HOLD THE PHONE

HERE'S WHY

ALISON WILSON

AVONSIDE
PRESS

A free Extract……

Part 4

Phones & Wireless

What the research has found

"Each man must reach his own verdict,
by weighing all the relevant evidence."

Leonard Peikoff

The Research Studies: An Index

How mobile phones, cordless phones, wireless technology, and microwave radiation can affect biology and health

Here's a brief list of just *some* of the research studies. There are many more.
These are listed by the health effect that was linked to the exposure
to mobile phones and/or radio frequency radiation.
The studies are listed in detail on the following pages…….

Symptom/Effect (# of studies) **Pages**

This is only a very small selection of the thousands of studies that have shown biological and other health effects of exposure to this type of radiation.

Even if you have just the quickest flick through, do look at the studies. You'll very quickly begin to understand the huge range of evidence that's been accumulated, and why the experts are trying so hard to warn you to take precautions.

"Three things cannot be long hidden:
the sun, the moon, and the truth."

Buddha

"What is adequate evidence for decision-making? Now, under the Californian Environmental Quality Act, all we have to have is the potential for a significant impact . . . 10–30% of certainty is enough to take an action that is protective of public health.

Do we have enough scientific evidence to be 10–30% certain that we may have an effect, and should we be careful? And do we do that for every other environmental constraint?

You bet we do."

***Cindy Sage** (112)*

"The mantra that 'we need more research' is true, but there is already enough evidence to warrant better safety information, tighter regulation, mass public education and independently funded research carried out by teams of specialists who are not beholden to industry.

This is the largest technological experiment in the history of our species and we're trying to bury our head in sand about the potential risks to cells, organs, reproduction, the immune system, behaviour, risks we still know next to nothing about."

Joel Moskowitz** (2012) **(113)

"Based on the present data, we could define "well-being" as a condition where a living organism is not just healthy, but moreover, is in an equilibrium state with the natural environment. Since both the natural environment and living organisms are of electric/electromagnetic nature, "wellness" is a condition of subtle electromagnetic equilibrium.

If this equilibrium is disrupted by exposure to unnatural EMF's, wellness will be disrupted as well, and if this situation persists, health will be impacted sooner or later."

Dimitris Panagopoulos** (2013) **(114)

The Research Studies

"A wise man proportions his belief to the evidence."

David Hume

The evidence about exposure to RFR/MW and the health problems it can cause

Following are just *some* of the research studies that have linked adverse health effects to use of mobile phones and exposure to radiofrequency/microwave radiation.

In a way, these are the most important pages in the book - they show you the ***evidence*** of the links between ill health and our new mobile telecommunications technology.

They will also help to explain why our scientists and public health experts are so concerned.

At the very least, look over the following pages to see *just how many* studies there are that have found links with a host of different health effects, from changes in biological function, to changes in the brain and the way it works, to depletion of immune function, reproductive problems, cancer, and beyond . . .

Next time someone tries to tell you that "there's no evidence", you will know better.

Some of the research studies showing that exposure to cell phones and/or radiofrequency radiation /microwave radiation is linked to, or can have an effect on:

Addiction

and Problematic Use (of mobile phones)

1. 2010 Halayem S. et al. The mobile: a new addiction upon adolescents. *Tunis Med*. 2010 Aug;88 (8):593–6.

2. 2010 Ruiz-Olivares R. et al. Analysis of behavior related to use of the Internet, mobile telephones, compulsive shopping and gambling among university students. *Adicciones*. 2010; 22(4):301–9.

3. 2010 Thomée S. et al. Perceived connections between information and communication technology use and mental symptoms among young adults - a qualitative study. *BMC Public Health*. 2010 Feb 12;10:66.

4. 2009 Takao M. et al. Addictive personality and problematic mobile phone use. *Cyberpsychol Behav*. 2009 Oct;12(5):501–7.

5. 2009 Yen CF et al. Symptoms of problematic cellular phone use, functional impairment and its association with depression among adolescents in Southern Taiwan. *J Adolesc*. 2009 Aug;32(4):863–73.

6. 2009 Beranuy Fargues M. et al. Validation of two brief scales for Internet addiction and mobile phone problem use. *Psicothema*. 2009 Aug;21(3):480–5.

7. 2008 Ha JH et al. Characteristics of excessive cellular phone use in Korean adolescents. *Cyberpsychol Behav*. 2008 Dec;11(6):783–4.

8. 2008 Walsh Sp et al. Over-connected? A qualitative exploration of the relationship between Australian youth and their mobile phones. *J Adolesc*. 2008 Feb;31(1):77–92.

9. 2007 Lee H. et al. Discriminating power of socio-demographic and psychological variables on addictive use of cellular phones among middle school students. *Taehan Kanho Hakhoe Chi*. 2007 Oct;37(6):957–65.

10. 2007 de la Puente MP, Balmori A. Addiction to cell phones: are there neurophysiological mechanisms involved? Published in *Proyecto* 2007 Mar; Vol. 61: pp. 8–12.

11. 2007 James D., Drennan J. Exploring Addictive Consumption of Mobile Phone Technology. Queensland University of Technology. ANZMAC 2005 Conference: Electronic Marketing 96.

12. 2007 Jenaro C. et al. Problematic Internet and cell-phone use: Psychological, behavioral, and health correlates. *Addiction Research Theory* (2007); 15 (3), 309–320.

13. 2006 Dimonte M., Ricchiuto G. Mobile phone and young people. A survey pilot study to explore the controversial aspects of a new social phenomenon. *Minerva Pediatr*. 2006 Aug;58(4):357–63.

14. 2006 Chen Y. Social Phenomena of Mobile Phone Use: An Exploratory Study in Taiwanese College Students. *Journal of Cyber Culture and Information Society*. v11. 219–244.

15. 2005 Bianchi A., Phillips JG. Psychological predictors of problem mobile phone use. *Cyberpsychol Behav*. 2005 Feb;8(1):39–51.

16. 2005 Paniagua A. El 38% de los niños sienten ansiedad si no llevan su móvil. El Norte de Castilla (Vida y Ocio, 25 de mayo de 2005) Colpisa

17. 2004 Chen Y. The relationship of mobile phone use to addiction and depression among American college students. Paper presented at the meeting of the 2004 Seoul Conference on Mobile.

18. 2004 Bredesen DE et al. Apoptosis and dependence receptors: a molecular basis for cellular addiction. *Physiol Rev*. 2004 Apr;84(2):411–30.

Agitation, Hyperactivity, Tremors

1. 2017 Birks L et al. Maternal cell phone use during pregnancy and child behavioral problems in five birth cohorts. Environ Int. 2017 Jul;104:122-131.

2. 2013 Byun YH et al. Mobile phone use, blood lead levels, and attention deficit hyperactivity symptoms in children: a longitudinal study. PLoS One. 2013;8(3):e59742. doi: 10.1371/journal.pone.0059742. Epub 2013 Mar 21.

3. 2012 Sokolovic D et al. The effect of melatonin on body mass and behaviour of rats during an exposure to microwave radiation from mobile phone. *Bratisl Lek Listy*. 2012;113(5):265–9.

4. 2012 Aldad T et al. Fetal Radiofrequency Radiation Exposure From 800–1900 MHz-Rated Cellular Telephones Affects Neurodevelopment and Behavior in Mice. *Scientific Reports 2*, 2012; Art 312.

5. 2008 Divan HA et al. Prenatal and postnatal exposure to cell phone use and behavioral problems in children. *Epidemiology*. 2008 Jul;19(4):523–9.

6. 2007 Abdel-Rassoul G et al. Neurobehavioral effects among inhabitants around mobile phone base stations. *Neurotoxicology*. 2007 Mar;28(2):434–40.

7. 2006 Hutter HP et al. Subjective symptoms, sleeping problems, and cognitive performance in subjects living near mobile phone base stations. *Occup Environ Med*. 2006 May;63(5):307–13.

8. 1995 Cherry N. Study on Health Effects of the Shortwave Transmitter Station of Schwarzenburg, Berne, Switzerland (Major Report). *Electromagnetics Forum*. 1997 Vol 1 (2) Winter: 23–27.

1. 2016 Shehu A et al. Exposure to mobile phone electromagnetic field radiation, ringtone and vibration affects anxiety-like behaviour and oxidative stress biomarkers in albino wistar rats. Metab Brain Dis. 2016 Apr;31(2):355-62. doi: 10.1007/s11011-015-9758-x.

2. 2014 Shahbazi-Gahrouei D et al. Health effects of living near mobile phone base transceiver station (BTS) antennae: a report from Isfahan, Iran. Electromagn Biol Med. 2014 Sep;33(3):206-10. doi: 10.3109/15368378.2013.801352.

3. 2014 Saikhedkar N et al. Effects of mobile phone radiation (900 MHz radiofrequency) on structure and functions of rat brain. Neurol Res. 2014 Dec;36(12):1072-9. doi: 10.1179/1743132814Y.0000000392. Epub 2014 May 26.

4. 2013 Küçer N, Pamukçu T. Self-reported symptoms associated with exposure to electromagnetic fields: a questionnaire study. Electromagn Biol Med. 2013 Jun 3. [Epub ahead of print]

5. 2013 Shahbazi-Gahrouei D et al. Health effects of living near mobile phone base transceiver station (BTS) antennae: a report from Isfahan, Iran. Electromagn Biol Med. 2013 Jun 19. [Epub ahead of print]

6. 2012 Khirazova EE et al. Effects of GSM-Frequency Electromagnetic Radiation on Some Physiological and Biochemical Parameters in Rats. Bull Exp Biol Med. 2012 Oct;153(6):816-9.

7. 2012 Sokolovic D et al. The effect of melatonin on body mass and behaviour of rats during an exposure to microwave radiation from mobile phone. *Bratisl Lek Listy.* 2012;113(5):265–9.

8. 2010 Johansson A et al. Symptoms, personality traits, and stress in people with mobile phone-related symptoms and electromagnetic hypersensitivity. *J Psychosom Res*. 2010 Jan;68(1):37–45.

9. 2010 Havas M et al. Provocation study using heart rate variability shows microwave radiation from DECT phone affects autonomic nervous system . *Eu J Oncology* Library Vol 5 273–300.

10. 2009 Augner C. GSM base stations: Short-term effects on well-being. *Bioelectromagnetics*. 2009 Jan;30(1):73–80.

11. 2008 Ha JH. Characteristics of excessive cellular phone use in Korean adolescents. *Cyberpsychol Behav*. 2008 Dec;11(6):783–4.

12. 2008 Söderqvist F. et al. Use of wireless telephones and self-reported health symptoms: a population-based study among Swedish adolescents aged 15–19 years. *Environ Health*. 2008 May 21;7:18.

13. 2008 Cohen A et al. Sensitivity to mobile phone base station signals. *Environ Health Perspect*. 2008 Feb;116(2):A63–4.

14. 2007 Cohen A. et al. Sensitivity to mobile phone base station signals. *Environ Health Perspect*. 2007 Nov;115(11):1603–8.

15. 2007 Jenaro C. et al. Problematic Internet and cell-phone use: Psychological, behavioral, and health correlates. *Addiction Research Theory* (2007); 15 (3), 309–320.

16. 2005 Abelin. T et al. Sleep disturbances in the vicinity of the short-wave broadcast transmitter schwarzenburg. *Somnologie* (Somnology) 2005; 9 (4): 203–209.

17. 2004 Röösli M. et al. Symptoms of ill health ascribed to electromagnetic field exposure—a questionnaire survey. *Int J Hyg Environ Health*. 2004 Feb;207(2):141–50.

18. 1995 Grigor'ev IuG et al. Motor activity of rabbits in conditions of chronic low-intensity pulse microwave irradiation. *Radiats Biol Radioecol*. 1995 Jan–Feb;35(1):29–35.

19. 1992 Lai H. et al. Single vs. repeated microwave exposure: effects on benzodiazepine receptors in the brain of the rat. *Bioelectromagnetics*. 1992;13(1):57–66.

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Autism

1. 2008 Klinghardt D. Autism may be Linked to Electromagnetic Radiation Levels In Mother's Bedroom During Pregnancy. Presented at Crayhon Boulderfest.

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3. 2004 Kane RC. A possible association between fetal/neonatal exposure to radiofrequency electromagnetic radiation and the increased incidence of autism spectrum disorders (ASD). *Med Hypotheses*. 2004;62(2):195–7.

Behaviour, changes to

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3. 2016. Guxens M et al. Outdoor and indoor sources of residential radiofrequency electromagnetic fields, personal cell phone and cordless phone use, and cognitive function in 5-6 years old children. Environ Res. 2016 Oct;150:364-74. doi: 10.1016/j.envres.2016.06.021.

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5. 2015 Silva DF et al. Exposure to non-ionizing electromagnetic radiation from mobile telephony and the association with psychiatric symptoms. Cad Saude Publica. 2015 Oct;31(10):2110-26. doi: 10.1590/0102-311X00104114.

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7. 2014 Evaluation of oxidant stress and antioxidant defense in discrete brain regions of rats exposed to 900 MHz radiation. Bratisl Lek Listy. 2014;115(5):260-6.

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9. 2013 Carpenter DO. Human disease resulting from exposure to electromagnetic fields. R ev Environ Health. 2013;28(4):159-72. doi: 10.1515/reveh-2013-0016.

10. 2013 Cammaerts MC et al. Food collection and response to pheromones in an ant species exposed to electromagnetic radiation. *Electromagn Biol Med*. 2013 Jan 15:[Epub ahead of print].

11. 2012 Khirazova EE et al. Effects of GSM-Frequency Electromagnetic Radiation on Some Physiological and Biochemical Parameters in Rats. Bull Exp Biol Med. 2012 Oct;153(6):816-9.

12. 2012 Divan HA et al. Cell phone use and behavioural problems in young children. *J Epidemiol Community Health*. 2012 Jun;66(6):524–9.

13. 2012 Sokolovic D et al. The effect of melatonin on body mass and behaviour of rats during an exposure to microwave radiation from mobile phone. *Bratisl Lek Listy*. 2012;113(5):265–9.

14. 2012 Aldad TS et al. Fetal Radiofrequency Radiation Exposure From 800–1900 MHz-Rated Cellular Telephones Affects Neurodevelopment and Behavior in Mice. *Scientific Reports* 2, 2012;2:312.

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16. 2010 Thomee S. et al. Perceived connections between information and communication technology use and mental symptoms among young adults—a qualitative study. *BMC Public Health*. 2010 Feb 12;10:66.

17. 2010 Ruiz-Olivares R. et al. Analysis of behavior related to use of the Internet, mobile telephones, compulsive shopping and gambling among university students. *Adicciones*. 2010;22(4):301–9.

18. 2010 Narayanan SN et al. Effect of radio-frequency electromagnetic radiations (RF-EMR) on passive avoidance behaviour and hippocampal morphology in Wistar rats. *Ups J Med Sci*. 2010 May;115(2):91–6.

19. 2009 Daniels WM. The effect of electromagnetic radiation in the mobile phone range on the behaviour of the rat. *Metab Brain Dis*. 2009 Dec;24(4):629–41.

20. 2009 Khurana VG, Teo C, Bittar RG. (2009) Health risks of cell phone technology. *Surgical Neurology* 2009 Oct;72(4):436–7.

21. 2009 Balmori A. Electromagnetic pollution from phone masts. Effects on wildlife. *Pathophysiology*. 2009 Aug;16(2–3):191–9.

22. 2009 Thomas S et al. Exposure to radio-frequency electromagnetic fields and behavioural problems in Bavarian children and adolescents. *Eur J Epidemiol*. 2010 Feb;25(2):135–41.

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25. 2007 Everaert J., Bauwens D. A possible effect of electromagnetic radiation from mobile phone base stations on the number of breeding house sparrows (Passer domesticus). *Electromagn Biol Med*. 2007;26(1):63–72.

26. 2006 Harst W et al. Can Electromagnetic Exposure Cause a Change in Behaviour? Studying possible non-thermal influences on honey bees. Institute of Science and Science Education (ISSE), Department of Physics, University of Koblenz-Landau/Campus, Landau, Germany.

27. 2006 Adang, D. et al. Has a 970 MHz Pulsed Exposure an Effect on the Memory Related Behaviour of Rats? *Wireless Technology*, 2006:135–138.

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29. 2004 Paulraj R., Behari J. Radio frequency radiation effects on protein kinase C activity in rats' brain. *Mutat Res* 2004; 545(1–2):127–130.

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33. 1998 Duan L et al. Observations of changes in neurobehavioral functions in workers exposed to high-frequency radiation. *Zhonghua Yu Fang Yi Xue Za Zhi*. 1998 Mar;32(2):109–11.

34. Löscher W, Käs G. Conspicuous behavioural abnormalities in a dairy cow herd near a TV and Radio transmitting antenna. *Prakt. Tierarzt* 1998 79: 5, 437–444.

35. 1998 Mickley GA, Cobb BL. Thermal tolerance reduces hyperthermia-induced disruption of working memory : A role for endogenous opiates? *Physiology & behavior* 1998; Vol. 63 (5) 855–865.

36. 1997 Lai H. Neurological Effects of Radiofrequency Electromagnetic Radiation Relating to Wireless Communication Technology. Paper presented at the IBC-UK Conference: "Mobile Phones—Is there a Health Risk?" September 16–17, 1997 in Brussels, Belgium.

37. 1994 D'Andrea JA et al. Rhesus monkey behavior during exposure to high-peak-power 5.62-GHz microwave pulses. *Bioelectromagnetics*. 1994;15(2):163–76.

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39. 1991 D'Andrea JA. Microwave radiation absorption: behavioral effects. *Health Phys*. 1991 Jul;61(1):29–40.

40. 1990 Ray S, Behari J. Physiological changes in rats after exposure to low levels of microwaves. *Radiat Res*. 1990 Aug;123(2):199–202.

41. 1988 Mitchell CL et al. Some behavioral effects of short-term exposure of rats to 2.45 GHz microwave radiation. *Bioelectromagnetics*. 1988;9(3):259–68.

42. 1986 D'Andrea JA et al. Behavioral and physiological effects of chronic 2,450-MHz microwave irradiation of the rat at 0.5 mW/cm2. *Bioelectromagnetics.* 1986;7(1):45–56.

43. 1980 Schrot J et al. Modification of the repeated acquisition of response sequences in rats by low-level microwave exposure. *Bioelectromagnetics.* 1980;1(1):89–99.

44. 1979 Shandala MG et al. Study of nonionizing microwave radiation effects upon the central nervous system and behavior reactions. *Environ Health Perspect.* 1979 Jun;30:115–21.

Biology

Changes to Biology and Biological Processes

1. 2017 Taheri M et al. The effect of Base Transceiver Station waves on some immunological and hematological factors in exposed persons. Hum Antibodies. 2017;25(1-2):31-37. doi: 10.3233/HAB-160303.

2. 2016 Wang Z et al. Effects of electromagnetic fields on serum lipids in workers of a power plant. Environ Sci Pollut Res Int. 2016 Feb;23(3):2495-504. doi: 10.1007/s11356-015-5500-9.

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5. 2016 Shekoohi Shooli F et al. Short-Term Exposure to Electromagnetic Fields Generated by Mobile Phone Jammers Decreases the Fasting Blood Sugar in Adult Male Rats. J Biomed Phys Eng. 2016 Mar 1;6(1):27-32.

6. 2016. Tanvir S et al. Effects of 3G cell phone exposure on the structure and function of the human cytochrome P450 reductase. Bioelectrochemistry. 2016 Oct;111:62-9. doi: 10.1016/j.bioelechem.2016.05.005.

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9. 2015 Aydogan F et al. The effects of 2100-MHz radiofrequency radiation on nasal mucosa and mucociliary clearance in rats. Int Forum Allergy Rhinol. 2015 Jul;5(7):626-32. doi: 10.1002/alr.21509. Epub 2015 Apr 16.

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11. 2015 Daroit NB et al. Cell phone radiation effects on cytogenetic abnormalities of oral mucosal cells. Braz Oral Res. 2015;29:1-8. doi: 10.1590/1807-3107BOR-2015.vol29.0114.

12. 2015 Aydogan F et al. The effect of 2100 MHz radiofrequency radiation of a 3G mobile phone on the parotid gland of rats. Am J Otolaryngol. 2015 Jan-Feb;36(1):39-46. doi: 10.1016/j.amjoto.2014.10.001.

13. 2015 Azadi Oskouyi E et al. Effects of microwaves (950 MHZ mobile phone) on morphometric and apoptotic changes of rabbit epididymis. Andrologia. 2015 Aug;47(6):700-5. doi: 10.1111/and.12321.

14. 2015 Sieroń-Stołtny K et al. The influence of electromagnetic radiation generated by a mobile phone on the skeletal system of rats. Biomed Res Int. 2015;2015:896019. doi: 10.1155/2015/896019.

15. 2014 Margaritis LH et al. Drosophila oogenesis as a bio-marker responding to EMF sources. Electromagn Biol Med. 2014 Sep;33(3):165-89. doi: 10.3109/15368378.2013.800102.

16. 2014 Balakrishnan K et al. Hsp70 is an independent stress marker among frequent users of mobile phones. J Environ Pathol Toxicol Oncol. 2014;33(4):339-47.

17. 2014 Hashemipour MS et al. Effect of mobile phone use on salivary concentrations of protein, amylase, lipase, immunoglobulin A, lysozyme, lactoferrin, peroxidase and C-reactive protein of the parotid gland. J Laryngol Otol. 2014 May;128(5):454-62. doi: 10.1017/S0022215114000899.

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38. 2012 Kismali G et al. The influence of 1800 MHz GSM-like signals on blood chemistry and oxidative stress in non-pregnant and pregnant rabbits. *Int J Radiat Biol.* 2012 May;88(5):414–9.

39. 2011 Guler G. et al. The effect of radiofrequency radiation on DNA and lipid damage in female and male infant rabbits. *Int J Radiat Biol*. 2012 Apr;88(4):367–73.

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Blood Brain Barrier
Increased Permeability

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Blood Sugar, Insulin, Diabetes

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Brain - Acoustic Neuroma

(type of benign brain tumour)

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Children

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Dizziness,

Lightheadedness, Nausea, and Vertigo

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Driving

(Increased accident rate, altered behaviour/reactions)

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Electrosensitivity & Electrohypersensitivity

(Sensitivity to EMR)

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Eyes and Vision

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Genetic Alterations & Damage:

Chromosomal Aberration, DNA strand breaks, inhibited DNA repair

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Reproduction - Prenatal

(Pregnancy, fetal development, spontaneous abortion, etc)

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Sleep

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Thyroid

1. 2017 Baby NM et al. The Effect of Electromagnetic Radiation due to Mobile Phone Use on Thyroid Function in Medical Students Studying in a Medical College in South India. Indian J Endocrinol Metab. 2017 Nov-Dec;21(6):797-802

2. 2015 Sangün Ö et al. The Effects of Electromagnetic Field on the Endocrine System in Children and Adolescents. Pediatr Endocrinol Rev. 2015 Dec;13(2):531-45.

3. 2012 Eskander EF, Estefan SF, Abd-Rabou AA. How does long term exposure to base stations and mobile phones affect human hormone profiles? Clin Biochem. 2012 Jan;45(1-2):157-61

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6. 1996 Hecht K, Savoley E. "Overloading of Towns and Cities with Radio Transmitters (Cellular Transmitter): a hazard for the human health and a disturbance of eco-ethics." IRCHET International Research Centre of Healthy and

Ecological Technology, Berlin, Germany. http://www.diagnose-funk.ch/downloads/hechtvortrag070724englisch.pdf

Weakness

1. 2005 Abelin T. et al. Sleep disturbances in the vicinity of the short-wave broadcast transmitter schwarzenburg. *Somnologie* (Somnology) 2005; 9 (4): 203–209.

2. 2003 Gautier R et al. EMF and Acetylcholine. www.csif-cem.org le 30/05/2003.

3. 2003 Navarro EA et al. The Microwave Syndrome: A Preliminary Study in Spain. *Electromagn Biol Med* 22(2–3): 161–169.

4. 1998 Duan L. et al. Observations of changes in neurobehavioral functions in workers exposed to high-frequency radiation. *Zhonghua Yu Fang Yi Xue Za Zhi*. 1998 Mar;32(2):109–11.

Weight

(Significant gain)

1. 2008 Lerchl A et al. Effects of mobile phone electromagnetic fields at nonthermal SAR values on melatonin and body weight of Djungarian hamsters. *J Pineal Res.* 2008 Apr;44(3):267–72.

2. 2004 Sommer A. et al. No effects of GSM-modulated 900 MHz electromagnetic fields on survival rate and spontaneous development of lymphoma in female AKR/J mice. *BMC Cancer*. 2004; 4: 77.

Wellbeing

(Feeling unwell, sickness, general ill health)

1. 2015 Chiu CT et al. Mobile phone use and health symptoms in children. J Formos Med Assoc. 2015 Jul;114(7):598-604. doi: 10.1016/j.jfma.2014.07.002.

2. 2014 Shahbazi-Gahrouei D et al. Health effects of living near mobile phone base transceiver station (BTS) antennae: a report from Isfahan, Iran. Electromagn Biol Med. 2014 Sep;33(3):206-10. doi: 10.3109/15368378.2013.801352.

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13. 2007 Schooneveld H., Kuiper J. Electrohypersensitivity (EHS) in the Netherlands - A Questionnaire survey. Dutch Electrohypersensitivity (EHS) Foundation. 2007 December.

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19. 2002 Hutter H-P et al. Mobile telephone base stations: Effects on health and wellbeing. Proceedings of Biological Effects of EMFs. 2nd Int. Workshop, Rhode, Oct. 2002.

20. 2001 Hocking B. Microwave sickness: a reappraisal. *Occup Med* (Lond). 2001 Feb;51(1):66–9.

21. 2000 Santini R. et al. Danger of cellular telephones and their relay stations. *Pathol Biol* (Paris). 2000 Jul;48(6):525–8.

22. 1998 Johnson Liakouris AG. Radiofrequency (RF) sickness in the Lilienfeld Study: an effect of modulated microwaves? *Arch Environ Health*. 1998 May–Jun;53(3):236–8.

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Occupational Exposure to RFR

Some of the research studies showing the effects of exposure to RFR /microwave radiation due to occupation and work environment

1. 2017 Havas M. When theory and observation collide: Can non-ionizing radiation cause cancer? Environ Pollut. 2017 Feb;221:501-505. doi: 10.1016/j.envpol.2016.10.018. Epub 2016 Nov 28.

2. 2014 Coureau G et al. Mobile phone use and brain tumours in the CERENAT case-control study. Occup Environ Med. 2014 Jul;71(7):514-22. doi: 10.1136/oemed-2013-101754. Epub 2014 May 9.

3. 2012 **Perinatal Mortality and Preeclampsia:** Baste V et al. Pregnancy outcomes after paternal radiofrequency field exposure aboard fast patrol boats. *J Occup Environ Med.* 2012 Apr;54(4):431–8.

4. 2011 **Cancer:** Yakymenko I et al. Long-term exposure to microwave radiation provokes cancer growth: evidences from radars and mobile communication systems. *Exp Oncol.* 2011 Jun;33(2):62–70.

5. 2011 **Oxidative Stress and Genetic Damage**: Garaj-Vrhovac V et al. Assessment of cytogenetic damage and oxidative stress in personnel occupationally exposed to the pulsed microwave radiation of marine radar equipment. *Int J Hyg Environ Health*. 2011 Jan;214(1):59–65.

6. 2009 **Cancer**: Milham S. Most cancer in firefighters is due to radio-frequency radiation exposure not inhaled carcinogens. *Med Hypotheses.* 2009 Nov;73(5):788–9.

7. 2009 **Genetic Damage**: Verschaeve L. Genetic damage in subjects exposed to radiofrequency radiation. *Mutat Res.* 2009 Mar–Jun;681(2-3):259–70.

8. 2009 **Genetic Damage:** Garaj-Vrhovac V, Orescanin V. Assessment of DNA sensitivity in peripheral blood leukocytes after occupational exposure to microwave radiation: the alkaline comet assay and chromatid breakage assay. *Cell Biol Toxicol.* 2009 Feb;25(1):33–43.

9. 2008 **Reduced fertility:** Møllerløkken OJ, Moen BE. Is fertility reduced among men exposed to radiofrequency fields in the Norwegian Navy? *Bioelectromagnetics*. 2008 Jul;29(5):345–52.

10. 2008 **Overexposure:** Capstick M et al. An Investigation into Occupational Exposure to Electromagnetic Fields for Personnel. Working with and around Medical Magnetic Resonance Imaging Equipment. Report prepared for: European Commission, Employment, Social Affairs and Equal Opportunities DG. 2008 April.

11. 2008 **Impaired Male Fertility and Involuntary Childlessness:** Baste V et al. Radiofrequency electromagnetic fields; male infertility and sex ratio of offspring. *Eur J Epidemiol.* 2008;23(5):369–77.

12. 2008 **Overexposure:** Maccà I et al. Occupational exposure to electromagnetic fields in physiotherapy departments. *Radiat Prot Dosimetry*. 2008;128(2):180–90.

13. 2007 **Cancer:** Belpomme D et al. The multitude and diversity of environmental carcinogens. *Environ Res*. 2007 Nov;105(3):414–29.

14. 2006 **Issues with: Preterm birth and birth defects:** Mjøen G et al. Paternal occupational exposure to radiofrequency electromagnetic fields and risk of adverse pregnancy outcome. *Eur J Epidemiol*. 2006;21(7):529–35.

15. 2003 **Breast Cancer:** Kliukiene J et al. Follow-up of radio and telegraph operators with exposure to electromagnetic fields and risk of breast cancer. *Eur J Cancer Prev.* 2003 Aug;12(4):301–7.

16. 2003 **Impaired Sperm:** Sheiner EK et al. Effect of occupational exposures on male fertility: literature review. *Ind Health.* 2003 Apr;41(2):55–62.

17. 2002 **Brain Cancer:** Richter E et al. Brain cancer with induction periods < 10 y in young radar workers. *Arch Environ Health.* 2002 Jul–Aug;57(4):270–2.

18. 2002 **Overexposure:** Friedberg W et al. Radiation exposure of aircrews. *Occup Med*. 2002 Apr–Jun;17(2):293–309.

19. 2001 **Prenatal Issues: low birth weight, prematurity. spontaneous abortion:** Lerman Y et al. Pregnancy outcome following exposure to shortwaves among female physiotherapists in Israel. *Am J Ind Med*. 2001 May;39(5):499–504.

20. 2001 **Genetic Damage:** Lalić H et al. Comparison of chromosome aberrations in peripheral blood lymphocytes from people occupationally exposed to ionizing and radiofrequency radiation. *Acta Med Okayama*. 2001 Apr;55(2):117–27.

21. 2001 **Uveal Melanoma:** Stang A et al. The possible role of radiofrequency radiation in the development of uveal melanoma. *Epidemiology* 2001 Jan;12(1):7–12

22. 2000 **Impaired Male Fertility:** Grajewski B et al. Semen quality and hormone levels among radiofrequency heater operators. *J Occup Environ Med*. 2000 Oct;42(10):993–1005.

23. 2000 **Cancers: Eye; testicular; breast; lymphoma:** Richter E et al. Cancer in radar technicians exposed to radiofrequency/microwave radiation: sentinel episodes. *Int J Occup Environ Health.* 2000 Jul–Sep;6(3):187–93.

24. 1999 **Genetic Damage:** Garaj-Vrhovac V. Micronucleus assay and lymphocyte mitotic activity in risk assessment of occupational exposure to microwave radiation. *Chemosphere.* 1999 Dec;39(13):2301–12.

25. 1999 **Genetic Damage:** Garaj-Vrhovac V. Induction of micronuclei in human lymphocytes after occupational exposure to ultrasound. *Chemosphere.* 1999 Jun;38(15):3541–53.

26. 1999 **Effect on Immune System:** Moszczyński P et al. The effect of various occupational exposures to microwave radiation on the concentrations of immunoglobulins and T lymphocyte subsets. *Wiad Lek.* 1999;52(1–2):30–4.

27. 1998 **Testicular Cancer:** Hardell L et al. Case-control study on risk factors for testicular cancer. *Int J Oncol.* 1998 Dec;13(6):1299–303.

28. 1998 **Changes to Neurobehavioral Function: chronic fatigue, weakness, memory loss, aches, and pains:** Duan L et al. Observations of changes in neurobehavioral functions in workers exposed to high-frequency radiation. *Zhonghua Yu Fang Yi Xue Za Zhi.* 1998 Mar;32(2):109–11.

29. 1998 **Changes to Biology:** Dmoch A, Moszczyński P. Levels of immunoglobulin and subpopulations of T lymphocytes and NK cells in men occupationally exposed to microwave radiation in frequencies of 6-12 GHz. *Med Pr.* 1998;49(1):45–9.

30. 1998 **Changes to Blood Pressure and Heart Rate:** Szmigielski S et al. Alteration of diurnal rhythms of blood pressure and heart rate to workers exposed to radiofrequency electromagnetic fields. *Blood Press Monit.* 1998;3(6):323–30.

31. 1997 **Issues with: blood count, genetic changes, spontaneous abortion, cancer:** Goldsmith JR. Epidemiologic evidence relevant to radar (microwave) effects. *Environ Health Perspect. 1997* Dec;105 Suppl 6:1579–87.

32. 1997 **Various pains, numbness and other effects:** Schilling CJ. Effects of acute exposure to ultrahigh radiofrequency radiation on three antenna engineers. Occup Environ Med. 1997 Apr;54(4):281-4.

33. 1997 **Disturbances to Cardiac Rhythm:** Bortkiewicz A et al. Ambulatory ECG monitoring in workers exposed to electromagnetic fields. *J Med Eng Technol.* 1997 Mar–Apr;21(2):41–6.

34. 1996 **Lowered Sperm Count:** Weyandt TB. Semen analysis of military personnel associated with military duty assignments. *Reprod Toxicol.* 1996 Nov–Dec;10(6):521–8.

35. 1996 **Changes to Cardiovascular Function:** Bortkiewicz A et al. Heart rate variability in workers exposed to medium-frequency electromagnetic fields. *J Auton Nerv Syst.* 1996 Jul 5;59(3):91–7.

36. 1996 **Issues with: blood count, spontaneous abortion, cancer:** Goldsmith JR. Epidemiological studies of radio-frequency radiation: current status and areas of concern. *Sci Total Environ.* 1996 Feb 2;180(1):3–8.

37. 1996 **Cancer of haemopoietic system and lymphatic organs, leukaemia, lymphoma:** Szmigielski S. Cancer morbidity in subjects occupationally exposed to high frequency (radiofrequency and microwave) electromagnetic radiation. *Sci Total Environ*. 1996 Feb 2;180(1):9–17.

38. 1995 **Disruption of Cardiovascular Function and Circadian Rhythms:** Bortkiewicz A et al. Dysregulation of Autonomic Control of Cardiac Function in Workers at am Broadcasting Stations (0.738-1.503 MHz). *Elec Bio & Med,* Vol 14 (3) 1995 Nov;17–191.

39. 1995 **Issues with: prenatal: blood count, lymphocytes, cancer:** Goldsmith JR. Epidemiologic Evidence of Radiofrequency Radiation (Microwave) Effects on Health in Military, Broadcasting, and Occupational Studies. *Int J Occup Environ Health*. 1995 Jan;1(1):47–57.

40. 1993 **Changes to: blood, biology, brain activity, eyes:** Goldoni J et al. Health status of personnel occupationally exposed to radiowaves. *Arh Hig Rada Toksikol*. 1993 Sep;44(3):223–8.

41. 1993 **Testicular Cancer:** Davis RL, Mostofi FK. Cluster of testicular cancer in police officers exposed to hand-held radar. *Am J Ind Med*. 1993 Aug;24(2):231–3.

42. 1991 **Spontaneous abortions, altered gender ratio, low birthrate:** Larsen AI, Olsen J, Svane O. Gender-specific reproductive outcome and exposure to high-frequency electromagnetic radiation among physiotherapists. *Scand J Work Environ Health*. 1991 Oct;17(5):324–9.

43. 1990 **Genetic Damage:** Garaj-Vrhovac V et al. Comparison of chromosome aberration and micronucleus induction in human lymphocytes after occupational exposure to vinyl chloride monomer and microwave radiation. *Period Biol.* 1990; 92 (4): 411–416.

44. 1989 **Cataracts and Eye Damage:** Cutz A. Effects of microwave radiation on the eye: the occupational health perspective. *Lens Eye Toxic Res* 1989; 6:379–86.

45. 1988 **Cancer:** Milham S. Increased mortality in amateur radio operators due to lymphatic and hematopoietic malignancies. *American Journal of Epidemiology*. Vol. 127, No. 1: 50–54.

46. 1987 **Somatic Mutations:** Garaj-Vrhovac V et al. Somatic mutations in persons occupationally exposed to microwave radiation. *Mutation Research* 181: 321.

47. 1980 **Eye Damage:** Cleary SF. Microwave cataractogenesis. Proceedings of the IEEE Jan. 1980 (68) 1.

48. 1965 **Eye Damage:** Cataract incidence in radar workers. Cleary SF, Pasternack BS, Beebe GW. *Arch Environ Health*. 1965 Aug;11(2):179–82.

Supplements and Vitamins

Some of the research studies showing that supplementation can aid in preventing and/or reducing the effects of exposure to cell phones and RFR /microwave radiation

1. 2017 **Vitamin D** El-Gohary OA & Said MA. Effect of electromagnetic waves from mobile phone on immune status of male rats: possible protective role of vitamin D. Can J Physiol Pharmacol. Feb;95(2):151-156. doi: 10.1139/cjpp-2016-0218.

2. 2016 **Rosemary** Ghoneim FM, Arafat EA. Histological and histochemical study of the protective role of rosemary extract against harmful effect of cell phone electromagnetic radiation on the parotid glands. Acta Histochem. 2016 Jun;118(5):478-85. doi: 10.1016/j.acthis.2016.04.010.

3. 2015 **Moringa Oleifera** Bin-Meferij MM, El-Kott AF. The radioprotective effects of Moringa oleifera against mobile phone electromagnetic radiation-induced infertility in rats. Int J Clin Exp Med. 2015 Aug 15;8(8):12487-97. eCollection 2015.

4. 2015 **Liuwei Dihuang Pills** against Ma HR et al. Protective effect of Liuwei Dihuang Pills against cellphone electromagnetic radiation-induced histomorphological abnormality, oxidative injury, and cell apoptosis in rat testes. Zhonghua Nan Ke Xue. 2015 Aug;21(8):737-41.

5. 2014 **Vitamin C** Akbari A1, Jelodar G, Nazifi S. Vitamin C protects rat cerebellum and encephalon from oxidative stress following exposure to

radiofrequency wave generated by a BTS antenna model. Toxicol Mech Methods. 2014 Jun;24(5):347-52. doi: 10.3109/15376516.2014.910852. 25.

6. 2014 **Guilingji Capsule** Ma HR et al. Effect of Guilingji Capsule on the fertility, liver functions, and serum LDH of male SD rats exposed by 900 mhz cell phone. Zhongguo Zhong Xi Yi Jie He Za Zhi. 2014 Apr;34(4):475-9.

7. 2014 **American Ginseng Capsule** Luo YP et al. Effect of American Ginseng Capsule on the liver oxidative injury and the Nrf2 protein expression in rats exposed by electromagnetic radiation of frequency of cell phone. Zhongguo Zhong Xi Yi Jie He Za Zhi. 2014 May;34(5):575-80.

8. 2013 **Vitamin C** Jelodar G et al. The prophylactic effect of vitamin C on oxidative stress indexes in rat eyes following exposure to radiofrequency wave generated by a BTS antenna model. *Int J Radiat Biol.* Int J Radiat Biol. 2013 Feb;89(2):128–31.

9. 2013 **Vitamin E** Gao X et al. Interference of vitamin E on the brain tissue damage by electromagnetic radiation of cell phone in pregnant and fetal rats Wei Sheng Yan Jiu. 2013 Jul;42(4):642-6.

10. 2013 **Garlic** Bilgici B et al. Effect of 900 MHz radıofrequency radıatıon on oxıdatıve stress In rat braın and serum. *Electromagn Biol Med*. 2013 Jan 9:[Epub ahead of print].

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Truth is by nature self-evident.

As soon as you remove the cobwebs of ignorance that surround it, it shines clear.

Mahatma Gandh