

Electrosmog

The facts



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Why should I care about Electrosmog?

- **Electrosmog** is created by the use of electricity. It has multiplied many-fold in recent years primarily through the development of wireless communications.
- These new, entirely man-made pulsing digital signals were **not present 20 years ago**, and now almost every electrical device has a wireless equivalent.
- Electrosmog comes from **wireless devices** such as cordless DECT phones, cordless baby alarms, mobile phones and mobile phone masts, bluetooth-enabled mobile devices like wireless computers and networks, with a host of new wireless products appearing almost daily.
- Electrosmog is now present in the centres of most major cities in Europe and around the world. Expansion of wireless telecommunications and technologies is rapidly spreading through towns, villages and into rural environments. Naturally the concentration of sources is far more intense in the developed world.
- Electrosmog has been associated with adverse health effects such as chronic fatigue, depression, headaches, epilepsy, behavioural changes in children, disrupted sleep patterns and skin complaints - and is responsible for a condition known as **electrosensitivity** or **electrohypersensitivity (EHS)** as it is now being referred to by the Department of Health, the Health Protection Agency (HPA) and the World Health Organisation (WHO).
- In Sweden, **285,000 people** (over 3% of the population) are registered as EHS claiming disability from the government. That is over 3% of their population. Extrapolation would suggest more than 13 million EHS people across Europe.
- In Germany, more than doctors have signed **The Freiburger Appeal** demanding that their government and medical authorities recognise the electrohypersensitivity that they believe causes so many of their patients' problems.
- Ireland's doctors have recently published their view that **3-5% of the population may suffer from EHS**.
- Gro Harlem Brundtland (ex Prime Minister of Norway and ex Head of the World Health Organisation) is **diagnosed as EHS** and campaigns for its recognition.
- Although the major Governments of Western Europe apply ICNIRP (the International Commission on Non-Ionising Radiation Protection) guidelines in determining planning controls on wireless telecommunications, many people can feel the effects of these systems at levels very much lower than these guidelines.
- The city of Salzburg has declared a maximum emission level of 0.6 volts per metre (V/m) - approximately 1% of UK reference levels. Meanwhile, Switzerland, Italy, and parts of Belgium as well as Russia and China all have standards **many times stricter** than the UK.
- Even the UK's NRPB (National Radiological Protection Board) - now under the auspices of the HPA) **recognises EHS as a syndrome**.
- ICNIRP guidelines were developed before the telecommunications network of today was rolled out. When the panel set the guidelines they **could not have predicted that so many people would live day and night within such high levels of electrosmog**.
- **The science has moved on, but the safety guidelines have not.** Adverse health effects are being reported at 0.05 V/m – a tiny fraction

of safety guidelines. ICNIRP safety guidelines are based on known thermal effects – the level at which the body's cells heat up. Human beings are sensitive living organisms, detecting and reacting to subtle stimuli thousands of times below the level at which international guidelines suggest health effects will start to occur.

- These guidelines are also entirely based on heating (thermal) effects (the way your microwave oven heats food with microwaves), and do not take the non-thermal effects into account.

How can Electrosmog affect people's health?

- For some people, the health effects from electrosmog will take a long time to manifest themselves - perhaps 10 or 20 years. For others, the effects may appear almost immediately.
- Sensitivity to Electrosmog varies markedly from person to person. Just as some people react to pain more than others and some are more susceptible to allergies.
- Most people who are EHS are not aware of the fact. One of the most common diagnoses is Chronic Fatigue Syndrome where the sufferer is **run down, debilitated and generally susceptible to viruses**.
- Some EHS people are extremely reactive to mobile devices. They can tell if they are in the same room as someone who has a mobile phone - it just has to be switched on, they don't have to be using it at the time.
- There are **thousands** of scientific studies that show biological effects of non-thermal levels of electromagnetic radiation, especially the pulsing microwaves that create electrosmog.
- Large increases in **depression, fatigue, sleep-disruption, headaches, and appetite loss** have been found in people living within a few hundred metres of mobile phone base stations compared with people living further away.
- Twelve institutes in seven European countries have found **genotoxic** effects to living cells at non-thermal levels of electromagnetic radiation

well below current international safety guidance. These results confirm the likelihood of **long-term genetic damage** resulting from exposure to microwave radiation.

References

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