

WHAT DO WE DO?

Helpline

For those with ES, their friends and family, to offer help and information 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?

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FIND OUT MORE ON OUR WEBSITE

www.es-uk.info

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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

ES-UK was founded in 2003.

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ELECTROSENSITIVITY

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



TYPICAL SYMPTOMS

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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. Surveys show that 1.2% of the general population are severely affected, 3-8% moderately sensitive, 30% slightly sensitive and 100% are subconsciously 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 ensure health and safety (H&S At Work Act 1974) and make 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.

EQUALITY

People severely disabled with ES require equal access (Equality Act 2010).



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 can block some EM radiation
See: *ES Directory and Shielding Leaflet.*



CAN ES BE DIAGNOSED?

Yes, based on a clinical history, where the removal of EM exposure also removes the symptoms. Tests include brain blood perfusion scans, heart rate variability, molecular markers, genetic tests and 3d fMRI brain scans. The International Classification of Diseases includes ES under ICD-10-CM: W90.0 (RFR) and W90.8 (ELF). Specialist centres have diagnosed and treated real ES for the last 40 years, although the UK still lacks a NHS specialist centre. Real ES is a physiological condition, a fact established for 90 years. It is different from Electrophobia - a psychological 'nocebo' effect.

UNAWARE OF ES?

Family, friends and even GPs may be unaware of recent studies on real ES 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 also show increased risk of neurological diseases, cardiovascular effects, oxidative stress and damage to DNA, in addition to ES.

OTHER COUNTRIES

The Council of Europe recommends 'green' zones free of man-made EM radiation, and a limit of 0.2 V/m. 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.

UK GOVERNMENT AND ES

The UK government still follows an invalidated theory on EM exposure, which protects people against only short-term heating effects, not long-term effects like cancers, ES and neurological harm. It confuses real ES with Electrophobia.

SAFETY LIMITS FOR RADIO FREQUENCY RADIATION

