

When considering health effects of radiation on human body, one method is to separately consider deterministic effects and stochastic effects. The above figure compiles these two effects.

Deterministic effects do not appear unless having been exposed to radiation exceeding a certain level. Most of the deterministic effects are categorized into acute disorders whose symptoms appear within several weeks after exposure.

Stochastic effects are effects whose incidence cannot be completely denied even with low-dose exposure. They are managed on the safe side in general under the assumption that there is no threshold value.

However, it has not been confirmed that hereditary disorders due to radiation exposure appear among human beings at the same frequencies as confirmed among laboratory animals.

(Related to p.79 of Vol. 1, "Classification of Radiation Effects," and p.80 of Vol. 1, "Deterministic Effects and Stochastic Effects")

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Exposure Modes and Effects

High-dose exposure

(Exposed to a large amount of radiation)

Low-dose exposure

(Exposed to a small amount of radiation)

Acute exposure

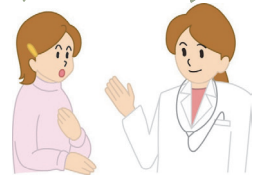
(Exposed to a large amount of radiation in a short time)

Chronic exposure

(Exposed to a small amount of radiation over a long period of time)

Skin injury,
nausea, hair
loss?

Acute disorders
appear when having
been exposed to a
large amount of
radiation in a short
time.




Whether any significant effects appear in the human body due to having been exposed to radiation depends on whether it is internal exposure or external exposure, whole-body exposure or local exposure, or which part was exposed in the case of local exposure, the amount of radiation, or the duration of exposure.

Types and levels of radiation effects on the human body can be ascertained more accurately when there is more information available.

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Effects on Human Body		Classification of Radiation Effects		
		Incubation period	e.g.	Mechanism of how radiation effects appear
Categories of effects	Physical effects	Within several weeks = Acute effects (early effects)	Acute radiation syndromes* ¹ Acute skin disease	Deterministic effects caused by cell deaths or cell degeneration* ² 
		After the lapse of several months = Late effects	Abnormal fetal development (malformation)	
	Hereditary effects		Cancer and leukemia	Hereditary disorders

*1: Major symptoms are vomiting within several hours after exposure, diarrhea continuing for several days to several weeks, decrease of the number of blood cells, bleeding, hair loss, transient male sterility, etc.
*2: Deterministic effects do not appear unless having been exposed to radiation exceeding a certain dose level.

Radiation effects on the human body are classified into those appearing in a person exposed to radiation and those appearing in his/her children or grandchildren.

Radiation effects may also be classified depending on the length of time until any symptom appears after exposure. That is, there are acute effects (early effects) that appear relatively early after exposure and late effects that appear after the lapse of several months.

Another classification is based on the difference in mechanisms of how radiation effects appear, i.e., deterministic effects and stochastic effects.

Deterministic effects are symptoms caused by deaths or degeneration of a number of cells constituting organs and tissues. For example, after exposure to a relatively large amount of radiation, a skin injury or a decrease of the number of blood cells due to deterioration of hemopoietic capacity may occur (acute radiation syndrome). Exposure to a large amount of radiation during pregnancy may cause some effects on the fetus and radiation exposure to the eyes may induce cataracts after a while.

On the other hand, stochastic effects are caused by mutation of cell genes, such as cancer and hereditary disorders. Radiation may damage DNA, which may result in genetic mutation (p.84 of Vol. 1, "Radiation Damage to DNA"). Each mutation is unlikely to lead to diseases independently, but theoretically, the possibility of causing cancer or a hereditary disorder cannot be completely denied. Therefore, cancer or hereditary disorders are managed on the safe side under the assumption that there is no threshold dose.

(Related to p.80 of Vol. 1, "Deterministic Effects and Stochastic Effects")

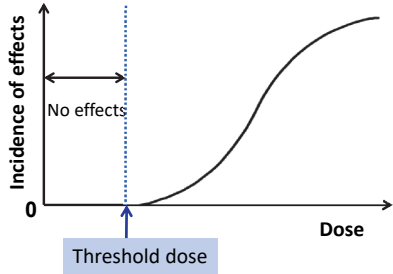
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Deterministic Effects and Stochastic Effects

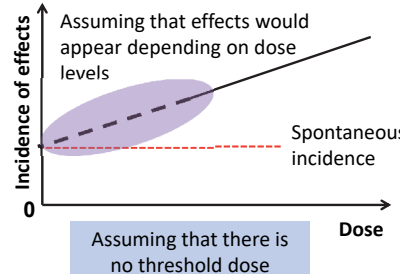
Deterministic effects (Hair loss, cataract, skin injury, etc.)

When a number of people were exposed to the same dose of radiation and certain symptoms appear in 1% of them, said dose is considered to be the threshold dose.
(2007 Recommendations of the International Commission on Radiological Protection (ICRP))



Stochastic effects (Cancer, leukemia, hereditary effects, etc.)

Effects of radiation exposure under certain doses are not clear because effects of other cancer-promoting factors such as smoking and drinking habits are too large. However, the ICRP specifies the standards for radiological protection for such low-dose exposures, assuming that they may have some effects as well.



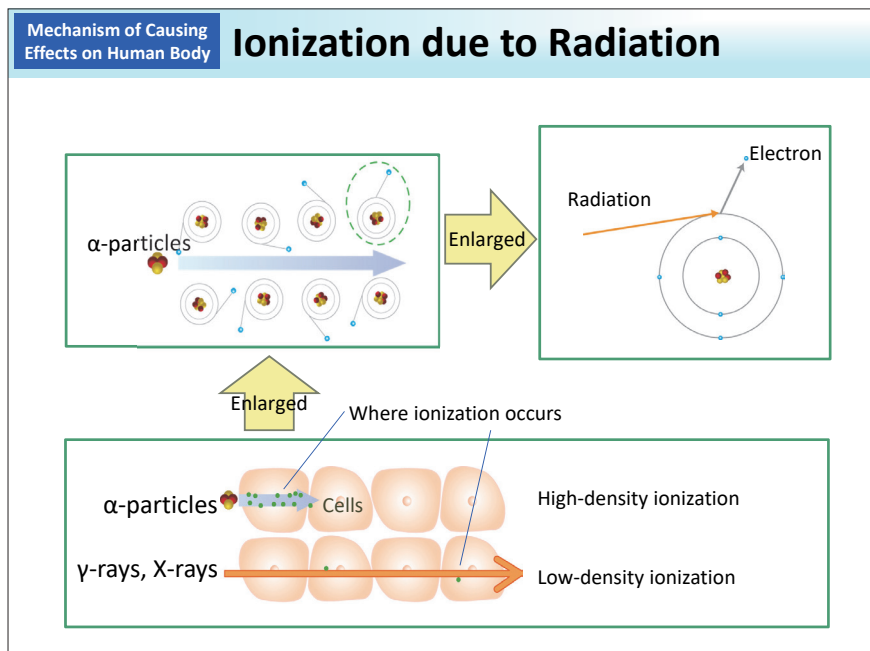
One of the characteristics of the deterministic effects is the existence of the threshold dose, which means that exposure to radiation under this level causes no effects but exposure to radiation above this level causes effects. Radiation exposure above the threshold dose causes deaths or degeneration of a large number of cells at one time and the incidence rate increases sharply.

On the other hand, in radiological protection, it is assumed that there is no threshold dose for stochastic effects. Under this assumption, the possibility that radiation exposure even at extremely low doses may exert some effects can never be eliminated. It is very difficult to epidemiologically detect stochastic effects due to radiation exposure at low doses below the range of 100 to 200 mSv, but the ICRP specifies the standards for radiological protection for low-dose exposures, assuming that effects would appear depending on dose levels (linear dose-response).

When assessing cancer risks due to low-dose exposures, results of the epidemiological surveys of atomic bomb survivors in Hiroshima and Nagasaki have mainly been used. It is known that cancer risks increase almost linearly as exposure doses increase above approx. 150 mSv. However, it is not clear whether risks also increase linearly in the case of radiation exposure at doses below 150 mSv. Additionally, experiments using animals or cultured cells have revealed that comparing high-dose exposures in a short time as experienced by atomic bomb survivors and low-dose exposures over a long period of time, the latter poses lower risks when the total exposure doses are the same.

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Ionization due to Radiation



Radiation provides energy to substances along its pathway. Electrons of substances along the pathway are ejected with the given energy. This is ionization.

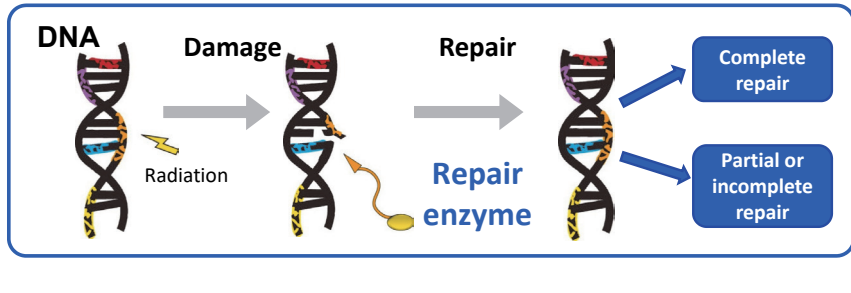
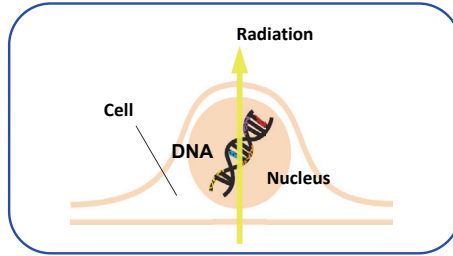
The density of energy provided by radiation differs by the type of radiation. Compared with β -particles and γ -rays, α -particles provide energy more intensively to substances in an extremely small area. Due to such difference in the ionization density, damage to cells differs even with the same absorbed dose.

The process in which radiation directly damages biomolecules is called direct action. As approximately two-thirds of a cell consists of water, radiation also causes the ionization of water. Radical components, which are created through the ionization and facilitate chemical reactions, damage biomolecules. This process is called indirect action (p.83 of Vol. 1, "DNA→Cells→Human Body").

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Damage and Repair of DNA



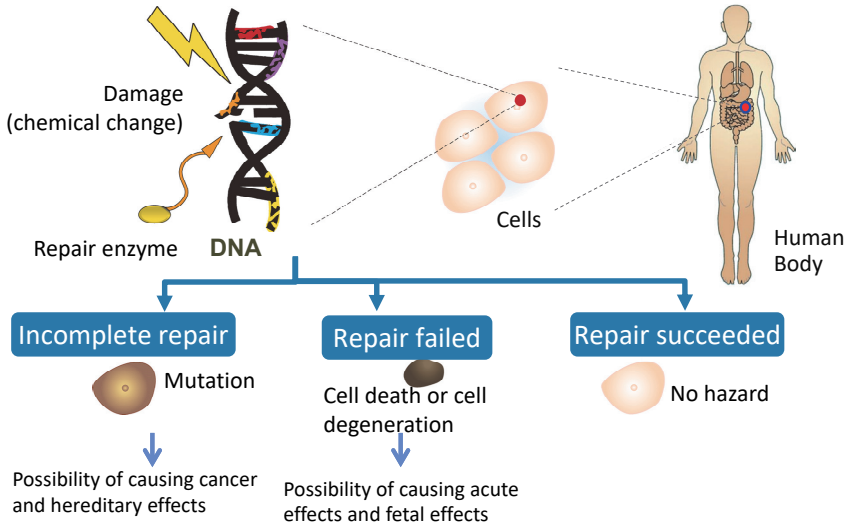
Cells have DNA, the blueprint of life. DNA consists of two chains of sugar, phosphate and four different bases. As the genetic information is incorporated in the arrangement of these bases, bases are combined firmly to mutually act as a template in order to maintain the arrangement. When DNA is irradiated, it may be partially damaged depending on the amount of radiation (p.84 of Vol. 1, "Radiation Damage to DNA").

DNA is damaged not only by radiation but also by carcinogens in foods, tobacco, chemical substances in the environment and active oxygen, etc. It is said that DNA is damaged at 10,000 to 1,000,000 locations per cell every day. Cells have functions to repair damaged DNA. Damaged DNA is repaired by the action of repair enzymes. There are cases where DNA is completely repaired and partially or incompletely repaired (p.83 of Vol. 1, "DNA→Cells→Human Body").

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DNA → Cells → Human Body



When radiation hits a cell, it may damage DNA (genes) inside the cell, but such damage is repaired by inherent human body systems.

Minor damage is successfully repaired and DNA is restored. However, when many parts are damaged, they cannot be fully repaired and cells themselves die. Even when some cells die, if other cells can replace them, dysfunction does not occur in organs and tissues. However, when a large number of cells die or degenerate, there is the possibility that deterministic effects will appear, such as hair loss, cataract, skin injury or other acute disorders, as well as fetal disorders (p.85 of Vol. 1, "Lapse of Time after Exposure and Effects," and p.86 of Vol. 1, "Deterministic Effects").

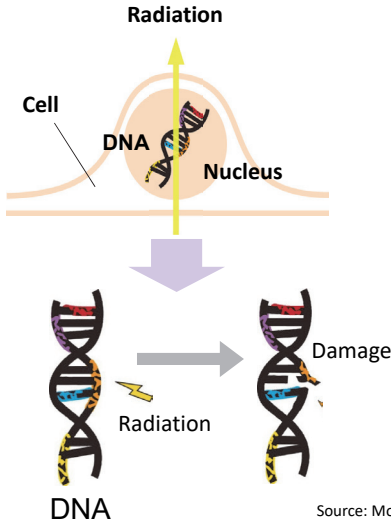
When a cell in which genes were not completely repaired survives, cell genes may mutate and cause stochastic effects such as cancer or hereditary disorders.

DNA is damaged not only by radiation but also by carcinogens in foods, tobacco, chemical substances in the environment and active oxygen, etc. It is said that DNA is damaged at 10,000 to 1,000,000 locations per cell every day. Damage due to low-dose exposures is significantly rare compared with metabolic DNA damage. However, radiation provides energy locally and causes complicated damage affecting multiple parts in DNA. Approx. 85% of radiation effects are caused by active oxygen, etc. created by radiation and approx. 15% is direct damage by radiation.

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Radiation Damage to DNA



Damage per 1 mGy of X-rays (per cell)	
Base damage	2.5 locations
Single-strand break	1 location
Double-strand breaks	0.04 locations

Source: Morgan, Annual Meeting of the National Committee on Radiation Protection and Measurements (NCRP) (44th, 2008)

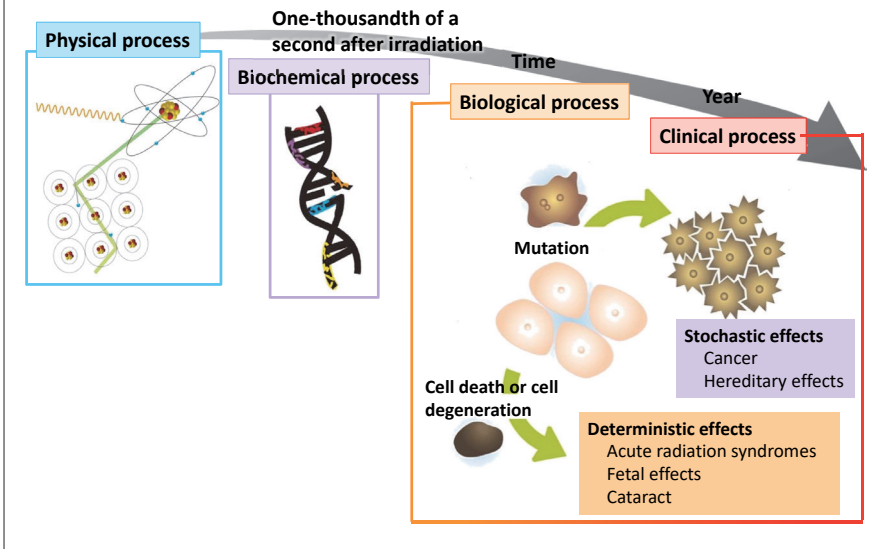
When radiation hits DNA, part of the DNA may break depending on the amount of radiation.

It is said that exposure to 1 mGy of X-rays causes a single-strand break at one location per cell on average. This amount of radiation is equivalent to 1 mSv. Double-strand breaks occur less frequently, at 0.04 locations per cell, which means that if 100 cells are evenly exposed to 1 mGy of X-rays, double-strand breaks occur in four cells.

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Lapse of Time after Exposure and Effects

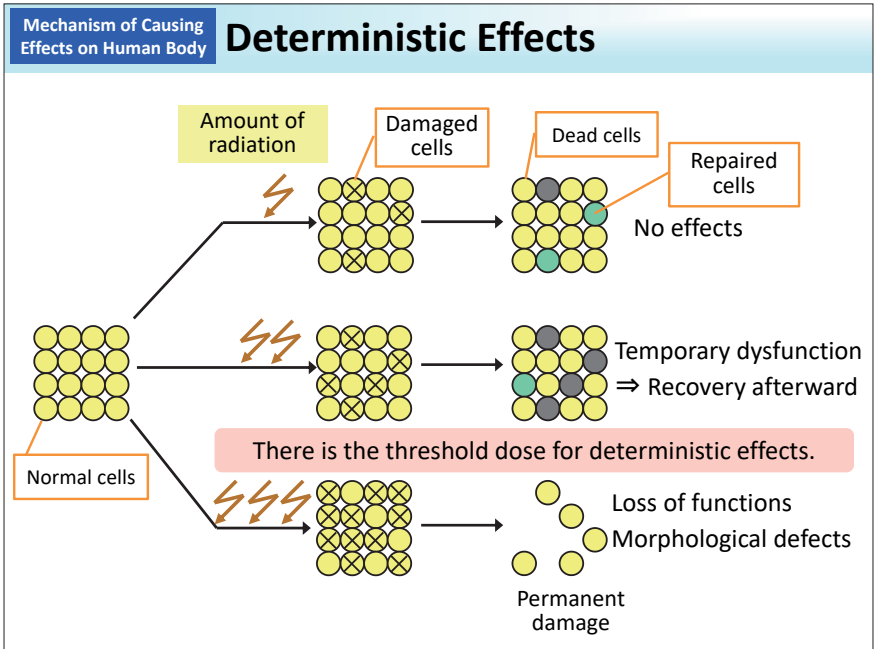


In as short a time as one-thousandth of a second after irradiation, DNA breaks and base damage occur. In a second after irradiation, DNA repair starts, and if repair fails, cell deaths and mutation occur within an hour to one day. It takes some time until such reaction at the cell level develops into clinical symptoms at an individual level. This period is called the incubation period.

Effects due to which symptoms appear within several weeks are called acute (early) effects, while effects that develop symptoms after a relatively long period of time are called late effects. In particular, it takes several years to decades until a person develops cancer. (Related to p.107 of Vol. 1, "Mechanism of Carcinogenesis")

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Deterministic Effects



Even if some cells die due to exposure to a small amount of radiation, if tissues and organs can fully function with the remaining cells, clinical symptoms do not appear.

When the amount of radiation increases and a larger number of cells die, relevant tissues and organs suffer temporary dysfunction and some clinical symptoms may appear. However, such symptoms improve when normal cells proliferate and increase in number.

When cells in tissues or organs are damaged severely due to a large amount of radiation, this may lead to permanent cell damage or morphological defects.

In this manner, for deterministic effects due to cell deaths, there is a certain exposure dose above which symptoms appear and under which no symptoms appear. Such dose is called the threshold dose (p.91 of Vol. 1, "Threshold Values for Various Effects").

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Radiosensitivity of Organs and Tissues

Active cell division High sensitivity

Hematopoietic system: Bone marrow and lymphatic tissues
(spleen, thymus gland, lymph node)

Reproductive system: Testis and ovary

Gastrointestinal system: Mucous membrane and small-intestinal
villus

Epidermis and eyes: Hair follicle, sweat gland, skin and lens

Other: Lung, kidney, liver and thyroid gland

Support system: Blood vessel, muscle and bone

Transmission system: nerve

No cell division Low sensitivity

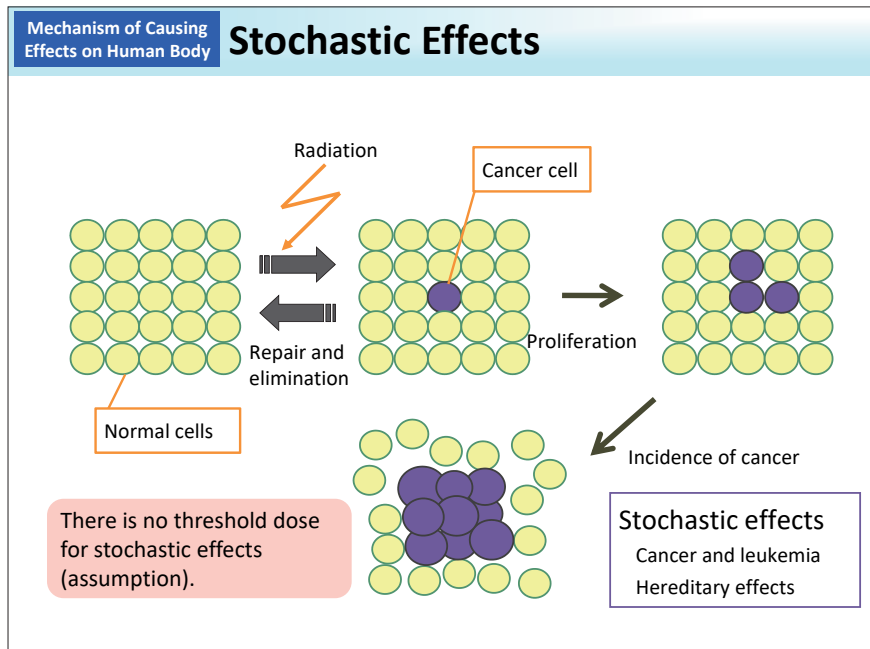
Actively dividing cells that are less differentiated tend to show higher radiosensitivity. For example, hematopoietic stem cells in bone marrow are differentiated into various blood cells, while dividing actively. Immature (undifferentiated) hematopoietic cells that have divided (proliferated) from stem cells are highly sensitive to radiation and die due to a small amount of radiation more easily than differentiated cells.

As a result, the supply of blood cells is suspended and the number of various types of cells in blood decreases. In addition, the epithelium of the digestive tract is constantly metabolized and is also highly sensitive to radiation.

On the other hand, nerve tissues and muscle tissues, which no longer undergo cell division at the adult stage, are known to be resistant to radiation.

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Stochastic Effects



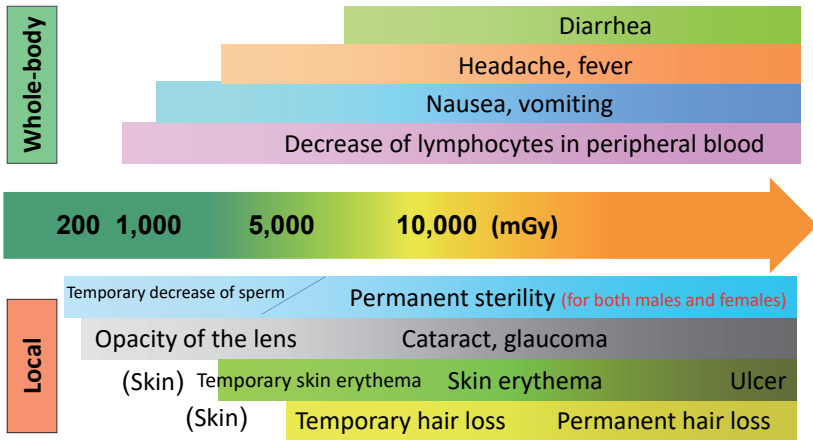
Risks of effects of cellular mutation are considered to increase even if mutation occurs in a single cell.

Mutated cells are mostly repaired or eliminated but some survive and if their descendant cells are additionally mutated or the level of gene expression changes, the possibility of developing cancer cells increases. Proliferation of cancer cells leads to clinically diagnosed cancer (diagnosed by a doctor based on physical symptoms). Cells become cancerous as multiple mutated genes have accumulated without being repaired. Therefore, when assessing cancer-promoting effects, all doses that a person has received so far need to be taken into account.

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Whole-body Exposure and Local Exposure



Source: Rearranged based on the report of the Health Management Study Committee of the Nuclear Safety Commission (2000), etc

Radiation exposure at levels exceeding 100 mGy at one time may cause effects on the human body due to cell deaths. Organs highly sensitive to radiation are more likely to be affected with a small amount of radiation.

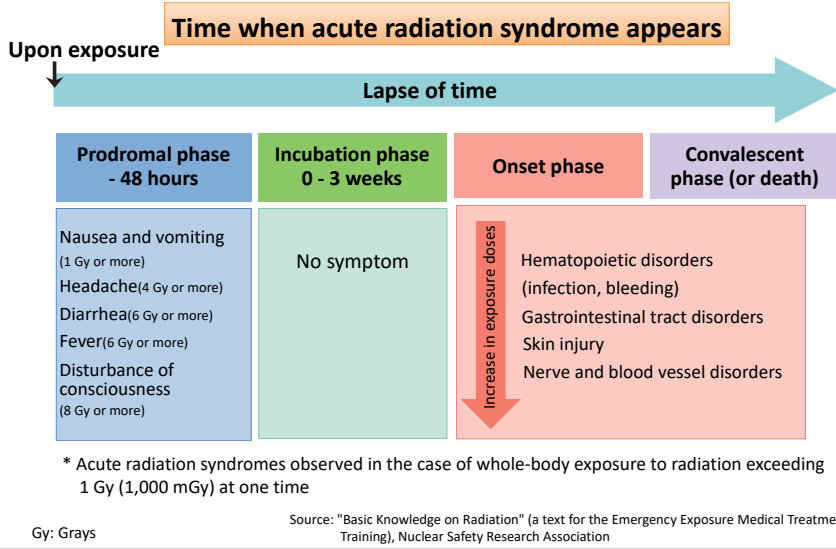
As the testes in which cells are dividing actively are highly sensitive to radiation, even low doses of radiation at the levels of 100 to 150 mGy temporarily decrease the number of sperm and cause transient sterility. Bone marrow is also highly sensitive to radiation and lymphocytes in blood may decrease due to exposure to radiation even less than 1,000 mGy (= 1 Gy). However, these symptoms naturally heal.

On the other hand, radiation exposure at levels exceeding 2,000 mGy (= 2 Gy) at one time often causes clinical symptoms that require proper treatment.

In the case of local exposure, disorders appear in the exposed organs.
(Related to p.82 of Vol. 1, "Damage and Repair of DNA")

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Acute Radiation Syndromes



Whole-body exposure to radiation exceeding 1 Gy (1,000 mGy) at one time causes disorders in various organs and tissues, leading to complicated clinical developments. This series of disorders in organs is called acute radiation syndrome, which typically follows a course from the prodromal phase to the incubation phase, the onset phase, and finally to the convalescent phase or to death in the worst case.

From prodromal symptoms that appear within 48 hours after the exposure, exposure doses can roughly be estimated. Exposure to radiation exceeding 1 Gy may cause loss of appetite, nausea and vomiting, and exposure to radiation exceeding 4 Gy may cause headaches, etc. When exposure doses exceed 6 Gy, such symptoms as diarrhea and fever may appear.

In the onset phase after the incubation phase, disorders appear in the hematopoietic organ, gastrointestinal tract, and nerves and blood vessels, in this order, as doses increase. Disorders mainly appear in organs and tissues highly sensitive to radiation. In general, the larger an exposure dose, the shorter the incubation phase.

Skin covers a large area of 1.3 to 1.8 m² of the whole body of adults. Epidermis, which is the result of repeated division of basal cells that are created at the basal stratum, finally becomes a stratum corneum and is separated from the body surface as scurf.

It is said to take approx. 20 to 40 days until basal cells move from the basal stratum to the skin surface, which means* that two to more than four weeks is required for exposed subcutaneous cells existing in the stratum corneum to the basal stratum to come up to the skin surface. Therefore, skin erythema sometimes appears immediately after exposure depending on radiation intensity, but skin injury generally appears after the lapse of a few weeks (p.25 of Vol. 1, "External Exposure and Skin").

*Source: United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) 1988 "Radiation Sources, Effects and Risks," translated by the National Institute for Radiological Sciences (Jitsugyo-koho Co., Ltd.; March 1990)

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Threshold Values for Various Effects

Threshold acute absorbed doses of γ -rays

Disorders	Organs/Tissues	Incubation period	Threshold value (Gy)*
Temporary sterility	Testis	3 to 9 weeks	Approx. 0.1
Permanent sterility	Testis	3 weeks	Approx. 6
	Ovary	Within 1 week	Approx. 3
Deterioration of hemopoietic capacity	Bone marrow	3 to 7 days	Approx. 0.5
Skin rubor	Skin (large area)	1 to 4 weeks	3 to 6 or lower
Skin burn	Skin (large area)	2 to 3 weeks	5 to 10
Temporary hair loss	Skin	2 to 3 weeks	Approx. 4
Cataract (failing vision)	Eyes	20 years or longer	Approx. 0.5

* Threshold doses for symptoms with clear clinical abnormalities (doses causing effects on 1% of people)

Source: 2007 Recommendations of the International Commission on Radiological Protection (ICRP), and ICRP Report 118 (2012)

Sensitivity to radiation differs by organ. The testes are most sensitive.

When the testes are exposed to γ -rays or other types of radiation exceeding 0.1 Gy (100 mGy) at one time, this may cause temporary sterility with a temporary decrease in the number of sperm, which is due to radiation damage to cells in the testes that create sperm.

When bone marrow is exposed to radiation exceeding 0.5 Gy (500 mGy), the number of blood cells decreases due to deterioration of hemopoietic capacity.

Some deterministic effects such as cataract take several years to appear.

The threshold dose for cataract had been set at 1.5 Gy, but the ICRP revised this value downward to approx. 0.5 Gy and set a new equivalent dose limit for the eye lens for occupational exposures.

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Risks

- The magnitude of the influence of damage
- The possibility of any damage (probability)
- The combination of the magnitude of the influence and the possibility (probability)

Quantitatively expressed probability, not focused on the actual existence of damage

In particular, when considering stochastic effects of radiation,

Risks =

The probability (of contracting cancer or dying of cancer)

Having risks ~~≠~~ (Surely) being subject to damage

The term "risk" generally means "dangerousness" or "degree of hazard." However, more strictly, the term is used to refer to "the magnitude of the influence of damage," "the possibility of any damage (probability)," or "the combination of the magnitude of the influence and the possibility (probability)." The focus is not on "whether or not there are any risks" but on "to what extent or by how many times risks increase."

On the other hand, what causes damage is called "hazard." It is important to clearly distinguish hazard information on the existence or non-existence of hazards and risk information on the degree and probability of damage, and properly communicate and utilize these two types of information.

When considering health effects of radiation, in particular, stochastic effects of radiation, it is common to use the term "risk" in the sense of "the probability (of contracting cancer or dying of cancer)."

In this case, it should be noted that "having risks" is not equal to "(surely) being subject to damage."

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Relative Risks and Attributable Risks

Factors	Incidence		Total
	Yes	No	
Exposed group	A	B	A+B
Non-exposed group	C	D	C+D

How many times factor exposure would increase the incidence of an individual:

$$\text{Relative risk} = \frac{\text{Incidence risk among an exposed group}}{\text{Incidence risk among a non-exposed group}} = \frac{\frac{A}{A+B}}{\frac{C}{C+D}}$$

Relative risk larger than 1 represents that risks have increased due to factor exposure.

The value obtained by subtracting 1 from the relative risk is an excess relative risk, showing an increased amount of risks.

How many times factor exposure would increase the incidence rate of a group:

$$\text{Attributable risk} = \text{Incidence risk among an exposed group} - \text{Incidence risk among a non-exposed group}$$

$$= \frac{A}{A+B} - \frac{C}{C+D}$$

A relative risk represents how many times a certain factor increases the risk of an individual exposed thereto. In epidemiology, the term "risk" normally refers to a relative risk. The value obtained by subtracting 1 from the relative risk is an excess relative risk and shows an increased amount of risks compared with a group free from risk factors. There is also an attributable risk that represents how much a certain factor increases the incidence or mortality rate of a group.

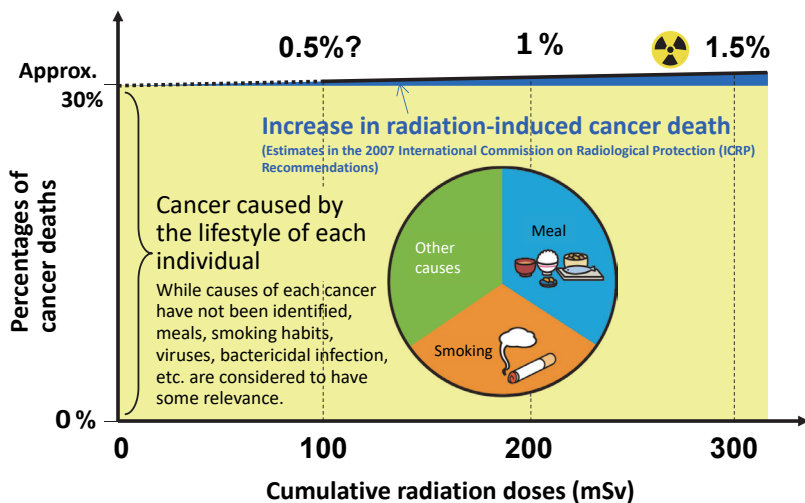
Suppose a group is exposed to some risk factor while another group is not, and there are 2 patients of a certain disease among one million people in the non-exposed group, while there are 3 patients among one million people in the exposed group.

Then, an increase in the number of patients from 2 to 3 is construed to mean that the relative risk has increased by 1.5 times from the perspective of how much more an individual is likely to develop a disease.

On the other hand, as an attributable risk focuses on increases in the number of patients in a group, the increase is construed as one in a million, that is, an increase of 10^{-6} in risk.

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The ICRP considers radiological protection based on the idea that in a group of people including both adults and children, the probability of cancer death increases by 0.5% per 100-mSv exposure. This value shows estimated risk of low-dose exposure based on data obtained from atomic bomb survivors.

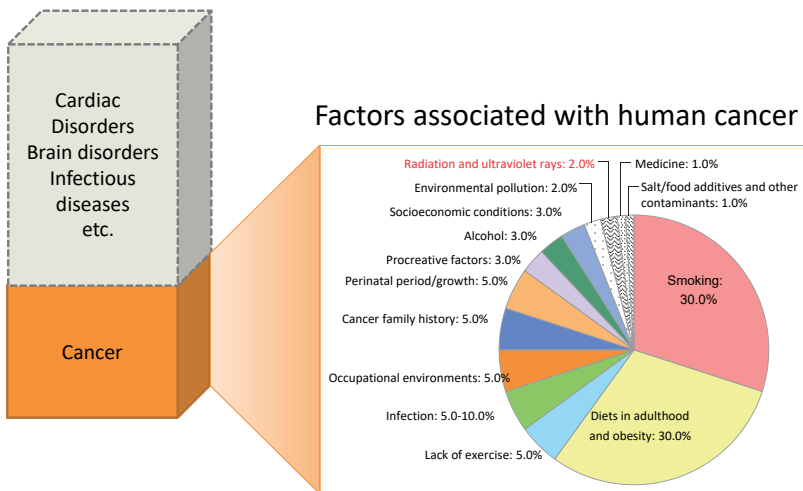
Currently, the leading cause of deaths among Japanese people is cancer, with around 30% of the entire population dying of cancer. That is, 300 people in a group of 1,000 will die of cancer. If the probability of death from radiation-induced cancer is added, it can be estimated that in a group of 1,000 people each exposed to 100 mSv, 305 will die of cancer in their lifetime.

However, in actuality, the value of 300 out of 1,000 people could vary from year to year and from region to region,* and no methods using pathological diagnosis or other means have yet to be established to confirm if cancer is really attributable to radiation exposure. It is thus considered very difficult to actually detect an increase in cancer deaths among people exposed to not higher than 100 mSv, i.e., an increase of up to 5 people in a group of 1,000.

*: Comparison of age-adjusted mortality rates among prefectures in Japan in FY2010 shows that the mortality against 100,000 people varies from 248.8 people (Nagano) to 304.3 people (Aomori) for females and from 477.3 people (Nagano) to 662.4 people (Aomori) for males. The mortality rate from cancer also varies from 29.0% (Okinawa) to 35.8% (Nara) for males and from 29.9% (Yamanashi) to 36.1% (Kyoto) for females.

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Source: Prepared based on Cancer Causes Control 1996.7.555-558

We are surrounded by various cancer causes in our lives. The pie chart above provides U.S. data, which gives an idea that foods and smoking habits are closely associated with the development of cancer. As there are already these negative factors, it is best to avoid radiation exposure from a biological viewpoint.

It may be possible to refuse X-ray examinations or avoid taking flights, but that would make early detection of diseases impossible and make life inconvenient, and such efforts would not dramatically reduce the risks of developing cancer due to the existence of various cancer-causing factors other than radiation in our lives.

(Related to p.96 of Vol. 1, "Risks of Cancer (Radiation)," and p.97 of Vol. 1, "Risks of Cancer (Life Habits)")

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Risks of Cancer (Radiation)

Radiation doses (mSv)	Relative risks of cancer*
1,000 ~ 2,000	1.8 [estimated to be 1.5 times per 1,000 mSv]
500 ~ 1,000	1.4
200 ~ 500	1.19
100 ~ 200	1.08
Less than 100	Difficult to detect

Source: Website of the National Cancer Center Japan

* Risks of developing radiation-induced cancer are based on the data (solid cancers only) obtained from the analysis of instantaneous exposure due to the atomic bombing in Hiroshima and Nagasaki, and are not based on the observation of long-term exposure effects.

* Relative risks indicate how many times larger the cancer risks are among people exposed to radiation when assuming the risks among non-exposed people as 1.

The table above shows the effects of radiation exposure doses on the relative risks of cancer released by the National Cancer Center Japan.

It is estimated that the relative risk increases by 1.8 times due to radiation exposure doses of 1,000 to 2,000 mSv, by 1.4 times due to doses of 500 to 1,000 mSv and by 1.19 times due to doses of 200 to 500 mSv.

In the case of radiation exposure below 100 mSv, it is considered to be extremely difficult to detect the risk of developing cancer.

(Related to p.97 of Vol. 1, "Risks of Cancer (Life Habits)")

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Risks of Cancer (Life Habits)

Lifestyle factors	Relative risks of cancer
Smokers	1.6
Heavy drinking (450 g or more/week)*	1.6
Heavy drinking (300 to 449 g or more/week)*	1.4
Obese (BMI ≥ 30)	1.22
Underweight (BMI < 19)	1.29
Lack of exercise	1.15 ~ 1.19
High-salt foods	1.11 ~ 1.15
Lack of vegetable intake	1.06
Passive smoking (nonsmoking females)	1.02 ~ 1.03

* Alcohol consumption is in ethanol equivalent.

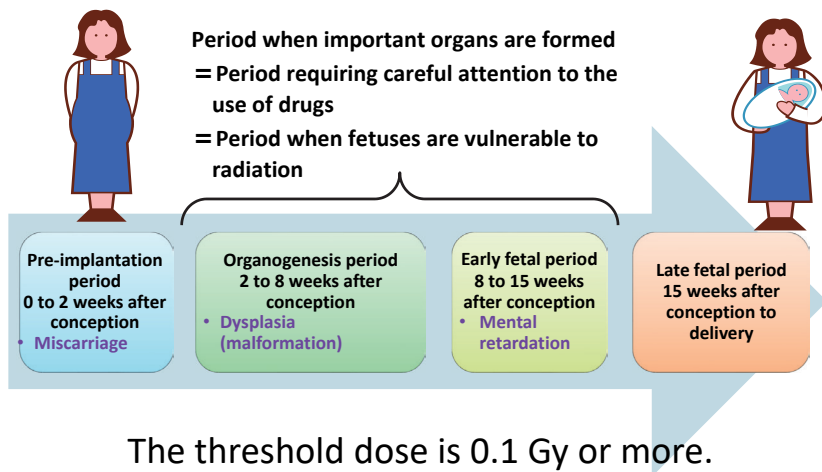
Source: Website of the National Cancer Center Japan

The table above shows the relationship between life habits and relative risks of cancer released by the National Cancer Center Japan.

It is estimated that the relative risk of cancer for people who smoke or drink a lot is 1.6 times higher than that for people who do not. It is also estimated that factors related to life habits, such as obesity, lack of exercise, and lack of vegetable intake, will make the relative risks of cancer higher by 1.22 times, 1.15 to 1.19 times and 1.06 times, respectively. (Related to p.95 of Vol. 1, "Factors Associated with Carcinogenesis," and p.96 of Vol. 1, "Risks of Cancer (Radiation)")

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* The time generally considered as two-week pregnancy is equivalent to zero weeks after conception.

Deterministic effects include fetal effects for which the threshold dose is especially low. When a pregnant woman is exposed to radiation and radiation passes through her womb or radioactive materials migrate into her womb, her unborn baby may also be exposed to radiation.

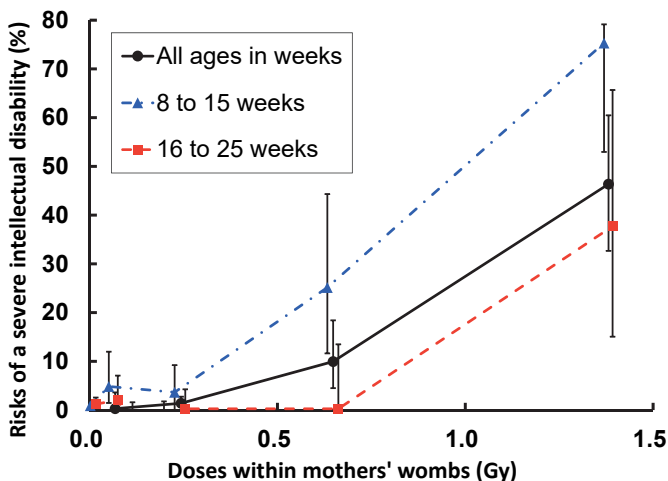
It is known that fetuses are highly sensitive to radiation and incidence of effects has time specificity. Radiation exposure exceeding 0.1 Gy at an early stage of pregnancy (pre-implantation period) may lead to miscarriage.

After this period, the possibility of miscarriage decreases, but radiation exposure exceeding 0.1 Gy during the period when important organs are formed (organogenesis period) may cause dysplasia (malformation). Radiation exposure exceeding 0.3 Gy during the period when the cerebrum is actively growing (early fetal period) poses risks of mental retardation (p.99 of Vol. 1, "Mental Retardation").

The period when fetuses are highly sensitive to radiation coincides with the period during which pregnant women are advised not to take drugs carelessly. During this period before the stable period, fetuses are vulnerable to both drugs and radiation. Fetal effects are caused by radiation exposure exceeding 0.1 Gy. Therefore, the International Commission on Radiological Protection (ICRP) states in its 2007 Recommendations that a fetal absorbed dose less than 0.1 Gy should not be considered as a ground for abortion. Exposure to 0.1 Gy of radiation is equivalent to exposure to 100 mSv of γ -rays or X-rays at one time. Incidentally, fetuses' exposure doses are not always the same as their mothers' exposure doses. Risks of stochastic effects such as cancer or hereditary disorders also increase depending on exposure dose levels.

Included in this reference material on March 31, 2013

Updated on February 28, 2018



Source: Prepared based on "Physical and Mental Development of Children Exposed to Radiation in Their Mothers' Wombs" on the website of the Radiation Effects Research Foundation (https://www.rerf.or.jp/programs/roadmap/health_effects/uteroexp/physment/)

Time specificity in fetal effects was made clear through health surveys on a group of people who were exposed to radiation in their mothers' wombs due to the atomic bombing.

This figure shows the relationship between ages in weeks at the time of the atomic bombing and its effects on fetuses' mental development.

Those aged 8 to 15 weeks show high radiosensitivity and the threshold value for exposure doses in mothers' wombs seems to be between 0.1 Gy and 0.2 Gy. In the range above this level, the incidence rate of a severe intellectual disability increases as doses increase, as observed in the figure.

On the other hand, a severe intellectual disability is not observed among those who were aged 16 to 25 weeks and were exposed to radiation at doses around 0.5 Gy, but radiation exposure exceeding 1 Gy caused mental disorders at a significant frequency.

In other words, the incidence rates of disorders differ depending on whether radiation exposure occurred at the age of 8 to 15 weeks or at the age of 16 to 25 weeks, even if the total exposure doses were the same.

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Updated on March 31, 2015

Survey on children born from mothers who were pregnant at the time of the Chernobyl accident



Survey targets

- (i) **138 children who were exposed to radiation in the womb and their parents** (a group of children exposed to radiation in the womb: exposed group)
- (ii) **122 children in non-contaminated regions in Belarus and their parents** (control group: non-exposed group)

Children's mental development	When aged 6 to 7		When aged 10 to 11	
	(i) Exposed group	(ii) Control group	(i) Exposed group	(ii) Control group
Difficulty in speech	18.1%	8.2%	10.1%	3.3%
Disorder of emotion	20.3%	7.4%	18.1%	7.4%
IQ=70~79	15.9%	5.7%	10.1%	3.3%

- A significant difference in mental development was observed between the exposed group and the control group, but there was no correlation between exposed doses and intelligence quotients. Therefore, the difference was considered to be attributable to social factors associated with forced evacuation.
- There was correlation between parents' extreme anxiety and their children's emotional disorders.



It is considered that radiation exposure during pregnancy does not directly affect intelligence quotients of fetuses and children after growth.

Source: Kolominsky Y et al., J Child Psychol Psychiatry, 40 (2): 299-305, 1999

Researchers in Belarus conducted surveys targeting 138 children born from mothers who were pregnant and were residing near the nuclear power plant at the time of the Chernobyl accident and 122 children born from mothers who were pregnant at the time of the accident but were exposed to little radiation. The surveys were conducted twice when survey targets were aged 6 to 7 and when they were aged 10 to 11 in order to study effects of radiation exposure in the womb on their mental development.

In both surveys, incidences of difficulty in speech and disorder of emotion were larger among the exposed group than among non-exposed group with statistically significant differences.

Regarding intelligence quotient, fewer children in the exposed group were above the average compared with the non-exposed group and children on the borderline between normal levels and mental retardation were clearly larger in number.

However, no correlation has been found between absorbed doses to the thyroid and intelligence quotient and possibilities of other factors are suggested such as social-psychological and sociocultural factors (school education and guardians' academic levels, etc.) associated with forced evacuation from contaminated regions. The possibility that radiation exposure during pregnancy has directly affected the intelligence quotients of fetuses and children after growth is considered to be low.

A stress evaluation index survey targeting parents revealed clear correlation between incidence of parents' anxiety disorders and children's emotional disorders.

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Updated on March 31, 2017

Has the Chernobyl accident increased malformation?

Comparison of European congenital malformation/twin registry database between before and after the Chernobyl accident



European Surveillance of Congenital Anomalies (EUROCAT): 18 regions in 9 countries:

No change in incidence of malformations before and after the accident

Finland, Norway, Sweden:

No change in incidence of malformations before and after the accident

Belarus:

Increase in registration of malformations of aborted fetuses regardless of whether from the contaminated areas or not

Possibility of reporter bias*¹

Ukraine: participated in EUROCAT in this century

Increase in neural tube defects in an isolated Polish community in the Rivne province

It is necessary to evaluate the influences of folate deprivation, alcoholism, consanguineous marriage, etc., in addition to radiation.*²

Source : * 1 :Stem Cells 15 (supple 1): 255, 1997 * 2 :Pediatrics 125:e836, 2010

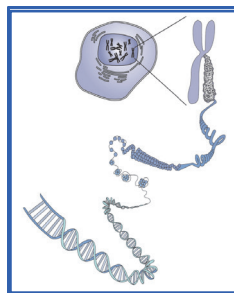
There have been various reports on what impact radiation could have on newly born children and on the incidence of congenital anomalies before and after the Chernobyl accident. Comparison of databases of the European Surveillance of Congenital Anomalies (EUROCAT), and of Finland, Norway, and Sweden showed no change in incidence of malformations.

In the Polissia county in the northern half of the Rivne province of Ukraine, there are people who live a self-sufficient life in a contaminated area. As their name "Polishchuks (forest residents)" suggests, they live off collecting wild strawberries and mushrooms, hunting and fishing in the forests. There is a report that neural tube defects have been increasing among them, and analysis is underway to determine whether it has been caused by radiation.

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- Radiation effects on gonads (reproductive cells)
 - ◎ Gene mutations
 - Changes in genetic information in DNA (point mutation)
 - ◎ Chromosome aberrations
 - Structural chromosomal aberrations
 - * Increases in hereditary diseases in the offspring have not been proved among human beings.



- Risks of hereditary effects (up to children and grandchildren)
 - = **Approx. 0.2%/Gy** (Two out of 1,000 people per gray)
(2007 Recommendations of the International Commission on Radiological Protection (ICRP))

This value is indirectly estimated using the following data:

- Spontaneous incidences of hereditary diseases among a group of human beings
- Average spontaneous gene mutation rate (human beings) and average radiation-induced mutation rate (laboratory mice)
- Correction factor for extrapolating potential risks of induced hereditary diseases among human beings based on radiation-induced mutation rate among laboratory mice

- Tissue weighting factor for gonads_(ICRP Recommendations)
0.25 (1977) → 0.20 (1990) → 0.08 (2007)

In animal testing, when parents are exposed to high-dose radiation, congenital disorders and chromosomal aberrations are sometimes found in their offspring. However, there has been no evidence to prove that parents' radiation exposure increases hereditary diseases in their offspring in the case of human beings. The ICRP estimates risks of hereditary effects as 0.2% per gray. This is even less than one-twentieth of the risk of death by cancer. Furthermore, the ICRP assumes that the exposure dose that doubles the spontaneous gene mutation rate (doubling dose) is the same at 1 Gy for human beings and laboratory mice. However, hereditary effects have not been confirmed for human beings and there is the possibility that this ICRP estimate is overrated.

Targeting children of atomic bomb survivors, follow-up death surveys, clinical health checks, and surveys on various molecular levels have been conducted. Results of these surveys have made it clear that risks of hereditary effects had been overestimated. Accordingly, the tissue weighting factor for gonads was reduced in the ICRP Recommendations released in 1990 and further in the ICRP Recommendations released in 2007.

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Stable chromosome aberrations among children of atomic bomb survivors

Sources of aberrations	Number of children with chromosome aberrations (percentage)	
	Control group (7,976 children)	Exposed group (8,322 children) Average exposure dose: 0.6 Gy
Derived from either of the parents	15 (0.19%)	10 (0.12%)
Newly developed cases	1 (0.01%)	1 (0.01%)
Unknown (Examination of parents was not possible.)	9 (0.11%)	7 (0.08%)
Total	25 (0.31%)	18 (0.22%)

Source: "Chromosomal Aberrations among Children of Atomic Bomb Survivors (1967 - 1985 surveys)" on the website of the Radiation Effects Research Foundation (https://www.ref.or.jp/programs/roadmap/health_effects/geneefx/chromeab/)

Surveys of health effects on children of atomic bomb survivors examine incidence rates of serious congenital disorders, gene mutations, chromosome aberrations and cancer, as well as mortality rates from cancer or other diseases. However, no significant differences were found between the survey targets and the control group regarding any of these.

Stable chromosome aberrations do not disappear through cell divisions and are passed on from parents to their offspring. As a result of a survey targeting 8,322 children (exposed group), either or both of whose parents were exposed to radiation within 2,000 m from the center of the explosion (estimated exposure doses: 0.01 Gy or more), stable chromosome aberrations were found in 18 children. On the other hand, among 7,976 children (control group), both of whose parents were exposed to radiation at locations 2,500 m or farther from the center of the explosion (estimated exposure doses: less than 0.005 Gy) or were outside the city at the time of the atomic bombing, stable chromosome aberrations were found in 25 children.

However, a later examination of their parents and siblings revealed that most of the detected chromosome aberrations were not those newly developed but those that had already existed in either of their parents and were passed on to them. Given these, it was made clear that radiation effects, such that stable chromosome aberrations newly developed in parents' reproductive cells due to radiation exposure were passed on to the offspring, have not been found among atomic bomb survivors.

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	Children of childhood cancer survivors (6,129 children)		Children of siblings of childhood cancer patients (3,101 children)	
	Number of cases	Frequencies	Number of cases	Frequencies
Cytogenetic abnormality	7	0.1%	6	0.2%
Mendelian disorders	14	0.2%	8	0.3%
Malformation	136	2.2%	97	3.1%
Total	157	2.6%	111	3.6%

* The average gonadal dose among cancer survivors is 1.26 Gy for females and 0.46 Gy for males.

Source: Prepared based on Green DM et al: J Clin Oncol Vol.27, 2009: 2374-2381

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Green DM et al: J Clin Oncol Vol.27, 2009: 2374-2381.

This is a Japanese translation of Table 7 contained in the report on the results of the survey of children of childhood cancer survivors in the United States and Canada. As in the case of the surveys targeting children of atomic bomb survivors, excess incidence of chromosome aberrations, Mendelian disorders and malformation was not observed. Based on the study on hereditary effects among laboratory mice, the International Commission on Radiological Protection (ICRP) estimates the doubling dose for hereditary disorders to be 1 Gy. However, these survey results do not show any increases in chromosome aberrations and Mendelian disorders expected from the average gonadal doses.

Source: Green DM et al: J Clin Oncol Vol.27, 2009: 2374-2381

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		Father's dose (Gy)			
		<0.01	0.01-0.49	0.5-0.99	>=1
Mother's dose (Gy)	<0.01	2,257/45,234 (5.0%)	81/1,614 (5.0%)	12/238 (5.0%)	17/268 (6.3%)
	0.01-0.49	260/5,445 (4.8%)	54/1,171 (4.6%)	4/68 (5.9%)	2/65 (3.1%)
	0.5-0.99	44/651 (6.8%)	1/43 (2.3%)	4/47 (8.5%)	1/17 (5.9%)
	>=1	19/388 (4.9%)	2/30 (6.7%)	1/9 (11.1%)	1/15 (6.7%)

Source: M. Ohtake et al.: *Radiat. Res.* 122: 1-11, 1990.

Surveys targeting newborns of atomic bomb survivors were conducted between 1948 and 1954 in order to examine the possibility that genetic mutations in the genome of germ-line cells induced by radiation exposure due to the atomic bombing may impair growth of fertilized embryos, fetuses or newborn babies. However, radiation effects were not observed.*1

Furthermore, in the United States and Canada*2*3 and in Denmark,*4*5 abnormalities at birth among children of childhood cancer survivors were epidemiologically surveyed (p.104 of Vol. 1, "Survey of Children of Childhood Cancer Survivors"). These surveys also do not show any risks of congenital anomalies or stillbirths caused by fathers' radiation exposure. On the other hand, it was found that mothers' exposure to radiation exceeding 10 Gy in the ovary or womb increased premature births and stillbirths caused by deterioration of uterine function.*3

*Source:

1: M. Ohtake et al.: *Radiat. Res.* 122: 1-11, 1990

2: L.B. Signorello et al.: *J. Clin. Oncol.* 30: 239-45, 2012

3: L.B. Signorello et al.: *Lancet* 376(9741): 624-30, 2010

4: J.F. Winther et al.: *J. Clin. Oncol.* 30:27-33, 2012

5: J.F. Winther et al.: *Clin. Genet.* 75: 50-6, 2009

Included in this reference material on February 28, 2018

Other Epidemiological Surveys of Children of Atomic Bomb Survivors

■ Deaths from leukemia or possibly hereditary tumors, etc. developed by the age of 20

The follow-up survey of 41,066 subjects revealed no correlation between parents' gonadal doses (0.435 Sv on average) and their children's deaths.

(Source: Y. Yoshimoto et al.: *Am J Hum Genet* 46: 1041-1052, 1990.)

■ Deaths from cancer (1958 - 1997)

As a result of the follow-up survey of 40,487 subjects, development of solid tumors and blood tumors was found in 575 cases and 68 cases, respectively, but no correlation with parents' doses was observed (the survey is still underway).

(Source : S. Izumi et al.: *Br J Cancer* 89: 1709-13, 2003.)

■ Incidence rates of lifestyle-related diseases (2002 - 2006)

The clinical cross-sectional survey of approx. 12,000 subjects revealed no correlation between parents' doses and their children's incidence rates of lifestyle-related diseases (the survey is still underway).

(Source : S Fujiwara et al.: *Radiat Res* 170: 451-7, 2008.)

The Radiation Effects Research Foundation has been conducting follow-up surveys to ascertain whether parents' radiation exposure increases their children's incidence rates of lifestyle-related diseases, which are multifactorial disorders. The Foundation has so far conducted a survey of childhood cancer and leukemia,*1 a survey of solid tumors,*2 and a survey of lifestyle-related diseases,*1 but none of them revealed specific radiation effects.

*Source:

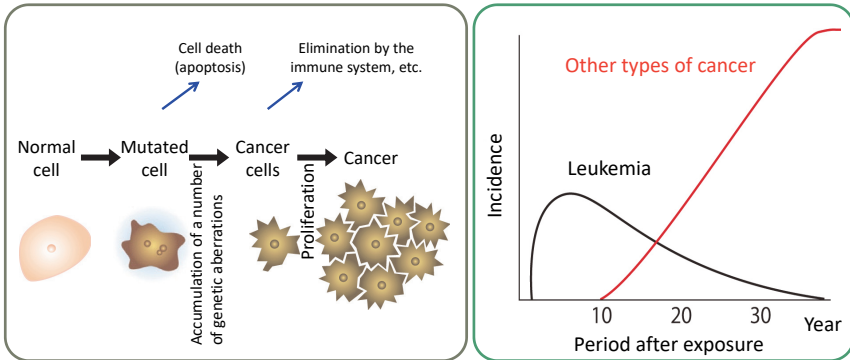
1: Y. Yoshimoto et al.: *Am J Hum Genet* 46: 1041-1052, 1990

2: S. Izumi et al.: *Br J Cancer* 89: 1709-13, 2003

3: S Fujiwara et al.: *Radiat Res* 170: 451-7, 2008

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Mechanism of Carcinogenesis



- Radiation is only one of various factors that induce cancer.
- Mutated cells follow multiple processes until developing into cancer cells.
→ It takes several years to decades.

Not only radiation but also various chemical substances and ultraviolet rays, etc. damage DNA. However, cells have a mechanism to repair damaged DNA and DNA damage is mostly repaired quickly. Even if repair was not successful, the human body has a function to eliminate cells wherein DNA damage has not been completely repaired (p.82 of Vol. 1, "Damage and Repair of DNA").

Nevertheless, cells with incompletely repaired DNA survive as mutated cells in very rare cases. Such cancer germ repeatedly appears and disappears.

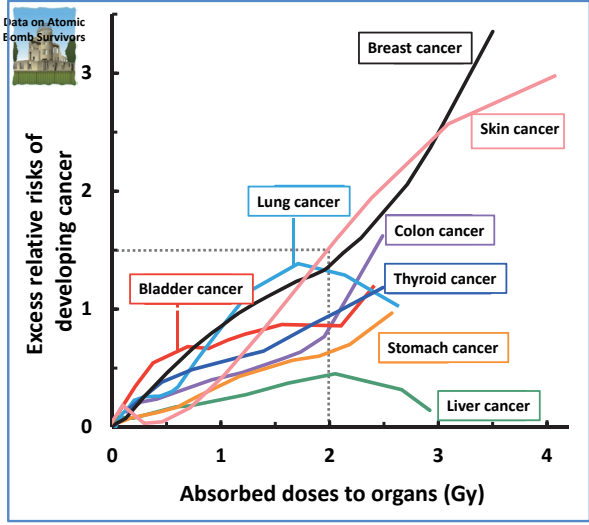
In the process, genetic aberrations may be accumulated in cells that happen to survive and these cells develop into cancer cells. However, this process requires a long period of time. After the atomic bombing, leukemia increased in around two years, but the incidence decreased thereafter. On the other hand, cases of solid cancer started to increase after an incubation period of around 10 years.

(Related to p.85 of Vol. 1, "Lapse of Time after Exposure and Effects")

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Updated on March 31, 2016

Tissues and Organs Highly Sensitive to Radiation



Tissue	Tissue weighting factor [*] _{WT}
Red bone marrow, stomach, lungs, colon, breasts	0.12
Gonad	0.08
Bladder, esophagus, liver, thyroid	0.04
Bone surface, brain, salivary gland, skin	0.01
Total of the remaining tissues	0.12

Source: 2007 Recommendations of the International Commission on Radiological Protection (ICRP)

* The tissue weighting factor is larger for organs and tissues for which risks of radiation effects are higher.

Source: Prepared based on Preston et al., Radiat Res., 168, 1, 2007

This figure shows how cancer risks have increased depending on where in the body was exposed to how much doses of radiation, targeting atomic bomb survivors. The horizontal axis indicates the absorbed doses to organs through a single high-dose exposure at the time of the atomic bombing, while the vertical axis indicates excess relative risks, which show how cancer risks have increased among the exposed group compared with the non-exposed group. For example, when the absorbed dose to organs is 2 Gy, the excess relative risk for skin cancer is 1.5, meaning that the risk increased in excess of 1.5 times compared with the non-exposed group (in other words, among the group of people exposed to 2 Gy of radiation, the risk of developing skin cancer is 2.5 times higher (1 + 1.5) than among the non-exposed group).

As a result of these epidemiological studies, it was found that the mammary gland, skin, and colon, etc. are tissues and organs that are easily affected by radiation and develop cancer. The 2007 Recommendations of the ICRP specify tissue weighting factors while taking into account the radiosensitivity of each organ and tissue and the lethality of each type of cancer.

(Related to p.93 of Vol. 1, "Relative Risks and Attributable Risks")

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Updated on February 28, 2018

Difference in Radiosensitivity by Age

Children are not small adults.

	Committed effective dose coefficients for I-131*1 (mSv/Bq)	Committed effective doses when having taken in 100 Bq of I-131 (mSv)	Equivalent doses to the thyroid when having taken in 100 Bq of I-131*2 (mSv)
3 month-old infants	0.18	18	450
1 year-old children	0.18	18	450
5 year-old children	0.10	10	250
Adults	0.022	2.2	55

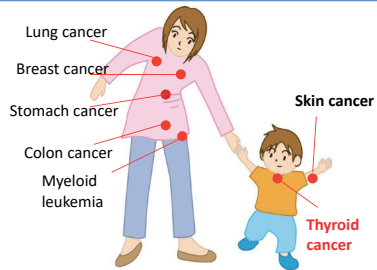
*1: Committed effective dose coefficients are larger for children due to difference in metabolism and physical constitution.

*2: Calculated using the tissue weighting factor of 0.04 for the thyroid

Source: International Commission on Radiological Protection (ICRP), ICRP Publication 119, Compendium of Dose Coefficients based on ICRP Publication 60, 2012

Risks of thyroid cancer and skin cancer are higher for children than for adults.

mSv/Bq: millisieverts/becquerel



In the case of adults, bone marrow, colon, mammary gland, lungs and stomach easily develop cancer due to radiation exposure, while it has become clear that risks of developing thyroid cancer and skin cancer are also high in the case of children.

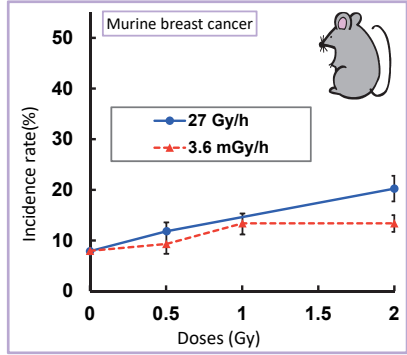
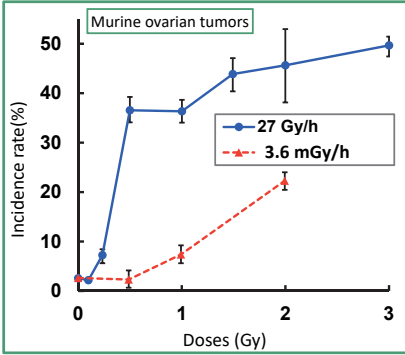
In particular, children's thyroids are more sensitive to radiation and committed effective doses per unit intake (Bq) are much larger than adults. Therefore, the exposure dose to the thyroids of 1-year-old children is taken into account as the standard when considering radiological protection measures in an emergency. Additionally, much larger values are adopted as children's committed effective dose coefficients per unit intake (Bq) than those for adults.

(Related to p.114 of Vol. 1, "Relationship between Ages at the Time of Radiation Exposure and Oncogenic Risks")

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Cancer-promoting Effects of Low-dose Exposures



Source: United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) 1993

Risks of low-dose and low-dose-rate exposures
 = $\frac{\text{Risks of high-dose and high-dose-rate exposures}}{\text{Dose and dose-rate effectiveness factor}}$

Organizations	Dose and dose-rate effectiveness factors
UNSCEAR 1993	Less than 3 (1 to 10)
National Academy of Sciences (NAS) 2005	1.5
International Commission on Radiological Protection (ICRP) 1990 and 2007	2

Surveys targeting atomic bomb survivors have examined effects of the high-dose exposure at one time, while occupational exposures and exposures caused by environmental contamination due to a nuclear accident are mostly chronic low-dose exposures.

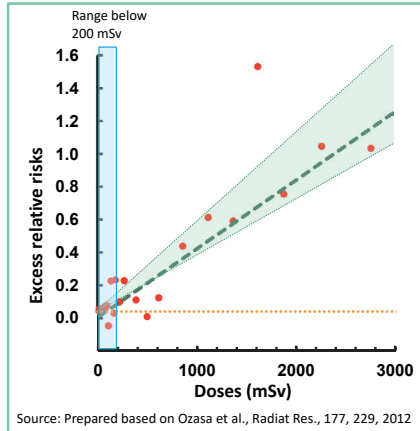
Therefore, animal testing using mice has been conducted to ascertain differences in oncogenic risks between a single high-dose exposure and low-dose exposures over time. Although test results vary by type of cancer, it has become clear that radiation effects are generally smaller for low-dose exposures over a long period of time.

Dose and dose-rate effectiveness factors are correction values used in the case of estimating risks of low-dose exposures, for which no concrete data is available, on the basis of risks of high-dose exposures (exposure doses and incidence rates), or estimating risks of chronic exposures or repeated exposures based on risks of acute exposures. Researchers have various opinions on specific values to be used for considering radiological protection, but the ICRP uses 2 as the dose and dose-rate effectiveness factor in its Recommendations and concludes that long-term low-dose exposure would cause half the effects as those caused by exposure at one time, if the total exposure dose is the same.

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Deaths from solid cancer (results among atomic bomb survivors)



Excess relative risks: How cancer risks have increased among a group of people exposed to radiation compared with a group of non-exposed people

Health effects surveys targeting atomic bomb survivors have revealed that cancer risks increase as exposure doses increase. The latest epidemiological survey on solid cancer risks shows proportionate relationships between doses and risks, i.e., between exposure doses exceeding 100 mSv and the risk of developing solid cancer and between exposure doses exceeding 200 mSv and the risk of death from solid cancer.

However, there is no consensus among researchers concerning a relationship between cancer risks and exposure doses below 100 to 200 mSv. It is expected that studies will be further continued into the future to clarify whether a proportionate relationship can be found between cancer risks and all levels of exposure doses, whether there is any substantial threshold value, or whether any other correlations are found (p.158 of Vol. 1, "Disputes over the LNT Model").

*Source:

1: E. J. Grant et. al., "Solid Cancer Incidence among the Life Span Study of Atomic Bomb Survivors: 1958-2009," Radiation Research 187, 513-537 (2017)

2: K. Ozasa et. al., "Studies of the Mortality of Atomic Bomb Survivors, Report 14, 1950-2003: An Overview of Cancer and Noncancer Diseases," Radiation Research 177, 229-243 (2012)

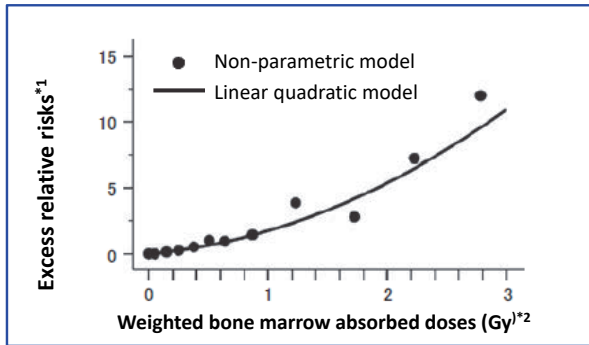
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Dose-response Relationship of Radiation-induced Leukemia



Dose-response relationship of radiation-induced leukemia among atomic bomb survivors in Hiroshima and Nagasaki



*1: An indicator to show increments in the mortality rate (or incidence rate) in the case of having been exposed to radiation against the mortality rate (or incidence rate) in the case of having been free from radiation exposure; showing how many times increase was caused by radiation exposure

*2: In the case of leukemia, weighted bone marrow doses (sum of 10 times the neutron doses and total amount of γ -rays) are used.

Source: Prepared based on Wan-Ling Hsu et al. The Incidence of Leukemia, Lymphoma and Multiple Myeloma among Atomic Bomb Survivors: 1950–2001, Radiation Research 179, 361–382 (2013)

Surveys targeting atomic bomb survivors made it clear that the dose-response relationship of leukemia, excluding chronic lymphocytic leukemia and adult T-cell leukemia, is quadric, and the higher an exposure dose is, the more sharply risks increase, showing a concave dose-response relationship (the linear quadratic curve in the figure). On the other hand, risks posed by low-dose exposure are considered to be lower than estimated based on a simple linear dose-response model.

In the figure above, black dots show excess relative risks depending on levels of bone marrow absorbed doses and the black line shows excess relative risks based on a linear quadratic model.

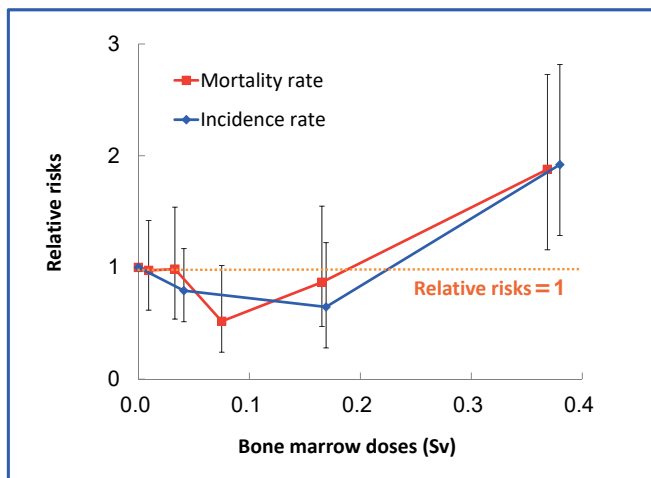
(Related to p.93 of Vol. 1, "Relative Risks and Attributable Risks")

Included in this reference material on March 31, 2013

Updated on February 28, 2018



Risks of developing leukemia among atomic bomb survivors



Source: Prepared based on the United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) 2006 Report

Relative risks of developing leukemia (values indicating how many times larger the risks are among people exposed to radiation when assuming the risks among non-exposed people as 1) among atomic bomb survivors do not increase notably among those whose bone marrow doses are below 0.2 Sv but increase significantly among those whose bone marrow doses are around 0.4 Sv.

(Related to p.93 of Vol. 1, "Relative Risks and Attributable Risks")

Included in this reference material on March 31, 2013

Updated on February 28, 2018



Atomic bomb survivors' lifetime risks by age at the time of radiation exposure

Age	Gender	Lifetime risks of death from cancer per 100-mSv exposure (%)	Lifetime risks of death from cancer when having been free from acute exposure (%)	Lifetime risks of death from leukemia per 100-mSv exposure (%)	Lifetime risks of death from leukemia when having been free from acute exposure (%)
10	Males	2.1	30	0.06	1.0
	Females	2.2	20	0.04	0.3
30	Males	0.9	25	0.07	0.8
	Females	1.1	19	0.04	0.4
50	Males	0.3	20	0.04	0.4
	Females	0.4	16	0.03	0.3

Source:
 * Preston DL et al., Studies of mortality of atomic bomb survivors. Report 13: Solid cancer and noncancer disease mortality: 1950-1997. Radiat Res., 2003 Oct; 160(4):381-407
 * Pierce DA et al., Studies of the mortality of atomic bomb survivors. Report 12, Part I. Cancer: 1950-1990 Radiat Res., 1996 Jul; 146 (1): 1-27

This table shows lifetime risks of death from cancer due to radiation exposure based on data obtained through epidemiological surveys targeting atomic bomb survivors. Specifically, comparisons are made between lifetime risks of deaths from cancer and leukemia per 100-mSv acute exposure and respective death risks when having been free from acute exposure, i.e., background death risks due to naturally developing cancer and leukemia.

The table suggests that a 10-year-old boy, for example, is likely to die of cancer in the future with a probability of 30% (the background risk of death from cancer for 10-year-old boys is 30% as shown in the table), but if the boy is acutely exposed to radiation at the level of 100 mSv, the risk of death from cancer increases by 2.1% to 32.1% in total.

The table shows the tendency that in the case of acute exposure to 100 mSv, lifetime risks of death from cancer are higher for those who are younger at the time of the exposure.

The reasons therefor include the facts that younger people have a larger number of stem cells that may develop into cancer cells in the future and cell divisions are more active and frequent compared with aged people.

(Related to p.109 of Vol. 1, "Difference in Radiosensitivity by Age," and p.115 of Vol. 1, "Ages at the Time of Radiation Exposure and Cancer Types")

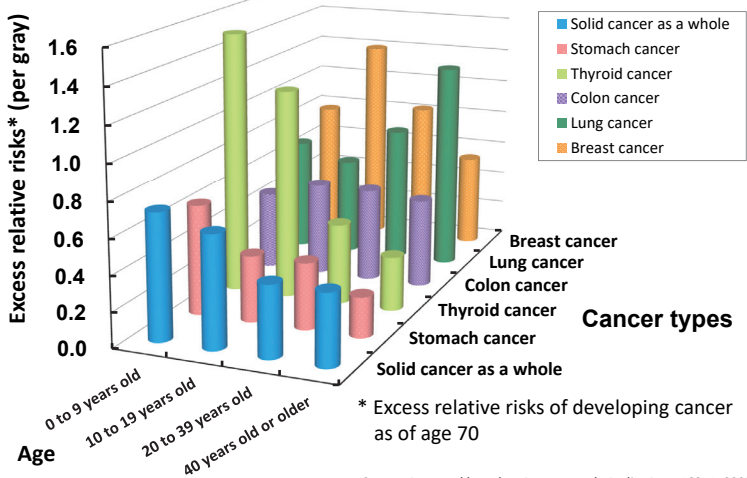
Included in this reference material on March 31, 2013

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Ages at the Time of Radiation Exposure and Cancer Types



Excess relative risks of developing cancer by age at the time of radiation exposure



Source: Prepared based on Preston et al., Radiat Res., 168, 1, 2007

This figure shows a comparison of excess relative risks of developing cancer (values indicating how much cancer risks have increased among a group of people exposed to radiation compared with a group of non-exposed people) per gray by age at the time of radiation exposure and by type of cancer, using the results of the surveys targeting atomic bomb survivors. Risks of thyroid cancer, stomach cancer and solid cancer as a whole are higher among people who were younger at the time of radiation exposure, risks of lung cancer are high among people aged 40 or older, risks of breast cancer are high during puberty, and risks of colon cancer do not show notable differences by age. In this manner, the figure suggests that the periods showing high radiosensitivity vary by type of cancer.

The excess relative risks in the figure show oncogenic risks due to exposure to respective organs when the survey targets become 70 years old.

(Related to p.116 of Vol. 1, "Oncogenic Risks by Age at the Time of Radiation Exposure," and p.93 of Vol. 1, "Relative Risks and Attributable Risks")

Included in this reference material on March 31, 2013

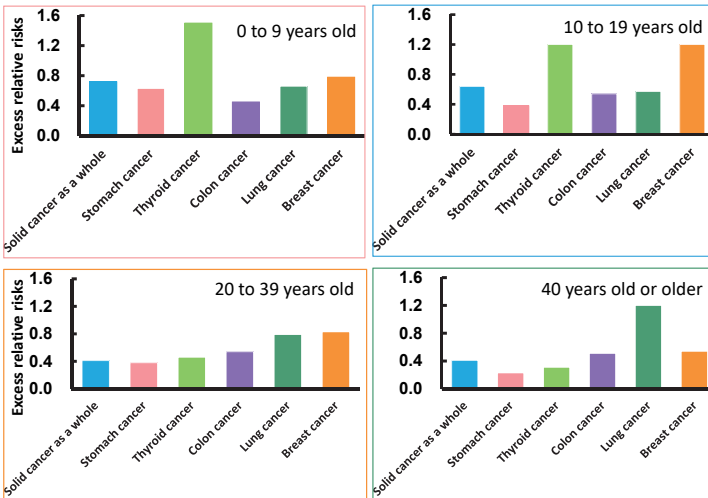
Updated on February 28, 2018

Oncogenic Risks by Age at the Time of Radiation Exposure



Excess relative risks of developing cancer by age at the time of radiation exposure

* Excess relative risks of developing cancer as of age 70 (per gray)



Source: Prepared based on Preston et al., Radiat Res., 168, 1, 2007

These figures show excess relative risks of developing cancer (values indicating how much cancer risks have increased among a group of people exposed to radiation compared with a group of non-exposed people) in respective organs due to radiation exposure when the survey targets become 70 years old.

It can be observed that types of cancer with higher risks differ by age at the time of radiation exposure.

(Related to p.115 of Vol. 1, "Ages at the Time of Radiation Exposure and Cancer Types," and p.93 of Vol. 1, "Relative Risks and Attributable Risks")

Included in this reference material on March 31, 2013

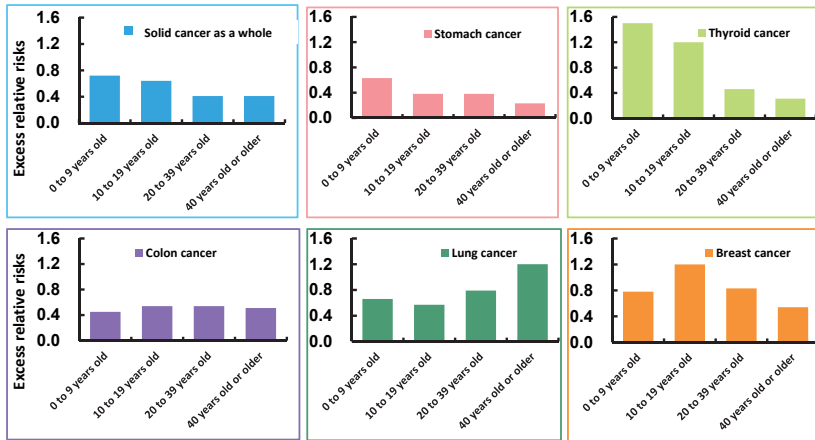
Updated on February 28, 2018

Ages at the Time of Radiation Exposure and Risks by Type of Cancer



Excess relative risks of developing cancer by age for each type of cancer

* Excess relative risks of developing cancer as of age 70 (per gray)



Source: Prepared based on Preston et al., Radiat Res., 168, 1, 2007

These figures show excess relative risks of developing cancer (values indicating how cancer risks have increased among a group of people exposed to radiation compared with a group of non-exposed people) by age for each type of cancer, using the results of the surveys targeting atomic bomb survivors. For example, the excess relative risk of developing solid cancer as a whole for the age group of 0 to 9 years old is approx. 0.7, which means that the excess relative risk increases by 0.7 among a group of people exposed to 1 Gy compared with a group of non-exposed people. In other words, supposing the risk for a group of non-exposed people is 1, the risk for a group of people aged 0 to 9 who were exposed to 1 Gy increases by 1.7 times. The excess relative risk of developing solid cancer as a whole for people aged 20 or older is approx. 0.4 and the risk for a group of people exposed to 1 Gy will be 1.4 times larger than the risk for a group of non-exposed people.

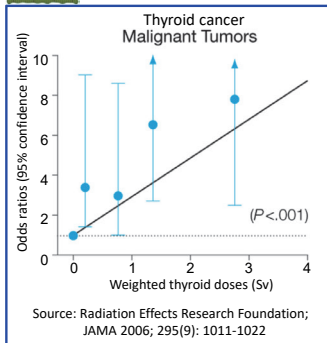
As shown in the figures above, risks differ by age at the time of radiation exposure and type of cancer.

(Related to p.93 of Vol. 1, "Relative Risks and Attributable Risks")

Included in this reference material on March 31, 2013

Updated on February 28, 2018

Data on Atomic Bomb Survivors



mGy: milligrays

Weighted thyroid doses	Average doses (mGy)	Targets (people)	Cancer detected in (people)	Odds ratios (95% confidence interval)
<math><5\text{mGy}</math>	—	755	33	1
5~100mGy	32	936	36	0.85 (0.52~1.39)
100~500mGy	241	445	22	1.12 (0.64~1.95)
500mGy<	1237	236	15	1.44 (0.75~2.67)

Source: Hayashi et al., Cancer, 116, 1646, 2010

* Odds ratio: A statistical scale for comparing the probability of a certain incident between two groups
 Odds ratios larger than 1 suggest that the probability is larger. When the probability that a certain incident occurs is p (Group 1) and q (Group 2), respectively, the odds ratio is obtained by the following formula.

$$\text{Odds of p} / \text{Odds of q} = p / (1-p) \div q / (1-q)$$

 When the 95% confidence interval does not include 1, the difference in the probability is statistically significant.

Odds ratios (statistical scales for comparing the probability of a certain incident between two groups) regarding incidence of thyroid cancer among atomic bomb survivors show that risks of thyroid cancer increase as doses increase.

No significant difference was found by a survey only targeting micro papillary thyroid cancer.* The odds ratio remains low until the weighted thyroid dose exceeds 100 mGy, but the ratio slightly exceeds 1 when the weighted thyroid dose becomes 100 mGy or larger. (When the odds ratio is larger than 1, the relevant incident is more highly likely to occur. However, in this data, as the 95% confidence interval includes 1, there is no statistically significant difference in the probability.)

* Source:

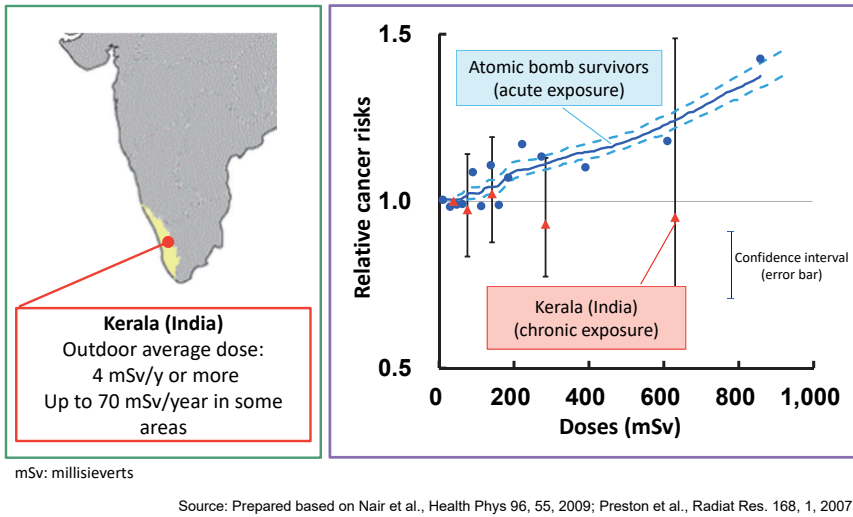
M. Imaizumi, et.al., "Radiation Dose-Response Relationships for Thyroid Nodules and Autoimmune Thyroid Diseases in Hiroshima and Nagasaki Atomic Bomb Survivors 55-58 Years After Radiation Exposure" JAMA 2006;295(9):1011-1022

Y. Hayashi, et.al., "Papillary Microcarcinoma of the Thyroid Among Atomic Bomb Survivors Tumor Characteristics and Radiation Risk" Cancer April 1, 2010, 1646-1655

Included in this reference material on March 31, 2013

Updated on March 31, 2017

Carcinogenesis among residents in high natural radiation area in India



It is considered that effects appear in different manners depending on whether it is a low-dose-rate radiation exposure or a high-dose-rate radiation exposure.

The figure on the right compares the data on atomic bomb survivors and risks for residents in high natural radiation areas such as Kerala in India. No increase is observed in relative risks for cancer (values indicating how many times cancer risks increase among exposed people when supposing the risk for non-exposed people as 1) among residents in Kerala even if their accumulated doses reach several hundred mSv. This suggests that risks are smaller in the case of chronic exposure than in the case of acute exposure, although further examination is required as the range of the confidence interval (the error bar on the figure) is very large.

(Related to p.93 of Vol. 1, "Relative Risks and Attributable Risks")

Included in this reference material on March 31, 2013

Updated on February 28, 2018

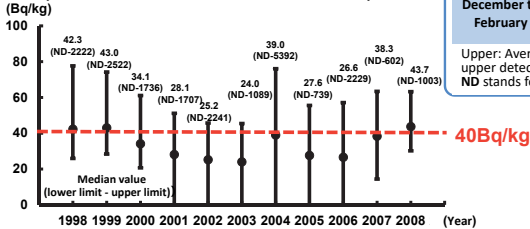
Internal Exposure due to Cesium at the Time of the Chernobyl Accident



Seasonal changes in body concentrations of Cs-137 (Bq/kg) and number of examinees

	1998 to 2001	2002 to 2005	2006 to 2008
March to May	34.6 (ND-2154.9) 10,993	27.3 (ND-5392.2) 18,722	32.0 (ND-1757.1) 9,284
June to August	71.5 (ND-399.0) 265	32.2 (ND-393.0) 268	21.2 (ND-271.1) 451
September to November	40.9 (ND-2521.7) 9,590	33.5 (ND-1089.3) 8,999	44.2 (ND-2229.3) 4,080
December to February	33.5 (ND-1735.8) 8,971	20.6 (ND-607.0) 6,603	39.8 (ND-1454.3) 6,404

Body concentrations of Cs-137 measured with whole-body counters



Upper: Average (Bq/kg); Middle: Lower detection limit to upper detection limit; Lower: Number of examinees (people); ND stands for below the detection limit.

The annual internal exposure of 40 Bq/kg was detected in the Bryansk State from 1998 to 2008.

Bq/kg: Becquerels per kilogram

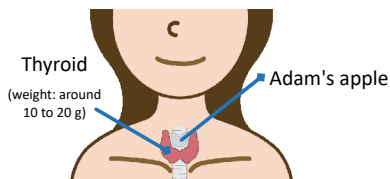
Source: Prepared based on Sekitani et al., Radiat Prot Dosimetry, 141, 1, 2010

Due to the Chernobyl accident in 1986, much larger amounts of radioactive materials were released compared with those released by the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS. At first, the government of the former Soviet Union did not publicize the accident nor did it take any evacuation measures for residents around the nuclear facilities. In late April, when the accident occurred, pasturing had already started in the southern part of the former Soviet Union and cow milk was also contaminated with radionuclides.

As a result of the whole-body counter measurements of body concentrations of Cs-137, which were conducted for residents in the Bryansk State from 1998 to 2008, it was found that the median value of body concentrations of Cs-137 had decreased within a range of 20 to 50 Bq/kg until 2003 but has been on a rise since 2004. This suggests that exposure to Cs-137 due to the Chernobyl accident has been continuing over years.

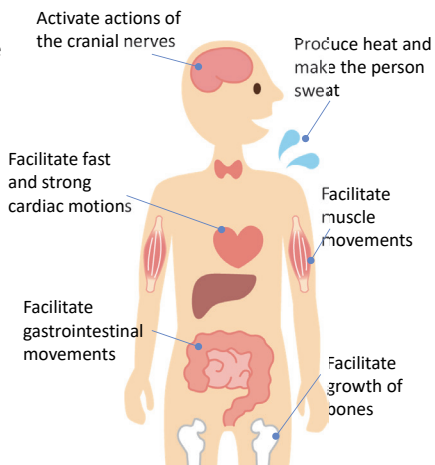
Included in this reference material on March 31, 2013

Updated on March 31, 2016



- **The thyroid is located in the lower center of the neck (below the Adam's apple).**
- **The thyroid takes in iodine in foods, etc., produces thyroid hormones, and secretes them into the blood.**

Actions of thyroid hormones



The thyroid is a small organ weighing around 10 to 20 g and shaped like a butterfly with its wings extended. It is located in the lower center of the neck (below the Adam's apple) as if surrounding the windpipe. The thyroid actively takes in iodine in the blood to produce thyroid hormones therefrom. Produced thyroid hormones are secreted into the blood and are transported to the whole body to act in various manners.

Thyroid hormones play roles of promoting metabolism to facilitate protein synthesis in the body and maintenance of energy metabolism and also roles of promoting growth and development of children's body and brains.

Included in this reference material on March 31, 2017

- **Iodine = Raw material of thyroid hormones**

Intake at one meal	Amount of iodine
Kelp boiled in soy sauce (5 to 10 g)	10~20mg
Boiled kelp roll (3 to 10 g)	6~20mg
Hijiki seaweed (5 to 7 g)	1.5~2mg
Wakame seaweed soup (1 to 2 g)	0.08~0.15mg
Half sheet of dried laver seaweed (1 g)	0.06mg
Stock made from kelp (0.5 to 1 g)	1~3mg
Agar (1 g)	0.18mg

Iodine intake Dietary Reference Intakes 2015

Estimated average requirement: 0.095 mg
Recommended intake: 0.13 mg

Japanese people's iodine intake is estimated to be approx. 1 to 3 mg/d.



Source: Zava TT, Zava DT, Thyroid Res 2011; 4: 14; Report of the "Development Committee for the Dietary Reference Intakes for Japanese 2015," Ministry of Health, Labour and Welfare; "Super Graphic Illustration: Thyroid Diseases," Houken Corp.

Iodine, which is a raw material of thyroid hormones, is contained in large quantities in seaweed, fish and seafood that are familiar to Japanese people.

The "Dietary Reference Intakes for Japanese" released by the Ministry of Health, Labour and Welfare states that the estimated average iodine requirement is 0.095 mg per day and recommended intake is 0.13 mg per day. Japanese people consume a lot of seaweed, fish and seafood on a daily basis and are considered to take in a sufficient amount of iodine (approx. 1 to 3 mg/d).

When a person habitually consumes iodine, the thyroid constantly retains a sufficient amount of iodine. It is known that once the thyroid retains a sufficient amount of iodine, any iodine newly ingested is only partially taken into the thyroid and most of it is excreted in the urine.

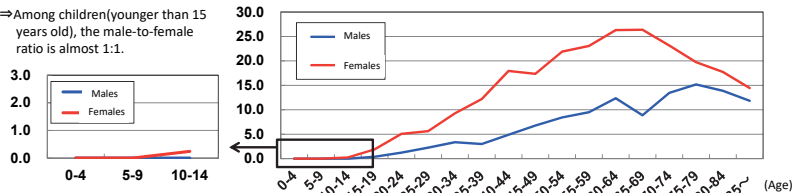
Accordingly, even in the case where radioactive iodine is released due to such reasons as an accident at a nuclear power plant, accumulation of the released radioactive iodine in the thyroid can be subdued among a group of people who take in iodine on a daily basis.

Included in this reference material on March 31, 2017

Characteristics of Thyroid Cancer

- **The incidence rate of thyroid cancer is higher for females** (estimated age-adjusted incidence rate (nationwide) (against 100,000 people), 2010).
⇒ Females: **11.5** (people); Males: **4.5** (people)
- **Thyroid cancer is found in all age groups from younger people to aged people (estimated incidence rate by age group)**(nationwide) (against 100,000 people), 2010).

⇒ Among children (younger than 15 years old), the male-to-female ratio is almost 1:1.



- **There is also occult thyroid cancer that does not exert any effects on people's health throughout their lifetime.**
- **In many cases, prognosis after surgery is good (crude cancer mortality rate by organ/tissue (against 100,000 people), 2010).**

	Thyroid	Stomach	Liver	Lungs	Leukemia
Male	0.9	53.5	34.9	81.8	7.9
Female	1.7	26.5	17.4	30.0	5.0

(Source: "Cancer Registration and Statistics," Cancer Information Service, National Cancer Center Japan)

Thyroid cancer has some unique characteristics compared with other types of cancer.

The first is the higher incidence rate for females (11.5 females and 4.5 males against 100,000 people (national age-adjusted incidence rate)), but the male-to-female ratio is almost 1:1 among children younger than 15 years old.

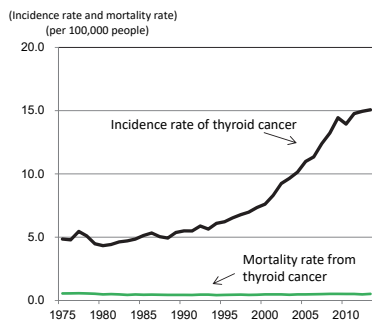
It is known that breast cancer is most frequently detected in females in their 40s and 50s and the incidence rate of stomach cancer is higher among both males and females over 60 years old. On the other hand, thyroid cancer is characteristically found broadly in all age groups from teenagers to people in their 80s.

Furthermore, thyroid cancer has long been known as a type of cancer, most of which are occult cancers without exerting any effects on people's health throughout their lifetime. The crude cancer mortality rate (national mortality rate by age group (against 100,000 people), all age groups, 2010) is lower for thyroid cancer than other cancers and better prognosis after surgery is also one of the characteristics of thyroid cancer.

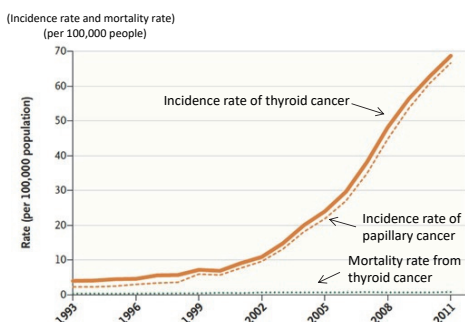
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Updated on February 28, 2018

Incidence rates and mortality rates (against 100,000 people) in America and South Korea



America*1



South Korea*2

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*1: Prepared based on NATIONAL CANCER INSTITUTE, Surveillance, Epidemiology, and End Results Program, SEER Cancer Statistics Review 1975-2013

*2: Prepared based on Ahn HS, N Engl J Med. 2014

In recent years, sharp increases in the incidence rate of thyroid cancer have been reported, which is said to be due to increases in the frequencies of medical surveys and use of healthcare services as well as the introduction of new diagnostic technologies, resulting in detection of many cases of micro thyroid cancer (micro papillary cancer) that have no symptoms and are non-fatal.

As the mortality rate has remained almost unchanged despite sharp increases in the incidence rate, the possibility of overdiagnoses (detection of many cases of such non-fatal micro papillary cancer) is pointed out.*

Increases in the incidence rate of thyroid cancer are global trends observed in such countries as America, Australia, France and Italy, but are especially notable in South Korea. In South Korea, official assistance for thyroid cancer screening was commenced in 1999 to enable people to receive the most-advanced screening at low cost. This is considered to have prompted a larger number of people to receive screening, leading to significant increases in the incidence rate of thyroid cancer.

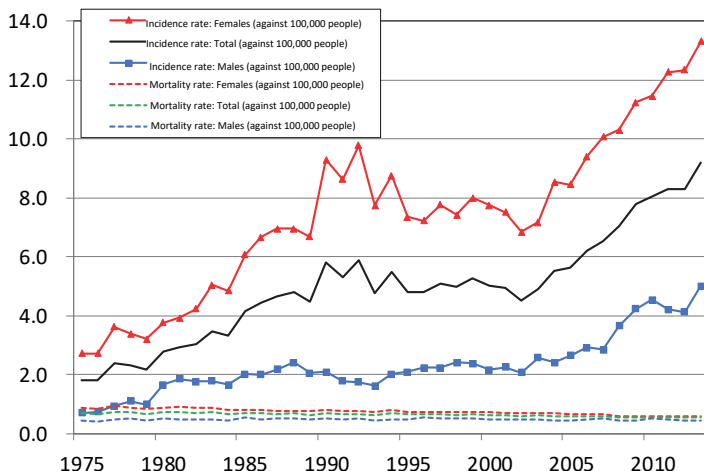
* Source:

International Agency for Research on Cancer "Overdiagnosis is a major driver of the thyroid cancer epidemic: up to 50–90% of thyroid cancers in women in high-income countries estimated to be overdiagnoses" (August 18, 2016)

Included in this reference material on March 31, 2017

Annual changes in age-adjusted incidence rates and mortality rates (against 100,000 people) in Japan

(Incidence rate and mortality rate)
(per 100,000 people)



(Source: "Cancer Registration and Statistics," Cancer Information Service, National Cancer Center Japan)

This figure shows annual changes in incidence rates (percentage of patients against the population during a certain period of time) and mortality rates concerning thyroid cancer in Japan.

The incidence rates of thyroid cancer have been on a rise both for males and females in Japan. The increasing trend is more notable among females and the incidence rate, which was around three per 100,000 people in 1975, exceeded 13 in 2013. In the meantime, the mortality rate from thyroid cancer has not shown any significant changes and has been slightly decreasing both for males and females. The total incidence rate of thyroid cancer including both males and females per 100,000 people in 2010 was approx. 15 in America, approx. 60 in South Korea, and approx. 8 in Japan (p.124 of Vol. 1, "Incidence Rates of Thyroid Cancer: Overseas").

In Japan, palpation by doctors has long been conducted broadly as thyroid cancer screening, but ultrasound neck examination is increasingly being adopted in complete medical checkups and mass-screening. Furthermore, thanks to recent advancement of ultrasonic diagnostic equipment, diagnostic capacity has been improving and the detection rate of tumoral lesions, in particular, is said to be increasing.

* Source: Hiroki Shimura, Journal of the Japan Thyroid Association, 1 (2), 109-113, 2010-10

Included in this reference material on March 31, 2017

- The probability that Japanese people develop thyroid cancer during the lifetime without any influence of radiation exposure is*

- 0.78% for females and 0.23% for males.

(Kamo et al., (2008) Jpan.J. Clin Oncol 38(8) 571-576)

* The probability that Japanese people develop cancer at least once during the lifetime, which was obtained based on the data on the number of cancer patients in Japan from 1975 to 1999
(Kamo et al., Journal of Health and Welfare Statistics, Vol. 52, No. 6, June 2005)

- When the thyroid exposure dose is 1,000 mSv, the probability of developing thyroid cancer increases

- by 0.58% to 1.39% for females and by 0.18% to 0.34% for males.

(United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) 2006 Report, Annex A)

- The probability that a Japanese person exposed to 1,000 mSv in the thyroid develops thyroid cancer during the lifetime is as follows (adding the probability of cancer incidence caused by other factors):

- Females: $0.78 + (0.58 \text{ to } 1.39) = 1.36\% \text{ to } 2.17\%$

- Males: $0.23 + (0.18 \text{ to } 0.34) = 0.41\% \text{ to } 0.57\%$

(Kamo et al., (2008) Jpan. J. Clin Oncol 38(8), UNSCEAR 2006 Report, Annex A)

However, it is considered to be difficult to scientifically prove risk increases due to low-dose exposure of the thyroid, as effects of other factors are larger.

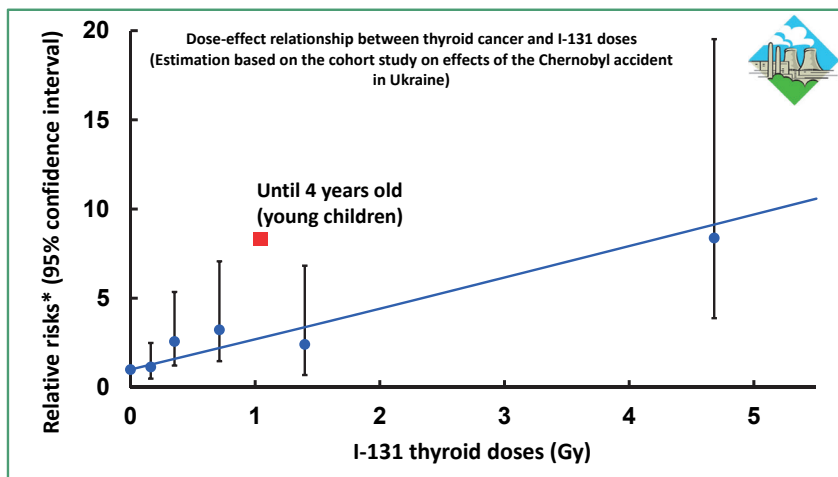
The probability that a Japanese person will develop thyroid cancer during their lifetime is 0.78% for females and 0.23% for males, which is the probability that they will develop thyroid cancer at least once during the lifetime, obtained based on the thyroid cancer incidence rate among the total cancer incidence data in Japan from 1975 to 1999. This is an index devised with the aim of explaining cancer risks to ordinary people in an easy-to-understand manner.

Exposure to 1,000 mSv in the thyroid increases the probability of developing thyroid cancer by 0.58% to 1.39% for females and by 0.18% to 0.34% for males, and after adding the probability of cancer incidence caused by other factors, the probability would increase by 1.36% to 2.17% for females and by 0.41% to 0.57% for males.

However, if the thyroid exposure dose is low, it is considered to be difficult to scientifically prove risk increases due to the radiation exposure, as effects of other factors are larger.

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Source: Prepared based on Brenner et al., Environ Health Perspect 119, 933, 2011

* Relative risks indicate how many times larger the cancer risks are among people exposed to radiation when assuming the risks among non-exposed people as 1.

The results of the study on the relationship between internal doses and risks of thyroid cancer among children affected by the Chernobyl accident are as shown in the figure above.

That is, exposure to 1 Gy in the thyroid doubles the probability of developing thyroid cancer. This study concludes that the double increase in risks is the average of children up to 18 years old, and for younger children up to 4 years old, risk increase would be sharper (indicated with ■ in the figure).

(Related to p.93 of Vol. 1, "Relative Risks and Attributable Risks")

Included in this reference material on March 31, 2013

Updated on February 28, 2018



Stable iodine tablets	Relative risks* of exposure to 1 Gy (95% confidence interval)	
	Areas where iodine concentration in soil is high	Areas where iodine concentration in soil is low
Administered	2.5 (0.8-6.0)	9.8 (4.6-19.8)
Unadministered	0.1 (-0.3-2.6)	2.3 (0.0-9.6)

Source: Cardis et al., JNCI, 97, 724, 2005

* Relative risks indicate how many times larger the cancer risks are among people exposed to radiation when assuming the risks among non-exposed people as 1.

As shown in the table, there has been a report that the relative risk of thyroid cancer per gray increases in areas where iodine concentration in soil is low and iodine intake is insufficient. Areas around Chernobyl, where the relevant data was obtained, are located inland away from the sea and iodine concentration in soil is low. Additionally, people there do not habitually eat seaweed and salt-water fish that are rich in iodine.

Compared to areas around Chernobyl, iodine concentration in soil is higher in Japan as a whole and iodine intake is also higher than in other countries. Accordingly, such data as obtained in areas around Chernobyl is not necessarily applicable in Japan.

(Related to p.93 of Vol. 1, "Relative Risks and Attributable Risks")

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Countries	Number of people (1,000 people)	Average effective dose (mSv)		Average thyroid dose (mGy)
		External exposure	Internal exposure (in organs other than the thyroid)	
Belarus	25	30	6	1,100
Russia	0.19	25	10	440
Ukraine	90	20	10	330

mSv: millisieverts mGy: milligrays

Source: United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) 2008 Report

Thyroid exposure doses are high for people who were forced to evacuate after the Chernobyl accident and the average is estimated to be approx. 490 mGy. The average thyroid dose for children is estimated to be even higher. One of the major causes is that they drank milk contaminated with I-131 for two to three weeks after the accident.

The average thyroid exposure dose for people who resided outside evacuation areas in the former Soviet Union was approx. 20 mGy, while that for people who resided in the contaminated areas was approx. 100 mGy. Both values were much higher than the average dose (approx. 1 mGy) for people in other countries in Europe.

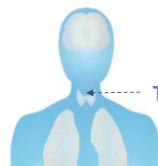
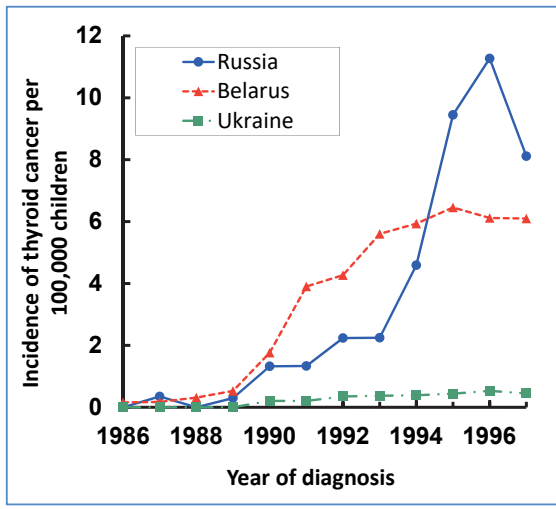
The effective dose from internal exposure in organs other than the thyroid and from external exposure was approx. 31 mSv on average. The average effective dose was approx. 36 mSv in Belarus, approx. 35 mSv in Russia, and approx. 30 mSv in Ukraine. It is known that the average effective dose is larger in Belarus than in Ukraine and Russia as in the case of the average thyroid exposure dose.

(Related to p.130 of Vol. 1, "Time of Developing Childhood Thyroid Cancer - Chernobyl Accident -")

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Updated on March 31, 2017

Childhood thyroid cancer (Chernobyl accident)



Thyroid

Iodine is a raw material of thyroid hormones.

Childhood thyroid cancer cases started to appear **four or five** years after the accident, and showed a sharp increase by more than **10** times after the lapse of **10** years.

Source: Prepared based on the United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) 2000 Report

At the time of the Chernobyl accident, a large amount of radioactive materials was released and broadly spread out due to an explosion. The major cause of health hazards is said to be radioactive iodine.

Some of the children who inhaled radioactive iodine that fell onto the ground or had vegetables, milk, and meat contaminated through the food chain later developed childhood thyroid cancer. In particular, the major contributing factor is considered to be internal exposure due to I-131 contained in milk.

In Belarus and Ukraine, childhood thyroid cancer cases started to appear four or five years after the accident. The incidence rate of thyroid cancer among children aged 14 or younger increased by 5 to 10 times from 1991 to 1994 than in the preceding five years from 1986 to 1990.

However, the incidence of childhood thyroid cancer for Belarus and Ukraine is the number per 100,000 children nationwide, while that for Russia is the number per 100,000 children only in specific areas heavily contaminated (UNSCEAR 2000 Report, Annex). (Related to p.129 of Vol. 1, "Exposure of a Group of Evacuees - Chernobyl Accident -")

Included in this reference material on March 31, 2013

Updated on March 31, 2016

**Basic Information on Thyroid
Thyroid Exposure**

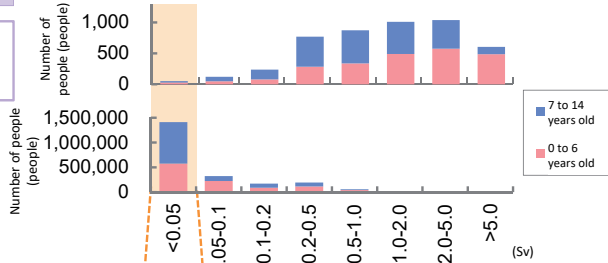
**Comparison between the Chernobyl Accident and the
Accident at Tokyo Electric Power Company (TEPCO)'s
Fukushima Daiichi NPS (Thyroid Doses)**

Children's thyroid exposure doses

Chernobyl accident

A group of people who evacuated in Belarus in 1986

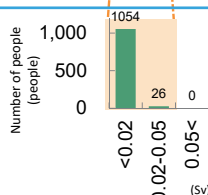
All people in Belarus (excluding evacuees)



Source: United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) 2008 Report

Accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS

* This data is based on a survey targeting a limited group of residents and does not reflect the overall circumstances.



Calculation method
For comparison, the "Results of the Simple Thyroid Screening for Children" contained in the "Outline of Children's Simple Measurement Test Results" (August 17, 2011; Team in Charge of Assisting the Lives of Disaster Victims (Medical Team)) is rearranged using "screening level of 0.2 μSv/h (equivalent to 100 mSv of thyroid dose equivalent for 1-year-old children)" (May 12, 2011; Nuclear Safety Commission of Japan) (Gy = Sv)
Source: "Safety of Fukushima-produced Foods," Nuclear Disaster Expert Group
Judging from the measurement method and ambient dose rates at the relevant locations, the detection limit is set at around 0.02 Sv.

It is very difficult to accurately assess the level of exposure of children's thyroids to radioactive iodine after the accident at TEPCO's Fukushima Daiichi NPS, but rough estimation is possible using the results of the thyroid screening conducted for children as of approx. two weeks after the accident.

This screening was conducted using survey meters for 1,080 children aged 15 or younger in Kawamata, Iwaki, and Iitate, where children's thyroid doses were suspected to be especially high.

As a result, thyroid doses exceeding the screening level set by the Nuclear Safety Commission of Japan (at that time) were not detected and measured thyroid doses were all below 50 mSv for those children who received the screening.

In the UNSCEAR's analysis of thyroid doses after the Chernobyl accident, the dose range below 50 mSv is considered to be the lowest dose range. Thyroid exposure doses for children in Belarus, where increased incidences of childhood thyroid cancer were later observed, were 0.2 to 5.0 Sv or over 5.0 Sv among a group of evacuees, showing two-digit larger values than the results of the screening in Fukushima Prefecture.

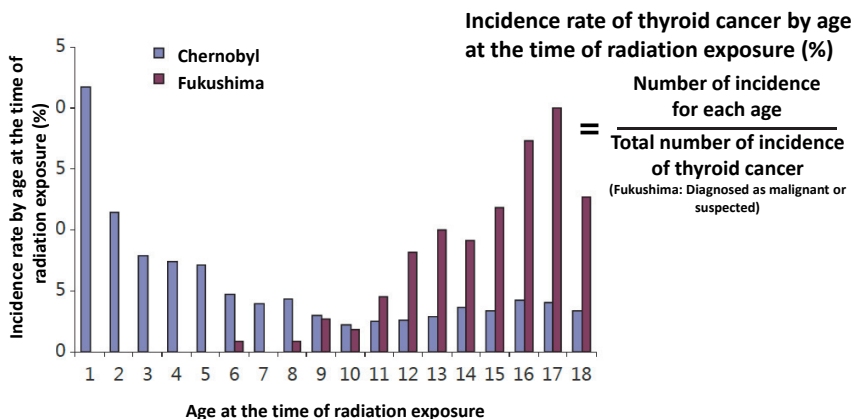
(Related to p.132 of Vol. 1, "Comparison between the Chernobyl Accident and the Accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS (Ages at the Time of Radiation Exposure)")

Included in this reference material on March 31, 2013

Updated on March 31, 2017

- **Distribution of age at the time of radiation exposure of childhood thyroid cancer patients observed in Chernobyl and Fukushima**

(Among the total number of incidence in respective regions)



Source: Williams D. Eur Thyroid J 2015; 4: 164-173

This figure shows the incidence rates of childhood thyroid cancer by age at the time of radiation exposure (aged 18 or younger), in comparison with those after the Chernobyl accident and those in three years after the accident at TEPCO's Fukushima Daiichi NPS (the percentage in the figure shows the ratio by age, i.e., what percentage the incidence for each age accounts for against the total number of incidence of thyroid cancer in respective regions; the sum of all percentages comes to 100%). The figure shows clear difference in age distribution although an accurate comparison is difficult as thyroid cancer screening in Chernobyl has not been conducted in a uniform manner as in Fukushima and such information as the number of examinees and observation period is not clearly indicated.

Generally speaking, risks of radiation-induced thyroid cancer are higher at younger ages (especially 5 years old or younger). In Chernobyl, it is observed that people exposed to radiation at younger ages have been more likely to develop thyroid cancer. On the other hand, in Fukushima, incidence rates of thyroid cancer among young children have not increased three years after the accident and incidence rates have only increased in tandem with examinees' ages. This tendency is the same as increases observed in incidence rates of ordinary thyroid cancer.

The document by Williams suggests that thyroid cancer detected three years after the accident at Fukushima Daiichi NPS is not attributable to the effects of the radiation exposure due to the accident in light of the facts that daily iodine intake from foods is larger in Japan than in areas around Chernobyl and that the maximum estimated thyroid exposure doses among children is much smaller in Japan (66 mGy in Fukushima and 5,000 mGy in Chernobyl).

(Related to p.131 of Vol. 1, "Comparison between the Chernobyl Accident and the Accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS (Thyroid Doses)")

Included in this reference material on March 31, 2017

The Expert Meeting* compiled the Interim Report (December 2014), wherein it considered the following points concerning the thyroid cancer cases found through the Initial Screening of Thyroid Ultrasound Examination conducted as part of the Fukushima Health Management Survey, and concluded that "no grounds positively suggesting that those cases are attributable to the nuclear accident are found at this moment."

(* Expert Meeting on Health Management After the Fukushima Daiichi Nuclear Accident)

- i) Thyroid exposure doses of residents after the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS are evaluated to be lower than those after the Chernobyl accident.
- ii) In the case of the Chernobyl accident, increases in thyroid cancer cases were reported four or five years after the accident and this timing is different from when thyroid cancer cases were found in the Initial Screening in Fukushima.
- iii) Increases in thyroid cancer cases after the Chernobyl accident were mainly observed among children who were infants at the time of the accident. On the other hand, the survey targets diagnosed to have or suspected to have thyroid cancer in the Initial Screening in Fukushima include no infants.
- iv) The results of the Primary Examination did not significantly differ from those of the 3-prefecture examination (covering Nagasaki, Yamanashi and Aomori Prefectures), although the cohort was much smaller in the latter.
- v) When conducting a thyroid ultrasound examination as screening targeting adults, thyroid cancer is generally found at a frequency 10 to 50 times the incidence rate.

Source: Interim Report (December 2014), Expert Meeting on Health Management After the Fukushima Daiichi Nuclear Accident (<http://www.env.go.jp/chemi/rhm/conf/tyuukanntorimatomesegihyouhannei.pdf>, in Japanese)

The Expert Meeting on Health Management After the Fukushima Daiichi Nuclear Accident examines various measures concerning dose evaluation, health management and medical services from an expert perspective.

It publicized the Interim Report in December 2014 and concluded that regarding the thyroid cancer cases found through the Initial Screening of Thyroid Ultrasound Examination conducted as part of the Fukushima Health Management Survey, "no grounds positively suggesting that those cases are attributable to the nuclear accident are found at this moment."

However, the Expert Meeting points out the necessity to continue the Thyroid Ultrasound Examination as follows.

- "The trend of the incidence of thyroid cancer, which is especially a matter of concern among the residents, needs to be carefully monitored under the recognition that radiation health management requires a mid- to long-term perspective in light of the uncertainties of estimated exposure doses. (Interim Report by the Expert Meeting on Health Management After the Fukushima Daiichi Nuclear Accident; December 2014)
- "The possibility of radiation effects may be small but cannot be completely denied at this point in time. Additionally, it is necessary to accumulate information in the long term for accurate evaluation of the effects. Therefore, the Thyroid Ultrasound Examination should be continued, while meticulously explaining the disadvantages of receiving the examination and obtaining the understanding of examinees." (Interim Report by the Prefectural Oversight Committee Meeting for Fukushima Health Management Survey; March 2016)
- "Continuing the Fukushima Health Management Survey and the Thyroid Ultrasound Examination for children based on the present protocol is positioned as one of the major priorities in scientific studies." (United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) 2013 Report)

Included in this reference material on February 28, 2018

Stress Factors for Disaster Victims

- Future uncertainty
- Uncertainty about residence and workplace security
- Social prejudice
- Media influences
- Differences of climates and customs

Characteristics unique to radiation disasters



- Unable to predict disasters
- Difficult to determine the extent of damage
- Possible radiation effects that might arise in the future

Source: Prepared based on the "Mental Support at the Chernobyl Accident," Material 3-2 for the 3rd meeting of the Investigative Commission for Mental Care and Measures against Health Concern, Exposure Medicine Sectional Meeting, Nuclear Regulation Authority (former Nuclear Safety Commission)
<http://warp.da.ndl.go.jp/info:ndljp/pid/8422832/www.nsr.go.jp/archive/nsc/senmon/shidai/kokoro/kokoro003/siryoy2.htm> (in Japanese)

Generally, factors causing stress to the victims of disasters include future uncertainty, uncertainty about residence and workplace security, social prejudices, media influences, differences of climates and customs, etc. For radiation disasters, there are other stress factors as well, such as being unable to predict disasters, difficulty in determining the extent of damage, and radiation effects that might arise in the future (p.135 of Vol. 1, "Radiation Accidents and Health Concerns").

In particular, concerns over future radiation effects cause a huge stress as victims have to be worried for a long time about the possibility that they might someday develop cancer.

Included in this reference material on March 31, 2013

Updated on March 31, 2017

Anxiety caused by radiation accidents

- Anxiety over health effects of radiation
- Anxiety over health effects on children now and in the future

Psychological effects from protracted anxiety

- Possibility that mental health may deteriorate
- Possibility that mothers' anxiety may affect the mental state and growth of children

Factors that increase anxiety

- Unable to acquire reliable information
- Confusion caused by scientifically inaccurate information
- Stigmas and stereotypes

In the event of a radiation accident, people would be worried about the possibility of their exposure to radiation and about the extent of exposure and possible health effects if exposure occurred. Parents in particular would be concerned about the immediate and long-term health effects on their children.

People's mental health would deteriorate as a result of protracted anxiety over possible future health effects. It has also been pointed out that the anxiety of mothers might affect the mental state and growth of their children.

The anxiety could be heightened by being unable to acquire reliable and accurate information about radiation. It has also been reported that unreasonable public stigmas and discriminations (stereotypes) about people affected by contamination or exposure could exacerbate their mental health problems.*1*2

Source:

1: "Fukushima Psychological Care Manual," Fukushima Mental Health and Welfare Centre
2: Werner Burkart (Vienna) "Message to our friends affected by the nuclear component of the earthquake/tsunami event of March 2011 (August 26, 2013)"
(Werner Burkart: Professor for Radiation Biology at the Faculty of Medicine of the Ludwig Maximilians University in Munich, Former Deputy Director General of the International Atomic Energy Agency (IAEA)) (http://japan.kantei.go.jp/incident/health_and_safety/burkart.html)

Included in this reference material on March 31, 2013

Updated on March 31, 2017

Possible psychological effects of radiation issues:

- Parents' anxiety over radiation proves that they are dedicated parents.
- Parents' excessive concern over radiation could affect children mentally and physically.

Regarding fetal exposure and neuropsychological disorders caused by the Chernobyl accident:

- The results of studies on the neuropsychological disorders of children who were fetuses at the time of the accident are not coherent.
- Although there is a report that exposure affected the IQ of the fetuses, no correlation has been found between thyroid exposure doses and children's IQs.

Regarding a questionnaire on the emotions and behavior of children in Fukushima

Tendencies found through a survey using SDQ (Strengths and Difficulties Questionnaire) as an index to evaluate the mental health of children:

- The percentage of respondents whose SDQ score was 16 or higher was 9.5% in a previous study targeting the general Japanese population unaffected by any disasters. Compared with this, the survey revealed that the percentages of those scoring 16 or higher were high in both the 4-6 age and 6-12 age groups.
- However, the same percentages tend to be lower in both the 4-6 age and 6-12 age groups in the survey conducted in FY2014, compared to that in FY2011, i.e., the year of the accident.

SDQ : Strengths and Difficulties Questionnaire

Source:

- A debriefing report from "Mental Health and Lifestyle Survey," Fukushima Health Management Survey in FY2014, Fukushima Medical University, June 2016
- Kolominsky Y et al., J Child Psychol Psychiatry, 40 (2): 299-305, 1999

In some of the studies targeting children who were fetuses at the time of the Chernobyl accident, investigations on neuropsychological effects were also conducted.

Although the results of the studies are not necessarily coherent, a report that attests to emotional disorders of the children caused by the accident also points out other effects such as parents' anxiety as factors affecting their mental state, rather than merely pointing out radiation exposure as a direct effect.

The Radiation Medical Science Center in Fukushima conducts the Mental Health and Lifestyle Survey with the aim of handing down to the following generations accumulated knowledge on better mental care in an emergency or in the event of a natural disaster.

The survey uses the Strengths and Difficulties Questionnaire (SDQ)* as an index to evaluate children's mental health. The higher the percentage of those scoring high (16 or higher), the more support is needed. The survey conducted in FY2011 showed rather bad results (high scores) but considerable improvements are observed in the results of the one conducted in FY2014, which have come close to the results of the surveys conducted outside the affected regions (see p.141 of Vol. 2, "Mental Health and Lifestyle Survey: What Has Become Clear (4/4)" for details).

Included in this reference material on March 31, 2013

Updated on February 28, 2018

Conclusion from dialogue with the local residents 1

(View of the International Commission on Radiological Protection (ICRP))

- Participants recognized the importance of developing radiation protection culture to allow inhabitants to understand and evaluate the information on the consequences of the accident and to take informed actions for reducing radiological exposure.
- They recognized the need for a more detailed characterisation of the radiological situation to allow people to know where, when and how they are exposed.
- They underlined their concern about the future demographic pattern due to an acceleration in the younger generations leaving the prefecture and abandoning farming activities.
- They discussed with great emotion the issue of discrimination of people in the affected areas, especially for those of pre-marital age to marry and have children .
- The preservation of the traditional and popular activity of gathering wild vegetables (sansai) was identified as culturally important in maintaining the cohesion of the Fukushima community.

Source: Prepared based on Lochard, J (2012), the material for the 27th symposium of the Nuclear Safety Research Association

Providing useful information for helping disaster victims to solve or deal with real issues has been proven to be an effective means for offering psychological support.

In the event of a nuclear disaster, expert knowledge is required to understand the possible effects of radiation and to come up with measures for radiological protection.

After the Chernobyl NPS accident, as well as after the TEPCO's Fukushima Daiichi NPS accident, experts and local residents had dialogues. If disaster victims are able to solve radiation issues by themselves with experts' support, that is considered quite effective in reducing their psychological stress.

Included in this reference material on March 31, 2013

Updated on March 31, 2017

Conclusion from dialogue with the local residents 2

(View of the International Commission on Radiological Protection (ICRP))

- Develop a mechanism to support projects proposed by local communities and residents to improve living conditions.
- Support community expectations that decisions on recovery actions reflect their priorities, be based on their knowledge of the local context, and support their current and future interests.
- Continue efforts to monitor individual internal and external exposures, and to provide information and tools in order to help people to make their own judgments.
- Create a forum for a permanent dialogue between all concerned parties (producers, distributors and consumers) on the issue of foodstuff.
- Promote the involvement of parents, grand-parents and teachers to develop radiation protection culture among children.
- Strengthen dialogue and cooperation with stakeholders elsewhere in Japan and abroad.

Source: Prepared based on Lochard, J (2012), the material for the 27th symposium of the Nuclear Safety Research Association

The ICRP provided some specific suggestions as a result of the dialogues between experts on radiological protection and the victims of the accident at TEPCO's Fukushima Daiichi NPS. The suggestions include the necessity to reflect the priorities of local communities, provide tools and information about radiation doses, create a permanent forum on foods, develop radiological protection culture, etc.

Included in this reference material on March 31, 2013

Updated on March 31, 2017

Summary of effects on mental health**World Health Organization (WHO) Report issued in 2006 upon the 20th anniversary of the Chernobyl accident**

- **Anxieties and medically unexplained physical symptoms including depression and Post Traumatic Stress Disorders (PTSD) are increasing as stress-related disorders among the group of disaster victims, compared to a control group.**
- **The effects of the Chernobyl accident on mental health have been the biggest health issue for the residents.**

Source: World Health Organization: Mental, psychological and central nervous system effects. Health effects of the UN Chernobyl accident and special health care programmes: report of the UN Chernobyl forum expert group "Health" (eds. Bennett B., et al), 93-97, WHO, Geneva 2006

The effects of the Chernobyl accident are often cited as an example of psychological effects of nuclear disasters.

According to summaries by the International Atomic Energy Agency (IAEA) and WHO, psychological effects surpassed direct health effects of radiation.

After the Chernobyl accident, many complained about health problems because of mental stress. This was not caused solely by the effects of radiation but is considered to have resulted from a complex combination of multiple factors including social and economic instability brought about by the collapse of the USSR at the time, which caused a great deal of mental stress to people.

Included in this reference material on March 31, 2013

Updated on March 31, 2017

Studies in the 2006 World Health Organization (WHO) Report 

- (i) Stress-related symptoms**
- (ii) Concern over effects on brains in development (fetal effects)**
- (iii) Effects on decontamination workers**
 - High suicide rate
 - Some scholars point out concerns over functional brain disorders

Source: World Health Organization: Mental, psychological and central nervous system effects. Health effects of the UN Chernobyl accident and special health care programmes: report of the UN Chernobyl forum expert group "Health" (eds. Bennett B., et al), 93-97, WHO, Geneva 2006

The WHO Report summarizes psychiatric consequences of stress from the nuclear disaster, pointing out the following four points:

The first is about stress-related symptoms. The study reports that the percentage of those claiming unexplainable physical symptoms or health problems based on self-assessment in a group of exposed people was 3 to 4 times larger than that in a control group.

Secondly, it was found that mothers who were pregnant when the accident happened have been deeply concerned about radiation effects on the brain functions of their children. For example, to a questionnaire question such as "if they believe their children have problems with their memory," 31% of mothers in mandatory evacuation areas answered yes, which is 4 times larger than the percentage (7%) of mothers in uncontaminated areas who answered yes.

The third and fourth points are radiation effects observed in decontamination workers.

A follow-up study on 4,742 Estonians who participated in decontamination operations found that 144 of them had been confirmed dead by 1993, with 19.4% of them dying by suicide, although no increases were seen in cancer incidence and mortality rates.

Additionally, there was a study report that functional brain disorders were found in decontamination workers with the highest exposure doses. However, such findings are criticized for a lack of scientific correctness as alleged by some researchers and are not confirmed individually.

Included in this reference material on March 31, 2013

Updated on February 28, 2018

Summary by Bromet et al. (2011)



- (1) Among workers who participated in emergency work immediately after the accident and decontamination operations, a significant percentage is still suffering from depression and PTSD, even after the lapse of 20 years from the accident.**
- (2) Different studies show different results about psychiatric effects on children in the highly contaminated areas.**
- (3) Studies on general populations have found that the percentages of self-reported health problems, clinical or preclinical depression, anxiety and PTSD are high.**
- (4) Mothers remain in a psychiatric high-risk group as they have been concerned about family health at all times.**

Source: Bromet EJ, JM Havenaar, LT Guey. A 25 year retrospective review of the psychological consequences of the Chernobyl accident, Clin Oncol 23, 297-305, 2011

In 2011, a research group specialized in psychiatry and preventive medicine published a paper detailing what psychiatric effects of the Chernobyl accident were observed.

It has been found that among a group of workers who worked at the site immediately after the accident and who were exposed to high levels of radiation, a significant percentage is still suffering from depression and PTSD, even after the lapse of 20 years from the accident. Different studies show different results concerning radiation effects on toddlers and fetuses who lived around the plant or in the highly contaminated areas at the time of the accident. For example, studies conducted in Kiev, Norway and Finland on children who were exposed to radiation in their mothers' wombs suggest that they had specific psychiatric and psychological disorders, but other studies do not observe such health problems. Studies on general populations have found that the percentages of self-reported health problems, clinical or preclinical depression, anxiety and PTSD are high. Mothers remain in a high-risk group from a psychiatric viewpoint as they have been concerned about family health at all times.

In the case of the Chernobyl accident, all such symptoms are not attributed solely to concern over radiation. Distrust of the government, inappropriate communications, the collapse of the USSR, economic issues, and other factors would also have had some relevance and some of them would have had a combined effect, rather than one factor being the sole culprit.

Included in this reference material on March 31, 2013

Updated on March 31, 2017

2006 World Health Organization (WHO) Report :
Mental health such as anxiety is the biggest problem for regional healthcare.



Against this,



concerns have been raised over the decrease in international investigations since the 2006 WHO Report.

- (i) It has been pointed out that the physical effects and damage from the Chernobyl accident might be greater than the estimate in the WHO Report, and that it would be necessary to continue international investigations.*¹**
- (ii) There has been a criticism that the WHO's view would make people less wary of foods from the contaminated areas and could impede future investigations and research.*²**

*1: This view is based on the fact that in Rivne in Ukraine, the incidence of neural tube defects is 22.2 per 10,000 people, the highest throughout Europe. (Wertelecki, Pediatrics, 125, e836, 2010)
However, it has not been clear what is causing this.

*2: Holt, Lancet, 375, 1424 - 1425, 2010

There are also reports arguing that the WHO Report overestimates mental health aspects such as anxiety and underestimates physical effects.

These reports rely primarily on a report that people living as an isolated Polish community in the Rivne province of Ukraine, called "Polishchuks," have a high incidence of neural tube defects. Because the effects of consanguineous marriage are also suspected and neural tube defects could be also caused by folate deprivation and maternal alcohol use, it is unclear whether the high incidence of neural tube defects in the Rivne province has been caused by radiation from the Chernobyl accident or other effects, or their combinations.

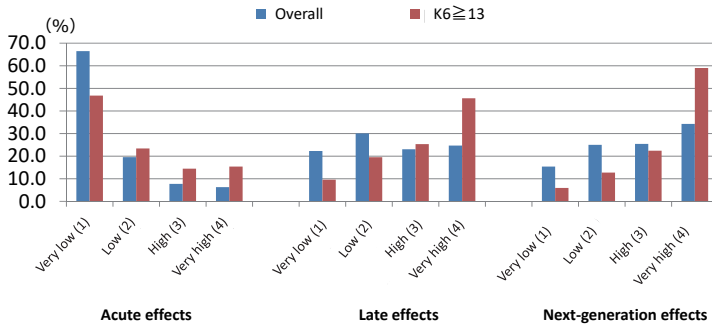
(Related to p.101 of Vol. 1, "Knowledge on Malformation Induction - Chernobyl Accident -")

Included in this reference material on March 31, 2013

Updated on March 31, 2015

Relationship between Mental Health and Perception of Risks Concerning Health Effects of Radiation

Results of the Mental Health and Lifestyle Survey of the FY2011 Fukushima Health Management Survey



*K6 is a self-recording scale to measure general levels of mental health. Scores exceeding 13 show strong depression and anxiety symptoms.

• **Overall trend**

The majority answered that the possibility of acute effects is very low. Opinions vary with regard to late effects. The largest number of respondents chose the option "very high" for next-generation effects.

• **Among people with mental disorders**

The percentages of respondents who chose the option "very high" were large for all three types of effects.

Prepared based on Suzuki Y, et. al., Bull World Health Organ, 2015 (<http://dx.doi.org/10.2471/BLT.14.146498>)

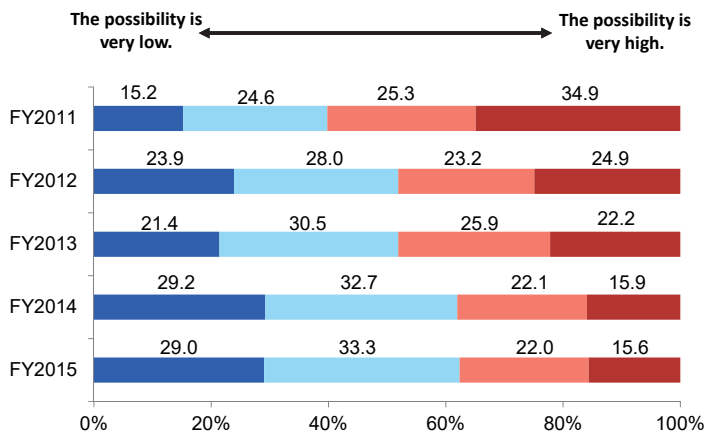
As part of the Fukushima Health Management Survey, Fukushima Prefecture conducts the Mental Health and Lifestyle Survey targeting disaster victims every year (see p.135 to p.141 of Vol. 2, "10.5 Mental Health and Lifestyle Survey" for details). The 2011 survey asked about the perception of (i) acute effects (hair loss and bleeding), (ii) late effects (thyroid cancer and leukemia), and (ii) any next-generation effects of radiation. As a result, the following were found.

- There are very few disaster victims worrying about acute exposure, but the majority have concerns over late effects and next-generation effects.
- Those worrying about radiation effects as indicated in their responses to all three questions clearly show worse mental health conditions and have depression and anxiety symptoms.

Given these, it can be said that disaster victims who are apt to have negative perception of risks are highly likely to have strong depression and anxiety symptoms as well.

Included in this reference material on February 28, 2018

Changes in Perception of Radiation Risks (Next-generation Effects)



Prepared based on the materials of the 29th Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

As shown on p.143 of Vol. 1, "Relationship between Mental Health and Perception of Risks Concerning Health Effects of Radiation," the Fukushima Health Management Survey examines perception of risks concerning health effects of radiation (late effects and next-generation effects) every year. The percentages of respondents answering that the possibility is high are gradually decreasing for both questions. However, what should be noted is the fact that a larger number of people every year worry about next-generation effects rather than late effects. The figure shows changes over the years in responses to questions about next-generation effects. The percentage of people worrying about next-generation effects is decreasing gradually but still remains at around 40% as of FY2015, showing little change from FY2014.

Such worries over next-generation effects of radiation tend to cause discrimination and prejudice and doubt about future chances of getting married or having children. As shown in the survey results, if disaster victims themselves feel in this manner or have self-stigmas (self-prejudice), their confidence and identity may be shaken significantly and their future life plans may be affected accordingly. It is necessary to note the sensitiveness of such worries and prejudice for disaster victims.

Included in this reference material on February 28, 2018

The Chernobyl accident occurred on April 26, 1986.



Increase in induced abortions in remote places

Greece: sharp decline in birthrate in January 1987

⇒ Induced abortions for 23% of fetuses in the early stage of fetation in May 1986 (estimation)

Italy: Approx. 28 to 52 unnecessary abortions per day for five months after the accident (estimation)

Denmark: Slight increase

Sweden, Norway, Hungary: None

Source: Proceedings of the Symposium on the effects on pregnancy outcome in Europe following the Chernobyl accident. Biomedicine & Pharmacotherapy 45/No 6, 1991

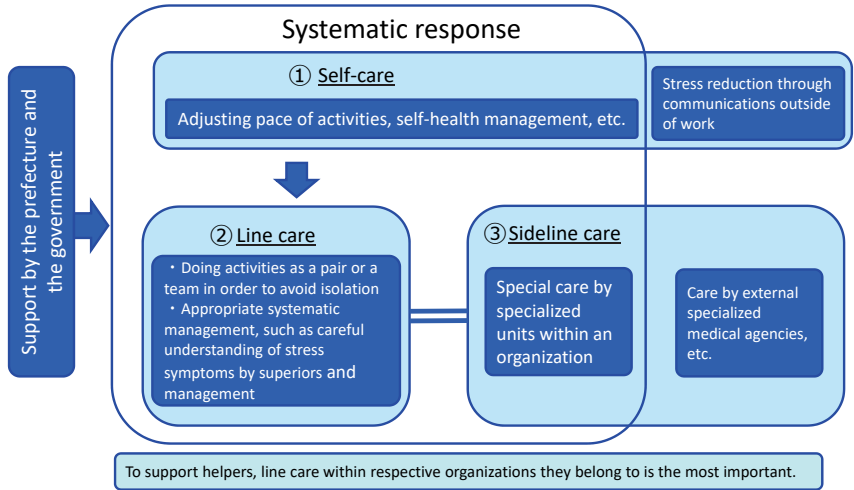
Excessive concern over the health effects of radiation could be harmful both physically and mentally.

For example, resulting suicide attempts and alcohol addiction are harmful to the body.

There is a report that spontaneous abortions increased because of stress after the Chernobyl accident. There is also a report that induced abortions increased even in areas remote from the Chernobyl plant. In Greece, the effect of the Chernobyl accident was minor within the level below 1 mSv, but the number of pregnant women who chose abortion increased in the next month after the accident and the number of births sharply declined in January of the next year. Based on the birth rate, it is estimated that 23% of fetuses in the early stage of fetation were aborted. On the other hand, in such countries as Hungary, where abortion is not allowed unless fetal exposure dose exceeds 100 mSv, no abortions were performed.

Included in this reference material on March 31, 2013

Updated on March 31, 2015



Prepared based on "Psychological Care to Disaster Victims, Prefecture-Level Guidelines," Cabinet Office, March 2012; "Fukushima Psychological Care Manual," Fukushima Mental Health and Welfare Centre, 2012; "Manual on Post-Disaster Psychological Care at Workplaces," Japan Labor Health and Welfare Organization, June 2005; "Current Situations and Issues with the Mental Health of Disaster Victims in Fukushima," Masaharu Maeda, Firefighting Science and Information

Support service providers to disaster victims, such as civil servants and medical personnel, are often in positions to closely witness the agony of the disaster victims and tend to feel helpless or guilty as no immediate solutions are available.

To provide psychological care to them, support within respective organizations they belong to is the most important and such support would help maintain the stability and constancy of the organizations. However, in Fukushima Prefecture, issues to be handled are too wide-ranging, long-term, and complex to find goals or processes for their solutions, so it is difficult to provide support solely by respective organizations.

It is important for such helpers to care for themselves by being aware of their difficult situation and trying to relieve stress by themselves in the first place. Secondly, it is also important for superiors, management or coworkers to detect any problematic symptoms at an early stage and provide care within respective organizations. Furthermore, establishing a specialized unit outside the organization that offers support would be one option. In order to construct such a support system, psychological education and awareness-raising activities targeting managers (also for their own sake) would be very important.

Fukushima Prefecture and the government are providing support for psychological care to the disaster victims directly and indirectly through psychological care support projects for the disaster victims, etc.

Included in this reference material on March 31, 2016

Support for helpers within respective organizations

1. Set work goals

- Clarify the importance and goals of jobs
- Keep daily reports, diary or a note of activities to organize thoughts

2. Maintain the pace of life

- Get enough sleep, nutrition and water

3. Take rest when possible

4. Figure out how to get refreshed

- Take a deep breath, close eyes, meditate, do stretches
- Take a walk, do exercise, listen to music, have meals, take a bath, etc.

5. Socialize as a way of relieving stress

- Contact family, friends, etc. when possible (preferably people unrelated to work)

Self-support of helpers

a. Avoid overworking

- Know your limits and adjust the pace of activities

b. Be aware of stress

- Manage your own health and detect stress symptoms at an early stage

c. Try to relieve stress

- Relaxation, body care, refreshment
- Communicate with people outside work (family, friends, etc.)

d. Avoid isolation

- Work as a pair or a team

e. See things differently

Source: "Fukushima Psychological Care Manual," Fukushima Mental Health and Welfare Centre, 2012

"Fukushima Psychological Care Manual" by the Fukushima Mental Health and Welfare Centre provides guidelines regarding stress measures for helpers.

Helpers' self-support efforts include avoiding overworking and being aware of their own stress, etc. It might be difficult to avoid overworking given the situation they are in, but it is important for individuals to know their own limits so that they can adjust the pace of activities and to hand off work to someone else in order to avoid meeting too many disaster victims in a day. Having stress symptoms is not something to be ashamed of but an important clue for self-health checks. It is necessary to manage health by oneself and notice any symptoms at an early stage. Relaxation, body care, refreshment, and communication with people outside work (family, friends, etc.) are effective in relieving stress. Isolation should be avoided as much as possible in a situation where one can easily become stressed out, so it would be necessary to work as a pair or a team and to have opportunity to share experience (disaster situations individual helpers witnessed and their feelings) with coworkers on a periodic basis or to be given instructions from senior workers, etc. It is natural that individuals cannot change everything on their own, especially in difficult situations after disasters, so it is better to rate one's own activities positively and there is no need at all to have negative thoughts considering not being fit or competent for the job.

The manual also cites some concrete ways to provide care for helpers within respective organizations.

- Feeling guilty about taking a rest alone while others are working is a sign of stress.
- When noticing any physical or psychological symptoms, consult with a superior or coworkers at an early stage.
- Exchange words with coworkers as often as possible to encourage each other.
- Be careful about one's own health and coworkers' health and tell the relevant person and the supervisor if someone has too much workload.

Included in this reference material on March 31, 2016

When Feeling Depressed or Anxious

Consult a public health nurse, a nurse or a special institution nearby if you are aware of any change as follows in yourselves. It is important to share everything and be listened to.

Signs of depression - Signs you can notice yourselves

- Feel sad, gloomy, down
- Easy to get tired, feeling unwell (lethargic)
- Hard to sleep, get up earlier than usual in the morning
- Feel worse in the morning than in the evening
- Unable to overcome failure, sorrow, disappointment
- Disinterested in everything, have no fun
- Feel weaker, less motivated, less focused (dull)
- Less appetite, in no mood to meet people
- Unable to get rid of worries, paranoid
- Blame yourself, feel worthless, etc.

("Do you know what depression is like?" (pamphlet for the general public (draft)), Ministry of Health, Labour and Welfare; <http://www.mhlw.go.jp/shingi/2004/01/s0126-5d.html>)

Below are consultation services you can turn to when you have problems with yourselves or your family, such as worries, anxiety, loneliness and alcohol problems.	Consultation service	Phone number	Business hours
	Fukushima Mental Care Centre Telephone Counselling Service for Disaster Victims, Fukukoko Line	024-925-8322	9:00-12:00 and 13:00-17:00 from Mon. to Fri. (except national holidays and the year-end and New Year holidays)
	Telephone Mental Health Counselling Service (For people residing in Fukushima Prefecture) (For people residing outside Fukushima Prefecture)	024-535-5560 0570-064-556	9:00-17:00 from Mon. to Fri. (except national holidays)
	Fukushima Counselling Service	024-536-4343	10:00-22:00 every day (open 365 days a year)
	Fukushima Mental Health and Welfare Centre	024-535-3556	9:00-17:00 from Mon. to Fri. (except national holidays and the year-end and New Year holidays)

Child counseling (under age 18): If you have any concerns, turn to the nearest health center in your municipality.

Source: Prepared based on the "List of Other Counseling Services," Radiation Medical Science Center for the Fukushima Health Management Survey, Fukushima Medical University

Depression is considered to be caused when the part of the brain associated with emotions and willingness becomes underactive.

We are exposed to a lot of stress as we have worries or are under pressure in our daily lives. Getting enough sleep or a good rest can reduce such stress to some extent. This is because our bodies have natural healing power.

However, if we keep worrying or are under pressure for a long time or if we continue overwork, we may become more likely to develop depression. The symptoms of depression or symptoms suspected of being related to depression are as follows:

- (i) Symptoms related to emotions and willingness, such as feeling down, unmotivated, having a hard time concentrating, losing the power to think;
- (ii) Symptoms related to sleep, such as having a hard time falling asleep, waking up in the middle of the night, having a hard time getting a good night's sleep or waking up earlier than usual in the morning;
- (iii) Symptoms related to appetite, such as having no appetite, food not tasting good, having an upset stomach.

If you have any of the above, it is important to call a specialized institution or counselling service without hesitation.

Reference: "Depression and Depressive States," Fukushima Mental Care Centre, supervised by Misato Oe

Included in this reference material on March 31, 2017

Psychological Care		Reference Materials on General Psychological Care (1/3) General Information on Psychological Care		
	Title	Issued by	Issued in	URL
(i)	Psychological First Aid (PFA) Field Guide	World Health Organization (WHO) Japanese translation: National Center of Neurology and Psychiatry, Care Miyagi, (Public Interest Incorporated Foundation) Plan Japan	2011	http://saigai-kokoro.ncnp.go.jp/pdf/wh_o_pfa_guide.pdf
(ii)	Guidelines for Local Mental Health Care Activities after a Disaster	Ministry of Health, Labour and Welfare, Health and Labour Science Research Grants Health and Labor Science Special Research Program	Updated in March 2011	http://saigai-kokoro.ncnp.go.jp/document/medical_personnel05.html
(iii)	Roadmap for Local Mental Health Care Activities after a Disaster	National Center of Neurology and Psychiatry, National Information Center of Disaster Mental Health	Updated in March 2011	http://saigai-kokoro.ncnp.go.jp/document/pdf/mental_info_map.pdf
(iv)	Mental Health Manual for Disaster Rescuers and Helpers	National Center of Neurology and Psychiatry, National Information Center of Disaster Mental Health	Updated in March 2011	http://saigai-kokoro.ncnp.go.jp/document/pdf/mental_info_saigai_manual.pdf
(v)	Guide for Providing Psychological Support in the Event of a Nuclear Disaster - How to Respond to Local Residents -	(Public Interest Incorporated Foundation) Nuclear Safety Research Association (Project commissioned by the Ministry of Education, Culture, Sports, Science and Technology)	March 2009	http://saigai-kokoro.ncnp.go.jp/document/pdf/mental_info_nuclear.pdf

This table shows reference materials on general psychological care as well as the health effects of disasters and radiation.

(i) is a guide for Psychological First Aid (PFA) translated in Japanese. It provides points that supporters should consider in practicing PFA, such as what to do and what not to do.

(ii) is a guideline on how to manage stress after a disaster. It is directed to doctors, public health nurses, nurses, psychiatric social workers, other professionals, and administrative officials and explains specific measures to deal with the psychological effects of disasters on local residents.

(iii) is a roadmap showing psychiatric health activities that should be implemented immediately after a disaster and over mid and long terms. It is directed to health and medical personnel and explains the psychological and mental reactions of disaster victims and corresponding activities.

(iv) is a manual on how disaster helpers should manage stress. It is directed to health and medical personnel and explains the mental and physical reactions of helpers and how to manage stress.

(v) is a guide showing how to provide psychological care in the event of a nuclear disaster. It provides examples of typical psychological reactions after a disaster and first-aid methods for people with anxiety, and recommends consulting with doctors promptly if helpers notice such reactions. It also recommends using a check sheet to check symptoms that are likely to be seen in helpers, and taking appropriate measures.

Included in this reference material on March 31, 2015

Updated on February 28, 2018

Psychological Care Reference Materials on General Psychological Care (2/3) Post-Disaster Care to Children

	Title	Purpose and Target	Issued by	Issued in	URL
(i)	Child-friendly Space Guidebook, Part 1 (Key concepts)	<ul style="list-style-type: none"> Purpose: To create a space where children can stay safe with peace of mind in an emergency and explain how to make preparations therefor and actual procedures to be followed Target: Children 	(Public Interest Incorporated Foundation) UNICEF Japan National Center of Neurology and Psychiatry, National Information Center of Disaster Mental Health	Updated in December 2016	https://www.unicef.or.jp/kin/kyu/japan/pdf/cfs.pdf
(ii)	To Those who Support Child Disaster Victims - About Acute Psychological Support-	<ul style="list-style-type: none"> Purpose: To provide psychological support to children immediately after the disaster Target: Children 	The Japanese Society for Child and Adolescent Psychiatry, Disaster Contingency Planning Committee	March 2011	http://saigai-kokoro.ncnp.go.jp/document/pdf/mental_info_childs_02.pdf
(iii)	To Those who Support Child Disaster Victims - About Mid- and Long-term Psychological Support -	<ul style="list-style-type: none"> Purpose: To provide mid- and long-term support to child disaster victims Target: Children 	The Japanese Society for Child and Adolescent Psychiatry, Disaster Contingency Planning Committee	July 2011	http://child-adolesc.jp/wp-content/uploads/tebiki_chuuchouki.pdf
(iv)	To Helpers - Guideline on How to Deal with Disabled Children after a Disaster	<ul style="list-style-type: none"> Purpose: To deal with physical, psychological and behavioral issues in supporting disabled children after a disaster Target: Disabled children and their guardians 	The Japanese Society for Child and Adolescent Psychiatry	March 2011	http://saigai-kokoro.ncnp.go.jp/document/pdf/mental_info_handicap_ped_child.pdf

The table shows reference materials on general psychological care for disasters, mainly on child care.

(i) is an emergency guidebook. It is directed to staff of evacuation centers, private organizations and municipalities, as well as people in the fields of medicine, welfare, and education, and summarizes what should be understood and basic strategies to keep in mind when creating a space where children can stay safe with peace of mind. Additionally, it provides examples of preparations necessary for creating a child-friendly space and actual procedures to be followed.

(ii) and (iii) show how to provide psychological care to children, immediately after a disaster (ii) and over mid- and long-terms (iii), directed to nurses, public health nurses, psychologists, and school nurses.

(iv) is a guideline on how health and medical personnel support disabled children. It summarizes how to deal with physical, psychological, and behavioral issues. It also contains how to support guardians.

Included in this reference material on March 31, 2015

Updated on February 28, 2018

Psychological Care		Reference Materials on General Psychological Care (3/3) Post-disaster Psychological Care for Each Disease			
	Title	Purpose and Target	Issued by	Issued in	URL
(i)	A Manual on How to Promote Measures against Depression - for Prefectural and Municipal Officials -	<ul style="list-style-type: none"> • Purpose: To appropriately treat depression • Target: Local residents 	Ministry of Health, Labour, and Welfare Regional Anti-Depression Committee	January 2004	http://www.mhlw.go.jp/shingi/2004/01/s0126-5.html#1
(ii)	A Manual on How to Deal with Depression - for Health and Medical Personnel -	<ul style="list-style-type: none"> • Purpose: To appropriately treat depression • Target: Local residents 	Ministry of Health, Labour, and Welfare Regional Anti-Depression Committee	January 2004	http://www.mhlw.go.jp/shingi/2004/01/s0126-5.html#2
(iii)	Drinking Problems after Disasters	<ul style="list-style-type: none"> • Purpose: To treat people suffering from alcoholism • Target: Alcohol addicts after a disaster 	National Center of Neurology and Psychiatry, National Information Center of Disaster Mental Health	Updated in April 2011	http://saigai-kokoro.ncnp.go.jp/document/pdf/mental_info_alcohol.pdf
(iv)	To Support People Inclined toward Suicide - Guideline for Counselors -	<ul style="list-style-type: none"> • Purpose: To confirm the basic knowledge and action guideline required for counseling and supporting activities • Target: People inclined toward suicide, including survivors of suicide attempts, suicide repeaters, and people contemplating suicide 	Ministry of Health, Labour and Welfare, Health and Labour Science Research Grants Mental Health Science Research Program	January 2009	http://www.mhlw.go.jp/bunya/shougaihoen/jisatsu/dl/02.pdf
(v)	A Guideline on Evaluating and Supporting Social Recluses	<ul style="list-style-type: none"> • Purpose: It is created as a practical guideline on how to evaluate and support social recluses. • Target: People who fall under the category of social recluses 	Ministry of Health, Labour and Welfare, Health and Labour Science Research Grants Mental Health Science Research Program	May 2010	http://www.zmhwc.jp/pdf/report/guidebook.pdf
(vi)	A Manual on How to Support Disaster Victims Suffering from Dementia and Their Family (for Medical Purposes)	<ul style="list-style-type: none"> • Purpose: For medical purposes • Target: People with dementia living in evacuation centers and their family 	Japan Society for Dementia Research	April 2016	http://dementia.umin.jp/ryou419.pdf
(vii)	A Manual on How to Support Disaster Victims Suffering from Dementia and Their Family (for Nursing Purposes)	<ul style="list-style-type: none"> • Purpose: For nursing purposes • Target: People with dementia living in evacuation centers and their family and nursing personnel 	Japan Society for Dementia Research	April 2016	http://dementia.umin.jp/kaigo419.pdf

The table shows reference materials on general psychological care after disasters, particularly in relation to depression, stress, drinking habits, suicide, social recluses, dementia, etc.

(i) and (ii) are manuals for regional administrative officials and health and medical personnel to implement general anti-depression measures. They provide precautions in making conversation with people with anxiety, and specific examples of how to explain or ask questions.

(iii) explains how health and medical personnel should deal with alcohol addicts after disasters.

(iv) assumes people inclined toward suicide, including survivors of suicide attempts, suicide repeaters and people contemplating suicide as targets. It provides the basic knowledge and action guideline required for workers in healthcare centers and mental health welfare centers, municipal officials, case workers and children's social workers in providing counseling and support activities.

(v) is a guideline providing examples of social recluses, which is a practical material for use by institutions specialized in mental health, medical care, welfare and education in evaluating and supporting social recluses.

(vi) and (vii) are manuals on people with dementia living in evacuation centers and their family. (vi) is directed to medical personnel such as doctors and nurses treating dementia in disaster-stricken areas. (vii) is aimed at supporting nursing personnel.

Included in this reference material on March 31, 2015

Updated on February 28, 2018