

Dr Andrew Tresidder MBBS MRCGP (1989) Cert Med Ed

Ilminster, Somerset TA19 0SB

To whom it may concern

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Dear Medical Colleague

I am writing at the request of many patients. One whom you know may have attached their details.

Electrosensitivity (ES) is a very real illness. Many thousands who are severely affected in the UK can testify to this including a number I have diagnosed in my NHS practice as a GP, and others I have seen who can be severely affected. In my experience as a GP, a substantial number of people sleep better and either reduce or become free from headaches when doing simple things like turning off wifi and cordless phones at night, and keeping all unnecessary electromagnetics away from the bedroom. (Sleep is a vital time of sanctuary for the mammalian body to refresh, repair and regenerate).

There is a school of thought that dismisses the issue as purely psychological: similar schools have argued in the same way about Gulf War Syndrome, a problem known to be tragically real by thousands of veterans. Twenty years ago, other thinkers might have dismissed Chronic Fatigue and Myalgic Encephalomyelitis as psychological (and therefore unimportant and non-existent) illnesses. Time has moved on. Indeed, there may be shared mechanisms, as a number of people with CFS/ME also suffer from symptoms of ES

Electrosensitivity (ES) develops as a result of a breakdown in the organism's health. This can be contributed to by lack of many factors that go towards good health and vitality (for an interesting treatment of the whole subject of health, I recommend to my patients "The Holistic Doctor" by GP Dr Deborah McManners). The final straw for sufferers of ES seems to be an acute, or a chronic exposure to electromagnetic fields (EMFs) with especial problems from the modern all pervasive increase in RF (radio-frequency, or formerly microwave) transmissions from several domestic sources such as wifi, cordless phones, baby alarms, some burglar alarms etc. Many patients with low vitality may develop food intolerances, whilst when their vitality levels are high, there is no problem - presumably many of us have the latent tendency to develop headaches etc to coffee, tea, chocolate, cheese and other foods (The 4 C's are well known as common causes of headaches)

Common sources of EMFs include

1. **field effects** from cables and appliances (such as lights, hairdryers, washing machines, cookers, bedside radios etc)
2. **signal and power effects** from radiofrequency (RF) microwave transmitting technology, such as microwave ovens, mobile phone masts, cordless phone base stations and handsets, mobile phones, wireless routers, Wii devices, laptop computers, printers, home and office alarm sensors, the continuously transmitting smartphones, iPads, Blackberries and others, baby alarms, wireless Smart Meters for utilities, wireless central heating controls, and Bluetooth devices in the car

ES is characterised by a variety of symptoms including one or more of tiredness and fatigue, poor quality sleep, irritability, headaches or a feeling of pressure in the head, speech and thinking disturbance, brain fog, dizziness, tinnitus, vertigo, tinglings and odd sensations in the limbs, joint pains, heart palpitations, rashes and others.

Mechanisms include changes in cell membrane calcium efflux, failure of repair of DNA breaks, blood brain barrier permeability, heat shock protein production, disruption of vital melatonin

production due to blue light from screens, general sympathetic (stress) upregulation of the body and others including probably disruption of cell to cell signaling.

Current UK **safety limits** for RF are unfortunately based upon the flawed misapprehension that non-thermal = non-harmful, and at present there are no plans to review this. Basically, if it doesn't start to cook you in six minutes, it's safe.....This is unfortunately false. Safety issues always lag new technological advances, so this is a field for development, especially as some countries are well ahead of the UK in taking the issue seriously. www.ignir.org sets out the EUROPAEM advice

Treatment is currently problematical – but *must* include a minimising of the exposure to the person. This may include shielding. It is not helpful to ignore them, especially as they may already be in conflict with other people who refuse to believe that there can be a problem (on the basis that 1 they are unaffected and 2 they cannot understand how something that is outside their own experience, and that you cannot see hear touch taste or smell can be harmful. However, physiological effects can occur from the spectrum sensed by our specialised organs of sense as noxious – whilst within the spectrum, our eyes are capable of detecting light intensity down to a single photon, and our ears a billionth of a watt – these are also non-thermal effects).

Other methods to **build health** are also important (good quality sleep, good nutrition, attention to providing support to cellular metabolism such as mineral and vitamins, fresh air, sunlight etc). <http://www.es-uk.info/wp-content/uploads/2018/11/04.1-Self-Help-for-People-with-Electro-Sensitivity-symptoms-Aug.2018.pdf>

It may take considerable courage for a GP to **diagnose** this at present, especially as we were not taught about it at medical school, and there is no particular specialism that can help – nor any blood tests available in NHS use. **It is a diagnosis made on good old-fashioned history-taking by an astute clinician, sometimes aided by a meter.** Possibly in future neurologists or other specialists may be able to help confirm a diagnosis, but for now cases will occur in every practice in the land – often undiagnosed, misdiagnosed, or treated as yet another case of Medically Unexplained Symptoms – or perhaps astutely diagnosed by yourself.

Thankyou for taking the trouble to read this letter

Best wishes

Andrew Tresidder (GP, GP Appraiser, Section 12 doctor, GP Patient Safety Lead, former Somerset LMC member and Bristol Medical School GP Academy Lead)

Useful resources are below: Dr Mallery-Blythe gives an excellent scientific overview on <http://youtu.be/sNFdZVeXw7M>, also <https://youtu.be/tRbE4CvKA4Q?t=25693>
<http://phiremedical.org>
<https://www.degruyter.com/view/j/reveh.2016.31.issue-3/reveh-2016-0011/reveh-2016-0011.xml>
gives the Belyaev EUROPAEM 2016 Guidelines codified on www.ignir.org <https://mdsafetech.org>
has a helpful explanation of the whole issue whilst this is a person's story <https://www.emfanalysis.com/tedx-wireless-wake-up-call/>

Valuable are the Austrian Medical Association Guidelines

<http://electromagnetichealth.org/wp-content/uploads/2012/04/EMF-Guideline.pdf>

<http://www.es-uk.info/resources/> and www.powerwatch.org.uk have a good deal of useful info, as does the Bristol University site from Prof Denis Henshaw www.electric-fields.com

The Powerwatch Handbook by Alasdair and Jean Philips (Amazon) is recommended, as is www.emfields.org/library/index.asp also meters to aid detection are available from Emfields. www.electromagneticman.co.uk/are-you-at-risk/the-es-test

Electromagnetic Sensitivity by Michael Bevington – an excellent overview with 1828 scientific references from ES-UK, BM Box ES-UK, London WC1N 3XX for £12 www.es-uk.info
'Overpowered' by Prof Martin Blank (2014) is an excellent overview of the subject, including the politics....