

May 2009 – ES awareness month

The Governor of the State of Florida, Charlie Crist, signed a proclamation on 29th March declaring May as Electromagnetic Sensitivity Awareness Month. It states that, as a result of global electromagnetic pollution, people of all ages throughout the world have developed an illness known as Electromagnetic Sensitivity (EMS); that EMS is a painful chronic illness of hypersensitivity reactions to EMR for which there is no known cure; and that the symptoms of EMS include dermal changes, acute numbness and tingling, flushing, headaches, arrhythmia, muscular weakness, tinnitus, gastric problems, nausea, visual disturbances, severe neurological, respiratory, speech problems, and numerous other physiological symptoms. It also states that EMS is recognized by the US Disabilities Act and Access Board, that the health of the general population is at risk, that this illness may be preventable through the reduction or avoidance of EMR, and people with EMS need the support of the Medical Establishment.

1997 – the year of decline?

Hallberg & Johansson, 2009, reviewed trends in public health in Sweden and found that health generally improved during the early 1990s but suddenly started to deteriorate from 1997. This change could be explained partly by improved diagnostics but also by environmental factors. They could not rule out a connection with the increasing exposure of the population to GHz radiation from mobile phones, base stations and other communication technologies.

Such findings fit with Firstenberg's records of a 10-15% rise in mortality rates over the two months in US cities after digital phone masts were switched on in 1997. Several athletic records stopped being regularly broken after the late 1990s. When the Iridium satellites were activated eight years ago' countries with low levels of EMR pollution recorded high levels of 'flu-like symptoms.

ElectroSensitivity-UK medical card

This person
(name)
is Electro Hypersensitive
and reacts severely to electro-magnetic fields.

Contact number
(friend or relative)

ElectroSensitivity UK(registered charity no. 1103018)
Helpline: 0845 643 9748
www.es-uk.info

Cut it out and keep it in your handbag or wallet!

Let us know if you find it useful, or how to improve it.

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2009 – the year of change?

In October 2009 ICNIRP is due to publish its revised safety limits. Will they keep to the outdated 1998 heating and shock limits? Or will they follow the BioInitiative Report and adopt biological and cancer safety limits of 0.1 microTesla and 0.194 V/m and 0.614 V/m? Anything in-between will leave ICNIRP further side-lined, especially as the EU has now voted for precautionary action and courts are beginning to follow BioInitiative biological limits.

October 2009 will also mark the end of the two-year HPA enquiry into WiFi in schools at a cost of £0.3M. It was set up to compare exposure levels in classrooms with ICNIRP heating and shock levels (typically 0.67-3.0 V/m compared with 61.5 V/m). The key issue, which concerns everyone, is how far it has assessed the biological effects of long-term radiation, especially among sensitive children. They are often continuously exposed to WiFi, cordless phones and mobiles at both home and school.

ElectroSensitivity UK

Thanks again to all sufferers and other readers who write in or email with articles, comments, questions and ideas for the Newsletter. Do let us know what you like. This edition has less heavy science and more ES-related news and articles to balance the last one.

A recent meeting of the trustees focused on how to support further those people who kindly volunteer to answer the helpline. It is a vital part of our charity's service and is an important lifeline for many of those who suddenly find themselves sensitised, or realise what they have been struggling with over previous years. Volunteers also provide advice on a range of issues, including ideas on protection from the ever-increasing electro-smog invading our lives.

The trustees also reviewed our other initiatives to meet our two main objectives of helping sufferers and informing the public. We are hoping to continue developing the website, so superbly set up and maintained by the current volunteer. There has been further media coverage of electro-sensitivity cases and issues around the world. The media often appear more aware of this health issue than the UK government and HPA.

We are also planning another meeting later in the year after the success of the SWI gathering last September. Further details will follow.

Elsewhere in this Newsletter there is a medical card for advising of EHS in the case of an emergency, as requested by some sufferers. Please cut it out and use it if you wish, or let us know if you would like one in a different format.

Although there is still much ignorance around, various people have commented on how attitudes to electro-sensitivity are gradually changing from disbelief to acceptance and genuine interest, among some friends, doctors and employers. It is also encouraging to see leading scientists and politicians taking up the issue of electro-sensitivity on the world stage, and especially in Europe.

The new UN Convention of Disability Rights and the recent vote in the EU Parliament are especially relevant. Meanwhile scientific discoveries about the mechanisms of the human body's sensitivities to EMR constantly advance, thanks to dedicated researchers, including a few in the UK.

Electrosensitivity – basic precautions

Many readers of this Newsletter are experts in appropriate precautions. Nevertheless, people who have recently been sensitised may find these reminders helpful. Try to read Alasdair and Jean Philips' "The Powerwatch Handbook" (2006). It is an excellent and detailed guide to most of what you need to know. The following are a selection of key ideas. Do contribute more if you wish!

4 things to do

1. Replace wireless internet routers with dLAN plugs
2. Replace cordless DECT phones with wired phones
3. Use a detector to find the areas of lowest radiation in your house
4. Use a shielding net over your bed and usual chair if appropriate

4 things to avoid

5. Do not use mobile phones or cordless DECT phones
6. Do not use WiFi internet routers
7. Do not use electric blankets while in bed
8. Do not use mains clocks or radio alarms near your bed

4 more things to do

9. Replace energy-saving CFLs with traditional tungsten bulbs and earth all appliances if you can
10. Explain your problems to your employer, who has a duty of care to an employee
11. Write to your MP and MEP about the problems you face
12. Avoid implying to your doctor that you know all the science!

4 life-style ideas to boost your reduced immune system

13. Eat plenty of fresh food and drink plenty of water
14. Cook food on a gas hob rather than in a microwave oven
15. Sleep in an area as free as possible from man-made EM radiation
16. Take exercise and relax!



Beware radiation border detectors!

An ES sufferer was walking in the countryside one day and strayed a little from a public right of way where the footpath was badly signposted. A sharp zap to the head indicated a strong radiation beam. Within minutes security rangers arrived to apprehend an innocent rambler! One hopes the wildlife do not suffer as much as humans from these devices.

Average speed radar and cameras

Can anyone help? A reader has written in with the following question.

Driving my car hasn't been too much of a problem (I avoid phone masts where I can) but now my local police, in their wisdom, have erected new giant speed monitors which record your average speed between two points and then calculate if you have travelled too fast. This type of radar 'zaps' me when I pass by leaving me disorientated for several minutes and feeling quite ill. I now have to find an alternative route which is extremely inconvenient and uses more petrol and time. I've never had this problem with normal speed cameras and wonder what it is that's so different. Can anyone explain, please?

Electric cars

Does anyone with ES have experience of electric cars? A supporter in the north-east has sent a cutting from the Newcastle-upon-Tyne Journal of 26th February highlighting One North East's investment of £30M to make that area a leader in the new technology, producing commercial electric vehicles by 2012. One ES person has said the cars are unbearable.

Sensitivity to power lines

According to Next in March 2009, Olumuyiwa Olubajo, a systems engineer, who lives near power lines in Oke Afa, Isolo, Nigeria, says that most nights a loud fizzling noise emanates from the wires and "When it rains, you can't carry a metal-rimmed umbrella, or else you'll get a slight electrical bump from the tension wires up there". Saheed Ishmau, an electrician in Lagos, reported that he and some other mechanics feel headaches from the power lines.



More education needed!

Kristiansen, et al., 2009, surveyed 1004 people in Denmark. 28% were concerned about mobile phone radiation; 15% about masts. In contrast, 82% were concerned about chemical pollution. Nearly half considered the mortality risk of 3G phones and masts to be similar to being struck by lightning (0.1 fatalities per million people per year) while 7% thought it was equivalent to tobacco-induced lung cancer (c.500 fatalities per million per year). More than 66% felt that they had received "inadequate public information about the 3G system. The results of the study indicate that the majority of the population has little concern about mobile phone radiation while a small minority is very concerned."

The first ES sufferer?

Who was the first person to suffer from electrosensitivity? Some accounts state the first case was the inventor, physicist and electrical engineer Nikola Tesla. After experimenting with electricity he suffered from a severe sensitivity illness similar to EHS as seen today.

His close friend John O'Neill described Tesla's extreme sensitivities: "To doctors he appeared at death's door. The strange manifestations he exhibited attracted the attention of a renowned physician, who declared that medical science could do nothing to aid him. One of the symptoms of the illness was an acute sensitivity of all the sense-organs. His senses had always been extremely keen, but this sensitivity was now so tremendously exaggerated that the effects were a form of torture. The ticking of a watch three rooms away sounded like the beat of hammers on an anvil.

The vibration of ordinary city traffic, when transmitted through a chair or bench, pounded through his body. It was necessary to place the legs of his bed on rubber pads to eliminate the vibrations. Ordinary speech sounded like thunderous pandemonium. The slightest touch had the mental effect of a tremendous blow. A beam of sunlight shining on him produced the effect of an internal explosion. In the dark he could sense an object at a distance of a dozen feet by a peculiar creepy sensation in his forehead. His whole body was constantly wracked by twitches and tremors. His pulse, he said, would vary from a few feeble throbs per minute to more than a hundred and fifty. Throughout this mysterious illness he was fighting with a powerful desire to recover his normal condition."

FM-radio and TV tower signals can cause spontaneous hand movements near moving RF reflector

Huttunen et al., 2009, found that in RF tests for hand movement at 100MHz, there were "9 persons whose hand movement graphs included features like the RF-meter. Six showed responses that did not correlate with the RF-meter. There were also 14 persons who did not react at all. Sensitive persons seem to react to crossing standing waves of the FM-radio or TV broadcasting signals."

Wireless meter dangers

Heat and energy meters, called Smart Meters, are under trial. Portable microwave transmitters, at GSM 900 MHz at 3 to 10 milli Watts (mW) for 7.5 milliseconds (ms), communicate data from a house to the energy company. In a house in Naila the environmental analyst Dr. Moldan measured a radio heat meter made by Techem with 500 $\mu\text{W}/\text{m}$ at 1 m distance, 2,000 at 0.5 m, and about 5,500 at 30 cm. The transmission interval was about 30 seconds. The environmental physician Dr. Joachim reported that patients suffered the well-known spectrum of the microwave syndrome: sleeplessness, headache and body pain, heart palpitations, blood pressure crises, giddiness, tiredness, memory weakness, eye burning, skin burning, tinnitus, depression etc. These became better (after a latency of 2-4 days) only after the company had dismantled the electronic heat counters. In December 2008 it was said that there were sudden moves to insist on similar meters in the UK.



Health dangers of low energy bulbs

The Daily Mail and Daily Express on 14th March featured health dangers like rashes and swelling from both halogen and fluorescent bulbs to people with light sensitivities. Dr Robert Sarkany, a photodermatologist at St John's Institute of Dermatology, St Thomas' Hospital, London, backed calls for the government to give medical exemptions for those at risk.

"Reactions to fluorescent lights are not well understood. But I am seeing regular handfuls of patients who are complaining of skin allergies when exposed to them, as are my colleagues.

Common symptoms are severe stinging, burning and itching of the skin, along with red rash. We don't understand these symptoms well yet, but they do exist. I think it would be perfectly reasonable for people who suffer these very serious problems to still have access to traditional bulbs." Conventional 100-watt bulbs will be banned in the UK from September along with frosted 60-watt and 40-watt bulbs, followed by most others before 2012.



New Zealand scraps ban on incandescent lights

New Zealand has recently scrapped its ban on traditional lightbulbs. There have been worldwide concerns about the high-energy costs of manufacturing "energy efficient" light bulbs, along with the risks from toxic mercury and the pollution of the radio frequency spectrum. Traditional incandescent bulbs do not cause RF pollution. Energy and Resources Minister, Gerry Brownlee, told Parliament: "People need good, credible information about the different lighting options that are available to them, and then they can decide what is right for them in their homes."

Lights

A lighting designer who is aware of the aesthetic, design and health problems of CFLs has started a blog on the growing problem: www.greenerlights.blogspot.com/2009_03_01_archive.html

Motorway Yawns – a new car game

This idea illustrates how rapid rises in electro-magnetic fields can produce ES symptoms. Although conditions will only occasionally be right for it to work, it may lighten the cumulative pain for ES sufferers on some of their journeys.

As you drive along a road where there are plenty of mobile phone masts, listen out for sudden yawns from your passengers at the same time as you suddenly feel sleepy (tiredness is a common ES symptom). Then look hard for the mast – it may be coming into view round a corner, over the brow of a hill, from behind a large building, or beyond a motorway bridge. It will usually be about 100 to 500 metres away.

The effects are most obvious when it's drizzling and the radiation power increases. It also works best at a time like a bank holiday, when plenty of people are using their mobiles. It's quite rewarding when you think you're wrong and that there's no mast nearby, but then one suddenly appears after being hidden behind trees. The most sensitive sufferers may be able to tell the direction and type of mast before they see it.



Dangers of dental amalgam fillings

From an internet blog posted on 3rd March:

"A couple of years ago my husband began suffering from a wide array of health problems that began with dizzy spells, erratic blood pressure uncontrolled by blood pressure medication and a fast resting heart rate (95+). The noise-induced tinnitus he'd been dealing with for close to 15 years had increased to a near intolerable level. The tipping point for him came when he landed in the hospital with a bulging disc that was impinging on a nerve. ... We made the connection between his symptoms and his mouthful of mercury fillings, and we found a wonderful environment dentist who was able to properly test his fillings and safely remove the mercury. The first tooth this dentist redid had one of the highest electrical readings in it this dentist had ever seen. Two days after this crown and filling were removed, my husband's tinnitus reduced to the lowest level it had been in years, his blood pressure has normalized and he is off medication and his heart rate is 70-75. He now has chemical sensitivities and is affected by electromagnetic fields. He's very careful about his cell phone usage (required for his job)."



"Since he knew the body produces a certain amount of electrical current on its own, he was curious if his levels were higher. A co-worker (electrician) had some sort of meter that can test the electric current in closed walls. My husband placed that meter on himself and a number of his other co-workers tested themselves as well. My husband's readings spiked much higher than anyone else's. The electrician remarked he'd only seen that happen to one other person and he thought that guy was crazy! Thankfully he's getting better."

Different types of dental fillings

ES sufferers often have problems with mercury amalgam fillings. Debby Taylor writes on dentistry. She reminds readers how microwave radiation can magnify internal toxins. This is her own advice and not from ElectroSensitivity UK; readers should consult their own dentists.

There is much pressure these days to have mercury amalgam fillings removed. Whilst in theory that is an excellent course of action, in practice it can result in being unable to chew, loss of teeth and loss of health.

The white composite fillings (light-cured) that are most commonly used to replace amalgams are neurotoxic. They can kill the nerve of the tooth (which does not show up on x-ray) and that results in a great deal of pain and then an extraction (or a root-filling or an implant, both of which are most detrimental to general health). Composites are plastic and release xeno-oestrogens. These xeno-oestrogens play havoc with the hormonal system and are implicated in period problems, infertility, prostate cancer and breast cancer, to name just a few.

Probably Glass Ionomer fillings (non-light-cured) are at present the safest materials available for white fillings. Ketac (for back teeth) and Chem-fill (for front teeth) are the least contaminated. (Yes, the dental industry is about as well controlled and regulated as the mobile phone industry.)

Ceramic inlays sound good but are on a metal base plate, and no metal in the mouth is the best policy. Nacre inlays can be as strong as titanium, if their structural integrity is kept; however being unpatentable I have yet to persuade a dentist to use them. Nacre would be the best material, in my view.

Local anaesthetics can have synthetic adrenalin in, which is best avoided. So Scandonest or Citanest are the ones to ask for, they just work a little slower.

Dentists are not trained to discuss treatments. If you have a dentist willing and able to talk thoroughly over your treatment beforehand, that is a very good start. It is important to know every material intended for use, preferably as a written list, because fillings can be a constant source of toxin release.

ES petition to the Prime Minister

Well done to Sandi for originating and organising this! There were over 780 signatures with many online. We sincerely hope the government understands the severe health difficulties it has caused through its failure to regulate EM radiation properly and that it will now take positive action to safeguard those who suffer from this pollution.

Petitions to protect children from school WiFi

Make sure you sign the UK petition to the Prime Minister by 16th May to protect children in school from WiFi. www.petitions.number10.gov.uk/school-wi-fi/

There is also a petition to Congress in the USA. www.thepetitionsite.com/5/the-children39s-wireless-protection-act

Australian TV programme on mobile dangers

A 60-minute programme from Lateline (Australian Broadcasting Corporation) of 3rd April 2009 with scientists speaking out on the cancer risk from mobile phones can be found at: www.abc.net.au/reslib/200904/r356346_1639608.aspx

Headaches and vertigo

- ES symptoms from mobile phones

A new analysis of the data collected by the Danish Cancer Society team for the "Danish Cohort" study, notoriously excluding all "heavy" corporate users, has been reported by DR (the national Danish Radio & Television) under the titles "Headaches and migraine from Mobile-Phone use". Schüz et al., 2009, found that standardised hospitalisation ratios were increased 10-20% for migraine and vertigo. It is based on the same 1982-1995 cohort pool and concludes: "In this cohort study of mobile phone subscribers between 1982 and 1995, we observed weak positive associations with migraine and vertigo." Dr. Christoffer Johansen from Danish Cancer Society is quoted as saying to DR that "he is not surprised that there can be a link between exposure to electromagnetic fields and headaches".

Plans for pollution-free refuge in France

France is planning its first emergency complex. The EHS White Zone Health Zone eco-village has an ambient radiation of $0.002 \mu\text{W}/\text{cm}^2$ - $0.09 \mu\text{W}/\text{cm}^2$ (about 0.6-5.0 V/m) maximum. It is urgently needed to provide weekly or permanent accommodation for people who are EHS so that they can recover their strength. The building land covers a zone of several tens of hectares in a magnificent isolated and protected site in the foothills of the mountains in the south-east of France. The minimum area free of any source of high-frequency radiation is more than a square kilometre.

The EHS eco-village consists of B&B accommodation, chalets of 30m² and 40m² for people in wheelchairs and normal chalets rented by the week. Facilities include a covered heated swimming pool, sauna, library, private gardens, etc. Heating is provided by built-in wood stoves. For health the chalets have electrical equipment that is as far as possible biocompatible. The nearest town is about 10km away. The first properties will be available in principle by the 2nd half of 2009. A second White Zone Health Zone is in preparation, intended mainly for private houses and chalets.

See: www.zoneblanche.fr/index-eng.html

Moving to France in response to ES

A reader, Jim Crossland, has supplied these notes in case anyone is thinking of moving to France to find lower levels of electrosmog. He can be contacted on: 0033-241 271426.

There are lots of country areas with low EMR.

Property prices are low. Although the pound has fallen recently, so have French property prices, and there are some very low prices with English people leaving.

The estate agency fees which the buyer must pay are very high. But half of the sales are private through newspaper advertisements, but you need to speak good French for this.

There are lots of English agents here but their prices may be higher. Estate agents have to "introduce you to the property" and they carry mobile phones. Not easy. Ask to be alone in the house if possible.

"For Sale" signs have been appearing lately, which is a big help.

It may be worth renting for a while.

French towns seem to have lower electropollution than UK towns.

There is a very low crime rate in most country areas.

After moving in, difficulties can become apparent.

In arable areas, massive crop spraying occurs. For several months in spring and summer in my area there is the smell of spray for much of the time. It may be better to be in a pastoral area.

In a low stress area all sorts of new things become apparent, in my experience. Mobile signals are so low that neighbours' mobiles tune up to a very high signal level, worse than in towns.

One can discover sensitivities not apparent in high stress places.

1. Sensitivity to mobiles, even if switched off (unless the SIM card is removed).
2. The "field" from metal objects can be difficult and affect one at a distance.
3. A computer can affect one even if unplugged (and especially the modem and printer).
4. Gas cylinders in a motorhome have a distinct effect, with a field of their own.

Discovering these sensitivities can be very valuable.

Other factors

If you don't speak good French there can be difficulties with practical matters, e.g. registering with bureaucracies, services etc.

Though the French are helpful and friendly (at least in the west of France), to live where one knows people, or near other British people, can help. It is difficult to live in isolation as I do. With the recent big fall in the pound, the cost of living is now high.

The winters are hard (except in the South) and the summers are hot.

The atmosphere is very different in France, and ES people are perhaps more sensitive to atmosphere and "energies". It's like another world!

And France can be very attractive.



Electro-sensitivity experiences

Lyn Sweeney of Totnes contributes her thoughts.

I have only knowingly suffered from ES for a comparatively short time (less than 2 years) when Wi-Fi was installed in my house. With a bit of research I was amazed to find there was a condition called electro-sensitivity and that my loss of energy, poor sleep, headaches etc. etc. that had troubled me for the previous 3 or 4 years, might at last be explained.

With hindsight I think I have always had some degree of electro-sensitivity since on acquiring a clock radio, probably 20 years ago, I was never able to sleep with it next to the bed as I would wake with a headache. Also about 10 years ago I had a bad migraine after spending half an hour right under electricity pylons.

I also suffer from food intolerances, seemingly following a dose of salmonella in 1995. In the past I have blamed headaches, fatigue etc. on this. On “discovering” ES two years ago, understanding the implications and gradually reducing my exposure to EMR, my health has improved, although I now find I am much more sensitive to radiation sources (my IBS is still there, as is some degree of MCS, although the food supplement MSM has helped). A key factor in improving my health was buying an electro-smog meter which has enabled me to move to an EMR-free bedroom where I make sure that the room is as dark as possible when I am asleep. I now sleep well.

I wish I had known about ES some time ago as I feel I have had some wasted years. At times I am very angry with the government for the way it has allowed us all to be exposed to increasing levels of EMR.

ES lifestyle – Ears and eyes and teeth

Some scenes from living an ES life, contributed by Lorna.

I have had tinnitus for years, since long before I knew it was caused by ES. I should have paid more attention to the lovely silence I experience when I visit the Centre for Alternative Technology at Machynlleth, which does not import any electricity. Beyond the tinnitus noises, I suspect that my hearing is not as it should be and a recent article in The Times, stressing the importance of attending to hearing loss promptly, inspired me to think about a hearing test. In this area NHS hearing tests are conducted in the local hospital, which is, of course, a no-go area for me. I understand that GPs can arrange for a test at home, but I am reluctant to confide in my GP lest I end up in the funny farm.



So it seemed a stroke of luck when I found myself outside a hearing-aid shop offering free tests. In I go and explain to the receptionist that I am ES and can they test my hearing without making me ill. Horror! – she has a nutcase in the shop! She scuttles off to find the great man. He takes me into his consulting room with is zinging with flickering lights and all the latest electronic gizmos. I reel back in terror and he shows me into the street tut-tutting that he has never heard of anything so ridiculous in his life.

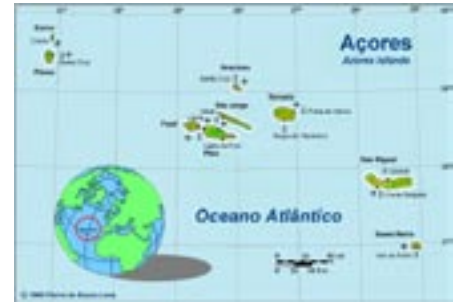
The eye experience was different. My optometrist has been aware of problems for some time, but now that I am acutely sensitive I couldn't even manage the five minutes in the waiting room among all its networked computers. So we adjourned to the street to discuss the situation. He decided I should come back another day when he would examine my eyes with battery powered instruments. I think he rather relished the idea of going back to stone age optometry. I told Sandi about this incident and she said it is possible that eye tests are distorted by an electronic atmosphere and that ES people sometimes get the wrong prescriptions as a result. Certainly for me the loss of acute vision is one of the first symptoms of a zapping.

Visits to my dentist are difficult, but I wear my 'silver' tea shirt and wrap my head in a scarf lined with kitchen foil, and I get by without too much harm done. The dentist keeps an open mind although I don't think she believed me when I told her that electricity gives me pain in those teeth with amalgam fillings, but she was too polite to comment. I think I convinced her by my reaction to a local anaesthetic recently.

It is a funny way to live in the 21st century, challenging but interesting. Maybe I shall just go deaf and my teeth will fall out without any dental assistance, but my spectacles should be fine! The good news is that, even in my small orbit, one homeopathic doctor, one broadminded dentist and one kindly optometrist accept the existence of electro-sensitivity. I call that progress.

No safe refuge: radar and masts ruin retirement home

The following account is the personal experience of a reader, Susan Chittenden. It shows the rapidly escalating problem of electro-smog pollution, not just for people suffering ES, but for many other people too, who have no idea of the cause.



[ES symptoms became so bad in August 2006 that the author had to abandon their Devon home and retreat to a caravan in the UK. In December 2007 they again had to flee, this time abroad to mainland Europe. Away from radiation the author's health returned to normal over the following months.]

In August 2008 we flew from Lisbon to an island called Santa Maria, one of nine islands known as the Azores. Three years ago, in October 2005 before all this happened, we bought a little house overlooking the sea. We had not been back since we bought the house as it was for our retirement. The very first day I stepped onto the island, 18th August 2008, I was so ill. Every day got worse. I could not stay in the house but had to sleep in the car in another area of the island. The symptoms were terrible until even the car was not a safe haven.

I have never felt suicidal but on the island I just started to walk into the sea to finish things. My husband reached me in time. He knew something was wrong as I have always had a fear of water and cannot swim. We left the island on 8th October.

We found that a huge new radar system had been put on the island behind our house. It used to be radio. Now it's radar covering and reaching the other islands over the Atlantic. The island had also become home for the European Space Agency tracking device. On top of all this, mobile phone masts had gone up when there had been hardly any before, giving out 30 volts per metre, so we were told.

It got out as to why I was having to leave. A journalist on the island approached me asking if I would appear on their television covering all the Azores islands. He was ill like me with the same symptoms. We did the interview and I have a copy. It then came out that a translator called Maria also had symptoms and was having to sleep in another room in her house to get relief. She had lots of information on masts which was very impressive.

Since the radar and masts have been switched on, the island, with only 3,900 people, has the highest cancer rate. A survey was done saying it was the water supply but ignoring or unaware of the influence of the radar and masts. The islanders approached me, a young woman of 35 years with cancer of the uterus - one lady got it twice - and there were prostate, throat and liver cancers. People became aware that once they were a happy population, but now most are depressed. There is road rage and angry feelings. They never had crime of any sort. Now in the seven weeks I was there, two people killed themselves, someone murdered his partner and then killed himself, and that's in addition to the other two.

People are concerned and can see that something is happening. People invited us into their homes. A few people had DECT cordless phones and were sleeping next to them. These people were also suicidal, although they were very dear and lovely people. I used my detector to show the noise coming from the DECT phones; they got rid of them.

The authorities from Lisbon are now, as I write, checking the radar for leakage. It was they who told me the masts are 30 V/m but I felt it was mainly the radar. We are back on the continent where we had been and I am a lot better, except I have great difficulty in swallowing and my throat is very bad.

Union calls for WiFi schools ban

The Daily Telegraph and other newspapers on 8th April reported that the 160,000-strong Association of Teachers and Lecturers is calling for classroom wireless networks to be removed until there has been proper research into the threat to health, especially to prevent children suffering a heightened risk of cancer and sterility. Colin Kinney of Cookstown High School, NI, highlighted scientific reports linking WiFi with impaired concentration, loss of short-term memory, chromosome damage and increased incidence of cancer. This was followed by a

12 minute BBC Radio Ulster interview on the Stephen Nolan Show on 9th April, where Dr Grahame Blackwell explained some of the scientific evidence of biological effects at levels below heating which is acknowledged in UK government reports. In opposition was Professor Paddy Regan of the University of Surrey, who used as evidence the Health Protection Agency website which states, according to the BBC website, "there is no proven link of any biological effects".

www.bbc.co.uk/iplayer/episode/b00jpypm/The_Stephen_Nolan_Show_09_04_2009/
(26 mins 55 secs into the programme)

WiFi triggers EHS for university lecturer

The South Wales Evening Post carried an article by Richard Youle headed "I cannot cope with the world we live in" on 18th March 2009. We reproduce it by kind permission.

Imagine suffering from a condition that doesn't officially exist. Your friends think you're a little bit bonkers, and your family worries about you. You get headaches, chest pains, dizziness, tingling limbs and even blotches on your face. You struggle at work, and get little respite at home. Worst of all, your symptoms seem to be caused by technology that dominates modern life.

Annelie Fitzgerald, who suffers from so-called electro-sensitivity, feels marooned in the 21st Century. She said: "I can't cope feeling the way I feel all the time." She is convinced her symptoms are caused by electromagnetic fields and radiation from mobile and cordless phones, mobile phone masts and computers using wireless technology. This technology enables laptops to be used anywhere around the house, although internet access is provided by a wi-fi transmitter.

The Post contacted medical journal *The Lancet*, and the *British Medical Journal* who said to contact the Health Protection Agency (HPA). The HPA said in 2005 that there was no proven scientific link between exposure to electromagnetic fields and health problems such as Miss Fitzgerald's, although it said that people who complained of the condition can have real, unpleasant and disabling symptoms. Miss Fitzgerald has pointed out more recent studies on the subject, but the HPA told the Post this week its position has not changed.

The 36-year-old, who works as an English teacher at a Paris university, is currently on sick leave and recovering at her parents' home in Penllergaer. "When I first used a mobile phone around 10 years ago, I had a tingly feeling in my hand," she said. "My friends thought I was barmy. Then, when I came home to Swansea the Christmas before last I got chest pains, like I was going down with flu. I went back to Paris, where I had broadband with a wi-fi modem installed in my flat. These symptoms continued. I went to see a lung specialist, but he could find nothing wrong with them."

"Then my WiFi modem broke down, and the chest pains stopped. That got me thinking - and then I found out that my parents' house had a Wi-fi connection, which I hadn't realised before." She got rid of the modem at her Paris flat, but things began to deteriorate at her university, which had installed WiFi near her classroom. "I got violent reactions last October - dizziness, headaches - like I was being crushed," she said. "I was even losing my stream of thought in front of the students. It was dreadful. It's very frustrating, as I can't do my job properly. I feel I can't give my students what they deserve."

The situation back at her flat has been equally bleak. She said her neighbours use WiFi and cordless phones, triggering more symptoms. "They think I'm nuts - I've even offered to buy them a new phone," said Miss Fitzgerald.

It has left her spending evenings at the cinema, or at swimming pools, to avoid the headaches coming on. Even cafes, the majority of which have WiFi, are out of bounds. "I'm clearly going to have to leave Paris, and perhaps live in the countryside," said Miss Fitzgerald. "At the moment it's an inconvenience, but I don't want it to get worse. I'm also hoping to get some specialist, military-style clothing, and I am thinking of getting a protective canopy for my bed - all at great expense."



Miss Fitzgerald is being treated with nutritional supplements as well as homeopathic remedies for her condition, and has undergone blood tests and a brain scan. Closer to home, a charity called ElectroSensitivity UK has been set up, offering a sympathetic ear to sufferers.

It says electro-sensitivity is treated as a disability in Sweden. A petition has been submitted to Number 10 Downing Street urging the Prime Minister to investigate the plight of sufferers. Miss Fitzgerald said: "I think electro-sensitivity needs to be talked about."

Who understands the reality of the mobile threat?

Dr Paul Dupont writes in *Practical Health*: "According to the official experts, the risk concerns only "intensive" phone users, and, as they add with a certain touch of cynicism, nothing proves that using a mobile phone always causes a tumour to develop. We could weep over this tragedy that

awaits us, which everyone sees coming and which nobody is doing anything about. And one day, for lack of the will to face up to this problem, we will inevitably be faced with a terrible choice: your mobile or your life!

At that point we will have to give up this magic tool, resign ourselves to taking a step backwards, draw a line through all that it has brought us - will we dare? It's at that moment that we'll see if humanity still has a will to live or not."

New website for EM health dangers

A new US website presents the dangers of EMF: www.ElectromagneticHealth.org

UK signs UN Convention on the Rights of Persons with Disabilities and optional Protocol

On 30th March 2007 the UK signed the UN Convention on the Rights of Persons with Disabilities. On 26th February 2009 the UK signed the Optional Protocol, allowing appeals to the Convention Committee.

The website gives the following information. <http://www.un.org/disabilities/default.asp?navid=12&pid=150>

The Convention on the Rights of Persons with Disabilities and its Optional Protocol was adopted on 13 December 2006 at the United Nations Headquarters in New York, and was opened for signature on 30 March 2007. There were 82 signatories to the Convention, 44 signatories to the Optional Protocol, and 1 ratification of the Convention. This is the highest number of signatories in history to a UN Convention on its opening day.

The UN Convention marks a “paradigm shift” in attitudes and approaches to persons with disabilities. It takes to a new height the movement from viewing persons with disabilities as “objects” of charity, medical treatment and social protection towards viewing persons with disabilities as “subjects” with rights, who are capable of claiming those rights and making decisions for their lives based on their free and informed consent as well as being active members of society.

The Convention is intended as a human rights instrument with an explicit, social development dimension. It adopts a broad categorization of persons with disabilities and reaffirms that all persons with all types of disabilities must enjoy all human rights and fundamental freedoms. It clarifies and qualifies how all categories of rights apply to persons with disabilities and identifies areas where adaptations have to be made for persons with disabilities to effectively exercise their rights and areas where their rights have been violated, and where protection of rights must be reinforced.

The following extracts from the Convention appear relevant to ES as a disability.

Article 1 Purpose

The purpose of the present Convention is to promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity. Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.

Article 4 General obligations

1. States Parties undertake to ensure and promote the full realization of all human rights and fundamental freedoms for all persons with disabilities without discrimination of any kind on the basis of disability. To this end, States Parties undertake:

- (a) To adopt all appropriate legislative, administrative and other measures for the implementation of the rights recognized in the present Convention;
- (b) To take all appropriate measures, including legislation, to modify or abolish existing laws, regulations, customs and practices that constitute discrimination against persons with disabilities;
- (c) To take into account the protection and promotion of the human rights of persons with disabilities in all policies and programmes;

Article 8 Awareness-raising

1. States Parties undertake to adopt immediate, effective and appropriate measures:

- (a) To raise awareness throughout society, including at the family level, regarding persons with disabilities, and to foster respect for the rights and dignity of persons with disabilities;

Article 9 Accessibility

1. To enable persons with disabilities to live independently and participate fully in all aspects of life, States Parties shall take appropriate

measures to ensure to persons with disabilities access, on an equal basis with others, to the physical environment, to transportation, to information and communications, including information and communications technologies and systems, and to other facilities and services open or provided to the public, both in urban and in rural areas. These measures, which shall include the identification and elimination of obstacles and barriers to accessibility, shall apply to, inter alia:

- (a) Buildings, roads, transportation and other indoor and outdoor facilities, including schools, housing, medical facilities and workplaces;
 - (b) Information, communications and other services, including electronic services and emergency services.
2. States Parties shall also take appropriate measures:
- (a) To develop, promulgate and monitor the implementation of minimum standards and guidelines for the accessibility of facilities and services open or provided to the public;
 - (b) To ensure that private entities that offer facilities and services which are open or provided to the public take into account all aspects of accessibility for persons with disabilities;

Article 27 Work and employment

1. States Parties recognize the right of persons with disabilities to work, on an equal basis with others; this includes the right to the opportunity to gain a living by work freely chosen or accepted in a labour market and work environment that is open, inclusive and accessible to persons with disabilities. States Parties shall safeguard and promote the realization of the right to work, including for those who acquire a disability during the course of employment, by taking appropriate steps, including through legislation, to, inter alia:

- (a) Prohibit discrimination on the basis of disability with regard to all matters concerning all forms of employment, including conditions of recruitment, hiring and employment, continuance of employment, career

advancement and safe and healthy working conditions;

(i) Ensure that reasonable accommodation is provided to persons with disabilities in the workplace;

Article 30 Participation in cultural life, recreation, leisure and sport

1. States Parties recognize the right of persons with disabilities to take part on an equal basis with others in cultural life, and shall take all appropriate measures to ensure that persons with disabilities:

(a) Enjoy access to cultural materials in accessible formats;

(b) Enjoy access to television programmes, films, theatre and other cultural activities, in accessible formats;

(c) Enjoy access to places for cultural performances or services, such as theatres, museums, cinemas, libraries and tourism services, and, as far as possible, enjoy access to monuments and sites of national cultural importance.

(d) To ensure that children with disabilities have equal access with other children to participation in play, recreation and leisure and sporting activities, including those activities in the school system;

OPTIONAL PROTOCOL TO THE CONVENTION ON THE RIGHTS OF PERSONS WITH DISABILITIES

The States Parties to the present Protocol have agreed as follows:

Article 1

1. A State Party to the present Protocol ("State Party") recognizes the competence of the Committee on the Rights of Persons with Disabilities ("the Committee") to receive and consider communications from or on behalf of individuals or groups of individuals subject to its jurisdiction who claim to be victims of a violation by that State Party of the provisions of the Convention.



EU parliament votes on reducing EM pollution and recognising EHS

On 23rd February 2009 the European Parliament Committee on the Environment, Public Health and Food Safety adopted by 43-1 a resolution urging the European Commission to recognize growing public and scientific concern over health risks from electromagnetic fields. This vote mirrors the 522-16 vote by the full Parliament last September on the EU Environment and Health Action Plan which called on the European Council to 'amend its Recommendation 1999/519/EC in order to take into account the Member States' best practices and thus to set stricter exposure limits for all equipment which emits electromagnetic fields in the frequencies between 0.1 MHz and 300 GHz'.

The resolution identified existing conditions that have led to the need for the Commission to take urgent notice and take action to address the exponential growth of new technologies that may place societies at increased health risks, and to review the scientific basis and adequacy of the EMF limits. The 29 points adopted in the resolution included:

(1) a review of adequacy of the existing EMF limits;

(2) a specific consideration of biological effects;

(22) calls for ICNIRP and WHO to be more transparent and open to dialogue in standard-setting;

(24) proposes that the EU's indoor air quality policy should encompass the study of wireless domestic appliances, which, like WiFi for Internet access and digital enhanced cordless telecommunications (DECT) telephones, have been widely adopted in recent years in public places and in the home, with the result that citizens are being continuously exposed to microwave emissions;

(25) calls for ... labelling requirements whereby the transmitting power would have to be specified and every wireless-operated device accompanied by an indication that it

emitted microwaves;

(28) calls on Member States to recognize persons that suffer from electrohypersensitivity as being disabled so as to grant them adequate protection as well as equal opportunities (as Sweden has done). The full Report and result of final vote in Committee can be viewed at: HYPERLINK "<http://www.europarl.europa.eu/oeil/file.jsp?id=5680652>"

The full European Parliament approved the EMF resolution, prepared by MEP Frédérique Ries, on April 2, 2009, with 559 votes for, 22 against, and 8 abstentions.

Video on EU resolution – 9 states already moving towards biological limits

Frédérique Ries, MEP, the author of the EU report, has given a 15-minute interview in French with English subtitles. She compares individual state standards, from 0.6 V/m, with the outdated EU and ICNIRP heating and shock standards of 41.25 V/m. At present, she says, the WHO intends to wait until 2015 before reviewing the situation. She comments on the influence of mobile phone companies. Meanwhile EHS and other people suffer at levels from 0.05 V/m.

<http://www.europarl.europa.eu/yourParliament.aspx?action=ViewVideo&PackageId=dc2851a5-d4d7-48b7-9769-ecc7e37e3a6b>



French court bans mast on precautionary principle

On 5th March, according to Next-up, a judge in Angers Tribunal de Grande Instance (District Court) forbade Orange from installing mobile phone antennas in a church bell tower next to a school. This is the first French judgement passed before the mast concerned has been erected. The judge explained that his decision was based specifically on the precautionary principle.

Maître Denis Seguin, a lawyer who specialises in environmental law, in his summing up emphasised the precautionary principle: "At Notre-Dame-d'Allençon, the children would be exposed against their will." In his plea the lawyer listed the most common pathologies caused by exposure to artificial hyperfrequency microwave radiation. The judgement stipulates that the school is less than 100 metres from the church and should be classed as a 'sensitive' building and therefore merits the specific application of article 110 of the environment code detailing the precautionary principle. The judge stated that: "It is preferable to reduce to a minimum the exposure level of potentially vulnerable people such as children and certain people who are sick. The precautionary principle compels us to forbid the realisation of the plans to install relay antennas in the bell tower."

Orange has to pay 2500€ to the petitioners as well as costs and is subject to a penalty of 5000€ per observed offence per day if they carry out the prohibited works.

The decision is based also on a statement in the 2001 report of Prof. Denis Zmirou, the former Scientific Director of AFSSE (Health and Safety Authority): "There is a health risk for people living nearby." In 2005 Prof. Zmirou resigned from AFSSE saying: "We are paying today and our children will pay tomorrow the price of our blindness." (Le Monde, 09/06/2005)

French precedent to use BioInitiative and reject ICNIRP

Powerwatch comments: "In principle, this legal case may set a strong legal precedent, both in the admissibility of the BioInitiative report as evidence that ICNIRP is insufficient to protect the health of the public, and the view that with the state of science in a position of such uncertainty, the onus of proof is on the operator to provide sufficient evidence that the existence of the base station will not present a risk to health to those living nearby."

UK still bans biological safety considerations

One reason why the UK lags behind France in recognising biological and cancer safety limits is the outdated National Planning Guidance for telecommunications set out in Planning Policy Guidance (PPG8, revised 22nd August 2001). It restricts health considerations to ICNIRP's heating and shock safety limits, and bans reference to the biological and cancer safety limits which concern most people. Now that the EU parliament and courts in Europe are starting to ignore ICNIRP's heating and shock limits as irrelevant and are beginning to follow the BioInitiative Report's safety limits, it seems appropriate to repeal this outdated Guidance which is badly damaging the health of ES sufferers and other people.

The Guidance states: "It remains central Government's responsibility to decide what measures are necessary to protect public health. In the Government's view, if a proposed mobile phone base station meets the ICNIRP guidelines for public exposure, it should not be necessary for a Local Planning Authority, in processing an application for planning permission or prior approval, to consider further the health aspects and concerns about them." [PPG8, para 98].

Court accepts 'reasonable risk' (under 50% proof) of antenna danger

In Israel judge Malka Aviv on 24th February 2009 found in favour of the prosecutors, residents represented by Professor Elihu Richter, against the defendants, represented by Dr. Menahem Margalio, the telephone company. The judge said that "considering the fact that today it's clear that different types of radiation have an effect on the human body, in order for me to reject the prosecution, the defendants must show me clear evidence that non-ionizing radiation does not increase the risk of getting sick, and not base it on the determination that "today there is no clear evidence" that radiation increases the risk of getting sick".

"In addition, the defendants' expert approves that there is a recommendation not to install antennas at distance of 50 meters of kindergartens. ... I was convinced that the prosecution had solid and reasonable basis to assume that the antennas are a health risk for them. I don't demand from the prosecutors more than that, as I mentioned above. A proof beyond 50% is not achievable in this area. It is enough for me that the prosecutors succeeded in pointing out a reasonable risk from those antennas.

"From here the load moves on the defendant to prove that this risk does not exist, even not a reasonable risk. The defendants did not succeed in lifting this load. On the contrary, the defendants themselves, directly or indirectly, did actions in order to reduce the risk of radiation. It is enough to show that they themselves are aware of the existence of the risk."

French government in confusion after court condemns relay antennas

Following the court of appeal's upholding of the judgement requiring Bouygues Telecom to take down relay antennas which breach BioInitiative limits, the French Prime Minister instructed the Minister of Health to organize a "citizens' forum", but only, according to Next-up News, "to make a distinction between mobile telephones and relay antennas". He apparently accepts that "a precautionary approach seems justified" regarding the use of mobiles phones, but not over relay antennas, even though many scientists argue that their chronic radiation is more dangerous to people living nearby than acute mobile exposure. Martin Bouygues, head of Bouygues Telecom, said: "The government has got to make a choice: do they want us to go on using mobile phones or not?"

French microwave crisis deepens – 19th March

Some 135 lawsuits against masts have been launched in France, leading to a state of crisis, according to Next-up. At the request of the Prime Minister the round table on relay antennas, which was supposed to take place on 26th March 2009 with the participation of three ministers (Roselyne Bachelot-Narquin, Minister for Health, Chantale Jouanno, Secretary for Ecology and Nathalie Kosciusko-Morizet, Secretary for the Development of the Digital Economy), has been postponed to the end of April. In the face of the rejection of relay antennas that is gaining ground among the public, on 26th March there will instead be an emergency meeting with certain ministers and the mobile phone companies only.

In spite of his reassuring statements, which are based notably on the WHO reports, it seems that the Prime Minister is discovering the truth about the health problems of relay antennas. According to Next-up, every day there are dozens of newspaper articles and TV reports that highlight the growing awareness among the public of the health problems associated with artificial microwave radiation. According to the polls, it seems that the tide is now turning. People no longer believe the reassuring speeches from the authorities, but are beginning to think that the NGOs and the independent scientists are right to sound the alarm. A confidential document from the research department of Electricité de France (EDF), the official French electricity producer and distributor, written more than 25 years ago, describes the functioning of the human metabolism (which is based on bioelectromagnetic energy) and the harmful effects of interacting electromagnetic fields on the human being, and outlines the policy for informing the public.

The Paris Appeal - scientists warn French Senate of ES dangers

On 23rd March four distinguished scientists, Professors Adlkofer, Belpomme, Hardell and Johansson made a statement ('the Paris Appeal') on the effect of electromagnetic fields on our health, adding to over a dozen recent appeals to politicians by doctors and scientists, urging them to take this issue seriously.

"There is, to this day in Europe, a growing number of "electrohypersensitive" patients, who have developed intolerance to electromagnetic fields. ... We, physicians, acting in accordance with the Hippocratic Oath, we, researchers, acting in the name of scientific truth, we all, doctors and researchers from the different States of the European Union, hereby state in full independence of judgement, that a growing number of patients are to be found who have become intolerant to electromagnetic fields, and that this intolerance is causing them serious prejudice in terms of health, professional and family life."

TV report exposes US military and industry stranglehold

A 42-minute report on Norwegian Next TV, "A Radiant Day", exposes how the US military and mobile phone industry have used the IEEE and ICEMS to push ICNIRP and the WHO into denying the biological and cancer dangers from sub-thermal EM radiation. It is hugely depressing to think that the USA, a country founded as the land of freedom, is now the leader enslaving the western world into a health quagmire. Watch it only if you enjoy seeing some people appear to say what they don't seem to believe. You may begin to wonder if there will ever be enough fair-minded scientists and uncorrupted science. Meanwhile we and others suffer ill health because of military, industry and government greed.

www1.nrk.no/nett-tv/klipp/428197
(There are full English subtitles.)

Cattle feel power lines



On 16th March the International Herald Tribune reported research by Burda et al., 2009, showing that although most cows and deer tend to orient themselves in a north-south alignment, probably in response to the Earth's magnetic field, power lines can disorient the animals. When the power lines run east-west, grazing cattle tend to line up the same way. The effect was most noticeable close to the power lines, declining as the magnetic field was reduced by distance. They also found that cows and deer grazing under northeast-southwest or northwest-southeast power lines faced in random directions.

Death after EHS and MCS

Taken from a press release by the Italian EHS organisation.

During the night between 14th and 15th February a 48-year old lady, M. from Pistoia in Tuscany, committed suicide because she was exasperated by a complex disabling condition. She had a motor disability and a few months ago she started to be extremely reactive to electro-magnetic fields and chemicals so she had lost her autonomy and she also suffered for the isolation caused by these sensitivities. M. had a burning sensation in the head and throughout the body, tinnitus in the ears, a feeling of suffocation when she was in contact with a freshly washed fabric or near a computer, a phone or electrical equipment. She could not even use the phone because it caused her headache. These are all very common symptoms for those suffering from EHS, a condition that, according to medical estimates, affects from 1 to 8% of the population.

M. was in contact with the Association for Chronic Toxic and/or Environmental Injury (AMICA) and the Association of Italian Electro-Hypersensitive people (AIE). "We know that she had plans to move to the mountains, away from phones, masts and power lines", Silvia Bigeschi, Vice President and Head of AMICA Tuscany comments. The lady started to react to electro-magnetic fields since last April, shortly after a therapy with electro-magnetic stimulation, and she wondered if this could be the cause of her deterioration. "M. had metal plates in her body that may increase the absorption of electro-magnetic fields up to hundreds of times and, according to some scientific studies (Irvine No 2004), these represent a risk factor for EHS", said Anna Zuccherò, physician and President of Associazione Italiana Electro. "The ICNIRP guidelines do not specify limits to ensure safety for the population with metal prostheses and we are still waiting, after over 10 years, for the CENELEC (European Committee for Electrotechnical Standardization) to determine limits of exposure for these subjects", Dr. Zuccherò added. "Many scientists complain that the current standards do not protect the health of citizens and the European Parliament recommended last September to review the limits for exposure to electro-magnetic fields from ICNIRP precisely because the emergence of diseases like the EHS and MCS", Francesca Romana Orlando, Vice President of AMICA, commented.

EHS is a recognized disability in Sweden, where there are initiatives to overcome "electric barriers" and, similarly, in the United States and in Germany, Multiple Chemical Sensitivity is recognized as a physical disability by several administrations. A.M.I.C.A. and A.I.E. believe that the silence of the institutions and their failure to protect those who are suffering from Multiple Chemical Sensitivity and Electrosensitivity might be a real crime and the two organizations are considering taking legal action. "The only investment by the Ministry of Health to the Istituto Superiore di Sanità (the scientific arm of the Ministry) is used for a study about the change in the perception of the risk from electro-magnetic fields (project CAMELET); this is contrary to the provisions of the law suggesting the need for studies about the health impact", Dr. Zuccherò, the President of the Italian EHS, complained.

Damage compensation for night-shift cancer

In Denmark 37 women won the right to compensation for breast cancer linked to long-term night-shift work from the National Board of Industrial Injuries. It is thought night work causes disturbed sleep, fatigue and digestive problems, associated with reduced melatonin, a factor often associated with EMR pollution.

Dr Rau warns of EMF and EHS dangers

The medical director of the famous Paracelsus Clinic in Switzerland, Dr. Thomas Rau, says he is convinced 'electromagnetic loads' lead to cancer, concentration problems, ADD, tinnitus, migraines, insomnia, arrhythmia, Parkinson's and even back pain. The link between EMFs and cancer is so strong that cancer patients at Paracelsus are now routinely educated in EMF remediation strategies, and inspectors from the Geopathological Institute of Switzerland are sent to patients' homes to assess EMF exposures. He suggests that beneficial bacteria grow more slowly when exposed to EMFs, so probiotics may help those exposed.

Dr Rau considers that electrical sensitivity is created by the disregulating effects of EMFs and is a serious emerging public health issue. He notes that 3-8% of populations in developed countries are estimated to experience serious EHS symptoms, while 35% experience mild symptoms. Walking into a coffee shop equipped with WiFi can be debilitating for EHS sufferers, triggering a wide array of symptoms including headache, fatigue, nausea, burning and itchy skin, and muscle aches. Because the symptoms are subjective and vary between individuals, it makes the condition difficult to study, but acceptance of EHS as a real condition is slowly growing.

Headaches, tiredness and sleep disturbance - doctors warn on EMR

On 6th April dutchnews.nl reported from ANP that a group of 50 doctors are warning politicians and the health service to take steps to reduce the public's exposure to electromagnetic radiation. They have signed an appeal to make people aware of the risks. The signatories say that there may be a link between the surge in chronic conditions such as headaches, tiredness and sleep disturbances and the 'explosive increase' in EMR.

Breastcancers near phone mast

After Margaret and George King moved into their home in Church Road, Crowborough, for their retirement, Mrs King developed breast cancer and about 18 months later Mr King was diagnosed with the disease. According to the couple, staff at the Kent and Sussex Hospital in Tunbridge Wells were amazed. There are only about 250 cases of male breast cancer in the country every year. Both had mastectomies and have blamed their cancers on the Vodafone mast next to their house. After 11 years of campaigning workmen finally removed the mast in February 2009. Mr King, 77, told This is Sussex, "I could have hugged those guys this morning, when I saw them cutting up the mast."

Taiwan phone companies object to publicising masts

The Tapei Times reported in March that the Taiwan Telecommunication Industry Development Association (TTIDA) objected to the National Communications Commission (NCC)'s decision to give online information on the location of base stations. TTIDA spokeswoman Liu Li-chau said the system developed by the UK's Office of Communications was designed mainly to inform the public about network coverage in a certain neighbourhood, not to tell people where to find base stations. The NCC has capped the number of base stations nationwide at 17,000, and asked telecom carriers to stay at least 10 percent below

that number. On average, telecom carriers are forced to disassemble 700 or 800 base stations each year, and the situation is generally worse in election years, when it is not uncommon that more than 1,000 base stations would be torn down owing to pressure from the candidates, she said. "Telling people where to find base stations only make matters worse," she said.

Ecology House fights masts:

In February Pacific Sun News reported a bid to stop a phone mast and protect "Electric sensitivity land". Ecology House in San Rafael is an 11-unit apartment complex, built in 1994 with funds provided by the U.S. Department of Housing and Urban Development. The only development of its kind in the country, it was designed as a safe haven for people with chemical sensitivities.

Residents say Verizon's proposed installation of cell phone antennas on a tower 420 feet from Ecology House would compromise their health. Connie Barker, a resident and the secretary of the non-profit agency which runs the complex, notes that many residents sensitive to chemicals also have sensitivity to electric and magnetic fields (EMFs).

"Electrical sensitivity is real"

Electrical sensitivity is real, she says, and she's seen it firsthand, although she is not susceptible to EMFs. "The sensitivity reactions can vary from person to person. It can be as bad as people having a seizure when exposed to EMFs to a mild intermittent headache. But for most of the people in Ecology House, it's on the more serious side where they have neurological problems that make it very difficult for them to function when they are close to the source" of EMFs, including cell phone antennas. Barker has a simple answer to scientists who say that based on their studies they can find no direct correlation: "They've never seen someone go into a grand mal seizure because of being next to a cell phone. It was a little hard for me to wrap my head around it, too, because it isn't something that happens to me." But Barker has seen another resident go into a seizure after coming close to a cell phone in use.

ES symptoms from digital TV – cable recommended in 1987

Digital TV is being rolled out across the world, despite the fact that it is well known that ordinary TV and radio signals have frequently been linked with leukaemia, brain tumours, skin cancer and other illness in scientific studies (Burch 2005, Cherry 2000, Chiang 1989, Dolk 1997, Ha 2007, Hallberg 2002, Hocking 1996, etc.).

In the UK digital TV began in the Scottish Borders at the Selkirk transmitter on 6th November 2008. The following are planned, mainly in the south-west: Beacon Hill 8th April 2009, Stockland Hill 6th May, Huntshaw Cross 1st July, Redruth 8th July, Caradon Hill 12th August, and Douglas Isle of Man 18th June and Caldbeck 24th June. In the USA digital TV broadcasting began on 17th February 2009.

In Germany digital broadcasting began in 2003. On 20th May 2006 two digital TV transmitters went on air in the Hessian Rhoen area (Heidelstein, Kreuzberg), which had previously had a low level of EM radiation. Within a radius of more than 20 km the following typical sensitivity symptoms occurred abruptly: headaches, pressure in the

head, drowsiness, sleep problems, fuzzy thinking, forgetfulness, nervous tension, irritability, tightness in the chest, rapid heartbeat, shortness of breath, depression, apathy, loss of empathy, burning skin, inner burning, leg weakness, pain in the limbs, stabbing pains, weight increase. In addition, birds fled, cats turned phlegmatic and went into the garden less, one child committed suicide and another tried. Similar symptoms were reported elsewhere for similar reasons.

Fibre optic cable could solve these health problems. This was appreciated by Dr.-Ing W. Volkrodt, former R&D engineer at Siemens, who recognised the danger of EMFs for humans, animals and plants. In 1987 he wrote: "Future historians will refer to the RF dilemma during the period from around 1975 to 1990 as a short, time-limited 'technical incident'." He imagined that politicians would have understood enough medical science by 1990 to replace dangerous EMFs with fibre optic cables. It now seems he was wrong; most politicians have yet to understand the medical science.



Magnetic levitation line could be put underground

The Star reported in February that Shanghai still hopes to link two of the city's airports by a maglev line before the World Expo in 2010, despite the thousands of residents who held street protests last year over safety and environmental problems, especially electro-magnetic radiation. Professor Sun Zhang of Tongji University, Shanghai, said: "Previously, we had said that the 22.5m buffer zone for the maglev line was sufficient, and that the electromagnetic radiation emitted would not cause any harm to nearby residents. Building the line underground should dispel their fears and reduce noise pollution."

Further news on Californian breast-cancer cluster

According to SignsOnSanDiego.com, workers at the University of California in San Diego marched in protest at the hazardous work environment in the university's Literature building. Eight women working in the building suffered breast cancer between 2000 and 2006 and two of them died. A June report by UCSD epidemiologist Dr. Cedric Garland concluded this incidence of breast cancer was 4-5 times higher than expected. Dr Garland said there is "a possibility of a mild to modest increase in risk of breast cancer" associated with working near electrical and elevator equipment rooms on the first floor.

As a result the elevators have been shut down and several offices on the first floor have been vacated. All the power for the building passes through a small electrical room on the first floor, which is next door to the elevator equipment room and the powerful motors. Both rooms are under 100 feet from where many of the women with breast cancer worked. Garland's report said the electrometric field in the hallway outside the electrical room was five times greater than what would be expected in a home environment and jumped to 12 times greater when the electric motors on the elevators were running. Exposure to those levels, however, is not yet prohibited by U.S. safety standards.

Teaching EMR health effects

Some UK universities and schools are reported to be teaching about the health effects of sub-thermal EMR. This multi-disciplinary topic can suit courses on environmental pollution and integrated science.

EMR exposure – an especially inconvenient truth?

"Science is about ensuring that facts and evidence are never twisted or obscured by politics or ideology. It's about listening to what our scientists have to say, even when it's inconvenient - especially when it's inconvenient." Barack Obama, 44th President of the United States

Blood tests show differences in some EHS

Dahmen et al., 2009, hypothesized that some electrosensitive individuals are suffering from common somatic problems. In 132 patients and 101 controls they identified laboratory signs of thyroid dysfunction, liver dysfunction and chronic inflammatory processes in small but remarkable fractions of EHS sufferers. These had significantly lower thyroid-stimulating hormone (TSH), but higher alanine transaminase (ALT) and aspartate transaminase (AST). Some EHS displayed elevated levels of c-reactive protein. They concluded that "The hypotheses of anaemia or kidney dysfunction playing a major role in EHS could be unambiguously refuted."



Mobile phones decrease blood oxygen

Mousavy et al., 2009, found that 910 and 940 MHz radiation altered oxygen affinity and tertiary structure of HbA and the decrease of oxygen affinity of HbA corresponded to the EMFs intensity and time of exposure.

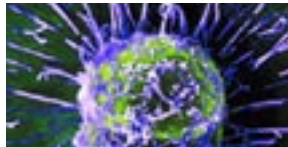
Scientists warn: 'our safety standards are inadequate'

The journal Pathophysiology has published in 2009 a special issue about the human body's sensitivity to EMF signals in the environment, e.g., EMF effects on DNA, effects on the brain from cell phone radiation, and how EMFs in the environment may lead to Alzheimer's disease, dementia and breast cancer. Research professor and editor, Martin Blank, PhD (Associate Professor, Columbia University College of Physicians and Surgeons) says, "The scientific evidence tells us that our safety standards are inadequate, and that we must protect ourselves from exposure to EMF due to power lines, cell phones and the like."

First evidence of cell membrane permeabilisation at 2 V/cm ELF

Loghavi et al., 2009, investigated changes in growth kinetics and metabolic activity of microorganisms (*Lactobacillus acidophilus* OSU 133 during MEF fermentation) under the presence of a moderate electric field (MEF) of 2 V/cm as being due to temporary permeabilization of cell membranes. They found that MEF treatments at the early stage of bacterial growth at 45 Hz exhibited the maximum permeabilization followed by treatments at 60 Hz, but MEF treated samples at 1,000 Hz and 10,000 Hz did not exhibit red fluorescence. They concluded that “these observations provide the first evidence that cell membrane permeabilization occurs under the presence of electric fields as low as those under MEF.”

Weak ELF exposure reduces NK anti-cancer cells



Gobba et al., 2009, investigated how far ELF-MF are possible carcinogens to humans and whether they can act as promoters or progressors. Since Natural Killer (NK) cells play a major role in the control of cancer development, an adverse effect by ELF-MF on NK function could be relevant. They examined NK activity in 52 workers exposed to different levels of ELF-MF. In higher exposed workers (≥ 0.2 microT), they observed a trend to reduced NK activity compared to low exposed (≤ 0.2 microT), but the difference was not significant. For the highest exposed workers (> 1 microT) there was a significant reduction in NK activity.

Dangers of long-term ELF exposure – Alzheimer’s and breast cancer

Davanipour & Sobel, 2009, concluded the evidence indicates that long-term significant occupational exposure to ELF MF may certainly increase the risk of both Alzheimer’s disease and breast cancer. “There is now evidence that two relevant biological processes (increased production of amyloid beta and decreased production of melatonin) are influenced by high long-term ELF MF exposure that may lead to Alzheimer’s disease. There is further evidence that one of these biological processes (decreased melatonin production) may also lead to breast cancer. Finally, there is evidence that exposures to RF MF and ELF MF have similar biological consequences.”

Radio frequencies on power cables

The last Newsletter included an article on dangers from power cables. Dr Havas has drawn attention to a study by Vignati and Giuliani (1997) documenting radio frequencies (RF) flowing along power lines, a concern especially as regards broadband over power lines (BPL). The RF can radiate from the wires inside buildings and thus expose occupants to RFR and not just ELF. Dr Havas recalls measuring in a room RF radiation which was entering on the electrical wires in the wall and flowing along the wire to a nearby lamp. A scopemeter measured 104 MHz, an FM radio station which presumably did not have the appropriate filters to isolate the RF from the electrical wires.

Vignati and Giuliani considered that, in addition to the known relationship between ELF MF exposure and diseases like cancer and leukemia, RF currents used for communications and remote control may be a concurrent factor. “The intensity of these RF fields is low but the intensity of currents induced in the human body by exposure to magnetic fields increases with frequency.”

Ozen (2007) compared induced currents generated within the body of adults and children at power line frequency (50 Hz) and by transients up to 100 kHz (dirty electricity). It provides support for the biological importance of transients and complements the work that Milham and Morgan have done on the cancer cluster in the La Quinta Middle School, California, and other work on dirty electricity and its effects on diabetics, MS, and both students and teachers in schools. The calculated induced current density (J_{max} , in microAmps/square meter) in man and child body models for a 1 micro Tesla external magnetic field (perpendicular to front of body, when it is greatest) increases with frequency for the same magnetic flux density: (average man) 50 Hz $\sim 6 J_{max}$, 100 Hz ~ 18 , 10 kHz $\sim 2,400$, 100 kHz $\sim 35,900$; (5-year old child) 50 Hz ~ 3.6 , 100 Hz ~ 11 , 10 kHz $\sim 1,400$, 100 kHz $\sim 21,600$. Induced current is critical from a biological perspective. Stetzer, Hillman and Graham have documented the adverse effects of ground current and Kavet has published on the importance of contact current. This is additional information on induced current without direct contact and relates to dirty electricity exposures in homes, schools and workplaces.

Maternal ELF exposure may be linked to offspring’s brain tumours

Li et al., 2009, found, for maternal occupational exposure to ELF-MF shortly before and during pregnancy among 548 incident cases and 760 healthy controls, based on job titles, a twofold risk increase was observed for astroglial tumors (OR = 2.3, 95% CI = 0.8-6.3) and for all childhood brain tumours (OR = 2.3, 95% CI = 1.0-5.4) among sewing machine operators.



Mobile phones change blood for up to 72 hours

Belyaev, I.Y., et al., 2009, noted that universal global telecommunications system (UMTS) mobile phones emit wide-band micro-wave signals which may result in higher biological effects compared to a GSM signal because of eventual “effective” frequencies within the wideband. They report that UMTS micro-waves induce long-lasting inhibition of 53BP1/ gamma-H2AX DNA repair foci in human lymphocytes from hypersensitive and healthy persons and confirm that effects of GSM micro-waves depend on carrier frequency. Remarkably, these effects lasted up to 72 h following exposure of cells, even longer than the stress response following heat shock.

Mobile phones slow rats’ memory

Narayanan et al., 2009, found that mobile phone exposure affected the acquisition of learned responses in Wistar rats.

Mobile phone risk similar to passive smoking

According to Mead, 2009, ‘Challenges to Assessing Cancer Effects of Mobile Phone Use’, Kundi’s review of 33 epidemiologic studies suggests that a number of study design issues may result in an underestimate of the relative risk of brain tumors among mobile phone users. There are two key findings: longer latencies are associated with higher risk estimates, and living in rural areas where mobile phones typically radiate at higher intensities also is associated with elevated risk. Even a modest cancer risk could have major public health implications because of the vast number of mobile phone users.”

Mobile phones upset memory

Khan, 2009, reported that the most reported symptoms among mobile phone users were memory disturbances (40.6 %), sleeplessness (38.8 %), and hearing problems (23.1%). 44.4 % of the students related their symptoms to mobile phone use.

Mobile phones reduce brain cells

Bas O, et al., 2009, found that postnatal 900 MHz 1h/day for 28 days at SAR 0.016 (whole body) to 2 W/kg (locally in the head) caused a significant decrease of the hippocampal pyramidal cell number in the cornu ammonis of the EMF group ($P < 0.05$). Additionally, cell loss can be seen in the CA region EMF group even at qualitative observation. They concluded: “These results may encourage researchers to evaluate the chronic effects of 900 MHz EMF on teenagers’ brains.”

Mobile phones linked with brain tumours

Khurana et al., 2009, conclude that there is adequate epidemiologic evidence to suggest a link between prolonged cell phone usage and the development of an ipsilateral brain tumor.

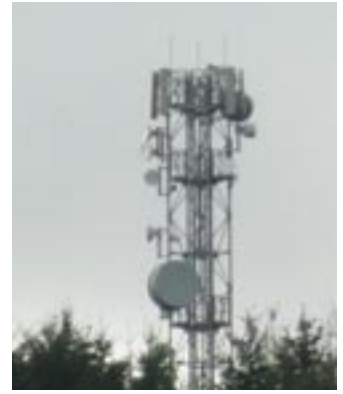
Brain tumours unreported

Communitynewswire reported on 18th March that Brain Tumour UK states that more than 40,000 people affected by brain tumours are missing from the UK’s official statistics each year and that the brain will become “the primary battleground against cancer” in the future, as the treatment of other cancers advances. A new report, Register My Tumour, Recognise Me, published to mark Brain Tumour Awareness Month, estimates that 48,000 people develop a primary or secondary brain tumour in the UK every year. Dr David Levy, consultant oncologist at Weston Park Hospital, Sheffield, said: “There are probably around 1,500 patients with high grade brain tumours missing from the official statistics as well as thousands of patients with lower grade and benign tumours.” Although 8,000 primary brain tumour cases are recorded in the official Cancer Registry, studies have shown that half of all primary brain tumours are missing from the registry. Consequently, another 8,000 tumours are not recorded. Some are malignant, while others that are low grade or benign can nevertheless be as deadly as cancer.

Secondary brain cancer is not recorded, even though for many cancer patients brain cancer may be the actual cause of death as advances are made in treating other primary cancers. Brain Tumour UK believes that around 32,000 people affected by secondary brain tumours are not properly recorded in the official statistics each year. Jenny Baker OBE, Brain Tumour UK chief executive, said: “In future, the brain is likely to be the primary battle ground against cancer... It is essential that our health services monitor this growing danger and prepare to fight it.”

WHO discourages mast research

Kundi & Hutter, 2009, plead for more studies on health effects from masts. They report that studying effects of mobile phone base station signals on health has been discouraged by bodies like WHO International EMF Project and COST 281. WHO recommended studies around base stations in 2003 but again stated in 2006 that studies on cancer in relation to base station exposure are of low priority. As a result only few investigations of effects of base station exposure on health and wellbeing exist. Two ecological studies of cancer in the vicinity of base stations report a strong increase of incidence within a radius of 350 and 400m respectively. They suggest a threshold for health effects of power density around 0.5-1.0 mW/m² (0.4-0.6 V/m).



Sudden Arrhythmic Death Syndrome – an electro-magnetic link?

Behr et al., 2007, estimated that there were 500 cases per year in the UK of Sudden Arrhythmic Death Syndrome (SADS), about 5% of instances of sudden cardiac death. It occurs mainly among young males, often during exercise, without any prior medical warning. 18% had a family history of other premature sudden deaths, a figure increased to 53% by Behr et al., 2008. This means that nearly half the cases of SADS are unexplained by genetic factors. There is also a need to investigate the epigenetic triggers for SADS.

The condition is apparently caused by dysfunction of protein structures in the ion channels which control the flow of calcium, sodium and potassium molecules. The flow of these ions in and out of the cells produces the electrical activity of the heart. Abnormalities of these channels can be acquired by certain medications or inherited. People with electro-sensitivity often report sudden heart arrhythmias when in or moving through EMFs from power lines and mobile masts, so this may also be an area worth investigation.

Light pollution linked to breast and prostate cancer? – or EMR?

Even a night-time visit to a well lit bathroom may be harmful! The Washington Post on 17th February 2009 reported a study showing that exposure to artificial light at night might increase a man's risk for prostate cancer. Analysis of satellite measurements of night-time light emissions and cancer rates in 164 countries, found that nations that emit the most light at night tend to have the highest prostate cancer rates.

While the findings do not prove a cause-and-effect relationship, they follow earlier studies that found men who work the graveyard shift appear to have a higher risk of prostate cancer. Richard G. Stevens of the University of Connecticut says enough evidence has accumulated to consider taking steps to reduce unnecessary exposure to light at night.

When people are exposed to light at night, it causes melatonin to plummet. In addition to regulating the body clock, melatonin suppression may affect levels of other

hormones, such as testosterone and estrogen, which can fuel prostate and breast cancer. Melatonin suppression may also suppress the immune system. Women who have jobs that expose them to light at night, such as shift workers or flight attendants, appear to have higher breast cancer rates, and a handful of studies have produced similar findings for men and prostate cancer.

The IARC concluded in 2007 that shift work was "probably carcinogenic" with the strongest evidence being for breast and possibly prostate cancer. Light toward the blue spectrum appears to have the most impact on melatonin.

Countries with the highest night-time light emissions had a prostate rate of about 157 cases per 100,000 men, compared with about 67 per 100,000 among the countries with the lowest night-time light emissions. Bangladesh, which has the lowest night-time light emissions, has under 1 per 100,000.

[Light pollution may not be only factor suppressing melatonin. Personal experience suggests that night visits to the bathroom are triggered more by the presence of mobile masts and WiFi than by light levels. Countries with high levels of EMR pollution may also have high levels of light pollution. – Editor]

ElectroSensitivity UK Leaflet

Have you seen the colour leaflet explaining electro-sensitivity?

It's an excellent introduction to what ES is, with notes on its symptoms and causes. Give it to your relatives and friends, or anyone interested.

Copies are available on the ElectroSensitivity UK website and from the ES-UK BM Box address on this page.

ElectroSensitivity UK

www.es-uk.info

What does ES-UK do?

- ES-UK runs a helpline to support people with ES, their friends and family, to ensure there is a sympathetic ear to hear individual's experiences and to offer information and practical help, where possible.
- We have information on ES, what it is, and what you can do about it, to enable you to improve your health and persuade others, including your medical contacts, of the reality of your condition.
- We maintain an up to date library of scientific research into ES.
- We have an interactive forum on the website for those people who can use computers, to share experiences and what has helped.
- We send out a bi-monthly newsletter keeping people informed about people's experiences, tips from sufferers about what helps them; information about ES in the workplace and at home; national and international news including new research.
- We do our best to encourage changes in medical opinion about ES, and to lobby for political change re: exposures, appropriate housing, work adaptations and benefits.

Contact

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ES-UK is an independent charity Registered No. 1103018
ES-UK has the following trustees (T), scientific (S) and medical (M) advisers:-
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Doctor Andrew Goldsworthy (S), Doctor Magda Havas (S), Professor Denis Henshaw (T)
Professor Olle Johansson (S), Jean Philips (T), Doctor Hugo Schooneveld (S), Brian Stein (T), Philip Watts (T)

Electrosensitivity? What's that?

Electrosensitivity (ES) is a condition which can develop when people are exposed to things like mobile phones, mobile phone masts, powerlines, substations, computers, WiFi wireless networks, domestic wiring, DECT cordless phones and other household appliances.



Please send contributions for the ES-UK Newsletter to:
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Aims of ES-UK

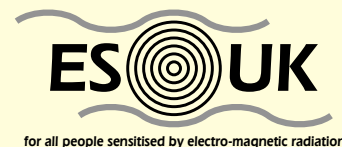
1. To help people suffering from electro-sensitivity
2. To educate the public about electro-sensitivity and related areas

Support ES-UK

A donation of £15 per year, or whatever you can afford, helps with the running costs of ES-UK. Cheques, payable to ES-UK, should be sent to the BM Box shown, with a Gift Aid declaration if you wish and are eligible.

May 2009 Newsletter

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