



# Our Family Newsletter;

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**Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to help as many people as humanly possible, especially kids!**

## **The Approaching Epidemic - Brain Damage from Mobile Phone Radiation:**

I've decided to take a bit of a different approach for this month's newsletter; it's for our children's stake!

I've written about this issue in an earlier newsletter but this is now taking on epidemic proportions!



A collaborative team of international EMF activists has just released their report on cell phone use.

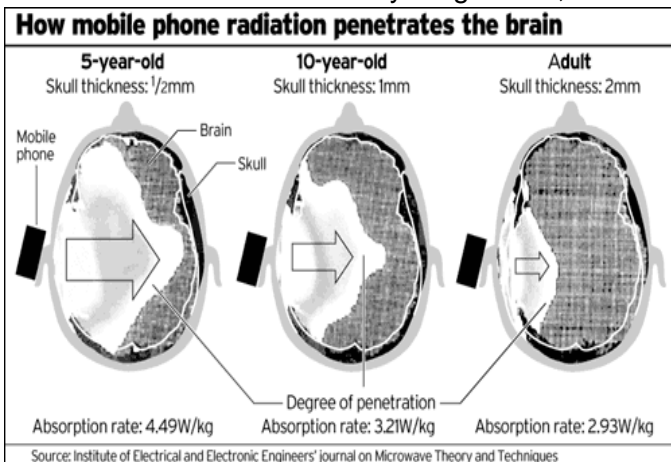
They research was focused on the relationship between cell phones and brain tumors, concluding that: There is a risk of brain tumors from cell phone use and that children have greater risks than adults. Scary stuff!



They are critical of a study, that begun in 1999 and funded by the telephone industry, that was intended to determine the risks of brain tumors, but its full publication has been held up for years. Components of this study greatly underestimate brain tumor risk.

The design flaws include categorizing subjects who used portable phones (which emit the same microwave radiation as cell phones – did you hear that?) as

'unexposed'; exclusion of many types of brain tumors; exclusion of people who had died, or were too ill to be interviewed as a consequence of their brain tumor; and exclusion of children and young adults, who



are more vulnerable.

Ronald B. Herberman, MD, Director Emeritus of the University of Pittsburgh Cancer Institute has stated,

*"Based on substantial evidence, especially from industry-independent studies that long term exposure to radiofrequency radiation may lead to increased risk for brain tumors, I issued a precautionary advisory last year to faculty and staff of the University of Pittsburgh Cancer Institute.*

*Since then, my particular concern about exposure of children to radiofrequency has been supported by a report from Dr. Lennart Hardell. Some of my scientific colleagues have expressed skepticism about the reported biological effects, especially DNA damage by radiofrequency radiation, because of the absence of a demonstrated underlying molecular mechanism.*

*However, based on the precautionary principle, I believe it is more prudent to take seriously the reports by multiple investigators that radiofrequency can damage DNA and increase the risk for brain tumors, and for industry-independent agencies to provide needed funding for detailed research to ascertain the molecular basis for such effects."*

Lloyd Morgan, lead author and member of the Bioelectromagnetics Society says, *"Exposure to cell phone radiation is the largest human health experiment ever*

*undertaken, without informed consent, and has some 4 billion participants enrolled. Science has shown increased risk of brain tumors from use of cell phones, as well as increased risk of eye cancer, salivary gland tumors, testicular cancer, non-Hodgkin's lymphoma and leukemia. The public must be informed."*

With the ever-increasing, widespread use of wireless communications, it is imperative to understand the risks involved in the use of the technology, yet the government has been very slow to respond, no doubt in large part due to industry pressure. (In fact, the cell phone industry is expected to boycott the upcoming conference - An International Expert Conference on Cell Phones and Health took place on September 13-15 in Washington D.C., Ever growing scientific research corroborates the suspicion that information-carrying radio waves transmitted by cell phones and other wireless devices can:

1. Cause brain tumors
2. Harm blood cells and cause cellular changes
3. Damage your DNA
4. Cause nerve-cell damage
5. Accelerate and contribute to the onset of autism , and trigger Alzheimer's disease
6. Damage your eyes
7. Cause sleep disruptions, fatigue and headaches



A quote from Chris Woollams, one of the endorsers of the new report, sums up the issue well:

*"In a world where a drug cannot be launched without proof that it is safe, where the use of herbs and natural compounds available to all since early Egyptian times are now questioned, their safety subjected to the deepest scrutiny, where a new food cannot be launched without prior approval, the idea that we use mobile telephony, including masts, and introduce WiFi and mobile phones without restrictions around our 5 year olds is double-standards gone mad.*

*I speak, not just as an editor and scientist that has looked in depth at all the research, but as a father that lost his beloved daughter to a brain tumor."*

### **Researchers Keep Finding Links Between Cell Phone Use, Brain Damage and Cancer.**

Last year, a well-circulated Swedish study found that people using cell phones doubled their risk of developing brain cancer and acoustic neuroma (a tumor that damages your hearing nerve).

The study also showed that people who started using cell phones before the age of 20 were more than five times as likely to develop brain cancer.

The European Parliament responded by voting 522 to 16 to urge ministers across Europe to impose stricter limits for exposure to radiation from mobile and cordless phones, wi-fi and other radiation-generating devices -- in part because children are particularly vulnerable to the risk.

Dr. Gerd Oberfeld, M.D., the Speaker for Environmental Medicine for the Austrian Medical Association in Vienna, Austria says: *"The scientific data show, with a high degree of confidence, that mobile phone exposure is associated with an increased brain tumor risk.*

*The age group below 20 years is facing the greatest risk, which for malignant (deadly) brain tumors is about 400 percent, compared to non-exposed.*

*When we take the long latency period of up to some decades into account, and the fact that large parts of our society, and especially more and more teenagers and*

*even children are using mobile phones on a daily basis, we may well expect a brain tumor epidemic.*

*From a public health perspective there is an urgent need not only for a wake-up call for our society, but for measures that are able to combat this public health threat effectively, now."*

The cell phone industry's standard comment has been that "the peer-reviewed scientific evidence has overwhelmingly indicated that wireless devices do not pose a public health risk."

This report exposes that statement for the lie that it is.

In fact, there's no shortage of evidence showing that cell phone use (and other wireless devices) can be dangerous to your health, and to your child in particular.

As this new report points out, even some of the industry's own research found that cell phones caused brain tumors, and subsequent industry-funded studies from 2000 to 2002 also showed an elevated risk of brain cancer.

One such study reportedly found a 20 percent increased risk of brain tumor for every year of cell phone use!

Fortunately more and more people are beginning to take the warning signs seriously.

In 2005, the British-based National Radiological Protection Board suggested children younger than age 8 should not be given a cell phone as it risks exposing their young bodies to harmful radiation. Last year Toronto's department of public health followed suit, warning that because of possible side effects from radio frequency radiation, children under 8 should only use a cell phone in emergencies, and teenagers should limit calls to less than 10 minutes.

The U.K., Belgium, Germany, France and Russia have also introduced precautionary policies regarding cell phone usage due to potential health risks.

Few people realize this, but brain cancer has surpassed leukemia as the number one cancer killer in children, and many scientists believe this is directly linked to the

exponential increase in cell phone use and other wireless devices.

Australia has seen an increase in pediatric brain cancers of 21 percent in just one decade. This is consistent with studies showing a 40 percent brain tumor increase across the board in Europe and the U.K. over the last 20 years.

These statistics are consistent with many of the scientific research findings.

Another example is the 2003 study published in Environmental Health Perspectives (the journal of the National Institute of Environmental Health Sciences). They found that rats exhibited serious neuronal brain damage following exposure to radiation from a cell phone, at levels comparable to what you would experience during normal use.

*"Intense use of mobile phones by youngsters is a serious consideration."*

What Can You Do?

### **EWG'S (Environmental Working Group) Guide to Reduced Cell Phone Radiation Exposure:**

To be on the safe side, follow the tips below to reduce exposures.

#### **1. BUY A LOW-RADIATION PHONE**

Look up your phone on EWG's buyers' guide:

[www.ewg.org/cellphoneradiation/Get-a-Safer-Phone](http://www.ewg.org/cellphoneradiation/Get-a-Safer-Phone). (Your phone's model number may be printed under your battery). Consider replacing your phone with one that emits the lowest radiation possible and still meets your needs.

#### **2. USE A HEADSET OR SPEAKER**

Headsets emit much less radiation than phones. Choose either wired or wireless (experts are split on which version is safer):

[www.ewg.org/cellphoneradiation/Get-a-Headset](http://www.ewg.org/cellphoneradiation/Get-a-Headset). Some wireless headsets emit continuous, low-level radiation, so take yours off your ear when you're not on a call. Using your phone in speaker mode also reduces radiation to the head.

#### **3. LISTEN MORE, TALK LESS**

Your phone emits radiation when you talk or text, but not when you're

receiving messages. Listening more and talking less reduces your exposures.

#### **4. HOLD PHONE AWAY FROM YOUR BODY**

Hold phone away from your torso when you're talking (with headset or speaker), not against your ear, in a pocket, or on your belt where soft body tissues absorb the radiation.

#### **5. CHOOSE TEXTING OVER TALKING**

Phones use less power (less radiation) to send text than voice. And unlike when you speak with the phone at your ear, texting keeps radiation away from your head.

#### **6. POOR SIGNAL? STAY OFF THE PHONE**

Fewer signal bars on your phone means that it emits more radiation to get the signal to the tower. Make and take calls when your phone has a strong signal.

#### **7. LIMIT CHILDREN'S PHONE USE**

Young children's brains absorb twice the cell phone radiation as an adult's. EWG joins health agencies in at least 6 countries in recommending limits for children's phone use, such as for emergency situations only.

#### **8. SKIP THE "RADIATION SHIELD"**

Radiation shield such as antenna caps or keypad covers reduce the connection quality and force the phone to transmit at a higher power with higher radiation.



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**Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month.....**