

How to Protect Your Family

1. Never hold the phone directly against your head or body

When speaking on a cell phone use speakerphone, or wired earpieces, or hands-free devices, or air-tube earpieces. (Don't use wireless earpieces.)

2. When it's on, don't carry a cell phone close to the body

Examples: don't carry a cell phone in your pocket, don't tuck a cell phone into your bra. Even when you're not using your cell phone, it emits radiation while it's on.

3. Beware of weak signal

When signal strength is weak or blocked, your phone works harder and emits higher radiation. Use a corded landline more often.

4. Keep it away from children

Children will absorb at least twice as much microwave radiation as adults.

5. Don't sleep with your cell phone nearby

You go to sleep but your cell phone doesn't. It always emits radiation while it's on. Don't put your phone under your pillow, don't put it on a bedside table, don't put it near anyone who is sleeping.

Brought to you by:

The Global Campaign for Safer Cell Phones provides open-source resources that educate and motivate health professionals, teachers, parents, and students about simple and safer ways to use cell phones. Our multi-media toolkit can be downloaded at EHTrust.org.

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Doctors' Advice to Patients & Their Families

Cell Phones & Health: Simple Precautions Make Sense



This pamphlet reviews
precautionary advice by governments
to reduce your exposures to
cell phone radiation.

Cell phones are two-way microwave radios that are not tested for safety. The antenna on your cell phone is continually emitting radiation to search for signals from towers so that towers always know where you are in order to send and receive your calls, text messages, emails, and any other information. Human bodies and brains absorb approximately half the radiation emitted by a cell phone during every moment the phone is on. Depending on distance, your head and body might also absorb radiation emitted by other people's phones. Similarly, your phone's radiation might be absorbed by anyone near you (for example, your children).

Children absorb more radiation than adults

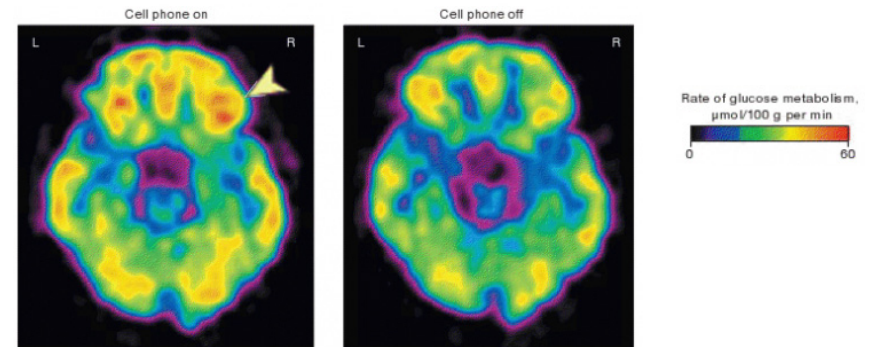


Courtesy Om P. Gandhi and Green America

People who use cell phones more than 30 minutes per day (average) for 10 years have between 2 to 4 times the risk of brain cancer. Teenagers who start to use cell phones develop 4 to 5 times more brain cancer in less than a decade. Links to studies can be found at EHTrust.org.

Can Cell Phones Cause Cancer and Disease?

Many studies have proven that cell phone use increases one's risk of cancer. 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 change in glucose metabolism—the brain's fuel—at precisely those areas near where the cell phone radiation penetrates. The long-term impact of these changes is unknown. Recent research suggests that cellular and cordless phones can disturb heart rate; doctors refer to this as suppressed heart rate variability.



Volkow et al., *Journal of the American Medical Association*, 2011

Cell Phones Lower Sperm Count

Men who use cell phones 2 to 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. Pregnant women should keep cell phones away from their abdomens.

Agarwal, *Fertility and Sterility*, 2008

