

# Physicians for Safe Technology Scientific Literature and Safety Tips

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<https://mdsafetech.org/safety-tips-for-wireless-devices/>

**Background:** There is substantial and increasing research showing that non-ionizing wireless (microwave) radiation acts as a broad biological toxin, similar to other toxins we are exposed to. These microwaves are emitted from wireless devices we commonly use such as cell phones, tablets, laptops, wireless routers, cordless phones, Smart Meters and cell towers. There are now many Baby Products on the market that are wireless. While small short exposures may not cause symptoms or much harm, we are now continuously and increasingly exposed to this radiation. Damage to cellular structures is cumulative. Reducing your exposure is recommended by the California Department of Public Health and an increasing number of physicians and scientists.

**Biological harm demonstrated:** Includes DNA damage, reproductive harm (sperm, ovary and embryo abnormalities), inflammation/oxidation, lower melatonin levels, immune dysfunction, stress protein synthesis, damage to the brain and nervous system, brain cancer, cancer promotion, harm to wildlife and plants. People with electrosensitivity report symptoms including headaches, fatigue, sleep disorders, heart palpitations, memory problems when around wireless devices. Electrosensitivity is recognized in Sweden as a true medical disorder and it is estimated that about 3% of the population experience it.

**Increasing exposure:** We are increasingly exposed to a number of wireless devices in our homes and workplaces. These devices act as small cellular antennae similar to a cell towers that emit and receive information via radiofrequency radiation but at a lower power.

**Current FCC safety standards** are obsolete as they are based only on heat and not biological effects seen in lab and human experiments at far lower levels than currently allowed. Children are more vulnerable as their bodies are still developing, cells are more rapidly dividing thus they are more prone to DNA/cellular damage. Pregnant women are also highly vulnerable. **Harm is cumulative. Precaution is critical.**

## **2018 National Toxicology Program Report on Cell Phones and Brain Cancer: Clear Evidence of Carcinogenicity**

The evidence for the association of cell phones and cancer, including brain tumors, is growing. Brain tumor incidence in some areas is rising as well. Most people have concerns about carrying cell phones close to their bodies after Dr. Hardell and others published carefully performed blinded studies showing an association between brain tumors with extended cell phone use (over 2,000 hours) and on the same side of the head where the tumors were located. Head and neck cancers are also on the rise with new scientific evidence that radio frequency wireless radiation can affect angiogenesis (blood vessel formation) that

promotes cancer. Dr. West et al published his small case series of several young women in their 20's with multifocal breast cancer, occurring in the same location where they stored their phones for prolonged periods. In 2017 the California Department of Public Health released a set of guidelines on how to reduce your exposure to wireless radiation from cell phones, stating the science was strong enough to take precautions.

The 10 year and \$25 million dollar National Toxicology Program (NTP) study, which concluded in 2018 with a peer review conference, showed a clear causation between cell phone radiation and cancer of the heart but also a significant increase for brain tumors and tumors of the adrenal medulla, an organ that sits above the kidney. In addition there was concern for prostate cancer increase as well as DNA damage, perinatal effects and what appeared to be aging of the heart with long term exposure to whole body radiation from cell phone frequencies at non-thermal levels.

**IARC Classification in 2011 as Group 2B possible carcinogen:** The World Health Organization in 2011 International Agency for Research on Cancer classifies radiofrequency radiation as possibly carcinogenic (Group 2B), based on increased risk of glioma, a malignant type of brain cancer and wireless phone use.

### **Recommendations for Safer Use of Wireless Devices**

- 1) **Wireless Devices are not Toys. Do not let babies** or young children use a cell phone, tablet, or laptop.
- 2) **Children** should use a cell phone for emergencies only. Consider giving your child a cell phone at an older age (14 years or above).
- 3) **Avoid sleeping with your cell phone** next to your head or as an alarm unless phone is on Airplane Mode (it still works as an alarm when on Airplane Mode).
- 4) **Turn off Wi-Fi router at night** and plug into an on/off surge protector for ease of use.
- 5) **Hardwire Computers.** Convert back to a wired connection in your house we all used to have. It is easy. Visit [www.emfanalysis.com](http://www.emfanalysis.com) .
- 6) **Remove Cordless Phones. A cordless phone has essentially the same radiation as a cell phone.** Use the landline for long calls. Replace the DECT cordless phone with a landline corded phone. Keep your landline if you have one.
- 7) **Distance Matters.** Keep wireless devices away from the body. Keep tablets and laptops on the tabletop and not on the lap. FCC standards are for **7 inches (20 cm) away from the body. No Cell phone in bra** or pocket unless in **Airplane Mode**.
- 8) **Airplane Mode When Not in Use and at night.** Download movies or games first then **view on Airplane Mode.** Keep cell phones away from the head.
- 9) **Do not keep router in the bedroom** or near child's room. The farther away the better. Turn router off at night.

10) **When traveling** in a bus or car download games or google map then turn your devices on airplane mode as the radiation is much higher as the device connects and disconnects to different cell towers as you move.

11) **In the Car** turn **off bluetooth** in the car when not in use as the metal shields the wireless radiation and increases the levels in the car by a factor of 2 or more.

12) **Keep Landline.** A landline is still the most sophisticated and effective emergency line and essential for those who are electrosensitive or who wish to reduce their risk of brain tumors from using a cordless phone. You can purchase a corded phone, we all used to have, at number of retail outlets.

13) **Consider removing your Smart Meter** and switch back to analogue with a human meter reader. Lamech in 2014 reported an increase in symptoms when Smart meters were rolled out in Australia. In California call PG&E at 1-866-743-0263 and ask to Opt Out or call your local utility as 24 states now have laws that allow you Opt Out.