



Statement on Starvation Genocide by Doctors Against Genocide

[The Parliamentary Assembly of the Council of Europe, on Thursday, October 12, 2023, formally recognized the 1930s Ukrainian famine, known as the "Holodomor," as an act of genocide during Soviet leader Joseph Stalin's regime.](#) This significant resolution garnered overwhelming support, with 73 votes in favor and just one opposed during the Strasbourg meeting. It aligns with a similar resolution passed by the European Parliament in December of the previous year.

The Holodomor, which translates to "death by starvation" in Ukrainian, is seen by Kyiv as a deliberate genocide orchestrated by Stalin's government with the specific aim of eradicating the peasantry. Stalin's brutal "collectivization" campaign forcibly seized grain and other food resources, leading to the starvation of millions.

[Similarly, the genocide in Gaza is taking the form of "Holodomor".](#) The effects of starvation and dehydration in Gaza are serious, immediate, and dire. Currently, supplies of food and clean water are nearly non-existent, with only a fraction of the necessary aid reaching through the borders. Israeli leaders have vowed to make Gaza uninhabitable and cutting food, water, electricity, and fuel is their winning strategy. As winter approaches, the situation worsens, compounded by unsafe and overcrowded shelters. Civilians face the imminent threat of starvation, which can have devastating effects on health and well-being. The World Food Programme's Executive Director, Cindy McCain, highlights the urgency of the situation, emphasizing the critical need for another operational border crossing to provide humanitarian access and deliver life-saving food to Gaza.

Families in Gaza are now left with just one loaf of bread per person per day, even in households with up to 80 people. Canned food supplies have run out, and essential items like milk, eggs, and cheese are unavailable. Flour, though available, is exorbitantly priced, with a single bag costing over \$100. A black market for flour has emerged, and people are resorting to begging for food. This devastating reality paints a grim picture of the daily struggles faced by the people of Gaza.

Dr. Maher, an internist, and Dr. Faten, a pediatrician from Gaza City, have given us a first-person report on this grim situation.

Health Effects of Dehydration and Starvation:

Dehydration places immense stress on the kidneys, straining their ability to filter waste and maintain electrolyte balance. This can lead to kidney damage or failure. Dehydration results in decreased blood volume, leading to low blood pressure, a rapid heart rate (tachycardia), and an increased risk of shock. We have seen

videos of children in Gaza extremely weak and unable to even cry. Dehydration leads to severe electrolyte imbalances like sodium, potassium, and calcium, affecting all bodily functions including nerve and muscle function, and cognitive impairment causing confusion, disorientation, and difficulty concentrating.

Starvation forces the body to break down muscle tissue for energy, resulting in muscle wasting and weakness. Fatigue, reduced energy levels, causing extreme fatigue and lethargy. Nutritional deficiencies lead to insufficient essential nutrients can cause various severe conditions, such as anemia (iron deficiency), beriberi (thiamine deficiency), and scurvy (vitamin C deficiency). Starvation weakens the immune system, increasing vulnerability to infections and illnesses.

These combined effects of dehydration and starvation lead to emaciation, gastrointestinal issues, psychological symptoms like depression and anxiety, and multiple organ damage. This results in an exceptionally high mortality and morbidity rate that will have enduring consequences for generations to come. Urgent aid, including water and food, alongside medical intervention and nutritional support, is imperative to save the survivors of this ongoing genocide.

Additionally, it is crucial to highlight the dire situation on the ground. Families in Gaza are now left with just one loaf of bread per person per day, even in households with up to 80 people. Canned food supplies have run out, and essential items like milk, eggs, and cheese are unavailable. Flour, though available, is exorbitantly priced, with a single bag costing over \$100. A black market for flour has emerged, and people are resorting to begging for food. This devastating reality paints a grim picture of the daily struggles faced by the people of Gaza.

This is an immediate call for a Ceasefire in Gaza. Doctors Against Genocide demand a swift end to the genocide of the Palestinian people.