

EPIGENETIC IMPRINT OF “COMPASSIONATE SOCIETY” TRIGGERED BY VULNERABILITY AND MENTAL ILLNESSES

Matija Dvorski¹, Mislav Šelendić² & Iskra Alexandra Nola¹

¹*Andrija Štampar Teaching Institute of Public Health, Schoole of Medicine, University of Zagreb, Zagreb, Croatia, Department of Environmental and Occupational Health and Sports, Zagreb, Croatia*

²*Clinical Hospital Center Rijeka, Croatia Department of Healthcare, Division for Pedagogical Activities, Research and Development, Rijeka, Croatia*

Epigenetics investigates a connection between our genes and our environment. It has been hypothesized that certain conditions we experience can influence our gene expression and can probably be passed onto our children, i.e., transgenerational transfer of trauma being one of them. We postulate that the notion of compassion has also been passed on from one generation to another. Our ancestors discovered that groups have a higher chance for survival than individuals. Thus, psychological traits that help form social cohesion, like compassion, are proven beneficial and passed onto the next generation.

However, our perception of compassion has changed through time. In the beginning, it was expressed as a feeling of sympathy for the vulnerable, for example for the elderly, for the sick, pregnant women and children. These groups were innately perceived as deserving compassion. As our social awareness grew, the list of vulnerable groups grew as well, including members of different races, sexual or gender orientations, etc. Over time, a shift in the way we feel compassion has occurred.

Nowadays it almost seems like only those belonging to a vulnerable group are justified to feel suffering or oppression. At the same time, the suffering of those who do not belong to these exclusive vulnerable groups is marginalized. Mental illnesses like anxiety or depression are trivialized if the person in question is perceived as being privileged (in any sense), while at the same time they are elevated as warning signs if the person suffering is vulnerable. If one truly needs attention, help, or both, the easiest way is to declare oneself vulnerable. If this trend continues, we postulate that a lack of compassion in our modern society will have an impact on future ones. Through transgenerational epigenetic inheritance, this can create future societies whose sense of compassion will be shaped only by the definition/perception of those who are currently perceived as vulnerable.

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MEDIA IN SERVICE TO HEALTH

Vitomir Zecevic

Faculty of Philosophy and Religious Studies, University of Zagreb, Zagreb, Croatia

The media is certainly in the service of health, where it is accompanied by its information, tips, statistics, discoveries, innovations. It is a well-known saying that health is the greatest good. It is good to be healthy and nurture your health. This article shows the media in the service of health and well-being. The World Health Organization stresses that the media should work with health services to promote health. This introduction itself emphasizes that the media in our daily lives are becoming more and more accessible, virtually immediate, and they are important sources of information on the topic of health. Electronic and print media want to advise people of different ages and professions on healthy living. This article further discusses the importance of media in the world. The media certainly has a role to play: informing, educating, educating and entertaining, but they must be ethical. The World Health Organization (WHO) provides a definition of health, where it says that health is a state of complete physical, mental and social well-being, not simply an absence of illness or infirmity. The article goes on to talk about the importance of health in our lives. Certainly the media is in the service of health, therefore, they affect a large number of readers, listeners and viewers. The mass media bring numerous and quick information every day. The media is the most important source of information when it comes to health and a healthy lifestyle. They transmit information from the sender (doctor, specialist, institution), to people who are the recipients of this information. Health information is an important source of care and treatment for people. The article below discusses the collaboration between the media and health care institutions, which is important for improving human health. At the end of the article, communication between doctors and the media is analyzed, which contributes to

better information about health and the health system. The emphasis is that media professionals publish health and health information truthfully and verifiably. The end of the article discusses the connection between media and health, through useful information and advice. The source and accuracy of the information is important, and one should look at who it is that is informing and advising us about health in order to check the expertise and truthfulness of health and health information.

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