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# Collaboration with International Organizations Lessons from Fukushima

## May Abdel-Wahab, MD, PhD, FACR, FASTRO

2024 Fukushima Medical University International International Symposium on Fukushima Health Management Survey Build Back Better together Session 3.11: Sharing Lessons from Fukushima with Japan and the World Saturday March 2<sup>nd</sup> 6:15-7:00 am CET

# Outline



- General overview of radiation exposure.
- How do patients, as well as local population concerned with radiation effects, process information
- Radiation risk assessment and communication
- Examples of IAEA support during Fukushima
- The IAEA Division of Human Health in collaboration with the Hiroshima University, Fukushima Medical University, and Nagasaki University, among others, STS projects in radiation, health, and society over the years
- Rays of Hope initiative and the new STS project

## **Communicating Radiation Dose**



This chart is subject to revision without notice.

#### When the entire human body is evenly exposed to gamma rays at an absorbed dose of 1 Gy, the dose is equivalent to 1000 mSv as effective dose.





## Adult dose compared to Background Radiation Level



Exam	Reference level
	(time to receive equivalent
	background radiation)
Chest X-ray PA / LAT	2.4 days / 12 days
Mammography	1 ½ months
Abdomen / Pelvis X-ray	3 months
Head CT	8 months
Lung Perfusion (Tc <sup>99m</sup> )	8 months
Thyroid scan (Tc <sup>99m</sup> )	1 ½ years
Brain (Tc <sup>99m</sup> )	2 years
Abdominal CT	2 <sup>1</sup> / <sub>2</sub> years
Cardiac Stress Test	3 years – 13 ½ years
(depending on isotope/protocol)	
Cardiac PET ( <sup>18</sup> F-FDG)	5 years
High resolution Chest CT	5 years
(e.g. pulmonary embolism, angiogram)	
* Using an average background radiation leve	el of 3 mSv/yr and Tables 8-11

Contextualize

Reasoning tailored for patients and returnees

HEALTH RISKS FROM EXPOSURE TO LOW LEVELS OF IONIZING RADIATION BEIR VII PHASE 2: https://www.nap.edu/read/11340/chapter/1

#### Classic Human Brain Anatomy and Physiological Activities





Sciences, C.B., SPL. 2014.

## Anatomy of Human Brain and Physiologic Activities





#### PRIMATE "THINKING" BRAIN:

- · Brain region Neo cortex
- Responsible for sensory perception, spatial reasoning, generation of motor commands, conscious thought, intellectual memory
- Happy when learning, anticipating future reward, connected to higher purpose, in flow
  - · Evolutionary role predicting brain that helps the community thrive

#### MAMMILIAN "FEELING" BRAIN:

- Brain region Limbic system (includes <u>amyodala</u> / fear center & nucleus <u>accumbens</u> / pleasure center."
- Responsible for (positive) emotions, learning, emotional memory and spirituality
- · Happy when feel trust, social bonds, higher status
- · Evolutionary role social brain that helps the community survive

#### REPTILIAN "INSTINCTIVE" BRAIN:

Brain region brain stem Responsible for the 4 F's - fight, flight, feed and fornicate (wired for danger and therefore negative emotions) Happy when safe from danger Evolutionary role, selfish brain that helps us survive individually





## **Health Literacy**



#### Gender-specific differences doctor-patient communication



#### **Communication and messages**



- Develop messages at a 6th grade reading level
- Avoid jargon and scientifically complex terms.
- KEEP IT BRIEF:
  - Make messages for the public brief, concise and clear.
- KEEP IT TO THE POINT:
  - Follow the 27/9/3 rule.

In high-stress situations, a spokesperson is judged primarily by actions/non-verbal communications before audience members ever listens to the message

<u>Risk Communication Myth</u> You can't anticipate what people will ask

#### <u>Truth</u>

95 percent of all questions and concerns of all stakeholders for all controversies are predictable and can be anticipated in advance.



https://www.urmc.rochester.edu/MediaLibraries/URMCMedia/flrtc/EPA-Communicating-Radiation-Risks.pdf



#### The Influence of Background Behaviours during Medical Encounters

Despite there is a clear trend towards open communication between doctors and patients worldwide, distinct characteristics may affect the doctor-patient interaction

Variables to be considered to improve communication in the medical setting



Source: Adapted from Ong, L. M., De Haes, J. C., Hoos, A. M., & Lammes, F. B. (1995). Doctor-patient communication: a review of the literature. Social science & medicine, 40(7), 903-918

#### **Communication and Messages**



## The role of experts in post accident recovery: lessons learnt from Chernobyl and Fukushima



#### Involvement and empowerment of the affected population to make informed decisions



## **Risk Communication**





WHO Risk Communication Training: <u>http://www.who.int/risk-communication/training/module-b/en/index1.html</u> P. Sandman et al (1994). Risk Communication. Encyclopaedia of the Environment. Houghton Mifflin. pp.620-623. <u>http://www.psandman.com/articles/riskcomm.htm</u>

> Image: P. Sandman et al (1994). Risk Communication. Encyclopaedia of the Environment. Houghton Mifflin. pp.620-623. <u>http://www.psandman.com/articles/riskcomm.htm</u>

## **Why Improve Communication?**



- Ineffective communication (in emergency situations) can result in <u>negative consequences</u>, i.e. public <u>fear</u> and <u>confusion</u>
- Quickly and effectively disseminate information
  - Technical facts
  - Individual Risk
  - Safety Information



- Close '<u>Communication Gap</u>' between technical expertise and public understanding
- Increase public trust of official announcements and sources
  of information
  Image: P. Sandman et al (1994). Risk Communication. Encyclopaedia of the Environment.

Houghton Mifflin. pp.620-623. <u>http://www.psandman.com/articles/riskcomm.htm</u>



### The Impact of the Fukushima Accident: Big Data Analysis

A comparison of the associated universities (green), topics (blue) and diseases (red) found through association rule mining for 'Nuclear Power'



# The gap between residents' risk perception and their actual exposure doses have not changed, even 7 years after the accident



Residents' perception that adverse health effects would occur from 1 mSv per year of radiation exposure



Comparison of Kawauchi residents' perception in 2014 and 2017

■ Yes ■ Probably Yes ■ Probably No ■ No



# Patient satisfaction with Doctor-Patient communication during telemedicine



Research suggests that despite physical separation, communication during telemedicine is not inferior to communication during in person consultations

Telemedicine In-person Patient-centered Interpersonal skills Convenience **Clinical competence** communication of care

Patient satisfaction with Telemedicine versus In-Person consultation (n = 221)

#### **Patients' Perspectives**





- Develop welcoming ritual
- Be present
- Choose positive words
- Nonverbal communication
- Ask open-ended questions
- Show empathy
- Ask-Tell-Ask
- Ensure buy-in through shared decisionmaking
- Leave on a good note

https://www.physicianspractice.com/patient-relations/9-ways-improve-your-patient-communications https://healthecommunications.files.wordpress.com/2011/11/trip-to-doctors-office3.jpg AND https://healthecommunications.files.wordpress.com/2012/04/patient-visit-expectations.jpg



## **IAEA expertise (NA and NS)**

- Department Nuclear Applications (NA)
  - Division of Human Health
    - NMDI, ARBR, DMRP, NAHRES, Directors Office

#### Department Nuclear Applications (NA)

- Division of IAEA Environment Laboratories
  - Radiometrics, Radioecology, Marine environmental studies, Terrestrial Environment

#### • Department Nuclear Applications (NA)

- Joint FAO/IAEA Division of Nuclear Techniques in Food and Agriculture
  - Soil and Water Management and Crop Nutrition Section
  - NAFA-Food and Environmental Protection Section



### **IAEA expertise (NA and NS)**

- Department Nuclear Safety (NS)
  - Incident and Emergency Centre
    - Crisis communication
    - Emergency Preparedness

#### Department Nuclear Safety (NS)

- Division of Radiation, Transport and Waste Safety
  - NSRW-Radiation Safety and Monitoring Section
  - **DGOC-Director General's Office for Coordination**
  - OPIC-Office of Public Information and Communication
  - MTCD-Division of Conference and Document Services
    - MTCD-Publishing Section



# Cost and throughput relationship of measuring radioactivity in food during a nuclear emergency





Government- based laboratories

Single Nal detectors





Small community- scale initiatives



Hig

Cost

**№** 

#### Throughput





## **Published Reports Examples**



# **STS Approach**



The interdisciplinary field of Science, technology and society studies (STS) deals with how science (and technology) is made, communicated, and acted upon in social, political, and cultural contexts.

- Communication strategy
  - Contextualize information
  - Deflect distractions to allow focus on critical tasks
  - Provide a single source of information and standard communication protocols
  - Offload the need to retrieve, retain, and record information
  - Weed out extraneous information



## Timeline of STS Projects and Medical Physics (NA21)



## International Network 2012 - 2022



Powered by Bing © GeoNames, MSFT, Microsoft, NavInfo, Navteq, OpenStreetMap, Thinkware Extract, Wikipedia <u>CM and TM 2020:</u> + Brazil, Egypt, Ukraine

<u>TM November 2021:</u> + Norway, Russia, Kazakhstan, Philippines

<u>CM June 2022</u> + Belgium (3 SCK CEN and 4 Academic)



#### **Distribution of Specialization for TM and CM 2013 - 2022**



PROJECTS TIMELINE

#### **Distribution of Specialization for TM and CM 2013 - 2022**



PROJECTS TIMELINE



#### **Training, Workshops and Conferences**



Second Technical Meeting on Science, Technology, and Society Perspectives on Nuclear Science, Radiation, and Human Health: The View from Asia 2015



Poster session discussion



Debate Panel at FMU TM May 2019



Training session at the FMU TM May, 2019







Virtual Consultancy Meeting on October, 2020



#### FMU Consultancy Meeting August 2017





FMU Consultancy Meeting on August, 2017



## **Publications**

#### **Project Outcomes**



Health in Disasters

A Science and Technology Studies Practicum for Medical Students and Healthcare Professionals

#### 災害時の健康

医学生と医療従事者のための科学技術論実践

Health in Disasters

A Science and Technology Studies Practicum for Medical Students and Healthcare Professionals

**STS Curriculum Package** "Health in Disasters: A Science and Technology Studies Practicum for Medical Students and Health **Professionals**"

### **Non-IAEA Publications**





#### Review Article

Roles and Activities of International Organizations After the Fukushima Accident

Koichi Tanigawa, MD, PhD<sup>1</sup>, Jacques Lochard, MAS<sup>2</sup>, May Abdel-Wahab, MD, PhD<sup>3</sup>, and Malcolm J. Crick, MA, MSRP<sup>4</sup>

#### Abstract

After the March 2011 Fukushima Daiichi Nuclear Power Plant accident, overseas experts and representatives of international organizations visited Japan to provide advice, technical support, and resources. Several international meetings on radiological protection and health issues have since been held in Fukushima to provide further advice. The content discussed has changed alongside local developments in health-related issues from radiation health effects and radiological protection to risk communication and psychological, public health, and social

#### Table 1. Change in Radiation Disaster-Related Medical Curriculum Following the Fukushima Disaster.<sup>a</sup>

Before Disaster (Total 6 Hours)	After Disaster (Total 82.5 Hours)
	First year: Lecture
	The Great East Japan Earthquake
	and Nuclear Power Plant accident (2)
Third year: Lecture and PBL	Third year: Lecture and PBL
A part of Medical Physics (3)	A part of Medical Physics (3)
	Radiation Bioscience and Medicine (20)
	PBL (9)
Fourth year: Lecture	Fourth year: Lecture-
A part of Radiology (1.5):	A part of Radiology (1.5):
Radiation protection	Radiation protection
A part of Emergency Medicine (1.5):	A part of Emergency Medicine (2):
Disaster medicine	Disaster medicine
	Fifth year: Exercise
	Radiation Disaster and Health Management Training (42)
	Sixth year: Lecture
	Clinical Summary Lecture (3)

#### \*Numbers in parentheses indicate the length of the lecture in hours, problem-based learning (PBL), and exercise.

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#### Original Article Asia Pacific Journal of Public Health 2017, Vol. 29(25) 1205-1305 The Relationship Between © 2017 APIPH Reprints and permission Functional Independence and malsPermissions.na DOI: 10.1177/1010539516683498 **Psychological Distress in Elderly** (\$)SAGE Adults Following the Fukushima Daiichi Nuclear Power Plant Accident: The Fukushima Health Management Survey Mayumi Harigane, PhD<sup>1</sup>, Yuriko Suzuki, MD, PhD<sup>2</sup>, Seiji Yasumura, MD, PhD<sup>1</sup>, Tetsuya Ohira, MD, PhD<sup>1</sup>, Hirooki Yabe, MD, PhD<sup>1</sup>, Masaharu Maeda, MD, PhD<sup>1</sup>, and Masafumi Abe, MD, PhD<sup>3</sup>, on Behalf of the Mental Health Group of the Fukushima Health Management Survey\* **Review Article** Asia Pacific Journal of Public Health 2017, Vol. 29(2S) 635-735 **Psychosocial Issues Related to** © 2017 APIPH Reprints and permissions **Thyroid Examination After a** agepub.com/iournalsPermissions.nav DOI: 10.1177/1010539516686164 **Radiation Disaster** journals.sagepub.com/home/aph (S)SAGE Sanae Midorikawa, MD, PhD<sup>1</sup>, Koichi Taniga PhD2. Satoru Suzuki, MD, PhD<sup>2</sup>, and Akira Ohtsu Review Article Academic Responses to Fukushima Disaster: Three New Radiation Abstract Disaster Curricula A thyroid ultrasound examination program has been co Daiichi Nuclear Power Plant accident to address con cancer similar to those experienced by local residen the second-largest thyroid cancer screening in you after Chernobyl. As the natural history of thyroj Kiyotaka Yasui, RN<sup>,</sup>, Yuko Kimura, MD, PhD Kenji Kamiya, MD, PhD<sup>,</sup> Rie Miyatani, RN, PhD<sup>1,2</sup> Naohiro Teuvama, PhD<sup>2</sup>, Alema Sakai, RN<sup>1,2</sup> Alema Sakai, MD, Ph characterized, large-scale screening using thyroid with careful planning, as has been experienced in Kenji Kamiya, MD, PhD<sup>3</sup>, Rie Miyatani, RN<sup>1,4</sup> Naohiro Tsuyama, PhD<sup>3</sup>, Rie Miyatani, RN<sup>1,4</sup> Knii Ynehiria, PhD<sup>4</sup>, Shunichi Yamachira, MD, PhD<sup>3</sup>, MD, PhD<sup>4</sup>, PhD<sup>4</sup>, Shunichi Yamachira, MD, PhD<sup>3</sup>, Naohiro Tsuyama, PhD; Akira Sakai, MD, PhD; Koji Yoshida, PhD; Shunichi Yamashita, MD, PhD; Barku K. Chikama MD, Biros Maw Ahadal. Wahah Mg; gland is generally low among residents, who te Koji Yoshida, PhD4 Shunichi Yamashita, MD, PhD3 Rethy K. Chhem, MD, PhD4 May Abdel, Wahab, MD, PhD3 and Akira Ohtsuru, MD, PhD4, May Abdel, Wahab, MD, PhD4

## **New Medical Curricula**

#### FMU, Hiroshima University and Nagasaki University

**Radiation disaster medicine** for medical students at the Fukushima Medical University, together with a science, technology, and society module comprising various topics, such as public risk communication, psychosocial consequences of radiation anxiety, and decision making for radiation disaster.



<u>Phoenix Leader PhD degree</u> at the Hiroshima University, which aims to develop future leaders who can address the associated scientific, environmental, and social issues.

Joint Graduate School of Master's degree in the Division of Disaster and Radiation Medical Sciences at the Nagasaki University and Fukushima Medical University.





Transdisciplinary Approach



## Rays of Hope - Leaving no country behind





Half of cancer patients who need radiotherapy in low- and middle-income countries do not have access to it. This is a sobering statistic. And it is unacceptable.

> Rafael Mariano Grossi, IAEA Director General



# Difference in Equipment /Million Population 2013-2021



1 200 BAL (160) }	Il est prom	RegionName	MV_2013	UNPopulation_2013 Equi	pmentPerMillion	MV_2021 U	NPopulation_2021 Equipr	mentPerMillion
A lo station and and	the second is	01. North America	4,243	352,366,531	12.041	4,050	368,744,804	10.983
S STATE	11 Ser or	02. Mexico and Central America	168	168,171,560	0.999	210	179,670,186	1.169
Super ( The V	as	03. Tropical South America	559	346,518,924	1.613	612	362,970,576	1.686
	And and a	04. Temperate South America	182	63,522,106	2.865	188	67,785,713	2.773
A A A	Crent 2	05. Caribbean	56	42,292,435	1.324	82	43,322,324	1.893
	THE ALL AND AL	06. Western Europe	2,647	412,629,794	6.415	2,873	424,583,101	6.767
Star 2	LANK MAN	07. Eastern Europe and Norther	899	406,510,616	2.212	1,195	414,247,644	2.885
	ALAP VINS	08. North Africa	145	177,073,961	0.819	230	202,383,239	1.136
New . Lines	A CAR	09. Middle Africa	55	874,326,621	0.063	82	1,055,842,229	0.078
Increase		10. Southern Africa	81	76,171,505	1.063	110	82,366,574	1.335
Decrease	TA CON	11. Middle East	390	308,411,238	1.265	540	346,538,143	1.558
Same Same	19 - L	12. South Asia	606	1,697,994,102	0.357	789	1,856,376,652	0.425
None None		13. East Asia	2,661	1,574,832,845	1.690	3,856	1,678,089,627	2.298
		14. Southeast Asia	244	618,361,110	0.395	392	668,197,791	0.587
		15. Southern and Western Pacific	167	38,401,388	4.349	257	42,955,340	5.983

Difference in Equipment Distribution / Million Population 2013 - 2021

## **Additional Staff needed by Region**

additional staff



## **Practical Arrangements**

## **Collaborating Centres**





	IAEA	nic Energy Agency							Press	centre E	mployment	Contact
TOPICS ~	SERVICES ~	RESOURCES ~	NEWS & EVENTS~	ABOUT US 🗸				Search				٩
Home / N	ews / Extendin	g Collaboration, th	e IAEA Signs a New Ag	greement with Ja	apan's Nationa	l Institute of R	ladiological	Sciences (N	IIRS-QST)			
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Extending Collaboration, the IAEA Signs a New Agreement with Japan's National Institute of Radiological Sciences (NIRS-QST)



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Home / N	ews / Japanese	Centre, IAEA Incre	ase Collaboration in 1	Training in Nuclea	ar Medicine and Radiation Oncology				

Japanese Centre, IAEA Increase Collaboration in Training in Nuclear Medicine and Radiation Oncology









# Comprehensive Approach Together with the Country



#### **Rays of Hope:**

- Supporting Access
  - Technical assessments and economic evaluations;
  - Equipment
  - Capacity building technology transfer & training;
- Sustainability Regional Anchor Centres
- Innovation through R&D



## Innovation: Catalyzing education and training



State-of-the-art learning platforms and approaches that advance education and training can **accelerate** the speed and scale of progress in the global fight against cancer





As innovative, cost-effective training tools, the IAEA's virtual models are especially advantageous when the necessary medical equipment is unavailable or has not yet been commissioned for clinical use. By enabling professionals in resource-challenged contexts to train in an immersive learning environment, they **help close global knowledge gaps**.

## Innovation: Generating novel insights

Global databases that generate novel insights for targeted action can **accelerate** the speed and scale of progress in the global fight against cancer





#### **Technology** adoption

	Safe sanitation	Connectivity		Robots	Electric	Cancer
		Fixed broadband	Mobile broadband		Venices	radiotricitapy
Short term	<b>1.4%</b> 2021 → 2022	<b>4.8%</b> 2021 → 2022	<b>6.0%</b> 2021 → 2022	<b>14.6%</b> 2020 → 2021	<b>59.9%</b> 2021 → 2022	<b>—1.4%</b> 2020 → 2022
Long term (annual growth)	<b>2.4%</b> 2012 - 2022	<b>6.7%</b> 2012 → 2022	<b>14.8%</b> 2012 → 2022	<b>11.7%</b> 2011 → 2021	<b>63.5%</b> 2012 → 2022	<b>—1.3%</b> 2012 → 2022
Penetration	57	17.6	86.9	n,a.	2.1	20.9
	of 100 inhabitants in 2022 (45 in 2012)	per 100 inhabitants in 2022 (16.8 in 2021)	per 100 inhabitants in 2022 (82.0 in 2021)		of 100 cars in 2022 (1.3 in 2021)	of 100 countries in 2022 (21.5 in 2020)

#### WIPO's 2023 Global Innovation Index

Data from IAEA DIRAC helped bring attention to an alarming trend: *cancer cases requiring radiotherapy* are outpacing available technology.



## Supporting Rays of Hope Anchor Centres

Anchor Centres – which serve as capacity building and knowledge hubs – can **upscale global access** to cancer care by **advancing innovation** at the regional and global level, together with the IAEA

To enable them to effectively perform this critical work, these Centres need support on:

- Education and training
- Research
- Quality assurance
- Technology
- Equipment
- Resource mobilization





## **Rays of Hope - Regional Anchor Centres**





# New STS Project: Medical Doctors' Radiation Education and Communication



# Objective

Develop and train, radiation knowledge with relevance for medical personal, and patients.

*Experience with radiation risk communication including teaching and training concepts can be readily used.* 

Guidance manuals for building capacity will be developed and updated, based on Japanese and international expertise.

*Experience in Japan, Asia and internationally will benefit trainees from all participating RoH countries, thereby supporting improved doctor – patient relationship in radiation therapy communication and education.* 

# Medical Doctors' Radiation Education and Communication



\* NA39 project, concluding 2022 and relevant partners internationally and in country, and EB-Belgium one-year project ending Q1 2023, status assessments

- \*\* These will be studied in light of the facts and effects relevant to stakeholders and society and based on needs analysis and prioritization, relevant for society, concerned population and patients
- \*\*\*\* Methodologies and research insights for i.e. radiation monitoring, bio-dosimetry, radiation self-measurement, imaging and radiation therapy
- \*\*\*\* Backstopping, impact control and necessary adjustments

## Scope

Train and apply radiation knowledge for medical personal.

Respective communication skills related to radiation exposure will be taught.

Focus on present conditions and what is desired/ foreseen by population and local and regional stakeholders.

Medical communication should focus on measures to enhance populations' general trust in medical services.

# Conclusions



Successful risk communication must examine and compare the effects of risk perception and tailor risk messages considering the person's cultural background.

It is crucial to understand how patients as well as local population concerned with radiation effects process information's based on their specific and individual mind set and their overall and universal processing of information's in the human brain.

Efficient way to improve communication and promote mutual understanding between concerned population, patients and doctors is via education and interpersonal skills training.

Together, we will continue to build on past achievements and the experience of our colleagues from Japan and other countries world-wide including, while presenting and evaluating our diverse experiences



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