

IDEA Irish Doctors' Environmental Association Open Letter by Irish & British medical doctors: Health and safety of Wi-Fi and mobile phones

We wish to highlight our concern over the safety of exposure to microwave radiation from wireless technology, particularly for vulnerable groups like children, pregnant women, the elderly and those with compromised health.

There is growing concern that chronic (long-term) exposure to radiofrequency/microwave radiation from wireless technologies causes damage, particularly genetic damage, cognitive damage, cancer and decreased fertility.

There is now substantial evidence of a link between mobile phone use and brain cancer. This was recognized by the International Agency for Research on Cancer (IARC)'s 30-strong panel of scientists, which in 2011 classed radiofrequency radiation as "possibly carcinogenic".

Additionally doctors are encountering a significant and growing number of people presenting with **a range of acute symptoms from wireless radiation including headaches, palpitations, rashes, fatigue, sleep disturbance, allergies and memory and concentration problems.** **International medical agencies have recognised the evidence of harm but these rulings may take many years to be reflected in public health policy.** This controversy is a common characteristic of scientific understanding when environmental exposures are new.

New technologies and substances often come with scientific conflict, which can continue for several decades before consensus is achieved. Commercial pressures often delay the acceptance of health risks, even when scientific evidence is compelling. In the case of tobacco, asbestos, x-rays and leaded petrol, for example, it took many decades before damage was established and accepted by health agencies and, during those decades, millions of people suffered ill health and death as a result of the delay. Now, despite evidence of harm, wireless technology is being rolled out widely.

We urge health agencies and the public to act immediately to reduce exposure to radiofrequency/microwave radiation. This is especially important for children, who are physiologically more vulnerable to this exposure and for whom adults have a safeguarding responsibility. Children's health should be put ahead of convenience and commercial benefits. **Children should not use mobile phones except in emergency, and WiFi should be replaced with wired alternatives in schools and other settings where children spend considerable time.**

www.ideaireland.org (see also www.mastsanity.org)

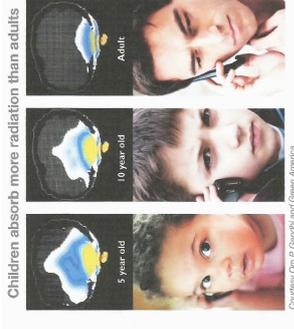
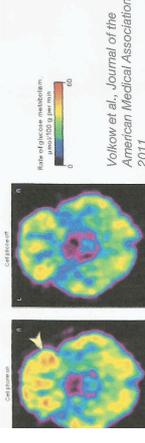
ENVIRONMENTAL HEALTH TRUST

Cell phones are two-way microwave radios that were never properly tested for safety. Antennas for cell phones are continually searching for signals from towers to send and receive information. The body or brain absorbs about half the radiation emitted from a phone at any time. People who use cell phones for more than 30 minutes a day for

10 years have a doubled or higher risk of brain cancer. Teenagers who start to use cell phones develop 4 to 5 times more brain cancer in less than a decade.

Cell phones change the brain.

After 50 minutes of holding a cell phone on or next to the ear, the brain of a healthy adult shows significant changes in glucose metabolism –the brain's fuel – at precisely those areas reached by cell phone radiation.

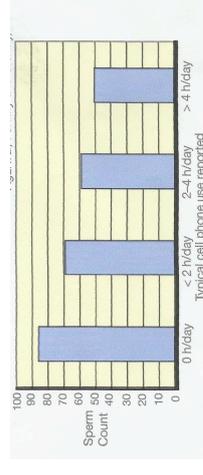


The long-term impact of these changes is unknown. Recent research suggests that **cell phones, cordless phones, and other wireless devices** can also disturb heart rate.

Cell Phones Lower Sperm Count

Men who use cell phones 2 – 4 hours per day have 30% lower sperm count than non-users; daily use over 4 hours results in 40% lower sperm count. Studies have shown that microwave radiation can damage sperm. (*Agarwal, Fertility and Sterility* (2008)).

Please take practical measures to reduce Radio Frequency exposure from all wireless gadgets to protect your own and your children's health. Further information at



www.EHTrust.org and www.ieirvn.com