

**WHAT DO WE DO?**

**Helpline**

For those with ES, their friends and family, to offer support and help where possible.

**Newsletter**

For information about others' experiences, tips for coping, news and new research.

**Directory**

We support a directory of services and products for those with ES.

**Aim to Inform**

all those involved in benefits, disability issues, employment, hospitals, housing, public services, schools, shops and transport.

**Doctors**

Updated research about ES is available to the medical profession.

**Research Material**

Lists of scientific research studies are available on our website.

**Website**

For information, news, and open letters on health, housing, disability issues, etc..

**WHO ARE WE?**

**ES-UK Trustees**

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**CONTACT US ...**

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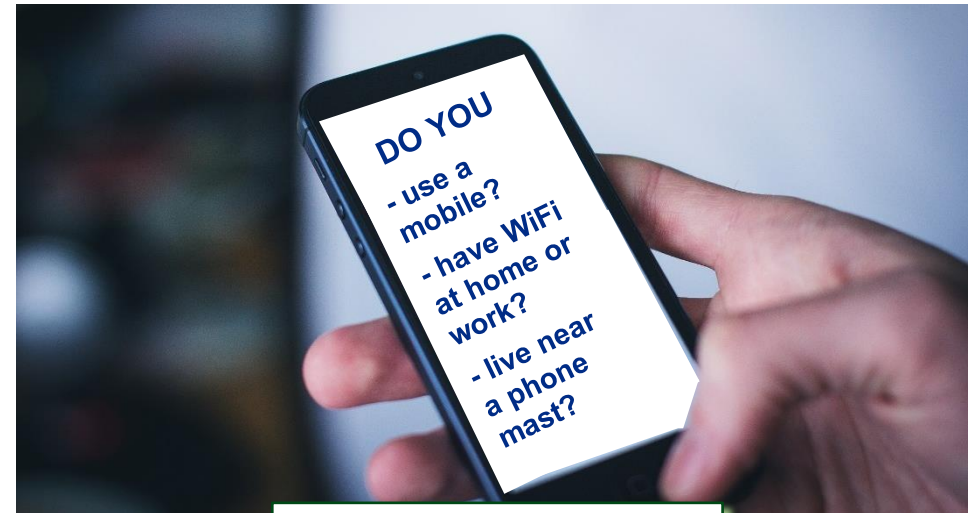
**FIND OUT MORE ON OUR WEBSITE**

[www.es-uk.info](http://www.es-uk.info)

ES-UK is funded by donations.

Registered Charity no. 1103018

*Providing support and information*



**DO YOU recognise any symptoms?**

- |                        |               |                        |
|------------------------|---------------|------------------------|
| Tinnitus               | Depression    | Headaches              |
| Sleep disruption       | Memory loss   | Fatigue                |
| Concentration problems | Some cancers  | Blood pressure effects |
| Dizziness              | Skin tingling | Miscarriages           |
| Lethargy               | Earaches      | Skin lesions           |
| Muscle pains           |               | Anxiety                |

**FIND OUT MORE INSIDE**

[www.es-uk.info](http://www.es-uk.info)

ES-UK was founded in 2003.

Registered Charity no. 1103018

# ELECTROSENSITIVITY

Electrosensitivity (ES) is a physical intolerance of electromagnetic (EM) energy, first described in 1932. Electrical, radio and radar workers were the first affected. It has now spread into the general population as mobile phones, phone masts, WiFi and smart meters have become common.



## TYPICAL SYMPTOMS

- Tinnitus
- Sleep disruption
- Concentration problems
- Dizziness
- Lethargy
- Muscle pains
- Depression
- Memory loss
- Some cancers
- Skin tingling
- Earaches
- Headaches
- Fatigue
- Blood pressure effects
- Miscarriages
- Skin lesions
- Anxiety



## TYPICAL CAUSES

- Mobile phones
- WiFi
- Mobile phone masts
- Computers
- Cordless phones
- Smart meters
- Low energy lighting
- Power lines
- Substations
- Radar

## WHO?

Anyone can develop ES, including children. Some studies suggest that under 1% of the general population is badly affected, 3-8% moderately sensitive, and up to 30% are slightly sensitive.

## PROGRESSION

ES is often progressive. The sufferer may become sensitive to a wider range of frequencies, or their symptoms may become more severe, and include becoming sensitive to chemicals or other allergens. Life can become very restricted; some sufferers cannot use a computer or telephone, watch TV or go to the shops.

## ES AT WORK

Employers have a duty of care to provide a safe and healthy working environment by making reasonable adjustments. Since 2012 some people with ES who are unable to work have been awarded ESA. (Employment and Support Allowance).



## ES AT SCHOOL

Some children cannot attend a school with WiFi. Cables can replace WiFi and mobiles can be kept switched off.



## ES AT HOME

**Avoidance:**  
Reduce EM exposure, especially in the bedroom. Avoid WiFi, mobile and cordless phones, phone masts and low energy bulbs. Refuse wireless smart meters.

**Protection**  
Shielding materials can block EM radiation (see ES Directory).



## CAN ES BE DIAGNOSED?

Yes. Tests include brain blood perfusion scans, heart rate variability, molecular markers, genetic tests and 3d fMRI brain scans. In 2000 the International Classification of Diseases included ES based on the removal of EM exposure also removing the symptoms. Increasing numbers of centres abroad diagnose and treat ES, but no UK hospital diagnoses and treats ES yet (2018). Real ES is physiological and different from Electrophobia - a psychological 'nocebo' effect.

## TREATMENT?

The key is to avoid EM energy to allow the body to recover.



## OTHER NAMES

ES is also called:  
Electromagnetic Hyper-Sensitivity (EHS),  
Microwave Sickness,  
Environmental Intolerance to EMFs,  
and IEI-EMF.



## UNAWARE OF ES?

Family, friends and even GPs may be unaware of recent studies and may not understand that your symptoms are caused by EM exposure. A letter for GPs about ES written by Dr Tresidder, a GP and ES-UK Trustee, is available from our website.

## CAN MOBILE PHONES, MASTS AND WIFI CAUSE CANCER?

Yes. The World Health Organization's International Agency for Research on Cancer classifies powerline and radio frequency radiation - like mobile phones, phone masts, WiFi and smart meters - as class 2B (possible) cancer agents. Leading scientists say they should now be class 2A (probable) or class 1 (certain). Many studies show increased risk of neurological diseases, cardiovascular effects and damage to DNA, in addition to ES.

## OTHER COUNTRIES

Canada, Sweden and the USA recognise ES as a functional disability. In Sweden, people with ES can get grants to shield their homes. There are mobile phone free zones on public transport systems. The Council of Europe recommends green zones free of man-made EM radiation.

## UK GOVERNMENT AND ES

The UK government still follows outdated advice on EM exposure, which protects people against only short-term heating effects, not long-term effects like cancers, ES and neurological harm.

## SAFETY LIMITS

Power density in microWatts per meter squared:  $\mu\text{W}/\text{m}^2$ .  
Values given are representative.

FOR RADIO FREQUENCY EXPOSURE

