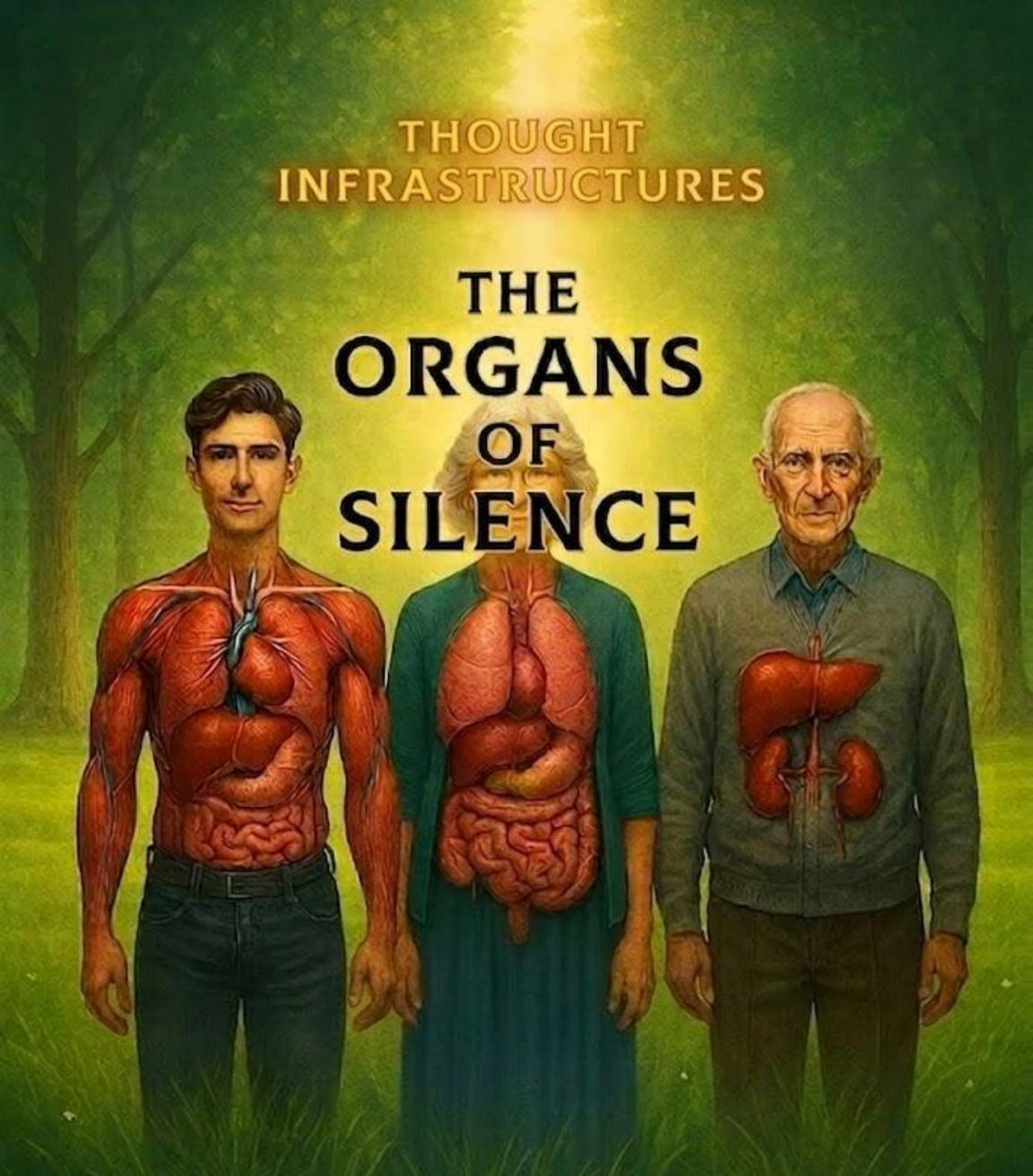
THOUGHT INFRASTRUCTURES

# THE ORGANS OF SILENCE



## THE BODY, LOSS AND CARE

FERDINANDO FREGA

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# PREFACE

This book is not read: it is traversed. Each chapter is a chamber of the body, a corridor of memory, a held breath. Its structure is not rigid, but pulsating. It is designed to guide the reader on a journey alternating reflection, testimony, science, and poetry.

# PREMISE

It is a journey inside the human body, but also inside the soul of those who have experienced the fragility of health firsthand.

The liver, pancreas and kidneys are the silent protagonists of this story.

They are the organs that support us, that filter, that regulate, that maintain the balance of life without ever asking for anything in return.

And they are also the first to suffer when the body becomes ill, when pain creeps in and makes itself felt — but often too late.

This is not just a science book, nor a simple autobiographical story.

It is a bridge between two worlds: data, diagnoses, and therapies on one side; intimate reflections, subjective experiences, and truths hidden behind the veil of silence on the other.

## SYNOPSIS

I wrote these pages for those who really want to listen.

For those who are not afraid to face reality head on.

For those who know that the body speaks even when it is silent— and that in that silence, often lies the key to saving a life.

Because understanding silence is the only way to learn not to ignore it.

## INTRODUCTION

I learned about silence.

Not the noisy one, made of conspicuous absences or desperate screams.

But the quiet, invisible silence, the kind that lives inside the body, in the most remote corners of our existence.

The silence that inhabits the liver, the pancreas, the kidneys—organs that work incessantly, without ever demanding attention, without ever making noise.

I lost my sister.

I lost my grandfather, who was more than a relative to me: he was a beacon, a haven.

Those losses have carved a deep, silent pain within me, one that no words can truly describe.

From that experience arose the need to listen, to understand, to focus on those signals the body emits when something is wrong — signals we too often ignore, or do not want to hear.

This book was born from that silence. From that hidden pain that accompanies those who struggle with insidious, silent illnesses that begin quietly and grow in the shadows.

## PROLOGUE

The first section opens the door to silence: the silence that makes no noise, yet inhabits every organ, every absence, every late diagnosis. The second enters the body, explores it, questions it. Liver, pancreas, kidneys: not just functions, but symbols. The third reflects the meaning of care, on medicine that listens, on technology that traces, on ethics that dwells within. The fourth gives voice to those who have experienced it: patients, doctors, loneliness. The fifth closes the circle, but not the story. Because silence, if listened to, can become care.

Each chapter is a fragment of truth. Each section is a movement of the soul. Each word is an organ that has been decided to speak.

# THE SILENCE

## The Body That Remembers

An intimate and visceral introduction. Here, the voice of the author, survivor and witness, is born. The body is not just matter: it is an archive, a diary, a sacred place. Pain is not just a symptom: it is language. Writing becomes listening.

## Anatomy of Silence

Silence is not absence, but unrecognized presence. This section explores invisible pain, loss as a trigger, and the body that speaks unheard. Here, family history ignored signals, and delayed diagnoses intertwine. Silence becomes the protagonist.

## Organs That Don't Scream

Liver, pancreas, kidneys: organs that make no noise, but hold truths. Each chapter is a narrative and scientific immersion. Physiology becomes philosophy. Biology becomes biography. Each organ is a character; each function is a metaphor.

## The Thinking Body

Here, the body becomes consciousness. We speak of medicine that welcomes, technology that questions, ethics that traces. Care is not just therapy: it is relationships, it is storytelling, it is responsibility. Trauma hides in the tissues, but it can be deciphered.

## Voices From the Silence

Testimonies, letters, dialogues. The book opens to other voices, other experiences. The sick person is not just a patient: he is a narrator, a philosopher, a poet. Solitude becomes a space to inhabit, not to escape.

## The Silence That Heals

Epilogue, but also beginning. Here, silence is no longer an enemy, but a medicine. Writing becomes a bomb; the body becomes a story. Emotional glossary, acknowledgements, sources: everything converges in an act of love towards those who have suffered in silence.

# THE SILENCE THAT SPEAKS

***The body communicates even when it is silent.***
***Invisible pain is the first message.***

## The Silent Language of the Body

The body speaks without words: through symptoms, tensions, and absences. This chapter introduces the concept of silent bodily communication, paving the way for a new form of listening.

## Loss as Origin

**My Sister, My Grandfather**

Two familiar figures become symbols of a deeply rooted grief. Loss is not just mourning, but a starting point for understanding the body and its memory.

## Listening to the Body

**Ignored Signs, Subdued Symptoms**

An invitation to recognize what is often overlooked: small signals, mild pains, physical intuitions. The body whispers, but we are too distracted to hear.

### Silence as a Diagnosis

**When It is Already Too Late**

Late diagnosis is the result of a failure to listen. Silence becomes condemnation, but also an opportunity to reflect on the time needed for treatment.

# THE LIVER

## Memory

*The liver does not forget — but forgives, each day, what the blood brings to it.*

*In the silence of the liver lies the strength of those who have learned to filter pain.*

## The Filter

An anatomical and symbolic exploration of the liver. An organ that filters toxins and memories, that silently becomes ill, and that preserves the past in the present.

## Anatomy

The liver is one of the largest and most vital organs in the human body, located in the upper right abdomen, below the diaphragm. It performs numerous essential functions for maintaining health and well-being. It is wedge-shaped and composed of two main lobes: the right lobe and the left lobe. The right lobe is larger and accounts for approximately two-thirds of the liver's total weight.

The two lobes are separated by a fold of tissue called the falciform ligament. Each lobe is further divided into smaller segments called hepatic lobules. The lobules are the functional units of the liver and consist of rows of liver cells arranged around a central vein.

# THE PANCREAS

## Memory

*The pancreas is the guardian of harmony: when it falters, it teaches us to seek new equilibrium.*

*Every blood sugar level is a message: the body does not demand perfection, but attention.*

## The Fragile Equilibrium

The pancreas is a center of regulation and vulnerability. Between insulin and digestion, diabetes and tumors, the fragility of the body's balance is revealed.

## Anatomy

The pancreas is a long, flat organ located in the upper abdomen, tucked behind the stomach, and positioned in front of the spine. Despite its discreet location, it performs essential functions in both digestion and blood glucose regulation. Its elongated, curved shape resembles a stretched pear and can be divided into three main parts: the head, the body, and the tail.

The head of the pancreas is the widest part and is in the curve of the duodenum, the first part of the small intestine. It is in this portion that the pancreas interacts closely with the digestive tract,

facilitating the digestion of food. The head of the pancreas is firmly anchored to the duodenum, enabling close collaboration between organs for the effective digestion of nutrients.

# THE KIDNEYS

## Memory

Imagine embarking on a journey inside your body, exploring places we rarely see but that work tirelessly to keep us alive. At the beginning of our journey, we find ourselves in the lumbar region, just below the rib cage. Here, hidden like silent guardians, are our kidneys, two bean-shaped organs, symmetrical yet slightly asymmetrical. The right kidney is slightly lower than the left, as it shares space with the liver.

## The essentials

*The kidneys do not speak, but they decide what stays and what goes: they are the silent philosophers of the body.*

## Guardians of Balance

The kidneys filter, regulate, and protect. But when they fail, the entire body falters. Dialysis, transplant, and tracking: the patient's journey becomes a story.

# CONSCIOUS SILENCE

***Narrative act vs. emotional archive.***

### Where Trauma Hides

Trauma does not vanish, it settles in our tissues, our gestures, our silences. The body retains what the mind represses.

### Ethics of Donation

Technology and medicine meet. Blockchain becomes a metaphor for transparency and responsibility in organ donation.

### Medicine That Remains

A reflection on medicine that does not merely heal the body, but stays close, listens, and accompany. Medicine as presence.

### The Code That Lives Within Us

Genetics, heredity, biological destiny. The body is written, but it is not immutable. The code is only the beginning of the story.

### Epilogue

Silence is no longer an enemy. It has become a companion, a guide, a medicine. We have learned to read it, to respect it, to narrate it.

This book does not close one story. It opens many. Every reader who moves through it becomes a witness, a guardian, a voice.

And if even a single organ, a single patient, a single doctor finds a fragment of truth in these pages, then the silence will be spoken. And hope will have done its work.

**FERDINANDO FREGA** is a survivor and narrator of the body.

## FINAL REFLECTIONS

***Silence as healing, writing as listening.***

## Silence as a Cure

Silence is no longer an enemy, but a medicine. The end of the book is also the beginning of a new way of listening to our bodies and to life.

## Medical-Emotional Glossary

A dictionary that combines clinical terms and words of the soul. To understand, to feel, to share.

## Acknowledgements and Sources

A tribute to those who made this story possible. Scientific sources, friendly voices, and silent presences who accompanied the journey.