

European Physicians' View on Wireless Technology

The Vienna Medical Association warns that excessive cell phone use is clearly harmful, especially for children (August 2005)

The reason is the Dutch Reflex study, which unequivocally shows that radiation from wireless technology, has a genotoxic effect. As a consequence of this finding, the Vienna Medical mmer) has set up concrete guidelines for the use of cell phones.

Erik Huber, a representative for Environmental Medicine of The Vienna Medical Association explains:

If the same test results were achieved from medicine as those from cell phone radiation, this new technology would be immediately be pulled off the market.

We must presume that children are more sensitive to high frequency radiation than adults, the cranium is thinner and the child's cells have shorter fission time, which means that they are more sensitive to genotoxic effects, says Huber.

Therefore the Vienna Medical Association has decided to follow the decisions by the British Health Authority and the National Board of Health in Denmark, and warns the public to take precautions while using cell phones, especially children and youth.

- 1 Children under 16 should no use cell phones.
- 2 Use cell phones only in emergencies, and keep the calls short.
- 3 Never put the cell phone in your pocket; it may affect fertility.
- 4 To play with text messaging during school hours, under the desk, should be completely disallowed.
- 5 When using text messaging, hold the cell phone away from the body.
- 6 Turn off the phone during the night.
- 7 When the cell phone is turned on, do not keep it close to your body.

- 8 Do not use cell phones while traveling in cars, buses or trains. The radiation increases in moving vehicles.
- 9 Standard hands-free are not recommended; the cable may radiate the signals.
- 10 Keep the cell phone away from your head while the call connects.
- 11 Keep a distance to others while calling, otherwise they will get radiated too
- 12 Less phone calls means less radiation from transmission towers.
- 13 Use cable connection for Internet. Wireless networks, UMTS and Wi-Fi, generate too much radiation exposure.

The Bamberg Initiative, Germany (February 2006)

Excerpts of letters from 150 physicians in Bamberg to the Minister of Environment, Health and Consumer Protection in Munich.

Acute health risks for people who live close to transmission towers.
Immediate action requested from the Government.

Altogether 900 individuals living in close vicinity to 184 transmission towers were interviewed between October 2004 and January 2006. Measurements were also performed in their homes or workplaces.

Summary of physicians' observations

Digital high-frequency electro-magnetic fields (from transmission towers, digital cordless phones (DECT), Wi-Fi systems (WLAN) well below current safety standards have manifested in a new type of condition with a characteristic combination of symptoms:

People can suffer from a few or several symptoms:

Sleep deprivations, fatigue, headaches, restlessness, dizziness, irritability

Difficulty finding words, depressive nature, lack of energy, anxiety, panic attacks, internal burning sensation, internal shaking, buzzing in the ears, hearing impairment, sound signals in the cranium, dizziness, nose bleeds,

visual impairments, eye inflammation, swollen eyes, skin changes (redness, pigmentation, blisters in the face, rings under eyes), burning and itchy skin, temporary infections, sinus infections, joint, nerve and muscular pains, numbness, coordination disturbances, heart rhythm disturbances, increase in heart rate, high blood pressure (temporary or long-term), thyroid problems, hair loss, hormone disturbances, loss of appetite or constant feeling of hunger, shivers, nightly sweats, loss of bladder control at night, grinding teeth.

People display symptoms already at 10 mW/m² (UMTS already at 0,1 mW/m²).

Many sufferers were previously problem free.

Certain inhabitants became sick after the transmission tower was put into operation (the time lapse varies in regards to the onset of symptoms: immediate, after a few days, weeks, or months; this reflects the individual's resistance depending on previous illnesses and the time spent in polluted home environments, the frequency spectrum, the different directions, the frequency area, the field intensity, the frequency mixture from different directions, total presence of radio and TV signals.