

# Overview on Wireless Exposure and Children's Health PAS Session 4580

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### How to Protect Your Family

**Choose wired over wireless**

- Don't connect to landlines, and forward cell phones to it.
- Use corded plug-in (not wireless) connections for printers, modems, laptops, gaming, and routers, etc.—with all wireless functions OFF.

**Safeguard sleep**

- Stop use of and power off computers, laptops and phones one hour (or longer) before bedtime.
- Do not sleep with corded phones, tablet or laptops.

**Maximize distance from self and others**

- Radiation decreases as you move away from the source.
- Laptop devices (e.g. from bags, bus and public, etc.) for radiation can damage sperm and may be linked to breast cancer.
- Use car talk headset or speakerphone at maximum distance from head and body.

**Protect children**

- Child are especially vulnerable and should not use cell phones except in an emergency.
- If children are using a phone or other device for work or play, select all of the following settings to turn off the radiation from cell phones and wireless devices: Airplane mode (ON) and Wi-Fi OFF and Bluetooth OFF.
- Don't use a mobile device with a child in your pocket or your car.

**Power off in vehicles**

- Mobile devices cause stress, and more intense radiation during travel, and metal structures create radiation hot-spots.

[more at: !\[\]\(6af8fb3374762cb7dc918a112e102b36\_img.jpg\) EHTrusting](#)

### Doctors' Advice to Patients & Families

## Wireless & Health: Simple Precautions Make Sense



This pamphlet reviews precautionary advice by Doctors and governments to reduce exposure to wireless radiation.

**ENVIRONMENTAL HEALTH TRUST**

Download & review "Precautions to Reduce Wireless Radiation Exposure" (2015) at: [www.eht.org](http://www.eht.org)

### Wireless Radiation Exposures

wireless devices – smartphones, tablets, palm devices, baby monitors, and cell phones—all emit the same type of wireless microwave radiation as cell phones. Children, pregnant women, and men trying to father healthy children are more vulnerable to this exposure.

### The Child Brain and Skull Absorb up to Ten Times More Invisible Wireless Radiation than the Adult

(Garcia et al., 2013)



Cell phone radiation absorbed into baby skull, an average of 10 year old (Garcia et al., 2013)

How uniformly brain absorbs radiation absorption.

### Increased Cancer Risk

Wireless radiofrequency radiation is classified as a Class 2B "Possible Human Carcinogen" by the World Health Organization's International Agency for Research on Cancer in 2011. Evidence has increased since 2011, including that cell phone use causes radiation-induced DNA damage and "possible carcinogen" because of increased melanoma risk (Jain et al., 2014).

Links exposed to longer apps showed up to eight times more brain cancer risk.

Based on: [Absorption from T10M into a 5 Year Old's Brain](#) ([www.eht.org](http://www.eht.org) & [www.eht.org](http://www.eht.org))



### Wireless Exposure Damages Brains



Accumulation of exposed to cell phone radiation leads to damaged and altered brain cells.

### How Wireless Impacts Children's Health

Accumulating research shows that wireless microwave radiation affects both brain development, the immune system and reproductive function. Even low level doses of wireless radiation affect brain metabolism and neuronal activity.

Yale University researchers found that when pregnant mice were exposed to cell phone radiation, the number of offspring that survived had increased 10-fold, increased hippocampal and altered brain, several neurochemicals, more axons, and more synapses in various areas.

### The Reproductive System

Wireless radiation affects the reproductive system, decreasing sperm quantity and quality (including altered DNA and chromosomal DNA damage).

### Testes Damaged by Wi-Fi Equipment Radiation



Long-term Wi-Fi exposure causes testicular damage (Garcia et al., 2014)

### Government Protections Worldwide

Over 20 countries—including France, Belgium, Israel and the European Union—have taken policy actions to reduce wireless radiation. That includes cell phones, laptops, cell towers and Wi-Fi in schools in order to protect public health.

[www.eht.org](http://www.eht.org) & [www.eht.org](http://www.eht.org)

[Click here to download the Doctors Advice on Wireless](#)

### How to Protect Your Family

1. Do not hold the phone directly against your head or body. Use speakerphone, earbuds, or a headset, or another device that makes TTY guidance.
2. Beware of a weak signal. Your phone sends higher and more intense radiation into your cell when the signal is weak or blocked.
3. Avoid children, the pregnant, women, and men who want to become fathers. Children absorb twice as much radiation as adults. Sperm are especially vulnerable.
4. Do not sleep with your cell phone. Phones do not emit radiation when off or in airplane mode.
5. Corded landlines are safer, safer, and more secure. Cordless phones also emit microwave radiation.
6. Do not use while moving (e.g. driving, hiking, boating, walking, skiing). All of these can reduce the difference between Wi-Fi and cell.

**Brought to you by:**  
The Environmental Health Trust (EHT) is a non-profit organization dedicated to reducing exposure to electromagnetic fields (EMF) and radiofrequency radiation (RF) from wireless devices. EHT is a 501(c)(3) organization. For more information, visit [www.eht.org](http://www.eht.org) or call 1-800-955-6266.

Find out more about how to reduce your risk and get the latest news on the wireless health crisis at [www.eht.org](http://www.eht.org)

### Doctors' Advice to Patients & Their Families

## Cell Phones & Health: Simple Precautions Make Sense



This pamphlet reviews precautionary advice by governments to reduce your exposure to cell phone radiation.

**ENVIRONMENTAL HEALTH TRUST**

Cell phones are becoming microwave radiators that we never properly tested for safety.

Antennae for cell phones are constantly searching for signals from towers to send and receive information. The body is not designed to handle the radiation emitted from a phone at any time.

### Children absorb more radiation than adults



Source: Dr. T. Garcia and G. Garcia

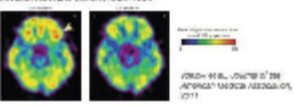
Children who use cell phones more than 10 minutes per day (averaging 10-15 years) have a double or higher risk of brain cancer. Teenagers who start to use cell phones in developing areas 5 times more brain cancer risk than in developed. Links to studies can be found at [EHT.org](http://EHT.org).

### WORLD HEALTH ORGANIZATION (2011)

On May 31, 2011, the World Health Organization's International Agency for Research on Cancer classified this electromagnetic radiation from cell phones as "possibly carcinogenic to humans" based on an increased risk for glioma, a malignant type of brain cancer, associated with use of cell phones.

### Can Cell Phones Cause Cancer and Disease?

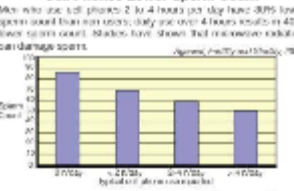
A number of well-designed studies indicate that cell phone use increases cancer risk. Cell phone changes the brain. After 16 minutes of holding a cell phone to or next to the ear, the brain of a healthy adult shows significant changes in glucose metabolism—the brain fuel. At present, these areas related to cell phone radiation, the long-term effects of brain changes, or lowered IQ scores, are not supported. That cell phones, cordless phones, and other wireless devices can cause brain cancer.



Source: Dr. T. Garcia and G. Garcia

### Cell Phones Lower Sperm Count

Men who use cell phones 2 to 4 hours per day have 30% lower sperm count than men who use cell phones 4 hours or less in 45% lower sperm count. Studies have shown that microwave radiation can damage sperm.



Source: [www.eht.org](http://www.eht.org) & [www.eht.org](http://www.eht.org)

### HEALTH CANADA (2011)

"Health Canada warned the public about the health risks of wireless radiation in a recent report. The department also encouraged parents to reduce their children's exposure from cell phones and other wireless devices. More families are ready to learn more at [EHT.org](http://EHT.org)."

[Click here to download the Doctors Advice for Cell Phones](#)





**Save the Boys!**



**Save the Girls!**

[Click here to download the SAVE THE GIRLS](#) [Click here to download the SAVE THE BOYS](#)

## [A Little Chat Official Music Video: Teens and Safe Technology](#)

Listen to Aspen Jaquet's new song on how to use cellphones more safely.



