron to a Proton, thus creating an isotope of the next element (Z+1) in the Periodic Table. The opposite move occurs by emission of a Positron. Beta emissions are also easily stopped but can burn if strong. An animation of Beta and Beta+ emissions is here: www.colorado.edu/physics/2000/applets/iso.html

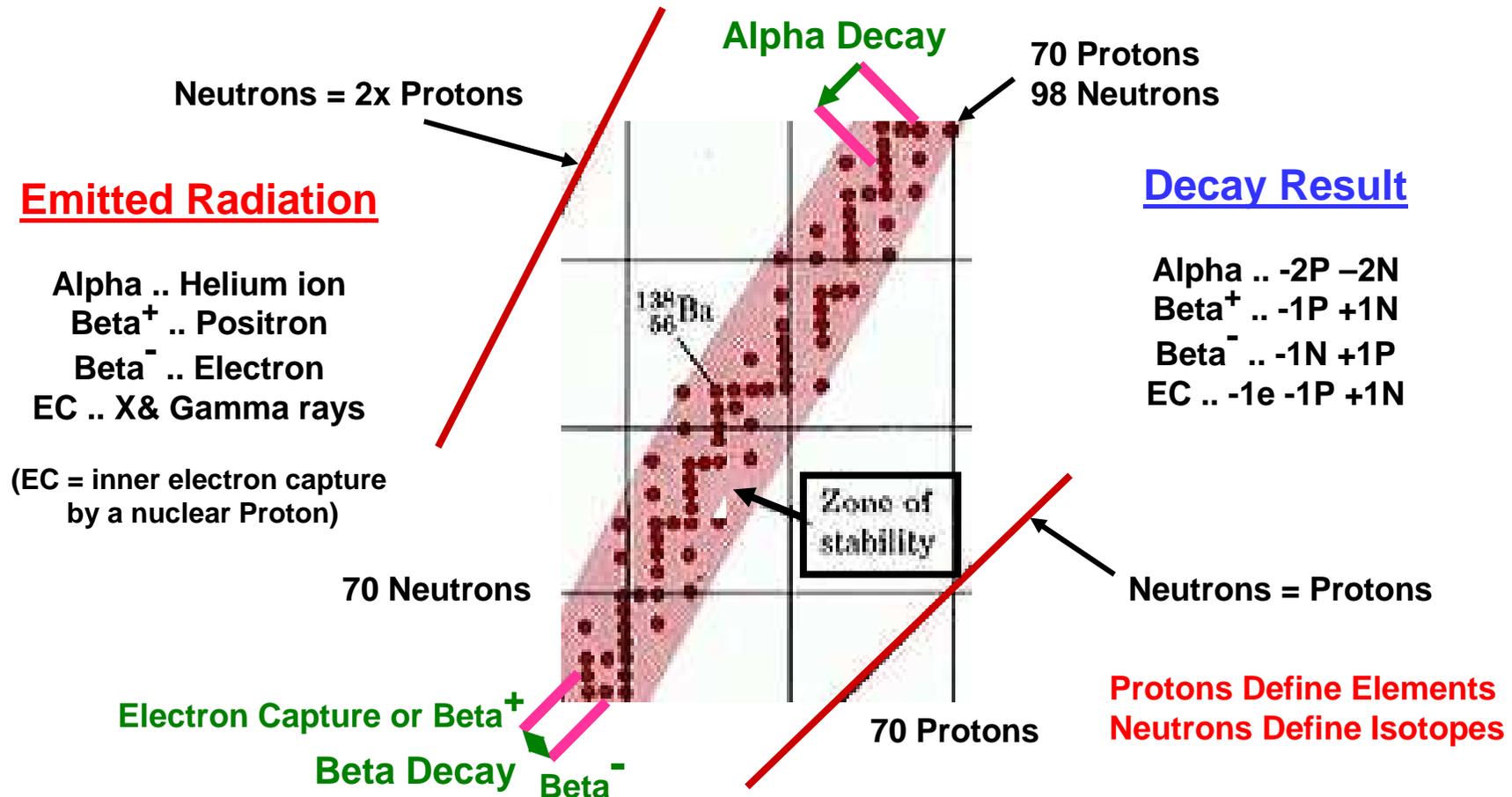
Gamma Ray: Photons of electromagnetic radiation whose energy exceeds those of Xrays (about 100keV) and UV (>1eV), with wavelengths less than an Angstrom (the scale of an atom). Gamma rays have exceedingly high frequencies and are highly-ionizing radiation, easily disrupting molecules. Ultraviolet light can deliver 3eV or more, breaking DNA bonds, while Gamma photons deliver thousands of times as much energy, freeing even innermost electrons from an atom. Gamma radiation above 10MeV occurs from environments near Black Holes, Magnetars, etc. Gamma rays are emitted by nuclear fission or fusion, by particles meeting Anti-Particles, or by interaction of energetic, charged particles with extreme magnetic fields.

Beta (Neutron to Proton) Decay

www.colorado.edu/physics/2000/applets/iso.html



Alpha & Beta Decay Detail



Note 1: Illustrated decays would only occur outside the Zone of Stability, or for isotopes not indicated by red dots, e.g., ¹³⁹Ba.

Note 2: Decays are accompanied by Gamma or X radiation at some energies reflecting needed nucleon reshufflings.

Types of Radiation

Neutron: An uncharged nuclear particle about the same mass as a Proton, but unstable outside a nucleus – it Beta decays to a Proton, Electron and Anti-Neutrino within minutes. Its neutrality delayed its discovery until 1932, long after Alpha, Beta and Gamma discoveries. It carries away most of the energy from D-T fusion, but only a little of fission's energy release, which is mostly carried by the energetic, new fission product nuclei (FPs). Neutrons are generally more interactive with Carbon, which can be used as a Moderator to slow Neutron velocities. But this also leads to them being damaging to the hydrocarbon molecules of life – the intention of the “Neutron bomb”.

Proton: The charged nuclear particle that defines elements: 1 P = a Hydrogen nucleus.

Radiation exposure is measured by the Gray or **Sievert** -- both correspond to 1 Joule (1 Watt-second) of energy delivered to 1 kilogram of target material (also equivalent to an exposure of 100 Rem). The **Sievert measures biological effect**, so different types of radiation are rated in “dose equivalents”, using multipliers (e.g., **Photons/Electrons = 1, Protons = 2, Alpha particles or fission fragments = 20, thermal-fast Neutrons = 1-30...**). Living targets depend on DNA-repair mechanisms to correct for natural Gamma exposures, oxidants & chemical insults, etc.

Dose equivalents depend on the form of radiation and the target tissue:

<http://en.wikipedia.org/wiki/Sievert>

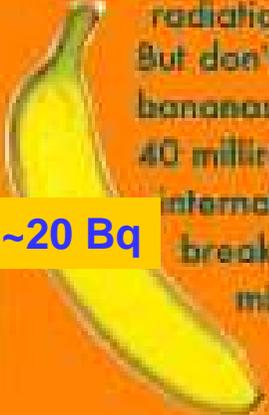
Natural Radiation

Foods concentrate various elements, including natural, unstable isotopes.

Banana-Equivalent Dose

Radiation: It's Organic!

Eating a banana a week exposes a person to roughly the same amount of radiation as living near a nuclear power plant, less than 1 millirem of radiation each year. But don't go and give up bananas! Your body releases 40 millirem of radiation internally each year as it breaks down vitamins and minerals to keep your body healthy and functioning!



~20 Bq

http://en.wikipedia.org/wiki/Banana_equivalent_dose
<http://www.bbc.co.uk/news/magazine-15288975>

⁴⁰K is a very small fraction of stable Potassium & decays to stable ⁴⁰Calcium by emitting a beta particle with no attendant gamma radiation (89% of the time) or to stable ⁴⁰Argon gas by electron capture with emission of an energetic gamma ray photon (11% of the time).

With a biological half-life of 30 days, the ⁴⁰K content in the body is constant. **Each year ⁴⁰K decay delivers doses of about 0.18 Sievert to soft tissues of the body & 0.14 Sv to bone.** This suggests a 4/100,000 lifetime cancer risk, compared to 20,000/100,000 for all cancers.

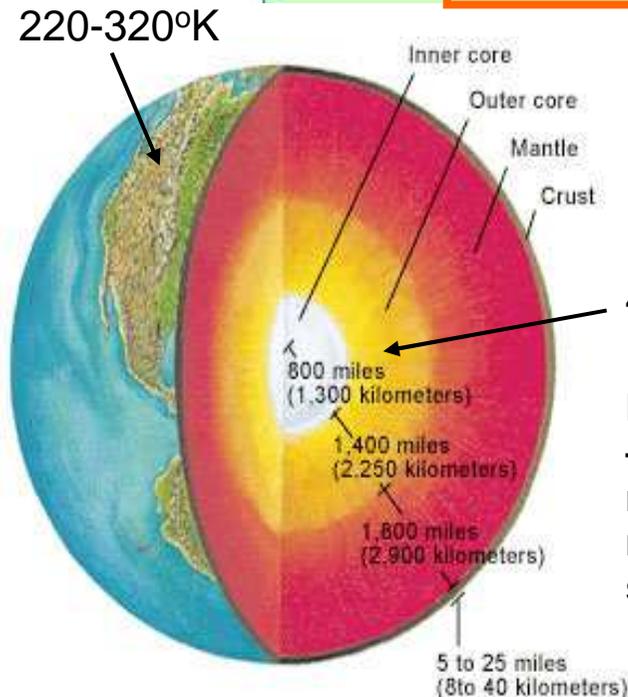
Isotope	Lifetime Cancer Mortality Risk	
	Inhalation (pCi ⁻¹)	Ingestion (pCi ⁻¹)
Potassium-40	2.1 × 10 ⁻¹⁰	2.2 × 10 ⁻¹¹

Argonne National Laboratory, Human Health Fact Sheet 2005

Natural Radiation

⁴⁰K is also a key driver of Earth's magnetic field, as are Thorium & Uranium.

Radioactive Properties of Potassium-40							
Isotope	Half-Life (yr)	Natural Abundance (%)	Specific Activity (Ci/g)	Decay Mode	Radiation Energy (MeV)		
					Alpha (α)	Beta (β)	Gamma (γ)
K-40	1.3 billion	0.012	0.0000071	β , EC	-	0.52	0.16



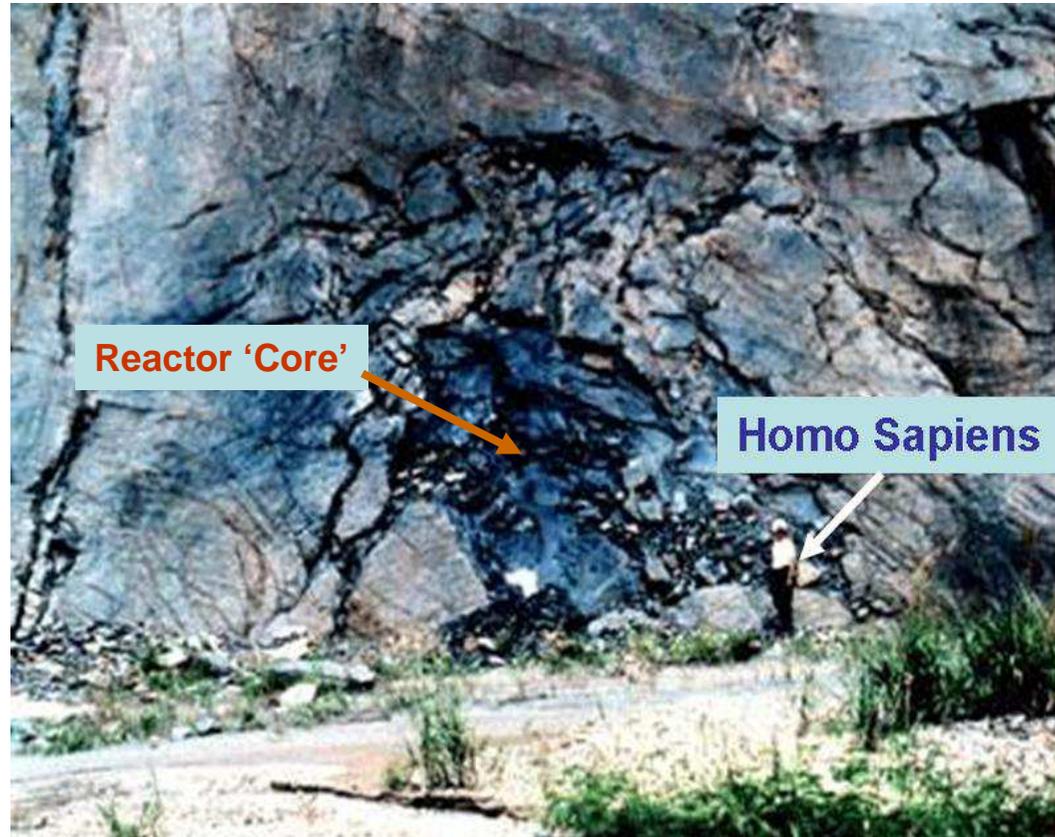
Thorium's $\frac{1}{2}$ life = 14 billion years
²³⁸Uranium = 4.5 billion years
²³⁵U = 700 million years
²³⁴U = 250,000 years

Emissions
 Beta = electron
 Gamma = photon

Earth's inner heat is 80% due to radioactive decay of Th, U & ⁴⁰K – geothermal energy is nuclear energy. Earth's protective magnetic field only exists because its mostly Iron/Nickel core is molten & electrically conductive – no field, no air, but plenty of solar & cosmic radiation. Mars -- no molten core & almost no air.

Natural Radiation -- Fission

The mountains in Oklo, south-eastern Gabon are home to several natural ^{235}U fission reactors. They operated about 2 billion years ago, when the 700-million-year half life of that isotope would have meant it was about 8 times as abundant in typical rock containing Uranium ore. The Earth's growing *atmospheric Oxygen content, water & bacteria concentrated UO_2 enough that rainfall & groundwater acted as a neutron moderator to enhance fission* by slowing neutrons to 'thermal' speeds, making their capture by ^{235}U nuclei more probable. When water stopped flowing, the reactors stopped fissioning. When it flowed again, they restarted. The site is now useful to judge stability of fission wastes. Niger & Gabon have very significant U deposits.



<http://www.ans.org/pi/np/oklo/>

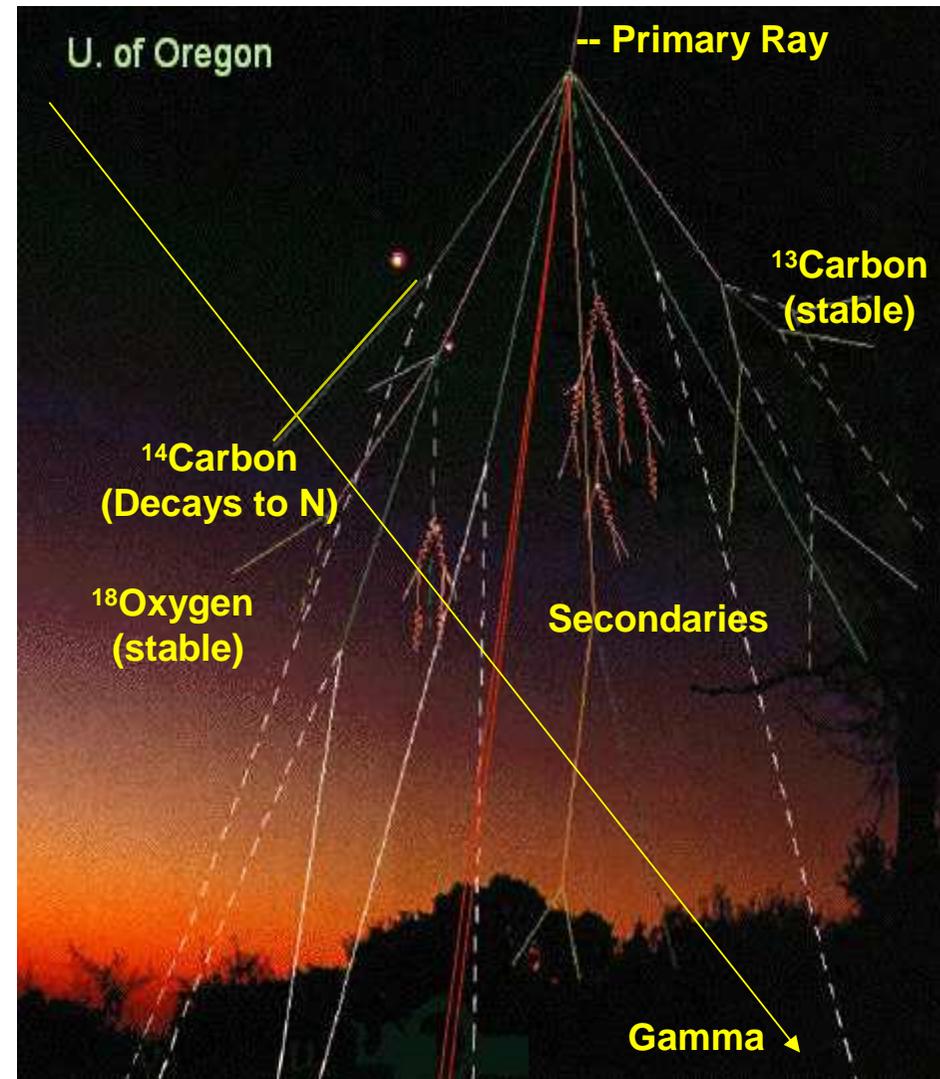
<http://www.ans.org/pi/np/oklo/>

http://en.wikipedia.org/wiki/Natural_nuclear_fission_reactor

www.physics.isu.edu/radinf/Files/Okloreactor.pdf

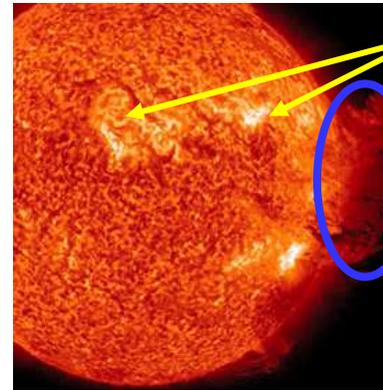
Natural Radiation – Cosmic Rays

A **Primary Cosmic Ray** is a Gamma Ray or high-speed particle from the Sun or other distant stellar sources, including supernovae, black holes, magnetars, even from another galaxy. It can be an **atomic nucleus, an Electron or other subatomic particle**. About **85% are Protons, ~12% Alpha particles, & the remainder Electrons & nuclei of heavier atoms**. Most primary rays are charged & thus influenced by the Earth's & interplanetary magnetic fields. Most have energies >1 GeV -- speeds >87% the speed of light. Solar Protons arrive at ~1 million mph, from coronal mass ejections & create auroras as they spiral down Earth's magnetic field in polar regions. **Secondary Cosmic Rays** are particles streaming downward from Primary collisions with air molecules. This is the source of radioactive atmospheric isotopes (e.g., ^{14}C & ^{18}O) used for dating fossils, sediments, ice cores, temps, etc. The downward stream of these particles is quite constant. Strong **Gamma bursts** come straight from vastly-distant sources, such as colliding black holes & collapsing massive stars.



Natural Radiation – Solar

Solar radiation is mostly **Protons**. They arrive at ~1 million mph, from coronal mass ejections (CMEs) related to sunspots & create auroras as they spiral down Earth's magnetic field in polar regions. The sun has an 11-year **Sunspot Cycle**, superimposed on a longer ~90-year activity cycle. We're currently entering a peak of the 11-year and a trough of the longer cycle: www.spaceweather.com/



Sunspots (false color)

CME (50x bigger than earth)

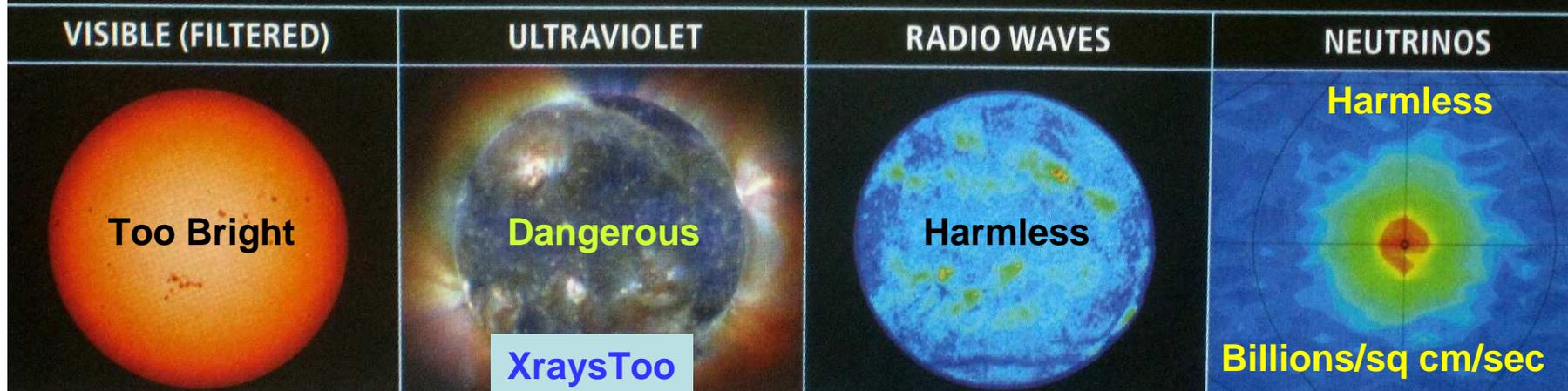


Aurora

"SEEING" THE SUN

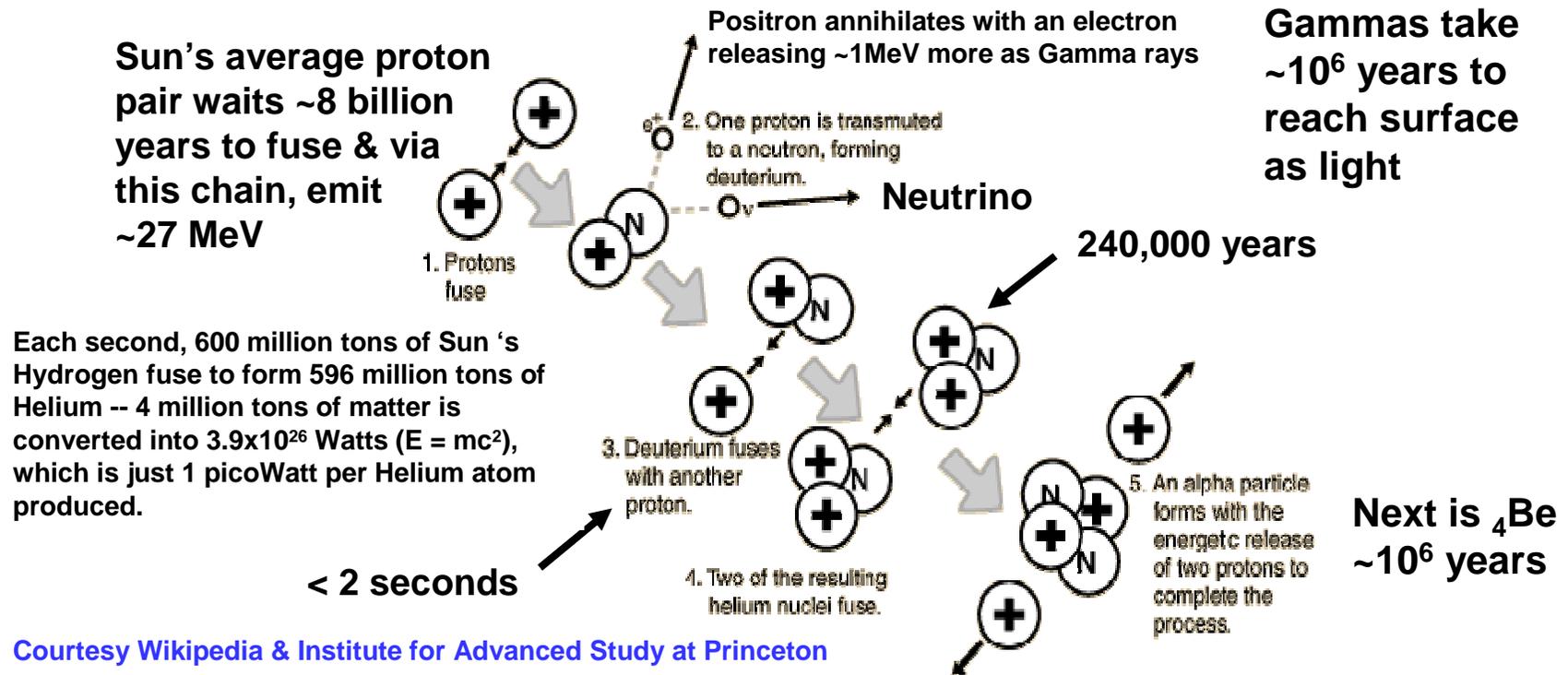
Astronomers have seen the sun at every wavelength of light, and now they have seen it in neutrinos. The image is blurry—the Super-Kamiokande experiment that made it has a resolution of 26 degrees, whereas the sun is 0.5 degree wide (*black circle*)—but is still a technological milestone. Whereas light shows only the surface of the sun, neutrinos expose the core.

Courtesy NASA



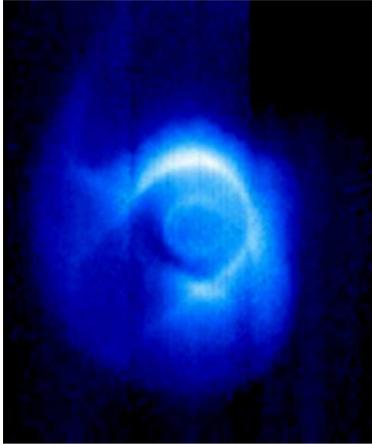
Natural Radiation – Solar Fusion

Sun's energy density is low – about $\frac{1}{4}$ that of a resting human's body heat: 260uW/cm³) -- lower than a candle's -- why it's been around for over 4 billion years, turning Hydrogen into Helium, then Beryllium, plus neutrinos and gamma rays (light).

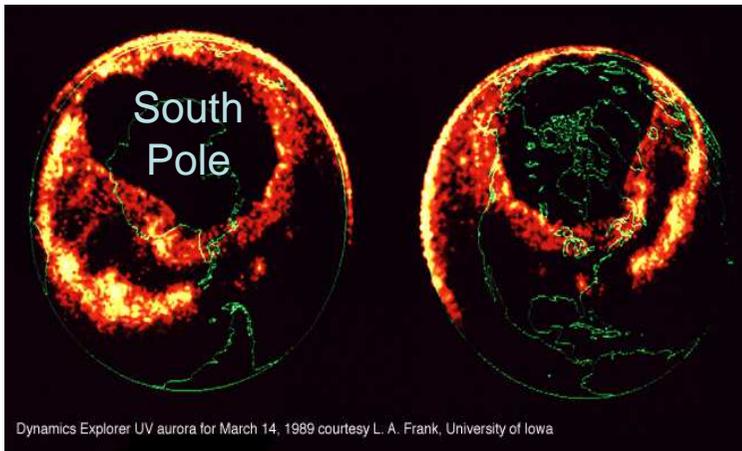


Electromagnetic Radiation

Satellite Photos of Us

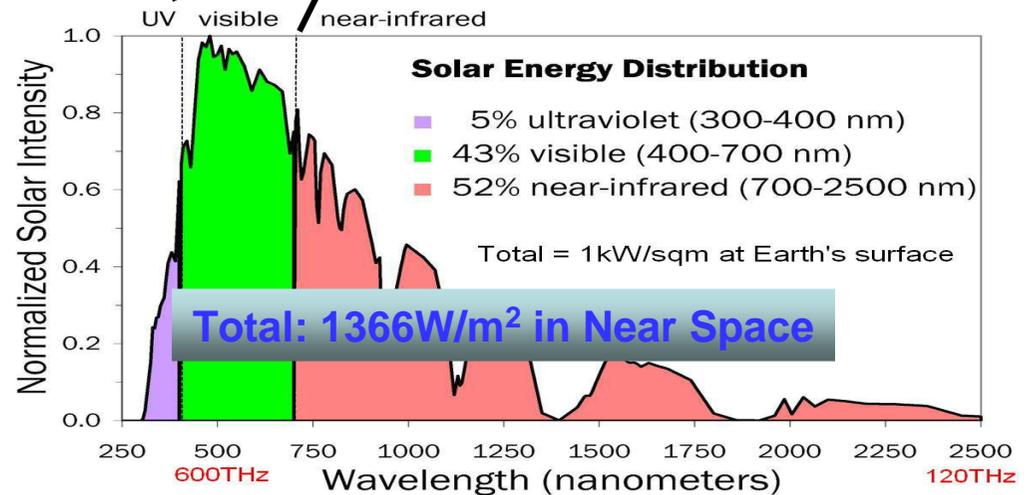
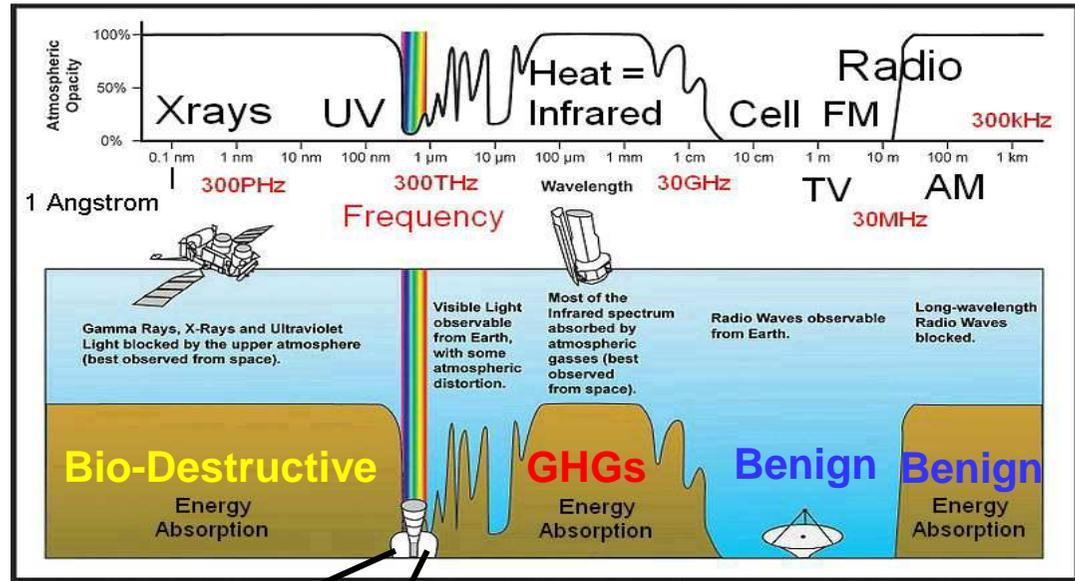


Earth in UV from Solar Wind Protons; Polar Aurorae Below



Dynamics Explorer UV aurora for March 14, 1989 courtesy L. A. Frank, University of Iowa

All Radiant Energy (Electromagnetic Spectrum)



Natural Radiation (From Unnatural Acts)

Allowed combustion emissions/wastes...

NORM: https://en.wikipedia.org/wiki/Naturally_occurring_radioactive_material



✦ TVA Kingston Coal Plant, Dec. 2008 ✦

Lies, Agendas, Biases (human nature)

**“A lie gets half way around the world before the truth gets its boots on.”
-- Mark Twain.**

**“There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success, than to take the lead in the introduction of a new order of things, because the innovator has for enemies all those who have done well under the old order of things, and lukewarm defenders in those who may do well under the new.”
-- Niccolo Machiavelli**

“People do what they want to do.” – old farmer’s saying

**"He who joyfully marches in rank and file has already earned my contempt. He has been given a large brain by mistake, since for him the spinal cord would suffice."
-- Albert Einstein**

“I have seen the enemy and he is us.” – Pogo Possum (by Walt Kelly)

Radiation Lies I

The lie about no safe radiation level, LNT – linear dose effect, no threshold: <http://tinyurl.com/4xqwzjc> (IEEE Spectrum, October 2011)

“In 1946, **Herman Muller** was awarded the Nobel Prize in Medicine for work done on spontaneous gene mutation, including the effects of X-rays...right around the same time, the National Academy of Sciences formed a committee to offer expert advice to the government on the biological effects of atomic radiation. ***In his Nobel acceptance speech* and in the NAS committee meetings, Muller argued there are no safe levels of radiation exposure, a position the Academy came to adopt.*** That...influenced [international, UN SCEAR] official policies toward radiation for decades.

The problem is, **Herman Muller knowingly lied.** Says Edward J. Calabrese, a professor of toxicology at U. Mass. School of Public Health. He bases that opinion on a wealth of materials...formerly classified files and...overlooked correspondence between Muller and one of his co-researchers.”

Calabrese: “...In Muller’s own groundbreaking work that led to his Nobel Prize, ***his own dose responses really did not support a linear dose-response*** relationship. But he was particularly interested in trying to better define the nature of the dose-response in the low-dose zone, and, in fact, he got several individuals to work on that project and inspired other people... But the data that emerged was not very clear. **Some data actually seemed to support a threshold, and some clearly did not, but *the problem with the work that Muller and the people of that era were doing was that the doses of radiation that they were using were extraordinarily high and have nothing to do at all with anything that we might view as remotely low dose today...*** they were probably exposing fruit-fly germ cells at a level that would be equivalent to... ***about a thousand X-rays in 3.5 minutes...the lowest dose that they were testing.***”

* www.nobelprize.org/nobel_prizes/medicine/laureates/1946/muller-lecture.html

Radiation Lies II

A lie: Welsh child leukemia was caused by the Sellafield nuclear plant...
www.monbiot.com/2011/11/22/how-the-greens-were-misled/ (The Guardian, 22 Nov. 2011)

“...the long-running *failure by people within the ‘green’ movement to challenge the claims made by a Dr. Christopher Busby* ...a visiting professor at the U. of Ulster... formerly the science and technology **spokesperson for the Green Party, which still consults him on...low-level radiation and depleted uranium.** Following...revelations published by the Guardian today, this may now change. *One of Busby’s...contentions, widely repeated by anti-nuclear campaigners, is that there is a leukaemia cluster among children living close to the coast of north Wales. This cluster, he maintains, is caused by radionuclides in the sea, from Sellafield and other sources.*

His findings were self-published and released by the consultancy he runs, called Green Audit... they were not subjected to the scientific assessment required by peer-reviewed journals.

Busby’s claims were later *assessed by professional scientists working for the Welsh Cancer Intelligence and Surveillance Unit at the NHS.* They published...peer-reviewed...Journal of Radiological Protection. Their paper reported a simple and devastating finding: **there is no such cluster. Busby’s claims...were the result of some astonishing statistical mistakes:**

- *He counted the overall leukaemia incidence for Wales twice;*
- *He mixed up the figures from urban areas with those from small rural areas, “trebling the local incidence in north Wales” and creating “spurious clusters in various locations”;*
- *He claimed there were ten cases of leukaemia in young children in Snowdonia. In reality there was just one case;*

Radiation Lies II (continued)

www.monbiot.com/2011/11/22/how-the-greens-were-misled/ (The Guardian, 22 Nov. 2011)

[re Busby] **Worst of all...**

- ***“We found clear evidence of data dredging which renders all subsequent statistical inference spurious...the dataset has been systematically trawled.”*** Busby’s “findings” were repeated uncritically in the Welsh media, ***spreading fear and distress among local people.***

As for ***his “second event theory”, which maintains that radionuclides are far more dangerous than scientists say they are, the paper asserts that there is no evidence supporting this, and it has “no biological plausibility”.***

None...is as disturbing as the remarkable story published in the Guardian today. **Busby appears...on YouTube.** In it ***he makes a number of wild allegations...[a] that the Japanese government is deliberately spreading radioactive material from Fukushima all over Japan.*** The reason, he says, is that ***when clusters of childhood cancer start appearing in Fukushima, the parents...will want to sue the...government.***

“But the only way that they can say that they’ve got high levels of cancer is to have a control group in an area that’s not contaminated, for example the south of Japan. So I believe that the project to take this material and burn it all over Japan is to destroy all of Japan, to increase the cancer rate in the whole of Japan, so that there will be no control group to which you can compare these children in the Fukushima area.” -- Busby

Radiation Lies II (continued)

www.monbiot.com/2011/11/22/how-the-greens-were-misled/ (The Guardian, 22 Nov. 2011)

[re **Busby on YouTube**]: *He produces no evidence to support this claim.* Given that no radioactive waste has been removed from Fukushima prefecture, and there are no plans to do so, it is hard to see how he could.

He then goes on to [b] promote expensive new pills and tests which, he says, will protect people in Japan from these alleged horrors. Scientists contacted by the Guardian describe these treatments as useless and baseless.

*An organisation based in Japan, calling itself the Christopher Busby Foundation for the Children of Fukushima, and linked to Busby's own enterprise in Wales called Busby Laboratories, solicits donations for its work. But the bank account it asks people to send them to is not in Japan. It is called **Green Audit**, and the bank is in Busby's home town of Aberystwyth. **Green Audit is an environmental consultancy and research organisation founded by Busby.***

:

When I [Monbiot] *phoned Busby* to ask him some questions about these issues, his responses were less than enlightening. He began as follows: *“You can f__k off frankly.”* When I asked him what his involvement was with the Christopher Busby Foundation for the Children of Fukushima, he told me: *“I think you can f__k off. I'm not going to answer your questions.”*

Those who oppose nuclear power often maintain that they have a moral duty to do so. But it seems to me that moral duties cut both ways. – George Monbiot

Radiation Exposure

Evolution has had to cope with chemical damage to RNA/DNA, etc. forever. Radioactivity is a minor actor in typical damages each living cell must repair each second of each day. So, it's not surprising that unnaturally-high doses, even of Gamma radiation, are seen to have little effect on living things, due to **DNA repairs** done billions of times per second/animal.

Ingestion of radioactive elements that stay within cells, however, **is the serious issue** to deal with – ^{131}I , ^{137}Cs , ^{90}Sr , etc. can be taken into biological molecules, in place of normal isotopes, say Calcium. Once in place, their radiation, even Alpha & Beta, can repeatedly challenge key structures such as DNA molecules. This is why protective clothing & masks are used by nuclear workers. Alpha & most Beta emissions are stopped by paper & skin, perhaps burning if strong, but if inside our Bodies, they are trouble, breaking molecular bonds.

A study of British radiologists showed more radiation improved mortality

Group	Av Dose per year	SMR reduction
Shipyards workers	280 mrem	24%
British radiologists	500 mrem 5mSv	32%

DNA Repair Stimulated?

Leukemia deaths of atomic bomb survivors were not affected by radiation exposure < 200 mSv

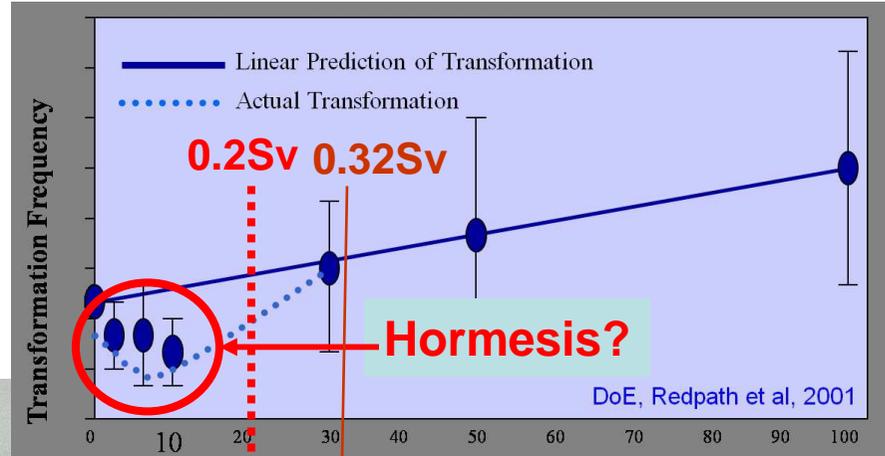
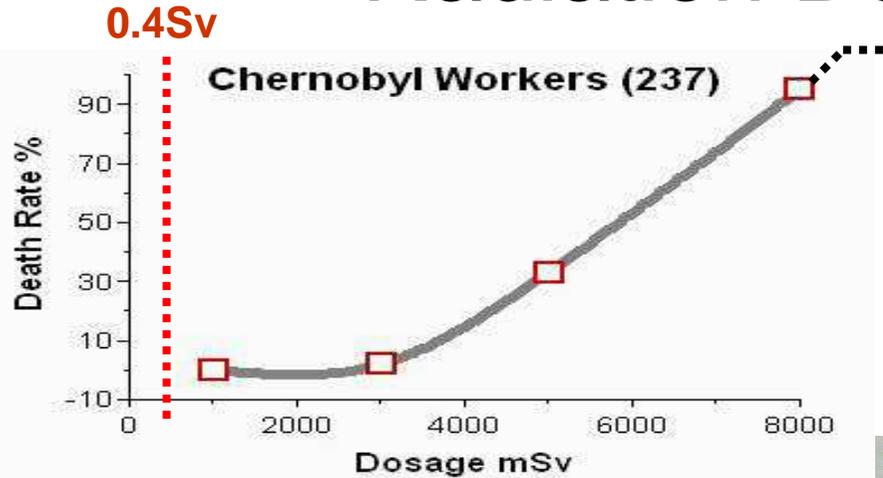
mSv step to..	Survivors	Survivor deaths	Control deaths
<5	37,407	92	84.9
100	30,387	60	72.1
200	5,841	14	14.5
500	6,304	27	15.6
1,000	3,963	20	9.5
2,000	1,972	39	4.9
>2,000	737	25	1.6

^{40}K .32Sv/year

Threshold?

Allison, "Radiation and Reason" 2009

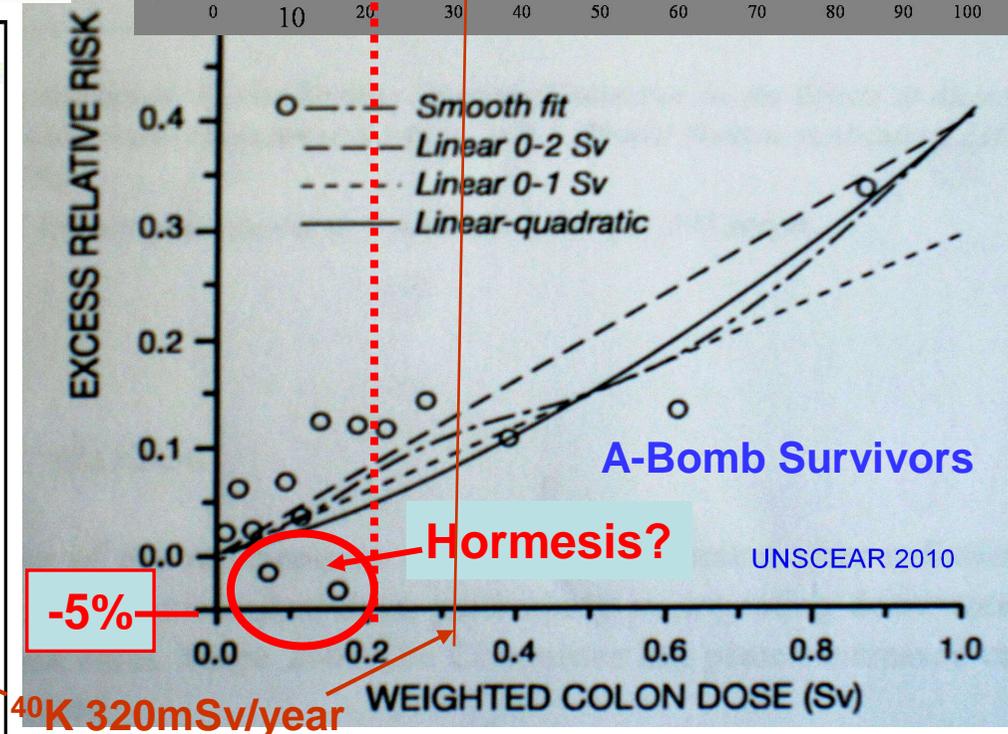
Radiation Dose Thresholds



Solid cancer deaths of atomic bomb survivors were not affected by radiation exposure < 100-200 mSv

mSv step to..	Survivors	Survivor deaths	Control deaths
<5	38,507	4,270	4,282
100	29,960	3,387	3,313
200	5,949	732	691
500	6,380	815	736
1,000	3,426	483	378
2,000	1,764	326	191
>2,000	625	114	56

Threshold?

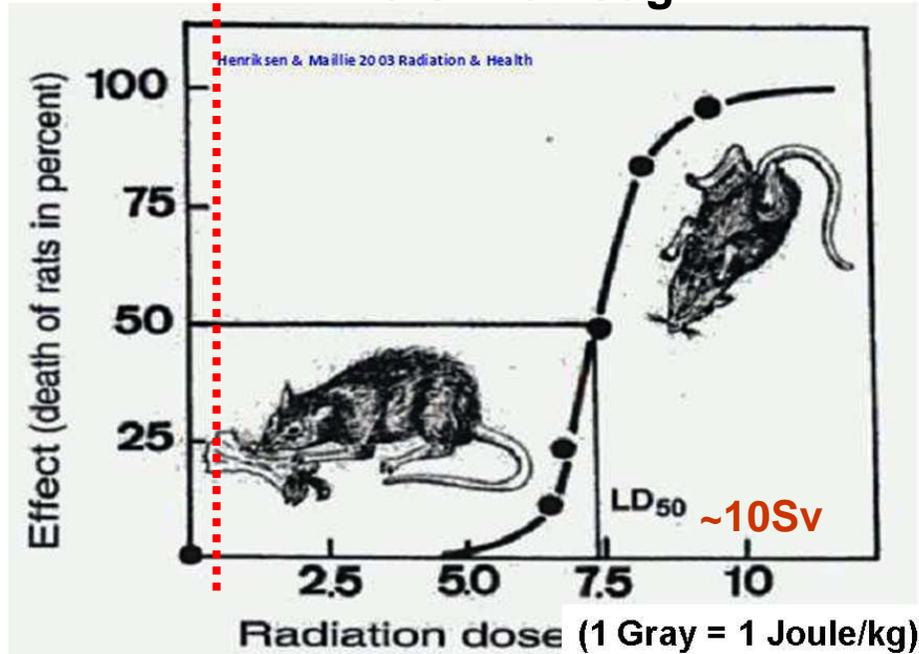


Allison, "Radiation and Reason" 2009

Relative Dose Thresholds

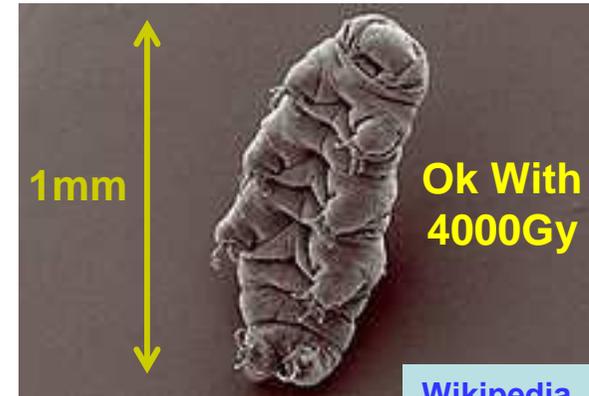
0.4Sv

Rats Are Tough



"Radiation and Health", Henriksen & Maillie,
Taylor & Francis, New York, 2003

Tardigrades (Water Bears) Tougher



But No Life
Beats D.
Radiodurans



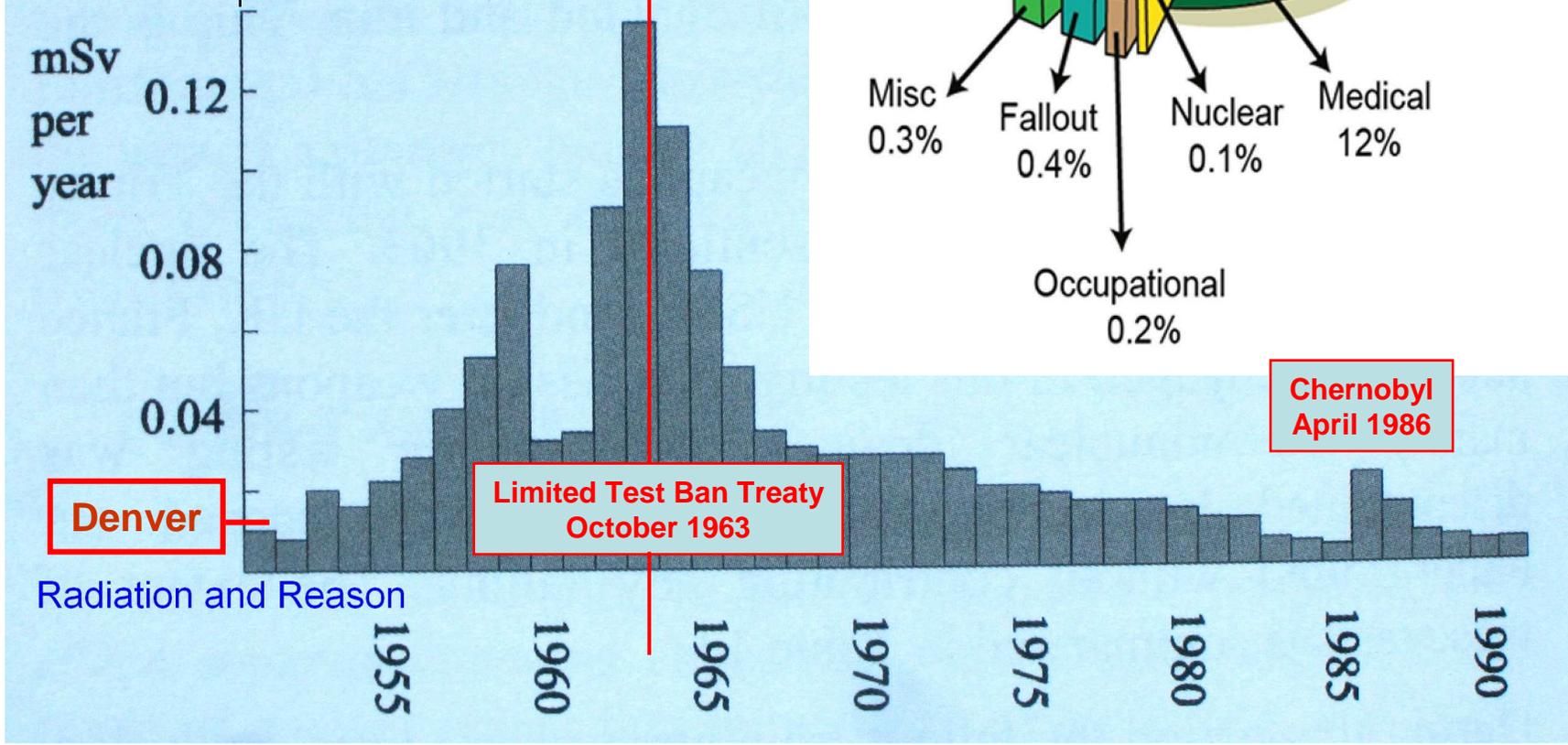
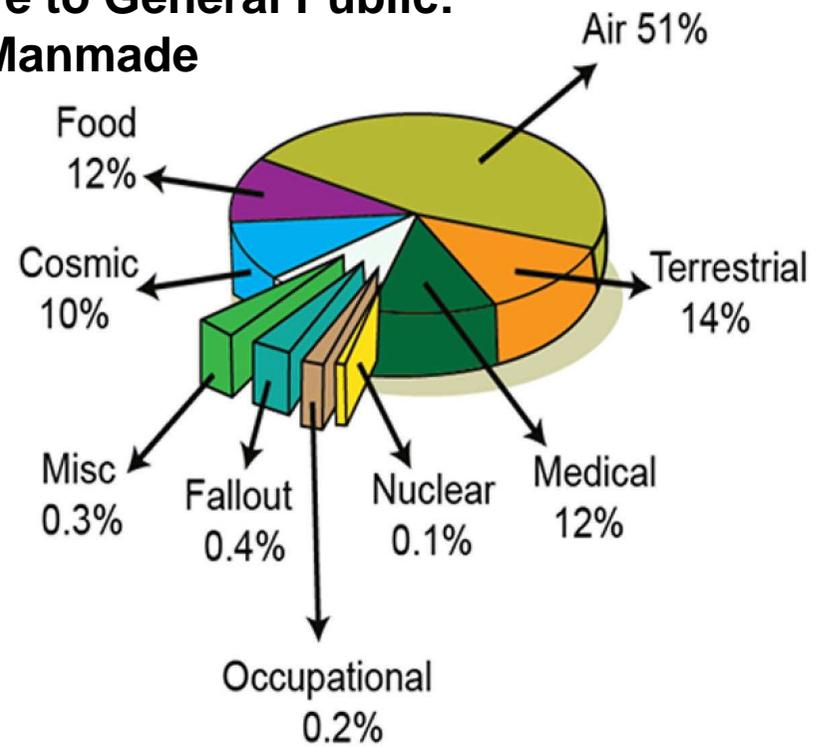
Deinococcus Radiodurans can withstand an acute dose of 5,000 Gy of ionizing radiation with almost no loss of viability, and an acute dose of 15,000 Gy with 37% viability. 5,000 Gy is estimated to introduce **several hundred double-strand breaks into the organism's DNA.** 5 Gy can kill a human, 200-800 will kill E. coli, & >4,000 kills the radiation-resistant Tardigrade.

Relative Radiation Dangers

0.2Sv
0.5
BED

Radiation Exposure to General Public:
87% Nature, 13% Manmade

Radiation Exposure to British Public:



Denver

Limited Test Ban Treaty
October 1963

Chernobyl
April 1986

Radiation and Reason

Relative Industrial Dangers

Public Health Impacts per TWh*

	Coal	Lignite	Oil	Gas	Nuclear	PV	Wind
Years of life lost:							
Nonradiological effects	138	167	359	42	9.1	58	2.7
Radiological effects:							
Normal operation					16		
Accidents					0.015		
Respiratory hospital admissions	0.69	0.72	1.8	0.21	0.05	0.29	0.01
Cerebrovascular hospital admissions	1.7	1.8	4.4	0.51	0.11	0.70	0.03
Congestive heart failure	0.80	0.84	2.1	0.24	0.05	0.33	0.02
Restricted activity days	4751	4976	12248	1446	314	1977	90
Days with bronchodilator usage	1303	1365	3361	397	86	543	25
Cough days in asthmatics	1492	1562	3846	454	98	621	28
Respiratory symptoms in asthmatics	693	726	1786	211	45	288	13
Chronic bronchitis in children	115	135	333	39	11	54	2.4
Chronic cough in children	148	174	428	51	14	69	3.2
Nonfatal cancer					2.4		

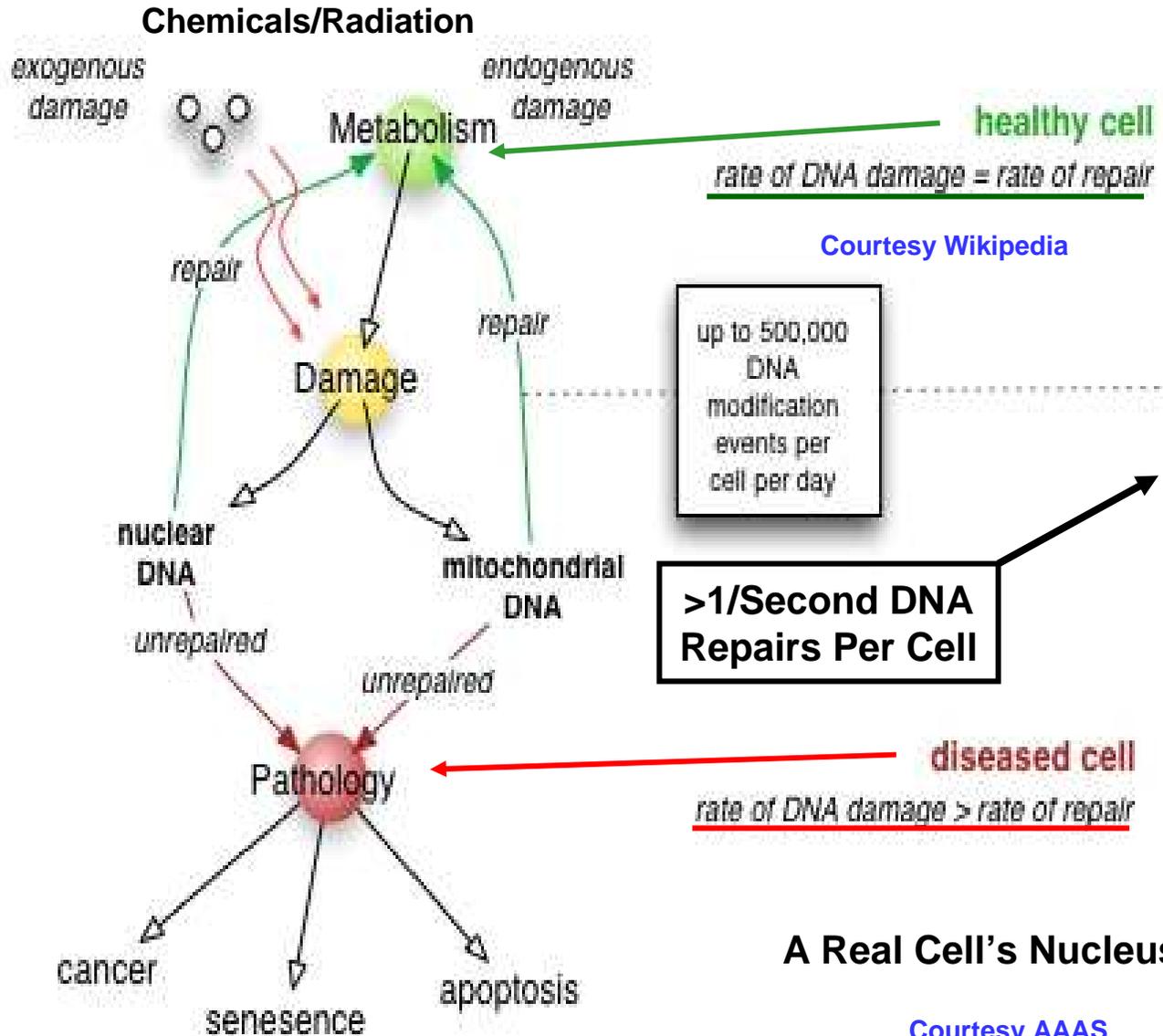
1998 Swiss report on power sources...
<http://tinyurl.com/42wvr9l>

2010 UN SCEAR Report...
<http://tinyurl.com/7amwjgg>
 (beginning to recognize threshold)

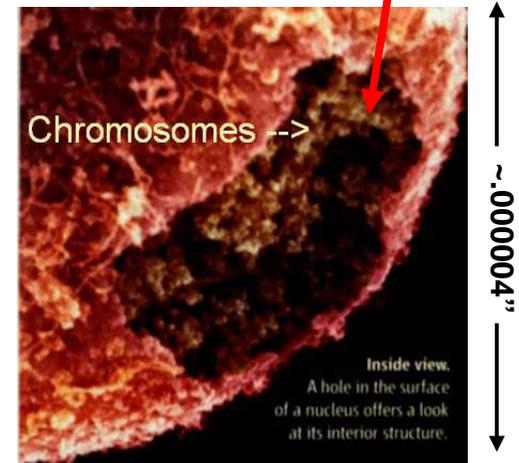
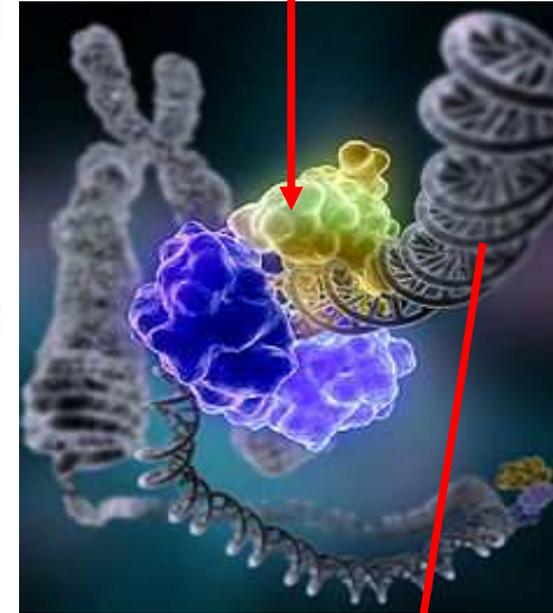
Review...
<http://tinyurl.com/3nwjboz>

*Kerwitt et al., "Risk Analysis" Vol. 18, No. 4 (1998).

Cellular DNA Repair



DNA Ligase Repairing a Chromosome Break

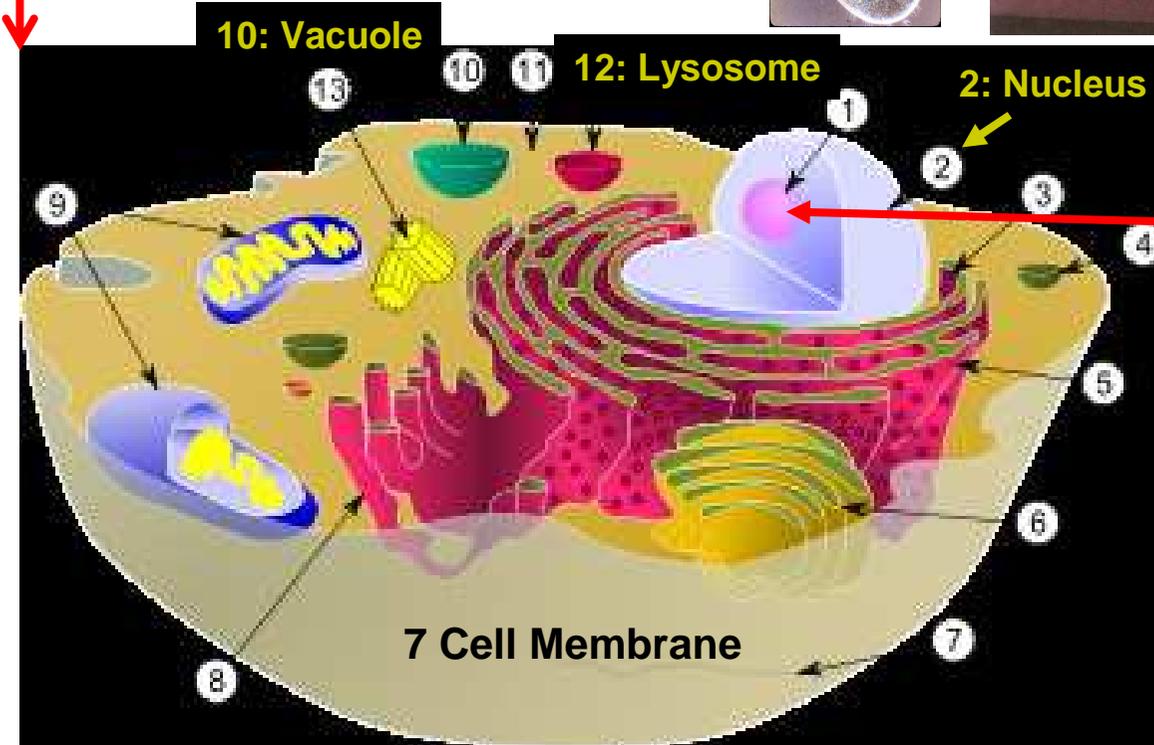
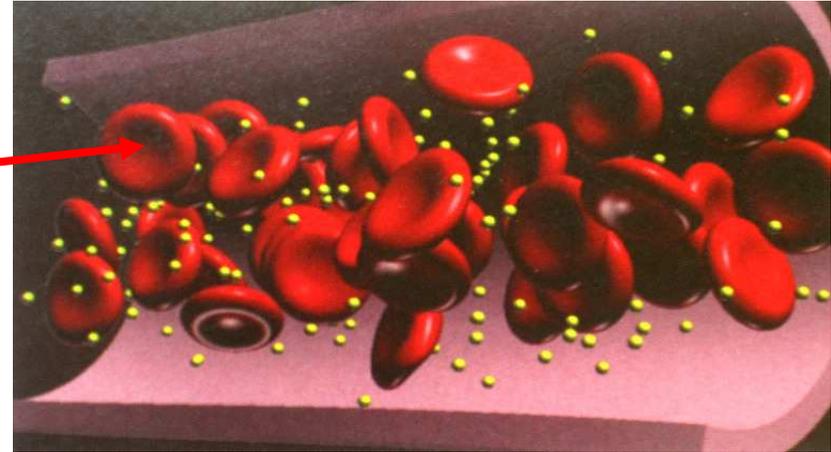


A Real Cell's Nucleus:

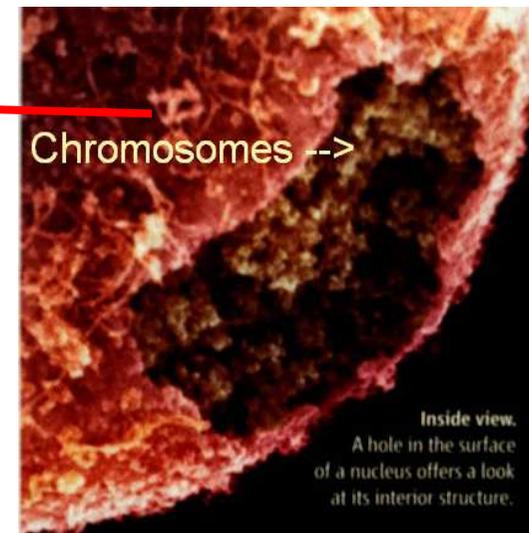
Courtesy AAAS

Cellular Scale & Structure

- Large Atom Nucleus -- .000000001 micron
- Large Atom -- .00005 micron
- Virus -- .02 -.45 micron
- Red Cell – 10 microns
- Avg. Cell – 50 microns
- Hair/Paper – 100 microns
- Skin Mites – 100-400 microns



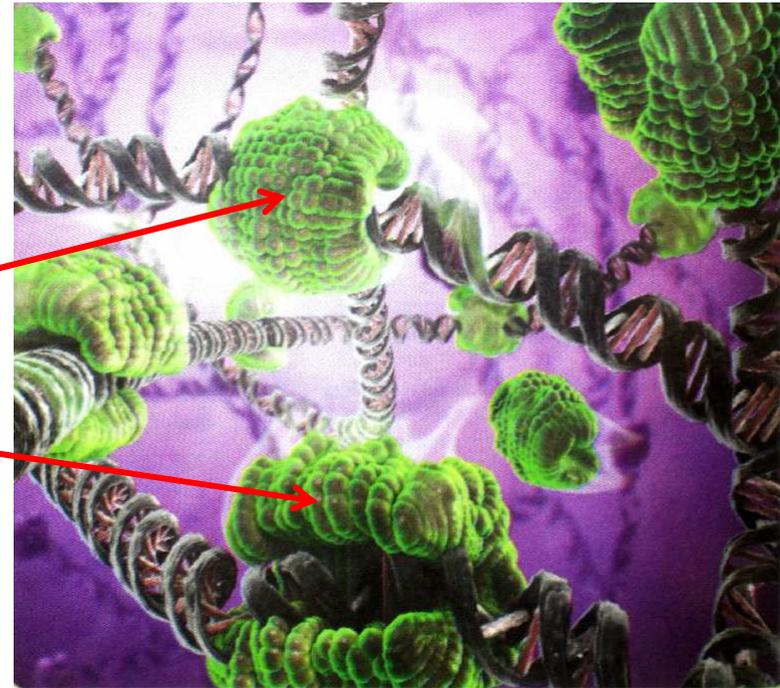
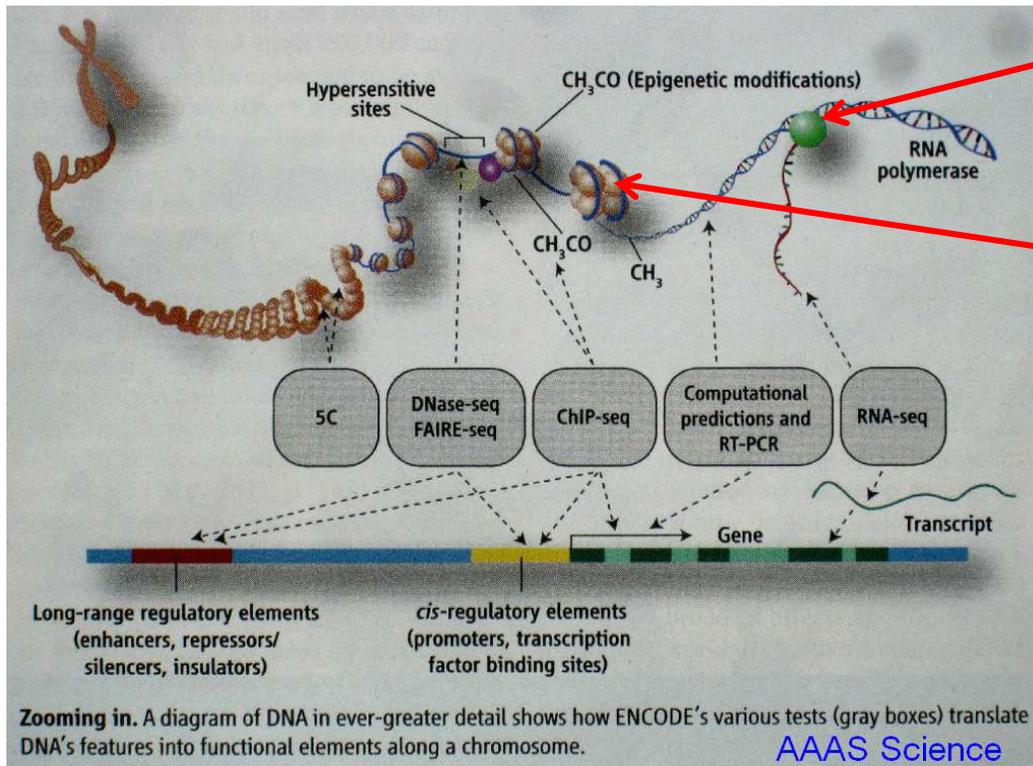
1: Cell Nucleolus



~20,000 Genes for Proteins
~4,000,000 for Control

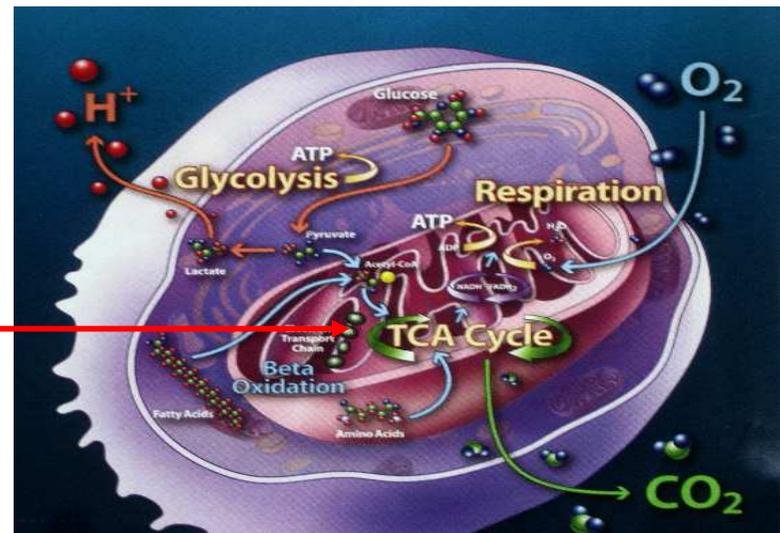
Cellular Structure & Function

DNA Control (former 'junk' DNA) & Reading



Mitochondrion

Cell Respiration:



Cellular Protection/Repair

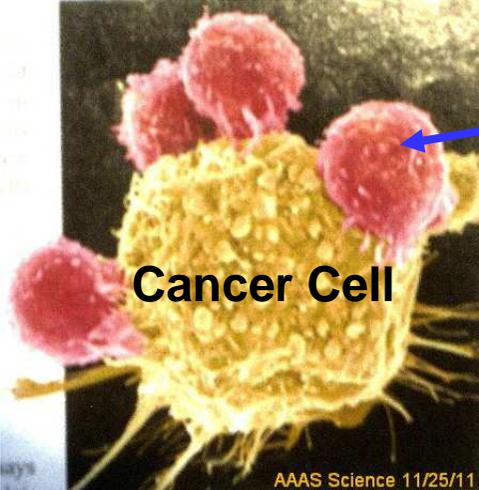
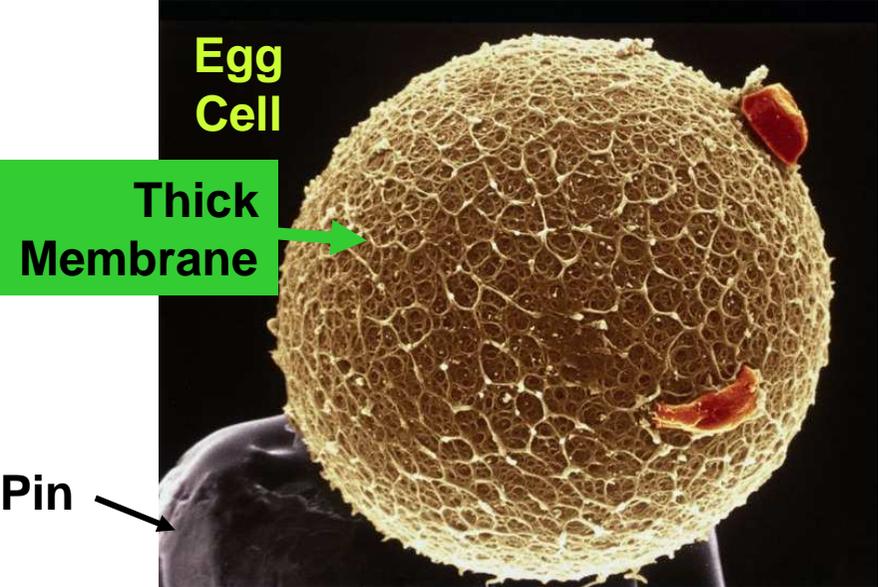
Lysosomes are cellular organelles that contain acid hydrolase enzymes to **break down waste materials and cellular debris**. They can be described as the stomach of the cell...**Lysosomes digest excess or worn-out organelles, food particles, and engulf viruses or bacteria**. The membrane around a lysosome allows the digestive enzymes to work at the 4.5 pH they require. Lysosomes fuse with vacuoles and dispense their enzymes into the vacuoles, digesting their contents. They are created...from the Golgi apparatus...The size of a lysosome varies from 0.1–1.2 μm ...The lysosomal membrane protects the... rest of the cell, from the degradative enzymes within the lysosome...

They are used for the **digestion of macromolecules** from phagocytosis (ingestion of other **dying cells or larger extracellular material**, like foreign **invading microbes**), endocytosis (where receptor proteins are recycled from the cell surface), and autophagy (where in old or unneeded organelles or proteins, or microbes that have invaded the cytoplasm are delivered to the lysosome). **Autophagy may also lead to autophagic cell death** [apoptosis], a form of programmed self-destruction...which means that the **cell is digesting itself**.

Other functions include...helping **repair damage to the plasma membrane** by serving as a membrane patch, sealing the wound. In the past, lysosomes were thought to **kill cells that are no longer wanted**...in the tails of tadpoles or in the web from the fingers of a...fetus.

-- Wikipedia

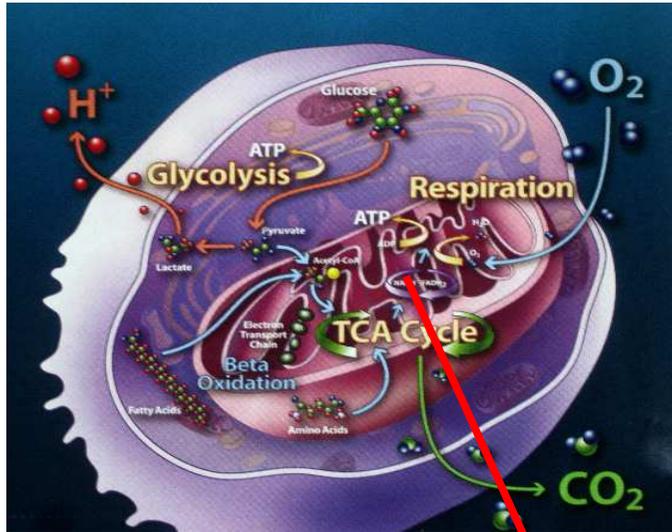
Cellular Protection



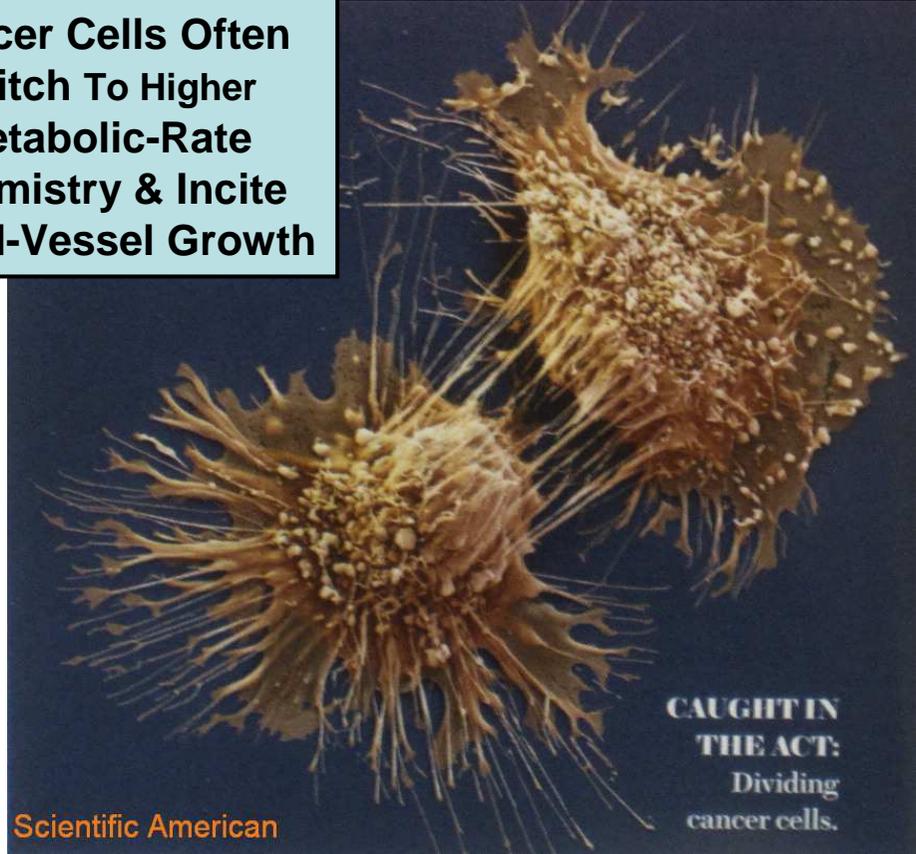
**Immune System
T Cells**



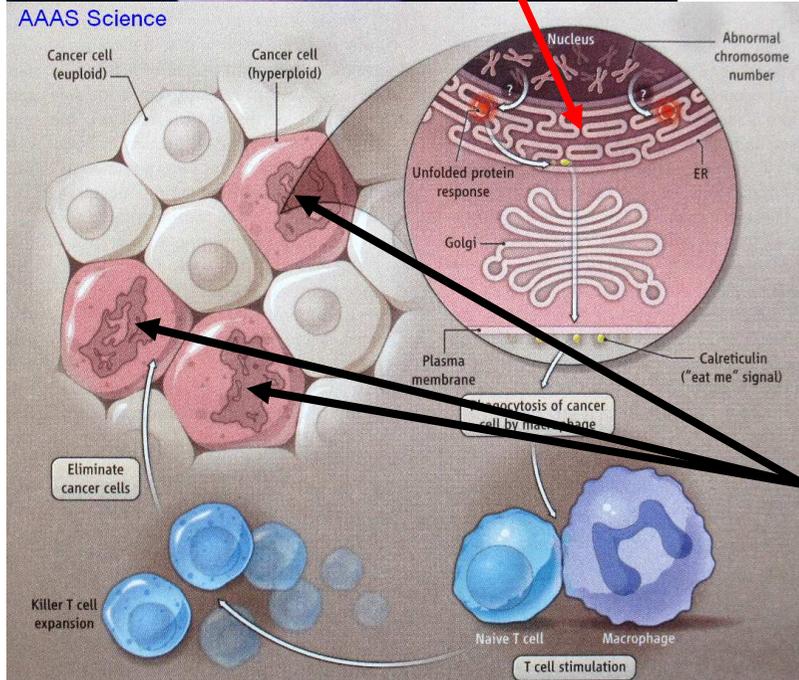
Cancer



Cancer Cells Often Switch To Higher Metabolic-Rate Chemistry & Incite Blood-Vessel Growth



Cancer Cell Dividing/Replicating

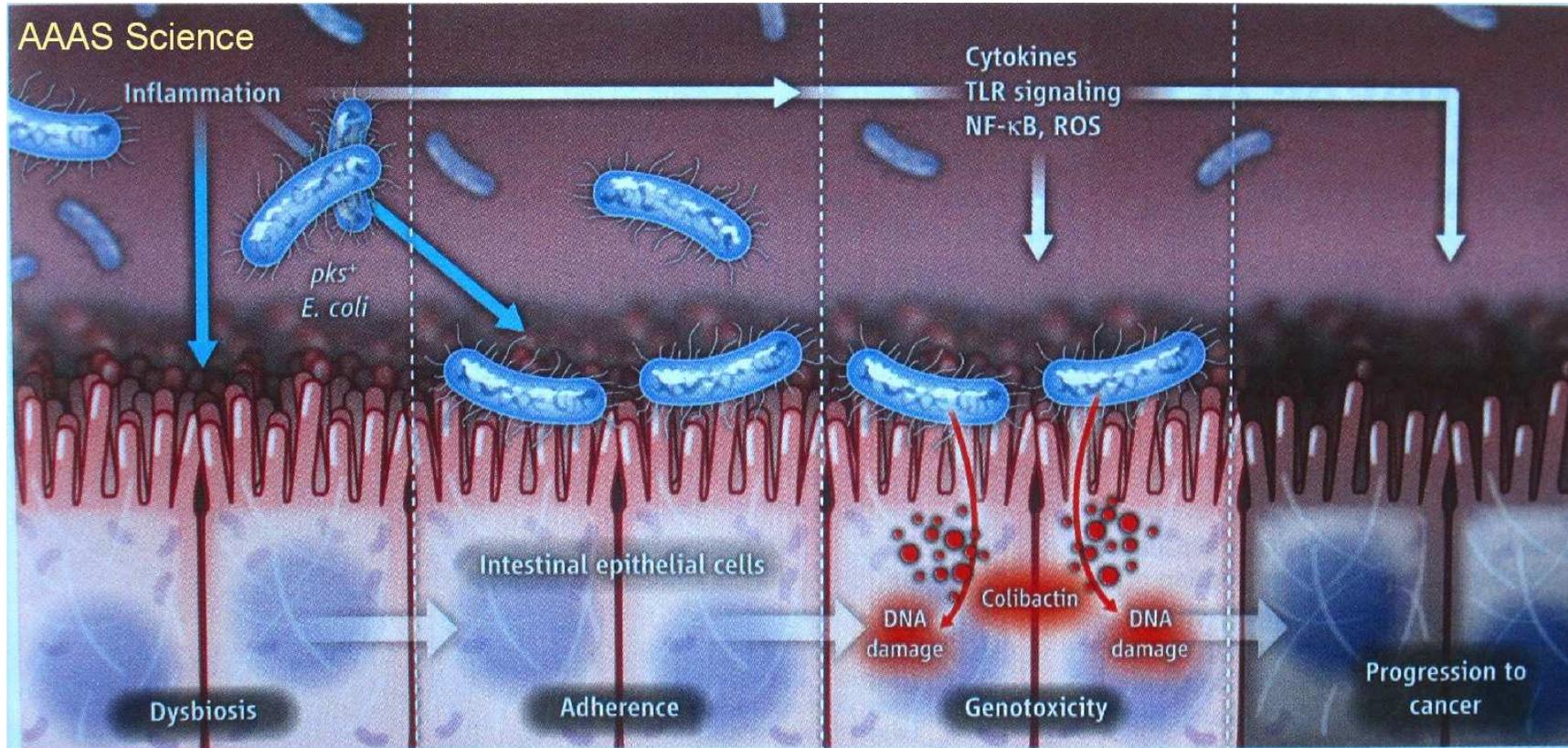


Cancer Cells With Too Many Chromosomes Get Attacked By T Cells

Cancer initiation requires several specific genetic changes in sequence – heredity helps.

Cancer

Latest cancer/genetic studies show individual predispositions, like: <http://tinyurl.com/8jnmabo>

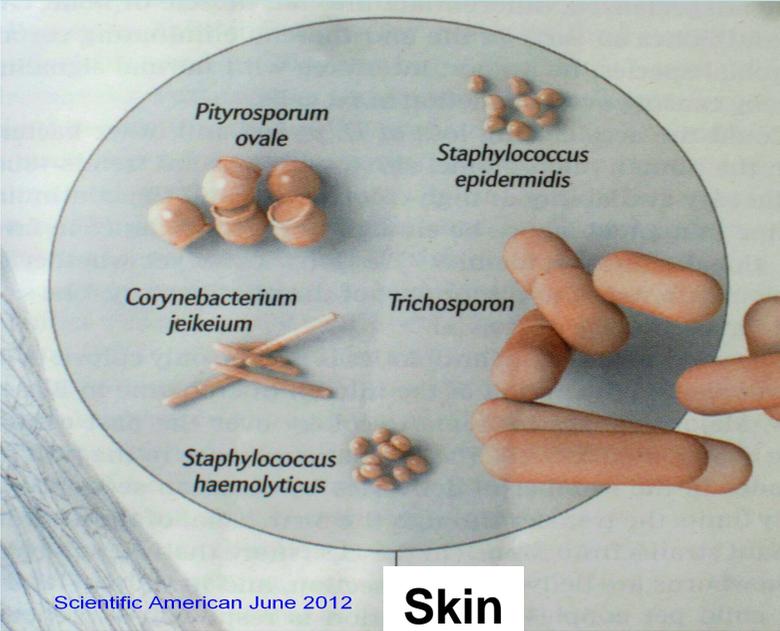


Cancer of the Gut Is Often Induced By Inflammation Due to Unmanaged Gut Bacteria Exploiting Hereditary Propensities and/or High Radiation Exposure

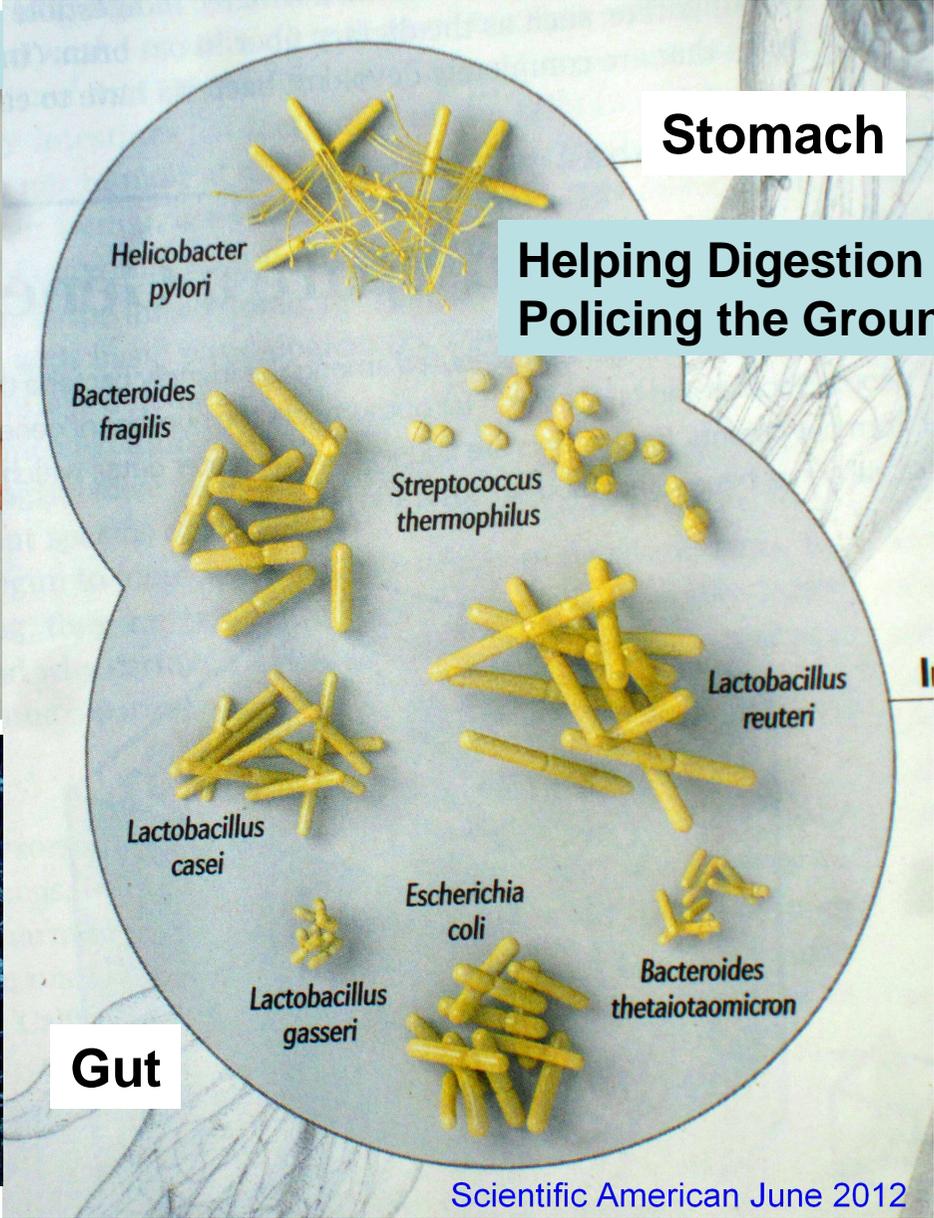
Chance of cancer has been demonstrated to be reduced by good multi-vitamin regimens. Radiation damage has been shown to be reduced by cellular Oxygen reduction, as via anti-oxidants, or even via Nitrogen asphyxiation during exposure (see Frigerio ref.).

Skin & Gut Microbes

Benignly Keeping Baddies Away



Scientific American June 2012



Scientific American June 2012

Skin & Teeth Friends

***Cleanup &
Digestion
Aid Crews***

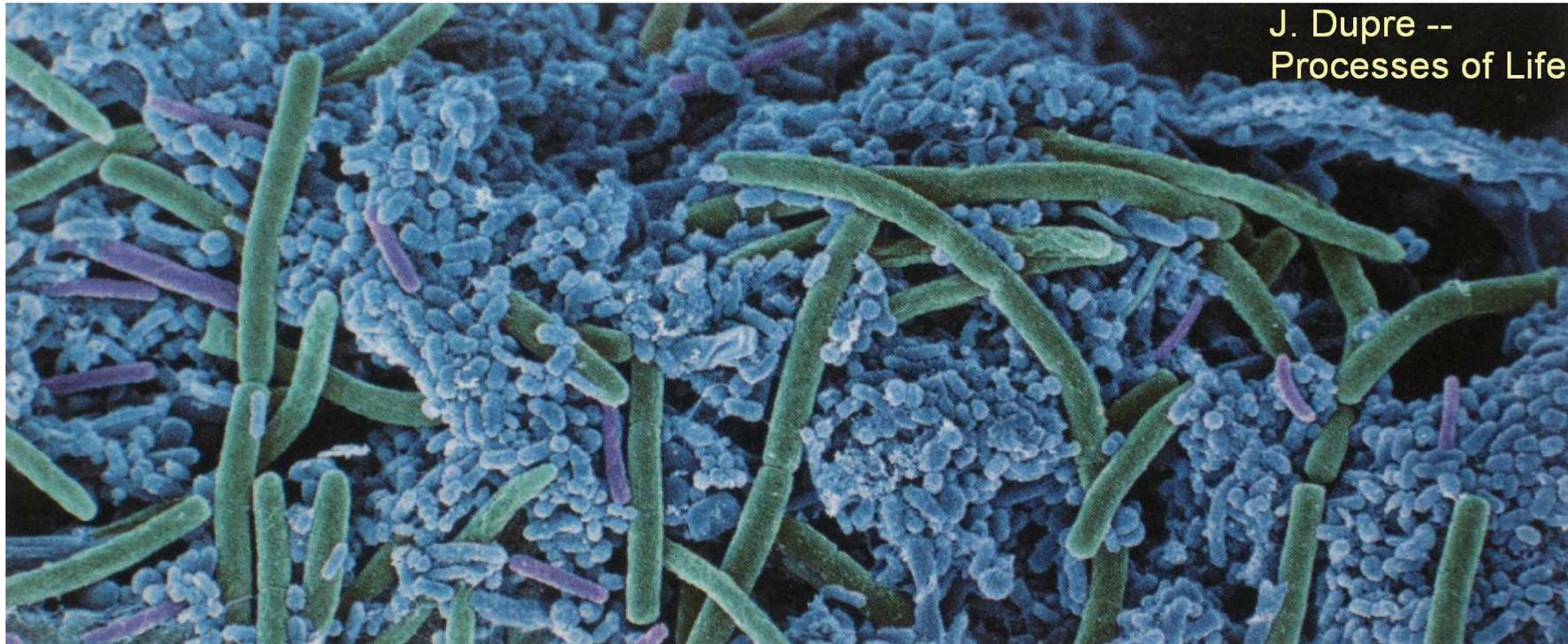
Skin Mites:



[Wikipedia](#)

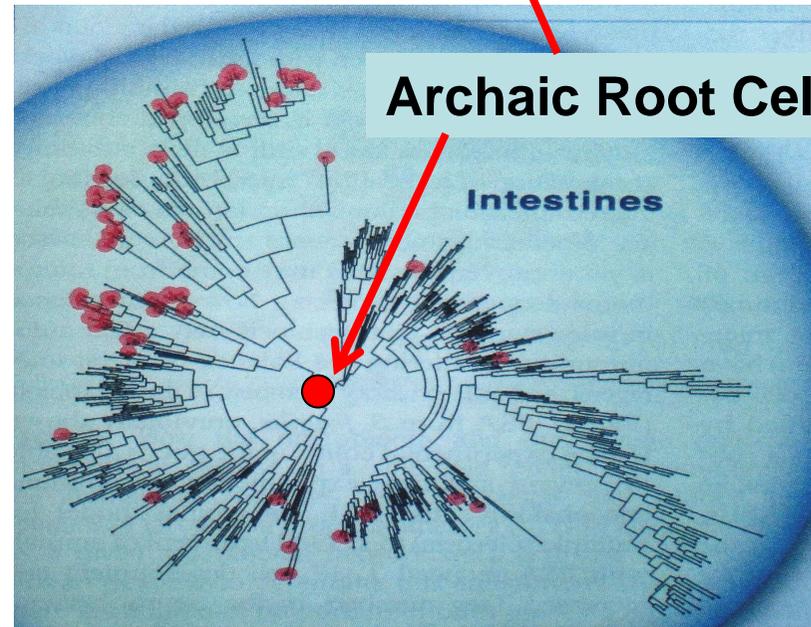
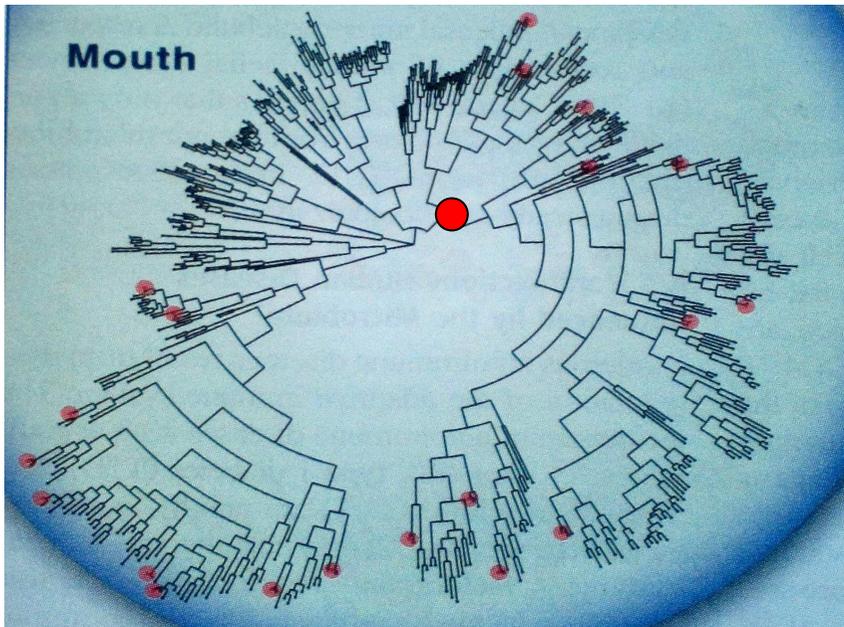
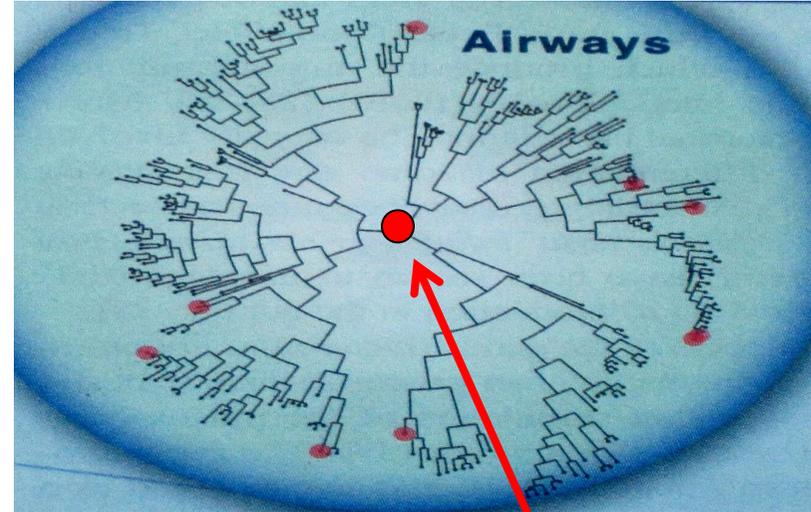
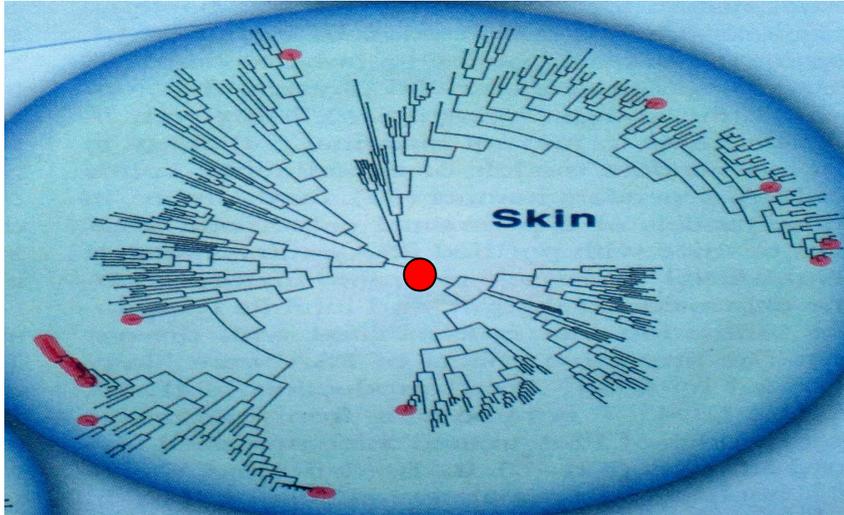


Tooth Plaque Community...

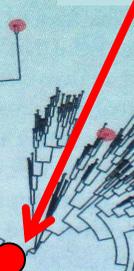
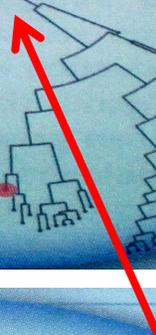


J. Dupre --
Processes of Life

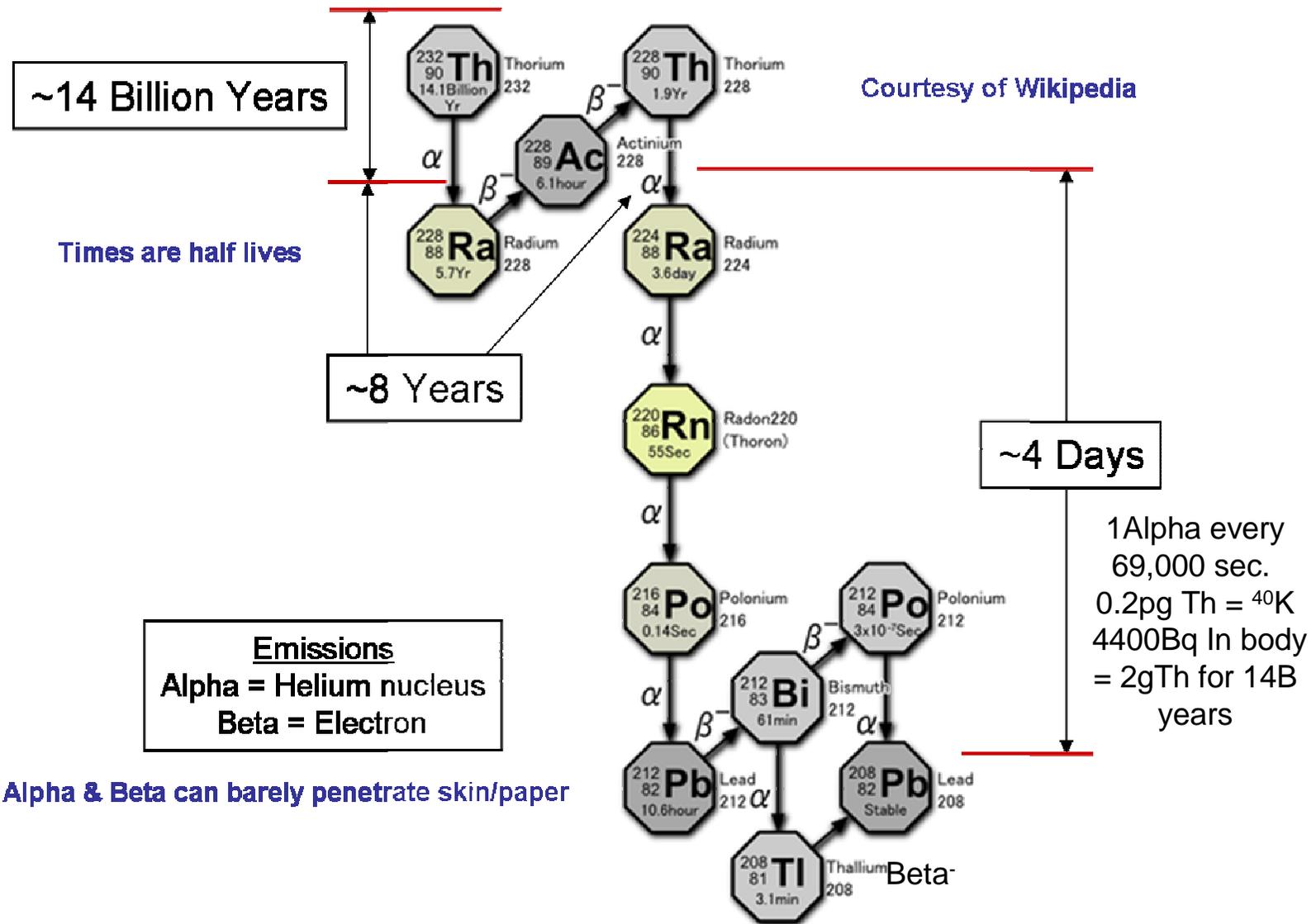
Our Microbes' Genetics



Archaic Root Cell

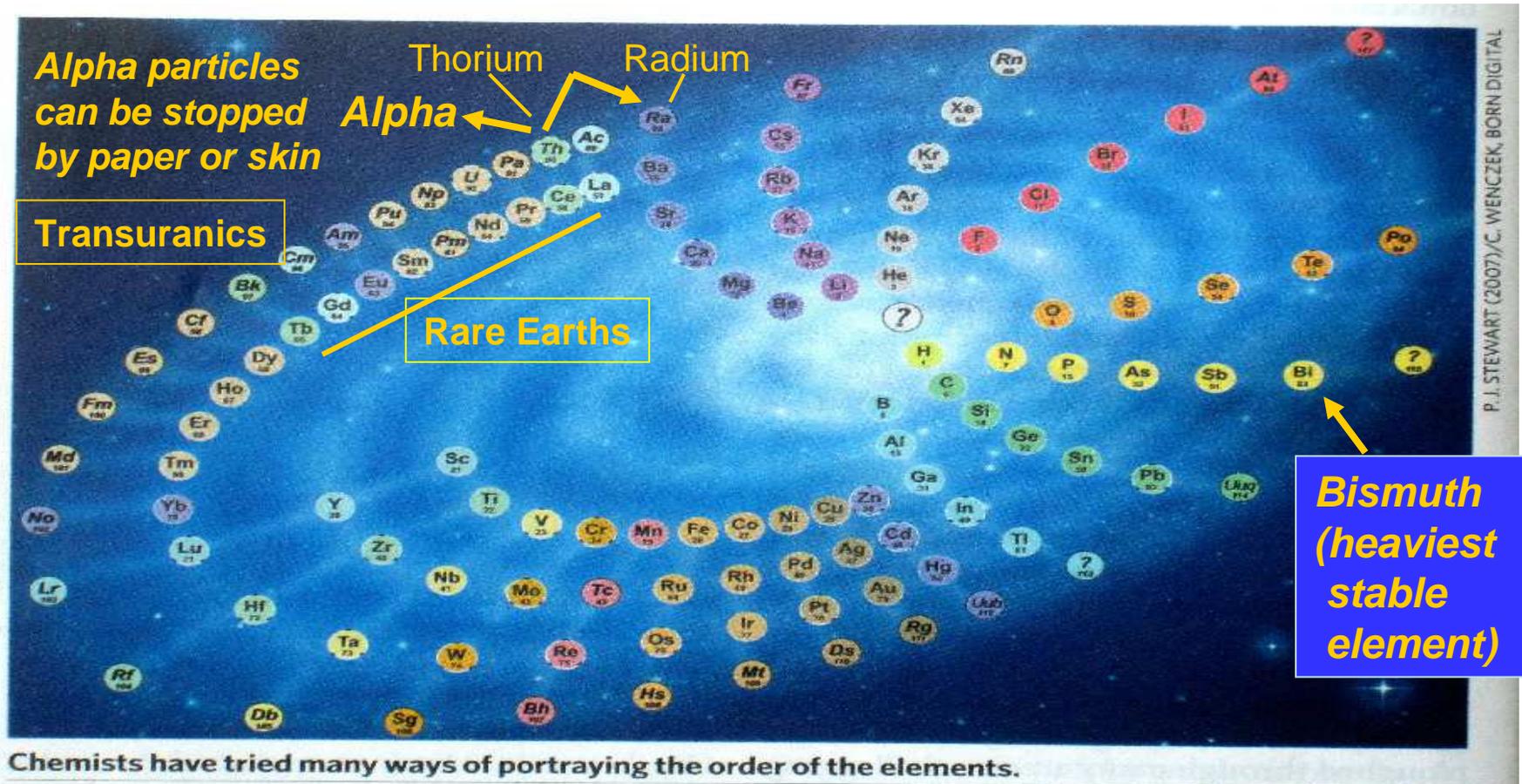


Thorium's Radiation Exposure



Periodic Table & Decay Emissions

Alpha -- Particle (${}^4\text{He}$ ion): A fast-moving, Helium nucleus (2 Protons, 2 Neutrons) with +2 charge. Alpha Particle emission moves an element 2 positions down (Z-2) the Periodic Table, to become a lighter element. Radioactive decay produces Alpha emissions that can't penetrate skin but can damage a cell. Cosmic Rays create higher Alpha energies.



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Toward Improved Ionizing Radiation Safety, Raabe, Health Physics, Vol. 101, July 2011;

Your Body and Radiation, Frigerio, US AEC, Oak Ridge, TN, 1967 (historical perspective)

Comparative Dose Chart

<http://imgs.xkcd.com/blog/radiation.png>

Radiation Dose Chart

This is a chart of the ionizing radiation dose a person can absorb from various sources. The unit for absorbed dose is "sievert" (Sv), and measures the effect a dose of radiation will have on the cells of the body. One sievert (all at once) will make you sick, and too many more will kill you, but we safely absorb small amounts of natural radiation daily. Note: The same number of sieverts absorbed in a shorter time will generally cause more damage, but your cumulative long-term dose plays a big role in things like cancer risk.

- Sleeping next to someone (0.05 μ Sv)
- Living within 50 miles of a nuclear power plant for a year (0.09 μ Sv)
- Eating one banana (0.1 μ Sv)
- Living within 50 miles of a coal power plant for a year (0.3 μ Sv)

■ One arm x-ray (1 μ Sv)

■ Using a CRT monitor for a year (1 μ Sv)

■ Extra dose from spending one day in an area with higher-than-average natural background radiation, such as the Colorado plateau (1.2 μ Sv)

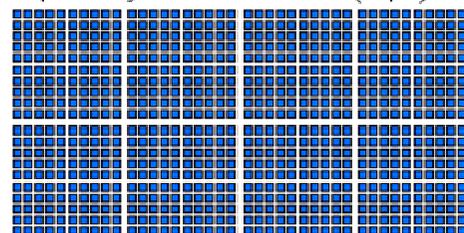
■ Dental or hand x-ray (5 μ Sv)

■ Extra dose from one day in an average town near the Fukushima plant (<3.5 μ Sv as of March 17th, varies quite a bit)

■ Background dose received by an average person over one normal day (10 μ Sv)

Plane

■ Airplane flight from New York to LA (40 μ Sv)



All Blue

■ Chest x-ray (20 μ Sv)

■ All the doses in the blue chart combined (~60 μ Sv)

■ Living in a stone, brick, or concrete building for a year (70 μ Sv)

■ Average total dose from the Three Mile Island accident to someone living within 10 miles (80 μ Sv)

■ EPA yearly release limit for a nuclear power plant (250 μ Sv)

■ Yearly dose from natural potassium in the body (390 μ Sv)

3-Mi Island

■ EPA yearly limit on radiation exposure to a single member of the public (1 mSv=1,000 μ Sv)

■ Maximum external dose from Three Mile Island accident (1 mSv)

■ Mammogram (3 mSv)

Fukushima Day

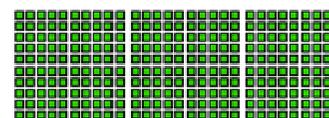
■ One-day dose (<3.5 mSv) at two sites 50 km NW of Fukushima on 3/16, seen again on 3/17. However, other areas near Fukushima saw barely-elevated doses.

Normal Year

■ Normal yearly background dose. About 85% is from natural sources. Nearly

■ EPA yearly release target for a nuclear power plant (30 μ Sv)

CT Scan



Chest CT scan (5.8 mSv)

Chernobyl Now



Dose from spending an hour on the grounds at the Chernobyl plant in 2010 (5 mSv in one spot, but varies wildly)

Maximum yearly dose permitted for US radiation workers (50 mSv)

