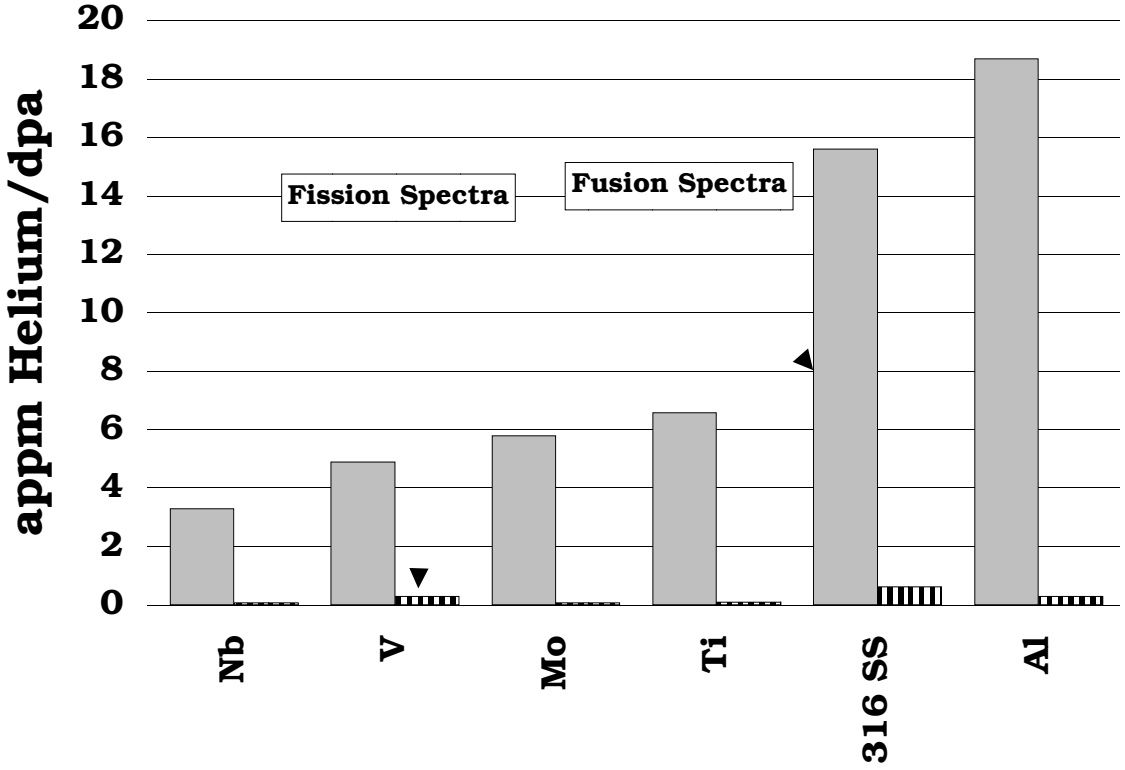The Helium to Dpa Ratio is Much Higher in Fusion Reactors Than in Fission Systems