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# Gaetano Thiene

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## Longevity and Prevention: Can the Heart Become Centenary?

*"Heart disease represent the worst calamity in terms of mortality"*

This is frequently reported in newspapers [Fig. 01]

### "Heart disease represents the worst calamity in terms of mortality"

Washington Post,  
April 30, 1990

FIG. 01: Statement appeared in Washington Post on April 30, 1990, defining heart disease as the worst calamity.

According to data published by Topol EJ in 2003 (1), about the people who passed away in United States, 710.760 died by heart diseases (258‰), 553.092 by cancer (201‰), 167.661 by stroke (61‰), 122.009 by chronic obstructive pulmonary disease (44‰) and 97.902 by trauma (36‰) [Fig. 02].

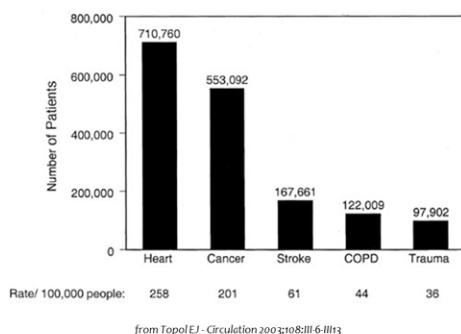
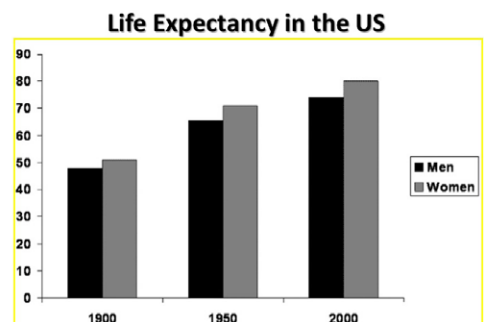


FIG. 02: Heart diseases represent the most frequently cause of mortality in the modern era, more than cancer.

In 2007 Jonas RA (2) reported that in USA life expectancy increased in the time interval 1.900 to 2.000 from 50 to 80 average years [Fig. 03].



from Jonas RA, The Journal of Thoracic and Cardiovascular Surgery  
Volume 134, Issue 1, July 2007, Pages 1-14

FIG. 03: Increase of life expectancy in the last century, both in men and women.

Data from the Centers for Disease Control and Prevention, Atlanta (USA) published in 1997, showed that in the previous 30 years life expectancy increased 6 years thanks to decrease of deaths from various morbidities. Decrease of cardiovascular disease deaths accounted for a gain of life expectancy by 3.9 years [Fig. 04] vs 0.3 years for cancer, which means that advance in life expectancy thanks to Cardiovascular Medicine was by far much higher than thanks to Oncology. Oddly enough, chronic obstructive pulmonary disease by pollution contributed for a life expectancy decrease by 0.2 years.

#### Gains of Life Expectancy by eliminated deaths from various morbidities in the last 30 years

• Cardiovascular Disease	+3.9 yrs
• Perinatal disease	+0.5 yrs
• Injuries	+0.7 yrs
• Cancer	+0.3 yrs
• Other causes	+0.9 yrs
• Chronic obstructive pulmonary disease	-0.2 yrs
• AIDS	-0.1 yrs

**Total +6 yrs**

Data from the Centers for Disease Control and Prevention, Atlanta, USA

FIG. 04: Cardiovascular diseases stand first in terms of gain of Life Expectancy in the last 30 years.

These advances in medicine are attributable to Discoveries, Inventions and Prevention.

**Discovery** is the process of finding an information, a place or an object for the first time.

1. Topol EJ. Current status and future prospects for acute myocardial infarction therapy. Circulation. 2003 Oct 21;108(16 Suppl 1): III6-13. doi: 10.1161/01.CIR.0000086950.37612.7b. PMID: 14605014.
2. Jonas RA. Rewards, risks, and responsibilities of globalization for the cardiothoracic surgeon. J Thorac Cardiovasc Surg. 2007 Jul;134(1):1-14. doi: 10.1016/j.jtcvs.2006.09.067. PMID: 17599479; PMCID: PMC7118771



**Invention** is the process of creating something that has never been made before.

**Prevention** is the act of stopping something from happening or stopping someone from doing.

Discovery of human anatomy (Andrea Vesalius), blood circulation (William Harvey), diseases (Giovanni Battista Morgagni), code of life (James Watson and Francis Crick), digitalis purpurea (William Withering) played a fundamental role.

As far as inventions, diagnostic tools (microscope), surgery (transplant, extracorporeal circulation), interventional devices (catheter, Implantable Cardioverter Defibrillator), drugs (Penicillin, Beta-blockers, ACE-inhibitors, Statins, Anticoagulants, Antiplatelets) Coronary Care Unit [Fig. 05]. A decrease of death by myocardial infarction from 30% to 5%, was due to defibrillator, angioplasty, thrombolysis [Fig. 06].



**Desmond Julian (1926-)  
Coronary Care Unit, 1961**



- Care in a single, separate room
- ECG monitoring with alarm system and prompt treatment of ventricular fibrillation (VF)
- Specially trained medical staff

FIG. 05: The settlement in 1961 of Coronary Care Unit.

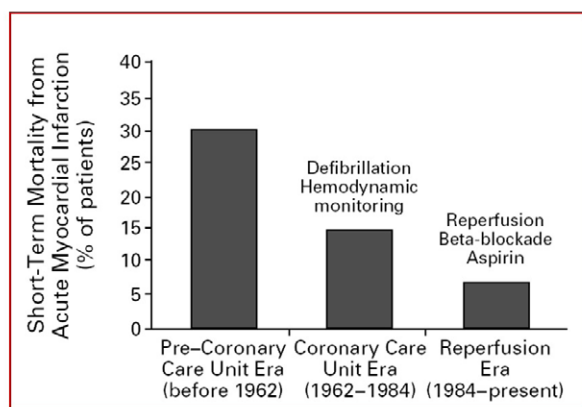


FIG. 06: The fall of mortality by myocardial infarction, after the introduction of Coronary Care Unit and myocardial reperfusion.

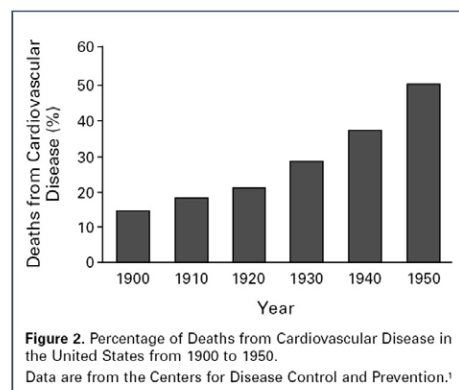
Prevention are the actions and activities that aim to reduce mortality and morbidity and the effects of certain risk factors/pathological states, promoting health and well-being.

Prevention played and still plays a fundamental role for advance in health. Heating, food, hygiene, early vaccinations had been major determinants in life expectancy increase. Tuberculosis decreased well before the arrival of streptomycin.

Primary preventions are currently the measures to postpone the onset of the diseases: vaccinations, life style, behavior, environment, early detection and diagnosis thanks to screening.

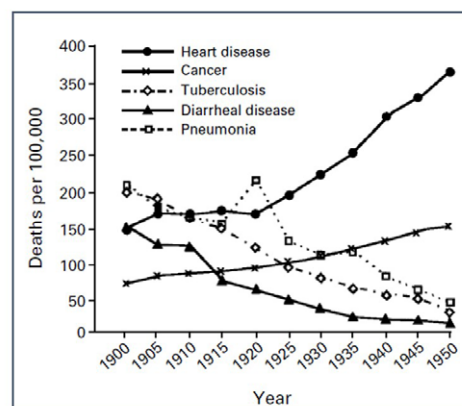
Screening is a diagnostic investigation conducted "under carpet" on a large scale in apparently healthy people, to identify a disease or its precursors, before it manifests with symptoms.

There were alarming data in the 50's of the last century concerning the increase of death due to Cardiovascular Diseases. In the United States from 1900 to 1950, according to data always coming from the Center for Disease Control and Prevention (3) [Fig. 07]. Unlike cancer, death cause of which was stable, there was a clear-cut decrease of mortality by pneumonia, tuberculosis and diarrheal disease, most probably thanks to antibiotics [Fig. 08].



from Braunwald E. N Engl J Med. 1997 Nov 6;337(19):1360-9.

FIG. 07: Impressive increase of mortality by cardiovascular disease from the early to mid-last century.



from Braunwald E. N Engl J Med. 1997 Nov 6;337(19):1360-9.

FIG. 08: Sharp increase in USA of mortality by heart disease in first half of the last century, compared with cancer, tuberculosis, diarrhoeal disease and pneumonia.

A specific epidemiologic study in the population to identify the risk factors of coronary artery disease and stroke became mandatory and urgent. William Kannel in 1961 set up a program of statistical investigation of alleged risk factors among the population in Framingham, a small town in Massachusetts.

The need to clarify the matter was raised by the vicissitude of two very popular persons who shocks the people.

3. Braunwald E. Shattuck lecture--cardiovascular medicine at the turn of the millennium: triumphs, concerns, and opportunities. N Engl J Med. 1997 Nov 6;337(19):1360-9. doi: 10.1056/NEJM199711063371906. PMID: 9358131.



The president Dwight D. Eisenhower (1890-1969), on Saturday, September 24, 1955 experienced a stomach ache while playing golf in Denver, Colorado. Prof. Paul Daudley White flew from Boston and confirmed the diagnosis of myocardial infarction, reassuring patient condition and putting forward a not so severe prognosis. Dow Jones plunged by 6%, with a loss of 14 billion dollars. Eisenhower died on March 28, 1969 for heart failure, follow up repeated heart attacks [FIG. 09].

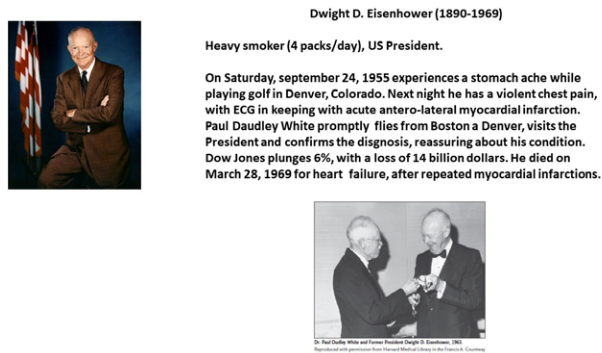


FIG. 09: The vicissitude of the US President Dwight D. Eisenhower, died of myocardial infarction. His doctor was Paul Dudley White.

The second case was represented by the actor Tyrone Power (1914-1958), who died suddenly of myocardial infarction 15 March 1958 in Madrid, aged 44 years old, on the set of the film "Solomon and the Queen of Sheba" [FIG. 10].



FIG. 10: The famous actor Tyrone Power was a strong smoker and died in Madrid on March 1958 of myocardial infarction, at early age of 44 years on the set of the film "Solomon and the Queen of Sheba".

Back to Framingham Study the following coronary risk factors were identified: smoking, hypertension, hypercholesterolemia, diabetes, obesity [FIG. 11].

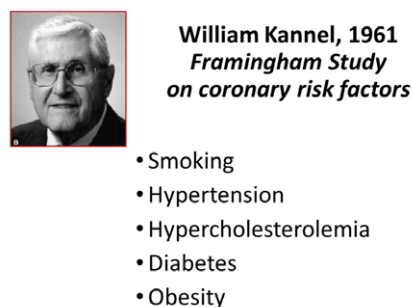


FIG. 11: William Kannel, Director of the Framingham Study since 1961, identified smoking, hypertension, hypercholesterolemia, diabetes and obesity as the main coronary risk factors.

Among the number of US deaths in 2000, behavior, smoking and obesity-inactivity ranked first as risk factors [FIG. 12] (4).

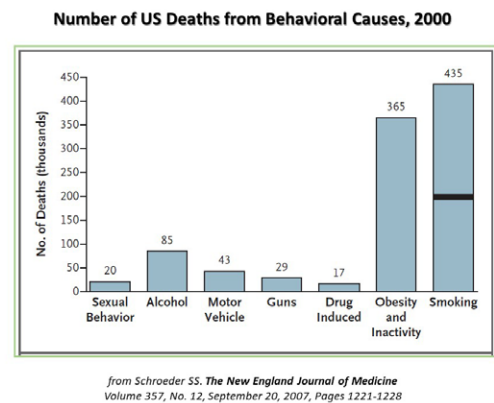


FIG. 12: Smoking and obesity with inactivity represent the main behavioural causes of death in USA, year 2000.

Overall, the main determinants of health and their contribution to premature death were behavioral patterns (40%) and genetic predisposition (30%), social circumstances (15%), health care (10%) and environmental exposure (5%) [FIG. 13] (4).

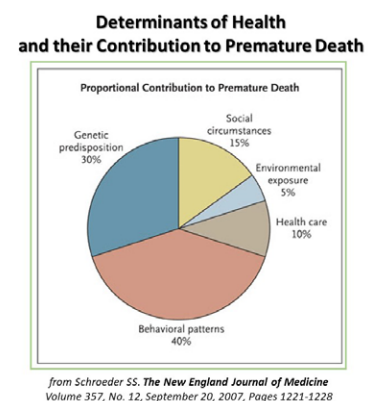


FIG. 13: Premature death is mainly ascribable to behavioural patterns.

The data of the Framingham Study influenced a lot the death decrease from Coronary Heart Disease. From 1980 to 2000 deaths from coronary heart diseases were prevented or postponed for a total of 149,635 as a result of changes of risk factors in USA population, with an overall decrease of 44%: smoking (-12%), blood pressure (-20%), cholesterol (-24%), physical inactivity (-5%), on the opposite there was an increase for body obesity (+8%) and diabetes (+10%) [FIG. 14]. Worryingly, the number of smokers is projected to increase by more than 30% worldwide in the next 20 years [FIG. 15] (2).

Overall, historically from 1950 to 1995 there were a progressive fall of age-adjusted death rates from coronary heart disease and stroke [FIG. 16].

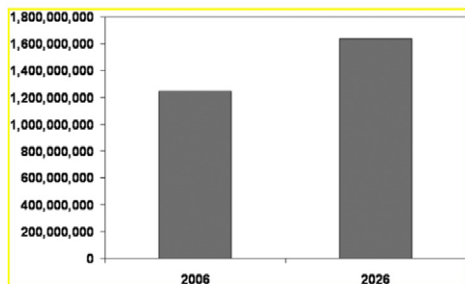
4. Schroeder SA. Shattuck Lecture. We can do better--improving the health of the American people. N Engl J Med. 2007 Sep 20;357(12):1221-8. doi: 10.1056/NEJMsa073350. PMID: 17881753.



## Deaths from Coronary Heart Disease, Prevented or Postponed as a Result of Changes in Population Risk Factors in USA, 1980 to 2000

	Number	%
Smoking	39,925	12%
Systolic blood pressure	68,800	20%
Cholesterol	82,830	24%
Physical inactivity	17,445	5%
Body mass index	- 25,905	-8%
Diabetes	- 33,465	-10%
Total	149,635	44%

FIG. 14: TList of risk factors and their role of the prevention of death. While prevention of smoking, hypertension, hypercholesterolemia and inactivity showed a gain of life expectancy, diabetes and obesity showed a loss.



Total number of smokers is projected to increase by more than 30% globally in the next 20 years. Data were obtained from "Tobacco is impoverishing people and nations, WHO warns" available at: <http://www.who.int/nr/rdonlyres/7321AD83-6AB5-4071-B374-535C243684DA/0/TobaccoImpoverishing.pdf>

from Jonas RA. *The Journal of Thoracic and Cardiovascular Surgery* Volume 134, No. 1, 2007, Pages 1-14

FIG. 15: In the future total number of smokers is expected to increase worldwide.

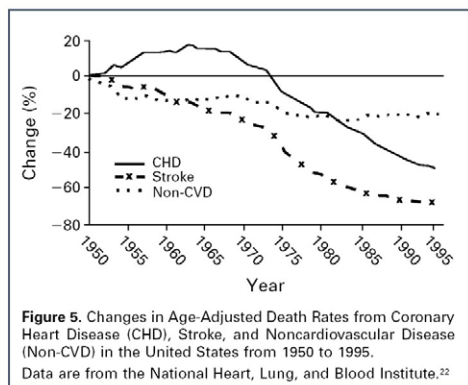


FIG. 16: Sharp decrease of mortality by coronary artery disease and stroke from 1950 to 1995.

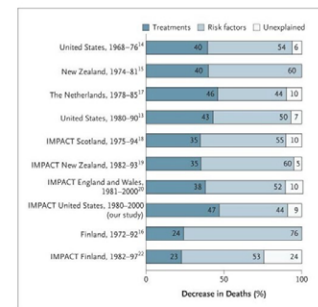
The question is now whether the decrease in death by coronary artery diseases is so high thanks to medical-surgical treatments or drop in risk-factor. In Finland, famous with people with high dietary cholesterol, in the time interval 1972-92, 76% of death decrease was ascribable to risk factors changes vs 54% in the States [FIG. 17] (5).

In the next future, as predicted by Eugene Braunwald, age of death will further increase

5. Ford ES, Ajani UA, Croft JB, Critchley JA, Labarthe DR, Kottke TE, Giles WH, Capewell S. Explaining the decrease in U.S. deaths from coronary disease, 1980-2000. *N Engl J Med.* 2007 Jun 7;356(23):2388-98. doi: 10.1056/NEJMsa053935. PMID: 17554120

by prevention, much more than by therapeutic interventions [FIG. 18], nearing hundred years [FIG. 19].

## Decrease in Deaths from Coronary Artery Deaths According to Treatments and Risk-Factor Changes



from Ford ES. *The New England Journal of Medicine* Volume 356, No. 23, June 7, 2007, Pages 2388-2398

FIG. 17: Decrease in coronary artery deaths according to treatment vs prevention. Note that in Finland 76% was due to prevention of risk factors, while in USA was 54%.

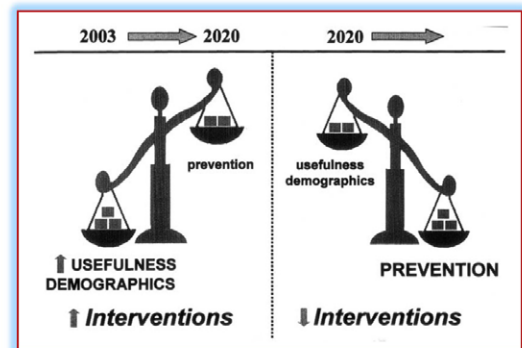


FIG. 18: In the future prevention will strongly prevail vs medical and surgical interventions.

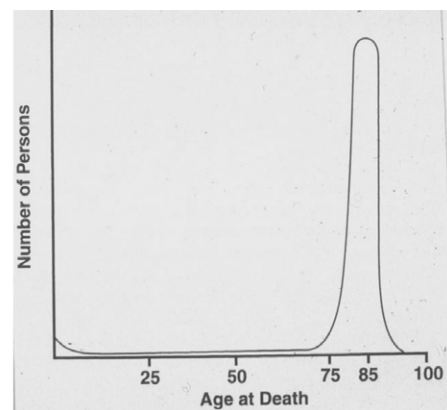


FIG. 19: Current age range of death. The centenary heart is not so far.

As recently written by Eugene Braunwald (6), a wrong diet is another high risk factor and Mediterranean diet is advisable (7) [FIG. 20].

6. Braunwald E. Will primordial prevention change cardiology? *Eur Heart J.* 2023 Sep 14;44(35):3307-3308. doi: 10.1093/eurheartj/ehad459. PMID: 37563238

7. Subirana MT, Juan-Babot JO, Puig T, Lucena J, Rico A, Salguero M, Borondo JC, Ordóñez J, Arimany J, Vázquez R, Badimon L, Thiene G, de Luna AB. Specific characteristics of sudden death in a mediterranean Spanish population. *Am J Cardiol.* 2011 Feb 15;107(4):622-7. doi: 10.1016/j.amjcard.2010.10.028. Epub 2010 Dec 22. PMID: 21184994





FIG. 20: *The famous Italian actor Alberto Sordi eating spaghetti: a symbolic picture of Mediterranean diet.*

Five modifiable risk factors (obesity, blood pressure, low-density lipoprotein cholesterol, smoking, diabetes) had been named cardiovascular also in a recent metanalysis (8).

The heart becoming hundred years old maybe the result of a winning battle.

8. Global Cardiovascular Risk Consortium; Magnussen C, Ojeda FM, Leong DP, Alegre-Diaz J, Amouyel P, Aviles-Santa L, De Bacquer D, Ballantyne CM, Bernabé-Ortiz A, Bobak M, Brenner H, Carrillo-Larco RM, de Lemos J, Dobson A, Dörr M, Donfrancesco C, Drygas W, Dullaart RP, Engström G, Ferrario MM, Ferrières J, de Gaetano G, Goldbourt U, Gonzalez C, Grassi G, Hodge AM, Hveem K, Iacoviello L, Ikram MK, Irazola V, Jobe M, Jousilahti P, Kaleebu P, Kavousi M, Kee F, Khalili D, Koenig W, Kontsevaya A, Kuulasmaa K, Lackner KJ, Leistner DM, Lind L, Linneberg A, Lorenz T, Lyngbakken MN, Malekzadeh R, Malyutina S, Mathiesen EB, Melander O, Metspalu A, Miranda JJ, Moitry M, Mugisha J, Nalini M, Nambi V, Ninomiya T, Oppermann K, d'Orsi E, Pajak A, Palmieri L, Panagiotakos D, Perianayagam A, Peters A, Poustchi H, Prentice AM, Prescott E, Risérus U, Salomaa V, Sans S, Sakata S, Schöttker B, Schutte AE, Sepanlou SG, Sharma SK, Shaw JE, Simons LA, Söderberg S, Tamosiunas A, Thorand B, Tunstall-Pedoe H, Twerenbold R, Vanuzzo D, Veronesi G, Waibel J, Wannamethee SG, Watanabe M, Wild PS, Yao Y, Zeng Y, Ziegler A, Blankenberg S. Global Effect of Modifiable Risk Factors on Cardiovascular Disease and Mortality. *N Engl J Med.* 2023 Oct 5;389(14):1273-1285. doi: 10.1056/NEJMoA2206916. Epub 2023 Aug 26. PMID: 37632466; PMCID: PMC10589462







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## Xenotransplantations and Chimeras in Humans

The shortage of organ transplants is constantly worsening. In France, nearly 5,900 patients benefit from an organ transplant each year, while at the same time, around 20,000 patients are candidates on the waiting list. (1). The theme of xenotransplantation in humans, which seemed abandoned, is once again addressed in recent publications (2,3,4). All ended badly, even if the survival time of a functional graft extended to more than one month. Despite these failures, the successful achievements in xenotransplantations between animals (pig, sheep, rodents), the progress in the analysis of the rejection mechanisms in humans and the fabulous possibilities offered by genome editing techniques encourage to persevere and not to give up the clinical trials. Recently, the press announced a pig kidney transplant in New York (July 2023) in a man immersed in a deep coma with a renal function survival beyond 30 days, and a pig heart transplant (September 2023) in Maryland. In addition to the persistent scientific obstacles shown by these interventions, ethical questions remain open. In fact, there are, as well as xenotransplantations in adults, two other types of human/animal chimeras, genomic and embryologic, far from posing so many problems, that we also will briefly examine.

### Human genome chimera in insects

How can a bacterium produce human insulin? Schematically, a gene coding for human insulin is inserted into the DNA of a host cell, the bacterium *Escherichia coli*, for example. The bacterium then produces human insulin thanks to the additional gene inserted. However, this technique has rapidly shown its limits including some hormone degradation in the insect cells and the lack of post-translational changes in the protein structure. As a result, a more recent

technique uses baculoviruses that infect insects. Large portions of foreign DNA can be inserted in the virus genome and cells infected with baculovirus produce the protein. This is indeed a human/insect chimera without any ethical problem in use for 50 years.

### Animal /animal and human / animal chimeras by blastocyst complementation

The first step is the production of a chimera in the embryo (5). The host animal's blastocyst\* is deprived of the genome part leading to the development of a given organ, for example by stopping the development of pancreas in a pig embryo. This can be done by invalidating the PDX1 gene using genome editing (CRISPR Cas9 technique\*\*). Then, this deficiency is repaired by adding induced pluripotent stem cells (iPSCs)\*\*\* or embryonic cells from the donor animal, a sheep for example. The chimeric embryo is inserted in the uterus of a sow to give birth to a chimera, in that case a pig with a sheep pancreas that will be transplanted into an adult sheep to replace a lacking or deficient organ. Using iPSCs has a double advantage, avoiding taking cells from an embryo and, thus, ignoring any ethical question relating to such use if we move to humans, eliminating any risk of immune rejection since the iPSCs are obtained from the skin fibroblasts of the transplant recipient. However, the task of creating viable cross-species chimeras, developing to the pre-implantation fetal phase, faces many challenges. The obstacles to overcome include the absence of temporal and spatial synchronization in the development of cells of the

1. Lebranchu Y. Conclusions sur les avancées en transplantation. Bull. Acad. Natle Med. 2022 ; 206 : 551-553.

2. Griffith BP, Goerlich CE, Singh AK et al. Genetically modified porcine-to-human cardiac xenotransplantation. New Engl. J. Med; 2022; 387: 35-44.

3. Mohiuddin MM, Singh KA, L Scobie et al. Graft dysfunction in compassionate use of genetically engineered pig-to-human cardiac xenotransplantation: a case report. Lancet. 2023; 402: 397-410.

4. Loupy A, Goutaudier V, Giarraputo A et al. Immune response after pig-to-human kidney xenotransplantation: a multimodal phenotyping study. Lancet. 2023 Aug 17; S0140-6736(23)01349-1. doi: 10.1016/S0140-6736(23)01349-1. Online ahead of print. PMID: 37598688

\* A 5/6 day old embryo with about 200 cells.

\*\* CRISPR (Clustered Regularly Interspaced Short Palindromic Repeats) genome editing is a revolutionary method in which a programmable RNA targets a nuclease (Cas9) to a specific location in the genome. This technology which enables genetic elements to be mutated, silenced, induced, or replaced has resulted in its widespread adoption.

\*\*\* Induced pluripotent stem cells (also known as iPSCs) are a type of pluripotent stem cell that can be generated directly from a somatic cell.

5. Le Douarin N. Des chimères, des clones et des gènes. Odile Jacob ed. Paris. 2000



two species, the inter-species cellular competition and the, often limited, survival of pluripotent stem cells and embryos. (6)

This technique applied to two animal species is illusory in humans because it would suppose the implantation in an animal uterus of a fetus carrying human cells. The law of revision of bioethics laws of August 2, 2021 makes it impossible in France since it stipulates that “any embryo that has been the subject of research cannot be implanted in a human uterus and must be deleted after 14 days after fertilization” (7). However, the Roslin Institute in Edinburgh which created the Dolly sheep and the “Salk Institute” in La Jolla (USA) (8) went a little further by implanting a pig embryo carrying human cells into a uterus of sow, pregnancy being stopped only after 28 days. Although human pluripotent stem cells engraft securely in preimplantation blastocysts of cattle and pigs, the chimeric contribution to post-implantation embryos remains still problematic.

## Animal-human xenotransplantations

Immunological incompatibilities have until now hampered xenotransplantations, all carried out with porcine grafts. The situation has changed with the possibilities of transforming the genome of the donor animal using genome editing techniques in the hope of making the graft compatible. Recent xenotransplantations, all with porcine organs, have used genetically modified grafts. We will cite three of them, two heart transplants (2,3) and one kidney transplant (4). The first 2 focused on conscious subjects with end-stage heart failure and in whom human allotransplantation was contraindicated. The 3rd, a kidney transplant, concerned a subject suffering from end-stage renal failure kept on artificial life support and devoid of cerebral activity. All of these grafts overcame the risk of initial acute rejection but ceased to be functional after a period of 40-50 days. These studies first confirm that prior knockout of the alpha-1-3-galactosyltransferase gene in the donor pig protects porcine endothelial cells from hyperacute rejection and complement-induced lysis by reducing the risk of seeing xenogeneic antibodies bind to epitopes of this enzyme (9). However, this genetic modification which protects against attack by the complement system is not enough to prevent further rejection. The causes of this late rejection are multiple and attempts for preventive treatment have been implemented such as transplanting porcine organs obtained from genetically modified fibroblasts, transformed into iPSC and reprogrammed after insertion of several genomic editions intended to inhibit rejection (2). Let us cite the invalidation of 3 immunodominant xenoantigens including

that of the somatotrophic hormone receptor to reduce graft size, and the insertion of new genes encoding human transgenic proteins such as CD47 and heme oxygenase. Contamination by porcine cytomegalovirus was prevented by using pigs raised in a sterile atmosphere, deprived of colostrum and weaned early. The rejection process was impeded by the use of humanized anti-CD40L antibodies, a receptor found on all adult B lymphocytes that plays an essential role in their activation in the presence of a foreign antigen, intravenous injection of polyclonal immunoglobulins and plasma exchanges. This study, carried out on a transplanted pig kidney, (4) shows that rejection is indeed linked to the presence of IgG antibodies, mainly directed against porcine HLA molecules, due to the incompatibility between donor and recipient (“positive crossmatch”). The glomeruli of the transplanted kidney are mainly affected, with an inflammatory reaction, immune deposits and the accumulation of innate immune cells, the role of which needs to be better understood. The authors carried out a complete phenotyping study comparing transplanted pig kidneys and control pig kidneys (immunoglobulins, transcriptome, receptors activating antibody formation by B lymphocytes, innate immunity cells, etc.). Such studies offer the hope of identifying new therapeutic targets.

## Ethics and human /animal chimeras

There are many unresolved questions to be examined: 1- To what extent do animal cells multiplying in a human organism change the “human” status” of the recipient? The possible spread of cells outside the transplanted organ remains poorly understood. Can cells from the transplanted organ colonize the brain and gonads of the recipient? 2- Will an unknown virus present in the animal cells develop in humans, and can this virus be combated effectively? 3-Pigs are considered as “unclean” animals in several religions. Receiving and permanently integrating biological constructs or organs from this animal into the body may therefore be refused by the patient, whose request must be respected; 4- Xenotransplantation trials involving patients in the terminal phase of their lives, sometimes decerebrate and kept alive, require patients to understand that they are demonstrating social devotion and participate more in a research protocol than in a therapeutic act of dubious efficacy; 5- Genome editing applied to medicine is an expensive technique. Our social obligations in terms of health mean that we have a duty to share the benefits of science. It is difficult to welcome new treatments if a large part of the world remains excluded.

In French, the word “chimère” (chimera) has 2 meanings. It describes a mythological being whose body is made up of those of 2 animals and it also qualifies an unrealistic project that is unlikely to occur. Do we have to assume that future dictionaries will have to change these definitions? Indeed, now “Chimère” is also a being made of a man and an animal and is no longer an unrealistic project.

6. Strell P, Shetty A, Steer CJ et al. Interspecies Chimeric Barriers for Generating Exogenic Organs and Cells for Transplantation Cell Transplant. 2022; 31: 1-10.

7. Loi N°2021-1017 du 2 août 2021 relative à la bioéthique.

8. Wu J, Platero-Luengo A, Sukurai M et al. Interspecies chimerism with mammalian pluripotent stem cells. Cell.2017; 168:473-486.

9. Séveno C, Fellous M, Ashton-Chess J et al. Les xénogreffes finiront-elles par être acceptées? Med. Sci. 2005; 21: 302-308.







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## Language and Interdisciplinarity

This is an informal paper that I hope will promote discussion about the epistemology of knowledge production through interdisciplinary research. My observations are largely based on my experience at a research council, and I believe that interdisciplinary research is fruitful for finding previously overlooked areas where we can enhance human knowledge and understanding.

The world of human knowledge is a bit like the global economy: although one would like to see continuous quantitative annual growth of 5%, one can see that *in principle* this is unsustainable, so one should also be looking for qualitative improvements in the type and distribution of wealth. Likewise with knowledge production: although we continuously aspire to enhance the quantity of human knowledge through "research-into x and y", there are clearly many aspects of human life and experience that have already fallen between disciplinary boundaries, such as the causes of conflict, poverty, inequality, etc. Here, perhaps, are opportunities for doing research differently – for doing "research-between x and y".

One of the immediate challenges of such interdisciplinary research is to find an appropriate voice. This consists of both a language and an intellectual perspective from which to deploy it. Both of these are likely to demand modifications to our existing language and points of view. For example, in the area of language, we can witness an extension and use or misuse of existing vocabulary in response to new ideas and ways of thinking. Kuhn claims "*Clearly we need a new vocabulary and concepts for analysing events like the discovery of oxygen*" (1 p.55) (my emphasis). This is my first point: that the vocabulary or signifying potential of our current language needs to change in order to explain the new.

We also feel a challenge when people speak about, for example, "critical theory" or "political correctness". We are discomfited when certain words begin to bring with them new, or newly highlighted, connotations that make the previously-acceptable

unacceptable to some parts of society. This is not just the ordinary evolution of language over time, but a change in understanding of what that language is saying. This is my second point: that perspectives on existing knowledge (i.e., meanings) also undergo change.

The birth of a new concept is invariably foreshadowed by a more or less, strained or extended use of old linguistic material; the concept does not attain to individual and independent life, until it has found a distinctive linguistic embodiment" (2 p.16).

This is not just the politicisation of certain terms which were perhaps not hitherto recognised for their political potential, but also changes to apparently politically-neutral scientific terms in the knowledge paradigm, as acknowledged by Kuhn (ibid p.85).

At the margins of discipline-specific fields, one can find collaboration and appropriation in which boundaries dissolve and new disciplinary identities emerge. For example, sociology as we now understand it (the scientific study of society) was not recognised as an academic field of study before the end of the nineteenth century. Fields themselves jostle for position in the knowledge landscape (3) and identify themselves as cultures and subcultures through their use of language and terminology (4). A useful, more recent example, that can now be seen clearly owing to an emerging body of interdisciplinary research, is STS (the social study of science) (5), in which scientific discovery is located within a societal context that prioritises certain investigations over others (cf. my observation above about conflict, poverty, and inequality).

In the context of research funding, the applicant must make a case for the necessity and benefit of the proposed research. This means mobilising existing

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3. Foucault M. *The Archaeology of Knowledge*. London: Tavistock Press; 1974.

4. Lyotard JF. *The Postmodern Condition: a report on knowledge*. Manchester: Man. Univ. Press; 2005.

5. Merton RK. *The Sociology of Science: theoretical and empirical investigations*. Chicago: Univ. of Chicago Press; 1974.

1. Kuhn T. *The Structure of Scientific Revolutions*. 2nd edition, enlarged. Chicago: Univ. of Chicago Press; 1962.



language and existing disciplinary concepts in order to gain a point of view from which to identify a gap in knowledge. In addition, it demands that approaches, techniques, and methods are identified to address that gap, i.e., not that it is perceived simply as a void, but that indicators already exist of potential content in that apparent void. So how does one identify this potential from afar, from the position of initially being stuck within disciplinary silos and language? This is where I propose a structural description of what is happening. One needs to describe the territory in terms of the pieces of the jigsaw that we already have and describe it in ways that reveal the gaps – the missing pieces of the jigsaw. The content of the field being described – the picture on the jigsaw – is still unclear, but even if we have the pieces upside down, we can tell whether we have all the pieces or there are pieces missing.

Until the interdisciplinary proposal came along, we assumed our intellectual worldview was complete – the interdisciplinary researcher is a disruptor, who opens our eyes to another way of arranging the pieces in which there are gaps rather than completeness. This is partly where the intellectual discomfort and negative reaction arises. The new perspective is often rejected by those who are still satisfied with the original way of describing the world. The new point of view rearranges concepts to reveal that there is dissatisfaction, there is hurt, there is an inadequacy that the new politically-preferable vocabulary can

address. This is not simply restricted to sociology or humanities disciplines; in the sciences, paradigm shifts expose of ways of thinking and propose new, but difficult to describe, perspectives. These linguistic limitations are much more profound than simply the need for additional technical vocabulary. These are structural features that make it difficult to adopt and express the new point of view from which the problem becomes clearly visible (6). Some objectors will say it is difficult to describe because it is insignificant or lacking merit, but until we explore the territory, we are not going to know whether it is significant or not. Interdisciplinary researchers are therefore, first and foremost, pioneers in a new explanatory framework, who need to gain the attention of those who remain in their disciplinary comfort zones. Such researchers are disruptors of this comfort, but for that very reason we should try to listen through their unfamiliar voices to the recognisable structures within.



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## Roboethics

Man has always had the desire to create an artificial assistant. The first humanoid robot was called Golem (1). It was created in 1580 in the Prague ghetto by Rabbi Jehuda Loew, who was not only an expert on the Bible and Talmud, but also dealt with physics, arithmetic and astronomy. During this time, the Jews were threatened with being expelled from Prague by the Christians. God appeared to Rabbi Loew in a dream and told him to create a strong humanoid to protect the Jews from the Christians. The rabbi immediately set to work. He fashioned a large human-like figure out of clay. The Golem successfully performed its task. He maintained order and peace in the Prague ghetto. All malicious night visitors were afraid of the giant who walked the streets all night. On the Sabbath, the Golem rested. Rabbi Loew specifically ordered him to do this every Saturday. One Saturday, however, he forgot this order. The Golem went berserk and began destroying everything it could get its hands on. Rabbi Loew decided to prevent such dangers and returned the Golem to the clay.

We roboticists are not as radical as Rabbi Loew. In 2004, we organized the first international symposium on roboethics in Sanremo, Italy, which now takes place every year. It defined roboethics as applied ethics, the goal of which is to develop scientific, cultural and technical tools suitable for different social environments and beliefs. These tools should encourage and accelerate the development of robotics for the progress of society and individuals and above all prevent abuse against humanity (2).

At one of the following conferences, the World Robotics Declaration was adopted, which states that robots of the next generation will be:

- partners who will cohabit with a person,
- that they will help people both physically and psychologically,

- that they will help create a safe and peaceful community.

Of course, we are aware that robots are just machines and that roboethics is not intended for Golem but for Rabbi Loew.

In a dictionary we read that ethics is a philosophical discipline that deals with the criteria of human will and behavior in relation to good and evil. The words ethics and ethical are often used in everyday conversation. Then, under the term ethics, we imagine above all the golden rule, which says: Do not do to others what you do not want them to do to you. Those with a Christian upbringing will think of God's Ten Commandments. As many as seven commandments refer to moral issues. Ethics therefore teaches us about the difference between what we have the right to do and what is right to do. The desire for ethics is all the greater the more weakly a person is in the modern world of technology and in the midst of universal availability.

Roboethics is professional or applied ethics. The seeds of roboethics can be found in the ethical codes of engineers. The most developed are the codes of ethics of electrical engineers united in the international organization IEEE (Institute of Electrical and Electronic Engineers) and mechanical engineers united in ASME (The American Society of Mechanical Engineers) (3). Codes of ethics for engineers aim not only to enhance the reputation of the engineering profession, but above all to ensure the safety, health and welfare of the public; take responsibility for making decisions; stay within the limits of acquired competencies; avoid conflicts of interest; be fair and realistic in statements and assessments; refuse a bribe; give or receive fair criticism; admit and correct mistakes; appreciate the achievements of others; continue education throughout the career; help younger colleagues in professional development; respect intellectual property.

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3. Tzafestas SG, Roboethics. A Navigating Overview. Springer, 2016.



Roboethics tries to answer critical ethical questions in the integration of robots into society. It is intended for researchers in the field of robotics, designers of robotic systems, users of robots and the attitude of the wider society towards robots. Some readers of Isaac Asimov's science fiction books believe that soon we will be incorporating ethical rules into the robotic mechanisms themselves.

Autonomy plays an important role in robotics. The more autonomy we allow a robot, the more important ethical sensitivity becomes. Based on the information from the sensors, the robots independently decide how and when to perform a movement or a series of movements. We program modern robots so that they can learn new tasks by themselves. We also encounter various undesirable operational unreliabilities, such as, for example, a fogged lens of the vision sensor. All this causes a person to not know what movement the robot will make in the next moment. It can happen that such a movement is dangerous for the surroundings or even for a person.

Safety also plays an important role in robotics (4). The most important feature of modern robots

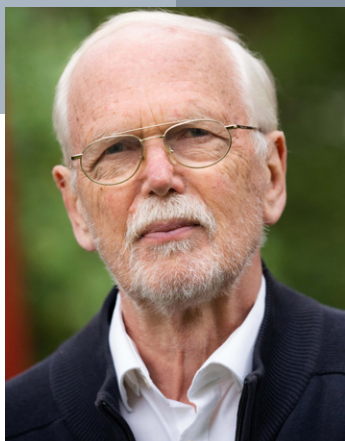
is the ability to cooperate with humans. Therefore, they must be as similar as possible to the human arm and thus adapted to work in a human environment. Industrial robots step from behind protective fences and enable the flexible and efficient performance of work tasks together with a human operator. Robots in medicine work in demanding contact with the patient or even with his internal organs. We have achieved the safety of human-robot cooperation with new sensors and materials, with new control schemes, with biologically based mechanisms and the use of artificial intelligence methods. International standards also take care of safety.

Roboethics is particularly important for the following areas of robotics: medical robotics, industrial and collaborative robotics, humanoid and social robotics, and autonomous vehicles and aircrafts.

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# The Crisis of European Health Care Delivery Systems calls for New Enlightenment:

## Part 1 Introduction

### Introduction

In the last article of our EAPE Section on Needs and Wants of Young and Old (1), we explored the extent to which the medical philosophy of spirituality could become part of a new EAPE research project on health care in pediatric nephrology. However, we realize that our topic is deeply embedded in the broad and different concepts of national health care service systems in Europe. In fact, our analytical construct on the need of spiritual care in addition to medical care must closely correspond with the actual status and quality of European universities and children's hospitals. In the present mini-review we therefore explore how pediatric nephrology care is managed in Europe. We test the hypothesis that our planned EAPE research project could further illuminate our findings to the point where theoretical conclusions can be put into practice through philosophy.

Highly specialized departments and units in children's hospitals like pediatric nephrology are almost always in trouble, because they are prisoners of their geographical situation, their economy and their history of integration in pediatric tertiary care (2). First, too few staff members are a feature of general pediatric

workforce planning in many European countries (3). The way pediatric nephrology staff is recruited, trained and paid has obviously little to do with the way in which a pediatric nephrology unit is run by its medical director. The lack of pediatric workforce is more likely to be correlated with deficits in career planning and long-term professional chances and the economic strategy of the employers of the hospital. Second, almost 95% of the approximately 250 European pediatric nephrology units are located within university hospitals or associated with medical schools (Ehrich own unpublished data). These highly specialized centres may have to care for more patients than their budget allows. This phenomenon is called "overtrading" by managers. Nephrologists have subsequently little option other than to run-up waiting lists or close services; however, neither of which are ethically acceptable for nephrologists. Adequate financial reimbursement of expensive treatment such as kidney transplants through adapted flat rates per case is lacking. In some countries like Germany an age dependent compensation is lacking for treatment of very young children who need more nursing and a longer stay in hospital before they can be sent home. We conclude that nephrologists have to bust their annual budget which does not necessarily mean they cannot manage their finances. This fact is counterproductive for cooperating with other subspecialties because

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competition for resources blocks the expansion and transformation of highly specific care to multidisciplinary care. Third, too many pediatric subspecialty units in one geographical area and not enough units in other areas is an historical consequence of resource allocation by political lobbying and due to a lack of an isochrone map generator. Fourth, the integration of pediatric nephrology in primary, secondary and tertiary pediatric care as well as in public health care services may be complicated due to competitive problems that have to do with the way the whole children's hospital is run either by a centralized or by a department system. Last but not least, previous surveys of the European Society for Paediatric Nephrology (4) have not found any evidence that the above-mentioned complex information on the vulnerable roots of diversity in pediatric care has significantly improved the inadequate situation in all European countries in the past 20 years. How come?

The last century was marked by great progress in disease prevention, detection and drug development. At the same time, the European health care delivery systems started to depend on computers, information/automation, biotechnology and business administration (5). However, this dependence and increasing complexity shifted the focus from the most important aspect of medicinal sciences: 1. the wholeness of body-mind-spirit of the individual, 2. the wellbeing of human and humanity, and 3. quality of both manager-physician and patient-physician relationships. Science of philosophy, sociology and human spirit is lacking in certain medical specialities (5). This shift toward science of body and brain, and away from soul and spirit created a change in moral values and altered patients, physicians' and managers' approach and expectations from medicinal sciences.

As long as health care systems are based primarily on technology, economic profit and on the belief in information, the danger lies in viewing patients as objects of healthcare (6) and the physicians as command recipients. To empower patients, their care givers and their managers to become a subject of

their salutogenesis, medicine needs to explore new potentials. Despite great medical progress, Europe is the witness of a success-mistrust paradox (7). We propose in this article to put more effort and value in philosophy that could bring a third enlightenment in the Western medical world. Two enlightenment epochs took place in the history of European philosophy and culture (9-11). The first was the philosophical revolution - triggered by Socrates and Plato in the 3rd and 4th centuries BC - which led to the discovery of reflexive transcendence. This timeless possibility offers both the separations and the connections of reality and ideal state or of being and thinking and points the way to a perfect unity and transcendental view of knowledge. The second Enlightenment took place in the 17th and 18th centuries through the re-founding of the natural sciences in Europe. The philosophers prepared the way for a new belief in the ability of each individual to think critically for him or herself, thus limiting the seemingly unchallengeable earlier religious dogmas.

In his 2004 article "The Three Enlightenments," Hilary Putnam (8) described a third enlightenment that he hoped would come as soon as possible. The philosophical guide for his concept was John Dewey and his well-established combination of 1. an epistemological position - according to which there can be no absolute certainty - with 2. an anti-sceptical stance as well as 3. an insistence on the application of "intelligence to problem solving as a deepening of the classical Enlightenment ideals (9,10). Wilhelm Krull wrote in his foreword to the book "Towards a New Enlightenment - The Case for Future-Oriented Humanities (11)" that "all of this requires a change of perspectives not only within the humanities themselves but also in the respective ecosystems of knowledge production at large". He added: "While science and engineering are widely accepted as the key drivers of economic and technological progress, the humanities seem to lack a clear orientation towards the major challenges ahead of us. This perception of a set of decoupled knowledge domains urgently needs to be changed, last but not least in view of the multiple, interwoven crises we are confronted with". Therefore, we want to test the hypothesis that Krull's conclusion may as well characterize the challenges in pediatric nephrology.



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# World Day of Older Persons

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M. Zamboriová, M. Sovariová Soósová

## 2023, Košice, Slovakia

On 2<sup>nd</sup> October 2023, the World Day of Older Persons (WDOP) took place at the Pastoral centre of St. Gerhard, Vrátna 5, Košice. The main topic of the symposium was **Passing the baton from "fathers" to "children" in medicine**. The main organizer was Prof. Oliver Rácz, PhD. (EAPE member, scientific secretary of Medical Association in Košice). Members of the organizing committee were Dipl. Ing. Katarína Derzsiová, Assoc. Prof. Mária Zamboriová (Institute of Nursing Medical Faculty, Šafárik University) and Mons. Mr. Zoltán Pásztor (Vicar, Archdiocese Košice). The event was held under the auspices of the rector of the Šafárik University, Prof. MUDr. Daniel Pella, PhD.



<sup>1</sup>Oliver Rácz

<sup>1</sup>Professor, former Chief, Department of Pathological Physiology, Medical Faculty, Šafárik University, Košice & Miskolc University, Hungary.

<sup>2</sup>Former Chief, Nephrological Laboratory, University Hospital of Louis Pasteur, Košice.



<sup>2</sup>Katarína Derzsiová

In introductory lecture **Oliver Rácz** and **Katarína Derzsiová** shortly outlined the Mission of symposiums on the World Day of Older Persons in Košice, and other cities in Europe. The topic of the Košice symposium was devoted to the importance of the relationship between young people and the elderly according to the basic tenet: "Surviving is not enough". Another aim of symposia was to reach out to young people and help them to understand the mutual need of the young and the old, which would have a positive impact on both.

In lecture **Why children need older people in their lives and how children can support the elderly?** Katarína Derzsiová pointed out the needs and desires of children, adolescents and seniors and the necessity of their mutual relationship. She devoted herself to the quote of Alcmaeon of Croton: "Human beings die because they are unable to connect

*the beginning with the end*", that is childhood with old age. That means that clever people already very long ago knew that human life would be longer and more pleasant if children and old people were closer to each other. This old idea is now reawakened as an activity of the European Association of Emeritus Professors (EAPE) at the suggestion of its ex-president Professor Natale De Santo. They created the Committee on meeting the needs and desires of children and old-olds. The relationship between children and seniors, or between grandchildren and grandparents has a positive effect on the child's development as well as on the life of the senior (1).

Grandparents are a safe oasis for children, they are kind, emotionally close and understanding, empathetic to children's needs, willing to help or advise, they do not judge or lecture, they give love (2). Contemporary society is beginning to realize that older and younger generations can be an important educational resource for each other. Children can bring energy, enthusiasm, and support to the lives of seniors, teach them new technologies and they can enrich them with their wisdom, life experience and passing on spiritual wealth.

This close relationship makes them more active, and they don't feel that they are casted out to the margins of society, they still feel needed. The relationship between grandparents and grandchildren is rewarding for both parties. "The soul is healed by being with children" (Dostoyevsky).



**Anton Fabian**  
Convent Member, Archdiocese of St. Elisabeth Cathedral, Košice;  
Professor Emeritus, Catholic University in Ružomberok

**Prof. Mons. Anton Fabian** in his presentation concentrated on the old age in a person's life, which is characterized by personal purification, develop-

ment, and transit of values. While force wanes and work ability declines, a person becomes precious

1. The Benefits of Connecting Youths and Seniors. Top 20 Care Home Group, carehome.co.uk.

2. Editorial Badatel.net, 2020: Why children need grandparents more than we though



in terms of personal spirituality and in transmit of values.

Today's man has a strong sense of the fact that he is called to a higher destination. Besides the biological, psychological, and social needs, there are also spiritual ones. Being a human means being able to listen to the secret of things, contemplate reality, find unity with nature, to find the meaning of life through gestures and symbolic ceremonies. True spirituality also opens a strong sense of solidarity with others. Therefore, the basic human need is the effort to find the meaning of life.

If for some reason it is not possible to satisfy the needs of the meaning of life, existential frustration arises. A person questions the whole meaning of life until now because he has lost his justification and does not know what to do next or begins to doubt all the truths of life. This applies to every senior.

Research in recent decades shows that greater religious commitment leads to fewer illnesses and a faster healing process. It remains unclear which specific religious-spiritual factors strengthen or weaken health and the way that aging is processed.

*"People of advanced age help us look at world affairs with greater wisdom because they have gained experiences and matured in the course of their lives. They are the guardians of collective memory and, as a result, privileged interpreters of the sum of social ideals and values that guides and protects coexistence in society. To exclude older people in the name of memoryless modernity would be to reject the past in which the present is rooted. Thanks to their mature experiences, seniors can give advice and valuable lessons to the young"(John Paul II).*

Old age is not a period of decline, but a new chance. Retirement opens a new space for the transmission of values: this task must be accepted with courage. A specific place for transmit values in old age is the family.



**Mária Sovariová-Soósová**  
Associate Professor Institute of Nursing  
Medical Faculty, Šafárik University,  
Košice

The aim of the work by **Mária Sovariová-Soósová** (coauthors Valéria Parová, Renáta Suchanová and, Lucia Hazuchová) was to assess

the relationship between leisure activities and the mental health of seniors living in Slovakia in homes for the elderly. The involvement of seniors in various leisure activities is associated with many physical, psychological, and social benefits that lead to higher life satisfaction and quality of life. Based on the questionnaires, it was confirmed that the increased frequency of leisure activities of seniors is related to better mental health.

The aim of **Mária Zamboriová's** (Associate Professor, Institute of Nursing Medical Faculty, Šafárik University, Košice) contribution was to point out the undesirable effects of ageism on the health of seniors. We encounter the phenomenon of ageism at various levels: social, family, and individual. In research, (3) it was found that respondents who showed greater anxiety and fear of the aging process were more prone to personally create ageist attitudes and live in an average of 7.5 years less than individuals with a positive perception of old age (4). Raising public awareness and sensitivity, enforcing appropriate laws, and correcting societal misconceptions about the lives and needs of the elderly are considered effective interventions.



**Peter Takáč**  
Associate Professor, Medical Faculty,  
Šafárik University, Košice

**Peter Takáč**, a renowned expert in rehabilitation medicine and physical therapy explained the possibilities of using robot-assisted rehabilitation for the elderly, which is currently being

introduced in rehabilitation care. The decision whether a senior is suitable for robotic rehabilitation always depends on the doctor who indicates it. For the appropriate use of robotic rehabilitation, it is necessary to keep in mind that therapy using robotic devices and the learning process are more demanding for seniors. A key condition for successful therapy in an elderly person is the ability to adapt and want to learn new things.



**Eva Grmanová**  
Associate Professor, Alexander Dubček  
University, Trenčín

**Eva Grmanová and Jozef Bartek** (from the Dubček University in Trenčín) pointed out the need to look for approaches to reduce the burden on the productive part of the population and to

increase the scope of the workforce, as it resulted from the development of the labour market. The importance of using the work potential of older people is increasing.

The sustainability of employees depends on their satisfaction with their work. In the Slovak Republic, it

3. Sabik, N. J.: 2015. Ageism and body esteem: Associations with psychological well-being among late middle-aged African American and European American women. The Journals of Gerontology Series B: Psychological Sciences and Social Sciences. 2015; 70: 189-199

4. Schroyen, S. et al.: 2015. Ageism and its clinical impact in oncogeriatry: state of knowledge and therapeutic leads. Clinical interventions in aging. 2015; 10: 117

is necessary to use the findings of the EU countries, in which the so-called age management is created. This is a way of managing human resources, which is aimed at using approaches to employees due to their age.

The final presentation of **Oliver Rác** was a reminiscence of his own way from a boy interested in many areas of adventure inspired by his parents and the books of Jules Verne through successful studies at the Hungarian High School and in Kosice, the Medical Faculty of Šafárik University, where he already took his first steps into experimental medicine. After graduating from the university he spent more than three years at the Institute of Enzymology of Hungarian Academy of Sciences in Budapest, Hungary, under the tutorship of Prof. Bruno F. Straub himself a scientific heir of Albert Szent-Györgyi.

After defending his PhD thesis on the aging of red cells he returned to Kosice and tried to survive the Orwellian years following the occupation of the

country by the armies of Soviet Union and Warsaw Pact. During these years he devoted his work to diabetology and developed a method for  $Hb_{A1c}$ . His monograph was published on the day of Velvet Revolution in Czechoslovakia, 17<sup>th</sup> November 1989.

After 1989 he continued in teaching and research at the faculty, held different functions and took part in the process of democratic transformation of universities in Slovakia. In the last years is the baton inherited from his parents and grandparents in hands of three children and four grandchildren and also in hands of his numerous past students of medicine.





## EAPE Section of Culture November 2023, Seminar

by **George Christodoulou**,  
President Elect, EAPE

Email: [profchristodoulou@gmail.com](mailto:profchristodoulou@gmail.com)



*George Christodoulou*

The Section of Culture of the EAPE held its Seminar on the 26<sup>th</sup> November in collaboration with the **Louros Foundation** in Athens.

The meeting was held in the headquarters of the latter (the actual house of Nikos Louros, Academician and former

Professor of Obstetrics and Gynecology of the University of Athens).

The meeting dealt with the information derived from the Louros Archives, a rich source of knowledge about the historical and cultural aspects of life covering the period 1896-1986.

The information was inevitably focused on issues related to Greece but a broader international perspective was also present.

I had the opportunity to greet the participants on behalf of the EAPE and Prof. S. Geroulanos spoke on behalf of the Louros Foundation.

Prof. Thanos Diamandopoulos, the coordinator of the EAPE section on Culture was the coordinator of the meeting as well. He was the first speaker and highlighted some important issues having to do not only with the various scientific and cultural contributions of Louros but also with his personality.

The speakers that followed (Ch. Marinis and A. Tselikas) presented interesting accounts pertaining to the contribution of Nikolas Louros to culture. It was interesting to note that, as pointed out by Mr. Marinis, Louros was a hoarder as he collected and kept many objects of general but also of personal interest and probably had difficulty in getting rid of useless objects. For me, as a psychiatrist, this characteristic has some value in creating the characterological profile of this important person.

Mr. Tselikas spoke about the performance of Louros as a philosopher. Indeed, in the old times (during the period during which Louros lived) the so-called "iatro - philosophers" thrived. Persons endowed with the ability to think philosophically in addition to their main occupation which was Medicine. This reminds us of Greece in ancient times (5th to 4th century before Christ) when the concept of Philosophy incorporated a great number and variety of disciplines. Aristotle for example was an expert in practically EVERY discipline.

The last speaker was Katerina Gardikas who delivered an excellent talk that highlighted the contribution of Louros in education, not only as an academic but also as a politician (he was a Minister of Education in one of the governments of right-wing politician Konstantinos Karamanlis). From her account it became clear to me that although Louros started his career in a very protective environment he later developed into an independent leader with ideas and ambitions that aimed at the satisfaction not only of his personal needs but also the societal needs. This evolution in his personality provided to him general recognition and thus satisfied any personal ambitions he may have had.

The "heart" of the meeting was Thanos Diamandopoulos to whom I would like to express thanks on behalf of the EAPE for having organized a very successful seminar.



# The Athens Event on the 1<sup>st</sup> of October 2023 Celebrations of the World Old Age Day

Amongst the several celebrations of the World Old Age Day that have taken place in nineteen European cities under the EAPE's aegis, one was co-organized in Athens between the EAPE Cultural Committee and the Louros Foundation for the History of Medicine. Athanasios Diamandopoulos and Christos Bartsocas were responsible for the cooperation. Below is a brief presentation of the four lectures presented during this event, which was very well attended:

## I. The Bond between Grandparents and Grandchildren in Modern Greek Art



**Christos S. Bartsocas**

M.D., Ph.D., Pediatrician,  
EAPE Member  
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Representations of older persons, usually grandparents, holding with satisfaction and caring with pleasure for their grandchildren are not customary in modern art, either in paintings or as sculptures. Nevertheless, a handful of artists have been successful in presenting specifically this amazing and unique bond, in everyday life, between these generations. A pioneer and very productive in expressing this bond was the Greek artist George Jakobides (1853-1932).

Jakobides was extremely successful in demonstrating in numerous paintings the characteristic and exceptional expressions of love, admiration and affection shown by grandparents for their grandchildren holding them with great pleasure, satisfaction and care (ill 1,2). He carefully observed and successfully reproduced the remarkable expressions of the special bond in paintings he produced in Munich during the last decades of the 19th century. Born on the island of Lesbos, Jakobides received his elementary education in Smyrna (now Izmir, Turkey). At the age of 17 he enrolled at the School of Fine Arts in Athens graduating in 1877. Between 1877 and 1883 he attended the Munich Academy of Fine Arts on a scholarship. His performance was excellent there. Returning to Athens in 1900 he became the Director of the National Gallery of Art and a Professor at the Athens School of Fine Arts in 1904. A lifelong member of the Academy of Athens he was elected in 1926.

In conclusion, Jakobides has been an active and a very productive pioneer painter. He was able to represent the expression of affection in the two generations, that of the grandparents and their

grandchildren as well. Examples of his artwork from the National Gallery of Athens are attached. Nonetheless, several of his paintings are exhibited in Museums and Art Galleries throughout the Globe.



ILL. 1,2: George Jakobides paintings

## II. Views of the Ancient Greeks and Byzantines concerning Old Age



**Gregory Tsoucalas**

M.D., Ph.D., Nuclear Physician,  
Ass. Professor Medical School,  
University of Crete, Greece  
gregorytsoucalas@yahoo.gr

Old age in ancient Greece was named *geras*, from the snake's pelt. It marked the final stage of people's life, considered both as an age of wisdom and a state of less physical activity. Philosophers and scholars of the Hellenic line of thought supported views in favor of old age, like Aristophanes who said that he most definitely preferred the wisdom of age instead of youth's controversial body swings. Meanwhile, others, mainly medico-philosophers noted that something was evaporating from the human organism, signifying its end. Sparta, the stricter ancient Hellenic society, was ruled by a political body of the elderly, named *gerousia* (the elders). The first organized care for the elderly was established in the Eastern Roman Empire due to Emperors' philanthropy and church's efforts. The *gerokomeia* (homes for the elderly) took care of



the elder, while geriatrics and specialized physicians appeared as Aetius Amidanus had testified. The holistic approach inside *Gerokomeia*, where nursing care and palliation existed alongside with medical care and psychological support, resulted in their huge proliferation in the Empire, forcing Emperor Nicephorus Phocas to publish a Novella forbidding the creation of new monasteries. This law was later revoked by Emperor Basil II with a golden seal decree, to forever seal that the experience gained inside *Gerokomeia* was destined to be the base of health care for the elderly even in modern geriatrics in the Western world. In this very Western world old people not only try to avoid death but also to preserve their youthful look. This recalls a similar fable with Hercules. He won in his clash with Geras (the personified god of old age) but eventually lost the battle with Haros (death), dying at an old age, however young in appearance. For someone to trick death, since the era of Herodotus, he should find the Fountain of Youth.

### III. The Strong Support of Grandchildren by Grandparents in Happy and Unhappy Days in Greece in May 2023



**Athanasios Diamandopoulos**  
M.D., Ph.D., MBA, Nephrologist-  
Archeologist  
EAPE Cultural Committee Member  
1453295@gmail.com

In this short comment in the Meeting of Emeriti at the Louros Foundation on the 1<sup>st</sup>

October 2023 for the celebrations of the World Old Age Day I will present some interesting “news” from three original extracts half a century apart.

The first is a Ministerial Directive on 30<sup>th</sup> October 1974 by the late Nikolaos Louros when he was serving as Minister of Education under the C. Karamanlis government just four months after the overthrow of the junta. In the chaos that succeeded the change of regime Louros found proper to introduce a law for establishing a Senate at the Athens University incorporating all the Professors Emeriti. In it, he described in miniature details their role in a scale that the EAPE wouldn't dare to imagine. The document was traced by me on the 07 May this year when trying to classify his vast archives.

The second extract comes from the Patras' news site “The Best” of the 24/May/2023. In it, mr. Georgios Katsipodos, a half educated retired tradesman is presented while speaking about his

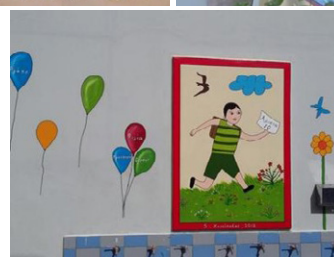
voluntary work. For the last six years he spends hours and hours painting on the outer walls of the city's nursery and elementary schools pictures taken from a seventy years old children's reader (ill 1,2,3). He tried to pass to the kids the spirit of innocence of that remote era, in the midst of the rapidly increasing child violence. His work became viral and already he was asked to paint – for free- more than fifty schools. They call him “the grandfather of the children”.



ILL. 1



ILL. 2



ILL. 3

However, this pink picture was tarnished when we read at the same day (<https://www.newsbomb.gr/ellada/story/dolofonia>) about a double homicide at Chalkidiki, North Greece. An outraged 36 years old husband killed by shooting his 39 years old wife in front of their 8 years old son and then he committed suicide. Both the killer and the victim came from hard working laboring families that supported them to be educated and –as they hoped- happy successful adults. After the tragedy both couples of grandparents decided to take care of their orphan grandson and his little sister till their adulthood. They will start, although heart broken, all over again. I do not know what is more beneficial to the society. The Louros' grand scheme or the humble manual worker's altruistic attitude.

### IV. The Negative Factors that have Contributed to the Degradation of the Grandparents - Grandchildren Relationship

**Gerasimos M. Metaxas**

M.D. F.I.C.S., Surgeon, EAPE Member

The primary factor that affected in a negative way the hitherto good relationship between grandparents and grandchildren is the global coronavirus pandemic. The imposed distancing diminished the human contact, the warmth of the embrace, while the necessary face-mask hid the smile, the gloves prevented the caress of touch, resulting in absolute

isolation impacting human communication. An equally important negative factor is the reckless and often uncontrolled use of mobile phone, television and tablet which arose from the necessity of online tuition during lockdown. In addition, the excessive use of electronic devices gives priority to play, a legitimate right, but bypasses the habit of order and discipline. It reinforces the motto “Play more, Work less” which is depicted on coffee mugs, t-shirts, logos etc. (Illustration below)



In addition, I believe that cartoons provide entertainment, but at the same time hinder and diminish the power of imagination. In my opinion, the great advantage of reading is that the reader recreates in his imagination the heroes of the book, while the image of a cartoon offers it readily. As is well known, imagination is the vestibule of creativity, which is often cultivated through childish drawing. Unfortunately, the influence of grandparents to their grandchildren is deteriorating, while globalization is contributing to the introduction of artificial intelligence which once established will undoubtedly impair this sensitive relationship. Where love prevails, selfishness weakens. An honest rapprochement through a well-intentioned conversation can bring parents closer to their parents, and the two generations together can help bridge the gap that time creates between grandparents and grandchildren. It is certain that grandparents will feel at peace just before the Great Journey knowing that their grandchildren will feel safe, confident and appreciated. They will look at their life that is unfolding in front of them strongly supported by the unyielding love of the parents but also by the unquestionable love of their grandparents, because *“my child’s child it is twice my child”*.

## Celebrating Aging on the Occasion of the United Nations International Day of Older Persons

**October 1, 2023**

In 1990 the United Nations General Assembly (res. 45/106) declared October 1 the International Day of Older Persons. By ‘older persons’ is meant people who are 65 years or older. The broad objective in doing so was “to recognize the contributions of older persons and examine issues that affect their lives.” Recent annual themes for the International Day of Older Persons have included “Taking a Stand Against Ageism” (2016) and “Stepping into the Future: Tapping the Talents, Contributions and Participation of Older Persons in Society” (2017). “Fulfilling the promises of the Universal Declaration of Human Rights for Older Persons: Across Generations” is the challenging theme for the year starting October 1, 2023. Most of the world’s 65 year and over population live in low- and mid-income countries, and world-wide, people live on average 20 years longer than 50 years ago. How do those of us retired academics in high-income counties spend these extra decades?

In the course of strengthening its ties to the European Association of Professors Emeriti, the

College co-sponsored and hosted a live-streamed international webinar panel discussion among experts from the Emeritus College and EAPE on the topic ‘Healthy Aging,’ October 1, 2021. (A link to the recording of that webinar is available on the Emeritus College website: [emerituscollege.ubc.ca](https://emerituscollege.ubc.ca), News and Events, recordings)

For 2023, the College marked October 1 with a special supplement to the College *Newsletter*. The special supplement carries a sampling of stories about what College members do at various stages in retirement. We are sharing our special supplement with members of EAPE.

We also congratulate EAPE on learning that Hon. Prof. Sergio Mattarella, President of the Italian Republic, has awarded the Association a bronze medal for organizing, since 2020, a slate of international events for the International Day of Older Persons.

What follows are a few highlights of the “Celebrating Aging” special supplement for the benefit of the EAPE Bulletin review of the October 1 projects for 2023.



## What Emeriti have Taught us About Retirement



**Judith G. Hall**

Professor Emerita, OC, MD, FRSC, FCAHS, honoris Causa, UBC.

University of British Columbia, Departments of Paediatrics and Medical Genetics and BC Children's Hospital Research Institute ber

[judith.hall@bccchr.ca](mailto:judith.hall@bccchr.ca)

As a University of British Columbia department chair during the era of mandatory retirement at age 65 I had to be responsible for encouraging my faculty who were coming up to age 60 to think about their retirement. So much changed when mandatory retirement was eliminated at UBC. For the most part, people chose not to retire until they reach age 72, when they had to start taking pension benefits. However, many females retired much earlier because they had held teaching instructorships and now wanted to concentrate on writing and research.

I have had the pleasure of being president of the American Pediatric Society, during which I undertook a survey to find out at what age those individuals retired and what they were doing in their retirement. (1) It turned out that about 1/3 of responders retired to their family and community —doing volunteer work and never thinking about academia again. About 1/3 continued to teach or do research at their own expense because they loved it. The last third found new and creative ways to use their expertise and experiences from the years in paediatric academia. They were creating models for other retiring individuals, and we all need models of the possibilities. They became executive officer in their professional organizations, they taught in **low-income** countries, they became consultants to business and legal cases, they took up writing novels, they taught in continuing and community education courses and much more. It would be a terrible waste of human potential not to use all that experience.

Our UBC Emeritus College "Preparation for Retirement" seminars are designed to provide academicians over 55 with all kinds of information to plan for and enjoy their retirement while continuing to use their hard-earned skills if they choose to do so. We hope they will find models that would work for them. We know that everyone is unique and will find what seems right for them. We also know they will modify and change their interests and energy as they enter new age groups. As a community of Emeriti we hope to provide a variety of models and share our experiences.

## The Volunteer Community Group at the UBC Emeritus College, Vancouver

At the UBC Emeritus College can be found a dedicated space in which to explore and enhance, as well as celebrate, the role of volunteering in the lives of Emeriti.

After she retired from UBC's Vancouver School of Economics, Professor Emerita Nancy Gallini convened the Emeritus College Community Volunteer Group in 2022. It was her own post-retirement experience with volunteer activities and her concern for the growing number of crises at home and abroad, as well as for the severe shortage of volunteers in Canada, that started her on this path. The volunteer group has already become a hub for UBC Emeriti who are engaged in volunteer work and/or for those who seek to learn about new opportunities.

Nancy Gallini's basic survey of group members found, as the Judith Hall survey (2013) had a decade earlier, that Emeriti experiences with volunteering prior to and/or after retirement were extensive and varied. In this case, everything from teaching in English as a second language (ESL) programs, to facilitating dialog between youth and elders, to sponsoring and mentoring immigrants and refugees from abroad, working with women and homeless persons in Vancouver and participating in meaningful, often high impact advisory and governing boards.

The group has already met with representatives of a diverse range of non-governmental organizations (NGOs). For 2023-2024, the group will work on three separate projects, one of which is to create a volunteer opportunity database by topic area and nature of the participation. This would be one way to raise awareness of the value Emeriti add to local, national, and international communities. Doing so will further an aim of the College, to increase community outreach as well as contribute to the human rights theme of the International Day of Older Persons, 2023.



# Activities of the EAPE Sections

by **George Christodoulou**,

MD, PhD, FRCPsych., FICPM, President Elect, EAPE

Email: [profchristodoulou@gmail.com](mailto:profchristodoulou@gmail.com)



*George Christodoulou*

## Introduction

Among the issues discussed lately in the EAPE Board, the Educational and Promotional activities of the Association were specifically highlighted. Under this light, the role that the Sections (former "committees") could play was discussed and Prof. George Christodoulou

and Prof. Dusica Lecic Tosevski were authorized to lead in this area. As a consequence, we have contacted the coordinators of each section, asking them to contribute to these scopes by organizing section seminars. Each section would have to organize a seminar during a specific month so that in every single month there would be at least one EAPE seminar or webinar or both (in hybrid form).

We believe in this activity for a variety of reasons, the main reason being reinforcement of COMMUNICATION. Indeed, there are members who wonder why they should continue their membership with the EAPE, especially in periods of great austerity like the present one.

What does the EAPE "give" to them and which are the advantages of belonging to our group.

We feel that the main advantage is COMMUNICATION. The opportunity to contact colleagues of various disciplines and nationalities, to cooperate with them, to receive or provide information, to agree on, adopt and communicate joint positions as "statements", to attempt organizing joint research and to attend or actively participate in educational activities. All this can be achieved through COMMUNICATION.

There are various channels of communication in the EAPE: The Bulletin, the Newsletter, the Website, the electronic mail, the social media. These, however, are not enough. We need a live and continuous flow of scientific exchange and this can be achieved via the seminar-webinar initiative.

Thus, we have made a plan and have started implementing it. The seminars that we have organized so far have been invariably successful, due to the excellent cooperation with the coordinators of each of the involved sections and our hope is that this will also be the case with the remaining sections. Hereunder the seminars that have been implemented and those that have been scheduled for the future.

## Program of Seminars

### 01. CELEBRATION FOR WORLD MENTAL HEALTH DAY

27 September 2023

In collaboration with the Society of Preventive Psychiatry.

**Speakers:** George Christodoulou, Marina Economou, Nikos Tzavaras, Nikos Christodoulou.

**Site:** Cultural Center of Psychico.

Representative of the Greek Prime Minister Ms Lilyan Virviridis participated.

- 180 participants.

### 02. WEBINAR FOR WORLD MENTAL HEALTH DAY

6 October 2023

In collaboration with the Society of Preventive Psychiatry and "Epioni".

**Speakers:** Danuta Wasserman, Norman Sartorius, Afzal Javed, Ledia Lazeri, Nasser Loza, Vassilis Bozikas, Nikos Christodoulou, Kelly Panagiotopoulou, Sir Leslie Ebdon, Stecy Higemonos, Spyros Zorbas, George Christodoulou (coordinator).

### 03. NOVEMBER SEMINAR

26 November 2023

Section of Culture and Louros Foundation.

**Theme:** "Louros Archives 1896-1986".

**Speakers:** George Christodoulou, Stefanos Geroulanos, Ch. Martinis, Agamemnon Tselikas, Katerina Gardikas, Athanasios Diamandopoulos (coordinator).

### 04. DECEMBER SEMINAR

4 December 2023

Section of Ethics

**Theme:** "Ethics of Science as a guide to the Behavior of Researchers".

This successful webinar of the EAPE Section on Ethics was organized by the President of the Section Prof. Luigi Campanella and was coordinated by Prof. Iolanda Francolini.

Following Greetings and Introductory remarks, three speakers took the floor:



**Speakers:**

1. Luigi Campanella, Former General Secretary of the EAPE.
2. Leslie Ebdon, EAPE President
3. George Christodoulou, EAPE President-Elect.

Some important points that were highlighted were the following:

1. The health of human subjects who agree to participate in research are of first priority.
2. Negative in addition to positive results should be communicated (published) because if this does not happen, in Meta-Analyses false conclusions can be drawn.
3. Various theories of Ethics were presented and it was concluded that these theories should be put to practice in combination and that each case should be considered on its own merits.
4. The issue of patents was raised and ethical issues associated with them were discussed.

Many thanks to Luigi and all the contributors to this important event.

**05. SEMINAR (Hybrid) of "Epioni"**

under the Auspices and with the participation of EAPE  
12 December 2023

Metropolitan College, Athens.

**Theme:** "Active and Healthy Aging for Persons with Mental health and developmental challenges"

**Speakers:** Sir Leslie Ebdon, George Christodoulou (Greetings)

**Dusica Lecic-Tosevski:** "Aging and Mental Health: Challenges and Responses" (main speech)

**06. JANUARY WEBINAR**

Enrollment and Advocacy Section.  
Prof. Dennis Cokkinos

**07. FEBRUARY WEBINAR**

14 February 2024

Section on "Meeting the needs of children and old-olds".

**Speakers:** Jochen Ehrich (coordinator), George Dan, Robert Wosniewski, Natale de Santo.

**08. MARCH SEMINAR**

Section of Nature Protection  
Prof. Franco Pedrotti

**09. APRIL SEMINAR**

Section of Prevention and Health Promotion  
Prof. Dennis Cokkinos  
Prof. George Christodoulou

We hope that the seminars, in addition to serving their educational purposes will also provide some much-needed visibility that will hopefully serve the recruitment of new members.

We need to work synergistically in order to achieve our scopes and this requires a substantial increase in our membership that will also contribute to the economic stability of our Association.

Best wishes to all for the Festive Season. Let us hope that the New Year will be a year without wars and other disasters.

## Active Aging: Duty or Right?

by **George Christodoulou**,  
MD, PhD, FRCPsych., FICPM, President Elect, EAPE

The theory of active aging developed following the realization that due to the increase in life expectancy and the decrease in birth rate in western societies, the population composition would change dramatically. Indeed, this was the case in many areas of the World and certainly in Europe.

As a consequence, a theory developed that aged people should continue being active, retirement age should be higher and people should be encouraged to be active in order to achieve what has been called "successful" aging.

This challenge was based on the principles of labor market and clearly satisfied economic criteria. At the same time, however, it also satisfied the need of some aging people to continue being part of the work force and of society in general. This was

clearly demonstrated in Psychiatric Hospital practice where it became clear that inertia, passivity, loss of social stimulation and restricted interaction lead to the so-called institutionalization that reinforces the already present tendency for apathy and withdrawal that characterize many mental illnesses and certainly schizophrenia. This led to a real revolution in Psychiatry and to a movement called de-institutionalization and occupational rehabilitation.

It should, however, be stressed that there is no general recipe to deal with the issue of "successful" aging. People differ between them, their pace is different, they have heterogeneous life courses and it would be unrealistic to take for granted that every person is willing and able to be active. A person with "armchair mentality" cannot start being active and

productive at an advanced age and we do not really know whether this kind of productivity is preferable to staying at home and looking after (in essence raising) grandchildren. The usefulness of the grandfather or grandmother who tells stories to grandchildren at home compared to working in a factory or doing secretarial work has not been studied systematically but surely this should be judged and decided upon

individually, not by others but by the aging person himself or herself. "Active aging" (and the choice of activity) should not be a duty but a right.



## Round Table, Circolo Canottieri Napoli

by **Giancarlo Bracale**,

Professor Emeritus University Federico II Naples, Vascular Surgery, EAPE Board Member

Email: [gcbacale43@gmail.com](mailto:gcbacale43@gmail.com)



Giancarlo Bracale

Naples,  
Tuesday 28.11.2023

I have the pleasure to present the program of a round table entitled "Elixir of a long, healthy and active life", which is part of the vast chapter of European and global interest represented by "Healthy and active ageing". This meeting

was held on Tuesday 2023 November 28 at the Circolo Canottieri Napoli (CCN) of which I am the President as part of the program of cultural and scientific meetings of this club. I would like to remind you that CCN club is one of the most prestigious international and national clubs, especially in the field of water and sea sports, in fact in its 109-years history the CCN club has won an unrivaled number of Olympic gold medals, world titles, European titles and an almost incalculable number of Italian titles. I like to remember that it is the only Club in the world that in four consecutive Olympic games has seen one of its athletes win the gold medal in four different disciplines: swimming, water polo, rowing and sailing.

The presidents of this meeting were Prof. Carlo N. Lauro President of Association of Emerity Professors of Federico II University of Naples (APEF) and Prof. Natale G. De Santo immediate past President of EAPE. My role was to introduce the topics and moderate the round table.

The panelists with each presentation were:

- **Maria Triassi**, Full Professor of Hygiene, President of the School of Medicine and Surgery of the Federico II University of Naples - "Lifestyles for disease prevention",
- **Maddalena Illario**, Associate Professor of General Pathology, responsible of the UOS "Innovative approaches to lifestyles and integrated care for chronic diseases" - "EU projects for healthy and active ageing",

- **Franco Rengo**, Prof. Emeritus of Geriatrics, former Dean of the Medical School of Medicine and Surgery of Federico II University of Naples and Vice President of the Superior Council of Health - "The physiological aging of the various organs and systems",

- **Franco Salvatore**, Prof. Emeritus of Biochemistry, creator of CEINGE, actually defined as "CEINGE Center for Advanced Technologies Franco Salvatore" - "From aging to personalized prevention",

- **Anna Maria Colao**, Full Professor of Endocrinology. Director of the University Department of Endocrinology Diabetes and Nutrition holder of the UNESCO chair, President of Italian Society of Endocrinology - "Longevity and nutrition",

- **Guido Iaccarino**, Full Professor of Internal Medicine, Head of the physical activity project for chronic pathologies - "Prevention and treatment of chronic diseases with physical activity: why, how, when",

- **Alessandro Castagnaro**, Full Professor of Architecture-Urban Planning - "Caring for the environment for better living conditions",

- **Gino Nicolais**, Prof. Emeritus Federico II University of Naples President COTEC, MATERIAS, CNR former Minister of the Italian Republic for Innovation and Public Administration Reform - "Use of the elderly, the silver economy",

- **Natale G. De Santo**: "Intergenerational harmony allows older adults to continue to be creative",

- **Sara Diamare**, Psychologist/Psychotherapist - "Antidotes for depression in the elderly patients",

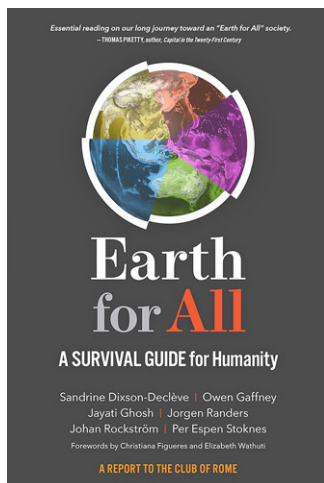
- **Ettore Cucari**, Past President Italian Federation of Travel Agencies and Tourism (FIAVET) - "Tourist centers of excellence for the program of healthy and active aging",

The Round table was held under the patronage of APEF EAPE, School of Medicine of Surgery, University Department of Public Health and in Synergy with Circolo Nautico Posillipo, Rotary Club, Inner Wheel and Lions.

More than 140 people participated in this event with an interesting and animated final discussion.



## BOOK PRESENTATION

**Earth for All****A SURVIVAL GUIDE for Humanity****A REPORT TO THE CLUB OF ROME**

"... despite warnings, it is possible, desirable, and even essential to be optimistic about our collective future. ... The analysis clearly shows the next decade must see the fastest economic transformation in history: The Giant Leap scenario."

50 years after the Club of Rome report *The Limits to Growth* (Meadows et al., 1972), several of the world's leading experts and institutions have produced a new report: *Earth for All – A survival guide to humanity* (Earth4All) (Dixon-Declève et al., 2022).

The book presents the results of the two-year *Earth4All* project (<https://earth4all.life/>) and is the outcome of a collaboration between the 21<sup>st</sup> Century Transformational Economics Commission, systems analysts, and development modelling teams. The project published its findings in September 2022 in the form of a book, a survival guide to help humanity avert ecological and social catastrophe. An important prerequisite for this is to transform the foundations of our global economic system, i.e., to reboot it so that it works for all people and the planet.

The book explores two scenarios beginning in 1980 and ending in 2100. These scenarios entitled *Too Little, Too Late* and *The Giant Leap* explore how population, economies, resource use, pollution wellbeing and social tensions might change this century based on decisions made this decade. The *Giant Leap* scenario is achievable if societies adopt unprecedented and immediate action across five interconnected turnarounds: poverty, inequality, empowerment, food, and energy.

The Slovenian Association for the Club of Rome and the Centre for Professors Emeriti and Retired Higher Education Teachers of the University of Maribor organised an introductory online presentation of this seminal book in cooperation with the Club of Rome and the *Earth4All* project, and with support of other Slovenian actors for sustainable development. The time of COP28, this year's global climate summit, has been chosen to highlight the importance of holistic and systemic approach for dealing with climate crisis, within a broader sustainability framework.

The programme of the presentation was the following:

1. Introduction by the organisers: a. Slovenian Association for the Club of Rome, and b. Centre for Professors Emeriti and Retired Higher Education Teachers of the University of Maribor.
2. Presentation of the book and project *Earth4All* by Anders Wijkman, contributing author.
3. Holistic, participatory and systems thinking and innovation for sustainability in Slovenia, by Slovenian actors.
4. Discussion with Anders Wijkman and about implementation of the *Giant Leap* scenario in Slovenia.

**About Anders Wijkman**

Anders Wijkman

Anders Wijkman is an opinion maker and author. He was co-president of the Club of Rome between 2012 and 2018 and has held or continues to hold important positions in several international and national institutions and bodies for sustainability, green economy, and developmental cooperation.

Among them: Anders has served as a Member of the European Parliament, Assistant Secretary-General of the United Nations, Policy Director of UNDP, and chairman of the EIT Climate-KIC Governing Board. He is a member of the Swedish Royal Academy of Sciences, the World Future Council, the International Resource Panel, and the 21<sup>st</sup> Century Transformational Economics Commission.





# The 3<sup>rd</sup> EAPE Congress

## LONDON, ENGLAND

### 3-5 April 2024

The 3<sup>rd</sup> EAPE Congress will be held in London, England on the 3,4,5 April 2024.

Through the strong support of the University of East London, we will be meeting at the impressive new Docklands Campus of the University of East London. Situated on the waterfront by the historic London Royal Docks and opposite the new London City Airport, this is a truly stunning campus which is self-contained but readily accessible. The campus can be reached by road and rail (it has its own station called Cyprus on the Docklands Light Railway) as well as by air and river boat. We will take advantage of the historic Great Hall of the University's Stratford Campus for our Gala Dinner.

Please book the dates now and consider booking your travel to London early. We have negotiated special rates for you with local hotels and details can be obtained by emailing [EAPE.Congress@outlook.com](mailto:EAPE.Congress@outlook.com).

Titles and abstracts for papers in any pertinent area of scholarly activity should be submitted to [EAPE.Congress@outlook.com](mailto:EAPE.Congress@outlook.com) by 9<sup>th</sup> February 2024. Oral presentations will be 15 minutes. Details of how to submit your abstract can be found on the EAPE website <https://europemeriti.org>. There will be a special session in memory of our late colleague Professor Sherban Lupu.

We look forward to seeing you in this spectacular part of London, transformed for the Olympic Games of 2012 and now host to our Congress.





## INSTRUCTIONS TO AUTHORS

The *Bull Eur Assoc Profs Emer* is the bimonthly cultural Journal of the European Association of Professors Emeriti ([www.Europemeriti.org](http://www.Europemeriti.org)) that supports the vocation of Professors Emeriti for teaching and Research. It is structured in two main section *Original manuscripts* that undergo peer review and the *section on News* that covers the life of the association and is under the care of the Editorial board.

The Bulletin adopts the Vancouver style. Authors are invited to visit the website of the Association and read the last issue. Manuscripts shall be in good English in Word, font 12, with good illustrations and shall be emailed to the editor in Chief, Gheorghe-Andrei Dan.

• Email: [andrei.dan@gadan.ro](mailto:andrei.dan@gadan.ro)

Original manuscripts (Word file) around 900-1100 words shall include affiliation(s), email and phone numbers of the authors, as well as 5 keywords from the manuscript. Preferably titles should not exceed the length of 50 characters (spaces included). A portrait of the 1<sup>st</sup> author is required. 1 Figure and 1 Table (emailed on separate sheets) and a maximum of 6 references and a minimum of 3 are allowed. References must be numbered and ordered sequentially as they appear in the text. When cited in the text, reference numbers are to be in round brackets.

Manuscripts related to news about emeriti and their associations shall be limited to a maximum of 500 words, and up to 3 references; no portrait of the author is required, but 1 Figure or 1 Table can be added.

All manuscripts undergo editing.

At the end of the article number references consecutively in the order in which they are first mentioned in the text. For articles with more than 6 authors, list the first 3 authors before using "et al."; For articles with 6 authors, or fewer, list all authors.

### JOURNALS

1. *Journal article published electronically ahead of print*: Authors may add to a reference, the DOI ("digital object identifier") number unique to the publication for articles in press. It should be included immediately after the citation in the References.

Bergholdt HKM, Nordestgaard BG, Ellervik C. Milk intake is not associated with low risk of diabetes or overweight-obesity: a Mendelian randomization study in 97,811 Danish individuals. *Am J Clin Nutr* 2015 Jul 8 (Epub ahead of print; DOI: [doi:10.3945/ajcn.114.105049](https://doi.org/10.3945/ajcn.114.105049)).

2. *Standard journal article*. List all authors when 6 or fewer; when 6 or more, list only the first 3 and add "et al." Abbreviate journal titles according to *Index Medicus* style, which is used in MEDLINE citations.

De Santo NG, Altucci P, Heidland A et al. The role of emeriti and retired professors in medicine. *Q J Med* 2014;107: 407-410

3. Committee on Infectious Diseases, American Academy of Pediatrics. Measles: reassessment of the current immunization policy. *Pediatrics* 1989; 84:1110-1113.

### BOOKS and other MONOGRAPHS

1. Personal authors

Antier JJ. Jean Guittou. Milan, Paoline, 2002

2. Committee report or corporate author

World Health Organisation. Good Health Adds Life to Years. Geneva, WHO, 2012.

3. Chapter in book

De Santo NG. The priority: broadening the boundaries of paediatrics and turning basic science into cures. In Erich J, Corrad F, De Santo NG, ed. This I think should have priority in child health care services. Joachim Barke, Hannover 2018:69-71.

4. Agency publication

Committee on Infectious Diseases, Report of the Committee on Infectious Disease, 22nd Edn. American Academy of Pediatrics. Elk Grove Village, 1991; 319-320.

### INTERNET REFERENCES

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Plato. Laws. <http://data.perseus.org/itations/um:cts:greek-Lit:tlg034,perseus-eng1:3.666> (accessed May 14, 2020).

2. Online journal article

De Santo NG. The Impact of Covid-19 on Education and Science Florence in the XIV century -after plague, famine, death and depopulation- generated Renaissance Scholars such as Filippo Brunelleschi, Giovambattista Alberti and Leonardo An Achievable goal for our Universities. *Bull Eur Assoc Prof Emer* 2020; 1(2): 19-20. (accessed 14 May, 2020)

## EMAIL YOUR MANUSCRIPT TO

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