## Isomers measured for a moment

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Electromagnetic moments tell us about the distribution of charges and currents in atomic nuclei. Moments are therefore key nuclear observables for the understanding of both the collective and individual-particle properties. For experimental reasons, moment measurements typically benefit from half-lives of order nanoseconds or longer, in which case the existence of isomeric states becomes necessary for the determination of excitedstate moments.

In this presentation, the occurrence of nuclear isomers will be outlined, with reference to spin, spin orientation, and shape [1]; examples of moment measurements will be considered, illustrating the nuclear structure issues that can be addressed; and future opportunities will be discussed.

[1] P.M. Walker and Zs. Podolyák, Nuclear isomers, Chapter 12 in "Handbook of Nuclear Physics", Eds. I. Tanihata, H. Toki and T. Kajino (Springer Nature Singapore 2023) p 487

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