

# 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 printing, music, Internet, gaming, and movies, etc.—with all wireless hardware OFF.

**Safeguard sleep**

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

**Maximize distance from self and others**

- Radiation decreases as you move away from the source.
- Laptop devices lying flat face, front and ports, can be radiation can damage sperm and may be linked to breast cancer.
- Use car face headset or speakerphone and maximize distance from head and body.

**Protect children**

- Child are particularly 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 lap or in 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 EHFTrust.org](#)

### 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 & Print: [Precautions to Reduce Wireless Radiation Exposure](#) (PDF, 2015) | [Children and Wireless Radiation](#) (PDF, 2015) | [Wi-Fi Radiation](#) (PDF, 2015) | [Cell Phone Radiation](#) (PDF, 2015)

### 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 brain, skull, and eyes of a 10-year old (Garcia et al., 2013)

How uniformly brain radiation absorption increases (Garcia et al., 2013)

**Increased Cancer Risk**

Wireless radiofrequency radiation is classified as a Group 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 that radiation should be classified as a "probable carcinogen" because of increased brain cancer (Blum et al., 2014).

Links exposed to longer cell phone use up to eight times more brain cancer risk.

**Based on Absorption from 10000 calls a Year: CMR's Brain** (Dr. Robert W. Kim, author: [www.emf-portal.org](http://www.emf-portal.org))



### Wireless Exposure Damages Brains



Acutely exposed to pulsed radio frequency radiation from a computer monitor (Blum, 2008)

**How Wireless Impacts Children's Health**

Accumulating research shows that wireless microwave radiation affects fetal brain development, that it affects memory and reproductive function. Even low dose of wireless radiation affects brain metabolism and neuronal activity.

Yale University researchers found that when pregnant mice were exposed to cell phone radiation, the resulting offspring had impaired memory, increased hyperactivity, and altered brain neural circuitry, similar to those seen in children with attention deficit hyperactivity disorder.

**The Reproductive System**

Wireless radiation affects the nervous system, decreases sperm quantity and quality, causing altered DNA and chromosomal DNA damage.

**Testes Damaged by Wi-Fi Equipment Radiation**



Long-term Wi-Fi exposure causes DNA damage (Garcia et al., 2013)

**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, homes or to protect public health.

[www.emf-portal.org](http://www.emf-portal.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, headset, or another device that makes E117 guidance.
2. Beware of a weak signal. Your phone emits higher—and often more radiation—into your body when the signal is weaker or blocked.
3. Avoids 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 text while moving (e.g., driving, hiking, boating, walking, skiing). All of these can reduce the difference between Wi-Fi or texts.

**Brings to you by:**  
The Global Council on Cell, Cordless and Wireless Radiation (GCCWR) has published this pamphlet in English, French, Spanish, Chinese, and Vietnamese. It is available for free download at [www.emf-portal.org](http://www.emf-portal.org).

**ENVIRONMENTAL HEALTH TRUST**

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

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

Attention for cell phones are constantly searching for signals from towers to send and receive information. The body or part is absorb about 90% the radiation emitted from a phone at any time.

**Children absorb more radiation than adults**



Children absorb more radiation than adults (Garcia et al., 2013)

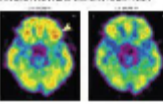
Children who use cell phones more than 100 minutes per day (averaging 10-15 minutes) have a double or higher risk of brain cancer. Teenagers who start to use cell phones in developing areas 10 times more brain cancer risk than those who do not. Links to studies can be found at EHFTrust.org.

**WORLD HEALTH ORGANIZATION (2011)**

On May 21, 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 mobile phones.

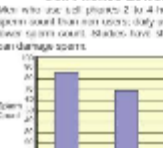
### Can Cell Phones Cause Cancer and Disease?

A number of well-designed studies indicate that cell phone use increases cancer risk. Cell phone changes the brain. After 10 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 these changes are unknown. Recent research suggests that cell phones, cordless phones, and other wireless devices can also affect sperm count.



Cell Phones Lower Sperm Count

Men who use cell phones 2 to 4 hours per day have 30% lower sperm count than men who do not use cell phones (Blum, 2008). Men who use cell phones 4 hours or more a day have 45% lower sperm count. Studies have shown that microwave radiation can damage sperm.



**HEALTH CANADA (2011)**

"Health Canada warned the public about the health risks involved in using a mobile phone (MP) without a hands-free device. The department also encouraged parents to reduce their children's MP exposure from cell phone use which can negatively impact brain development in young children."

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



[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.



