

# Decays of Heavy Nuclei from Isomeric States

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Spontaneous fission and  $\alpha$ -decay from  $K$ -isomeric states are studied within the dinuclear system model. All these processes are considered as evolution of a nucleus in the charge (mass) asymmetry coordinate. For even-even and even-odd actinides and superheavy nuclei, the spontaneous fission and  $\alpha$ -decay half-lives of  $K$ -isomeric states are calculated and compared with the available experimental data. The origin of the hindrance of spontaneous fission from the high- $K$  isomeric states is explained.