

The American Academy of Pediatrics Recommendations About Cell Phones, Cell Towers and Wireless

The American Academy of Pediatrics (AAP), the largest US medical association of pediatricians and pediatric specialists, recommends that the US government tighten wireless exposure limits and that the public reduce children's exposure to cell phones and other devices that emit wireless radiation.

In 2016, the AAP issued a [press release](#) about the U.S National Toxicology Program research findings of cancerous tumors found in rats exposed to cell phone radiation. The Academy's website [HealthyChild.org](#) then publicly issued new recommendations to reduce children's exposure to wireless radiation.

In 2012, the American Academy of Pediatrics (AAP) strongly [supported](#) the [Cell Phone Right to Know Act H.R. 6358](#), federal legislation that would have informed the American public that wireless devices expose consumers to radiofrequency microwave radiation exposures. This legislation would have authorized the US government to review the scientific research on biological effects, initiate research on electromagnetic fields and develop safety standards by the Environmental Protection Agency.

The official position of the AAP is documented in three letters they sent to government officials. The letters describe children's unique vulnerability to wireless radiation and call on the federal government to review and tighten radiation standards for wireless devices in order to protect pregnant women and children's health. In 2012, the AAP sent [a letter](#) in support of the newly proposed Right To Know federal legislation. In 2012, the AAP wrote [a letter](#) to the Federal Communications Commission (FCC) calling for it to open up a review of radiofrequency limits. In 2013, after the FCC opened up "[Reassessment of Exposure to Radiofrequency Electromagnetic Fields Limits and Policies](#)" the AAP submitted [a letter to the FCC with their official comment](#).

In 2012, the AAP published Pediatric Environmental Health, the AAP Textbook of Children's Environmental Health and [Chapter 41 is about Electromagnetic Fields](#).

AAP Recommendations:

- Avoid carrying your phone against the body like in a pocket, sock, or bra. Cell phone manufacturers can't guarantee that the amount of radiation you're absorbing will be at a safe level.
- When talking on the cell phone, try holding it an inch or more away from your head.
- Use text messaging when possible, and use cell phones in speaker mode or with the use of hands-free kits.
- Make only short or essential calls on cell phones.
- If you plan to watch a movie on your device, download it first, then switch to airplane mode while you watch in order to avoid unnecessary radiation exposure.
- Avoid making calls in cars, elevators, trains, and buses. The cell phone works harder to get a signal through metal, so the power level increases.
- Remember that cell phones are not toys or teething items.

AAP on Cell Tower Radiation:

"In recent years, concern has increased about exposure to radio frequency electromagnetic radiation emitted from cell phones and phone station antennae.

An Egyptian study confirmed concerns that living nearby mobile phone base stations increased the risk for developing: Headaches, Memory problems, Dizziness, Depression, Sleep problems

Short-term exposure to these fields in experimental studies have not always shown negative effects, but this does not rule out cumulative damage from these fields, so larger studies over longer periods are needed to help understand who is at risk. In large studies, an association has been observed between symptoms and exposure to these fields in the everyday environment."



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American Academy of Pediatrics Documents

[AAP Healthy Children.org Cell Phone Radiation & Children’s Health: What Parents Need to Know](#)

[AAP Healthy Children Website on Cell Tower Radiation and Health Effects](#)

[“AAP responds to study showing link between cell phone radiation, tumors in rats” AAP Press Release May 27, 2016](#)

[Pediatric Environmental Health, Textbook of Children’s Environmental Health 3rd Edition edited by Philip J. Landrigan, Ruth A. Etzel. Chapter 41, Electromagnetic Fields Oxford Medicine Chapter 41](#)

[“More study needed on risk of brain tumors from cell phone use” AAP Press Release, September 25, 2011](#)

American Academy of Pediatrics Official Letters

[2013 AAP Letter to FCC Commissioner Mignon Clyburn and FDA Commissioner Margaret Hamburg calling for a review of RF guidelines](#)

[2012 AAP Letter to US Representative Dennis Kucinich in Support of the Cell Phone Right to Know Act](#)

[2012 AAP Letter to the FCC Chairman calling for the FCC to open up a review of RF guidelines](#)

News Reports

[WMKY Public Radio: AAP Recommends Putting Cellphone Use on Hold for Children’s Health](#)

[WebMed: Children Face Higher Health Risk From Cell Phones](#)

[Baltimore Sun: Pediatric researchers suggest potential dangers for children from cellphone exposure](#)

[National Center for Health Research: Children and cell phones: is phone radiation risky for kids?](#)

[Time Magazine \(2012\): Pediatricians Say Cell Phone Radiation Standards Need Another Look](#)

[CNN Sanjay Gupta: Children and Cell Phones Report](#)

Environmental Health Trust Resources

[PDF of a Powerpoint of the American Academy of Recommendations](#)

[American Academy of Pediatrics Issues New Recommendations to “Reduce Exposure to Cell Phones” Nation’s largest group of children’s doctors responds to new government study linking cell phone radiation to cancer. Press Release September 2016](#)

The American Academy of Pediatrics recommendations are highlighted in this [Factsheet](#) and [Postcard](#) about children and wireless radiation.

Find more at EHTrust.org



What Parents Need To Know About Safe Technology

"Parents should not panic over the latest research, but it can be used as a good reminder to limit both children's screen time and exposure from cell phones and other devices emitting radiation from electromagnetic fields (EMF)." THE AMERICAN ACADEMY OF PEDIATRICS, 2016

"Children are disproportionately affected by environmental exposures, including cell phone radiation." THE AMERICAN ACADEMY OF PEDIATRICS, 2013

What Does the Science Say about Wireless and Children?

- Children absorb more wireless microwave radiation. Research shows that children's brains, eyes and bone marrow absorb from three to ten times the radiation than adults.
- International Agency for Cancer Research (IARC) classified wireless radio frequency (RF) as a possible human carcinogen. Possible human cancers have been linked to higher RF exposure for those who use mobile phones.
- Environmental Health Trust released a report titled "Protect the ones you love." which shows hyperactive, ADHD, brain development, and cancer in children exposed to wireless radiation.
- Research has been linked to DNA damage, increased oxidative stress, and increased DNA damage.
- It has been shown that researchers found that children exposed to cell phone radiation had increased DNA damage and hyperactive behavior. Doctors are recommending pregnant women reduce exposure.

Countries Around the World are Taking Precautionary Action to Protect Children

Belgium, France, Australia, Russia, the United Kingdom, India, Finland, Turkey, Canada and the European Union have all taken measures to reduce children's exposure to wireless radiation by stricter regulations and/or issuing informative fact sheets for their citizens on how to reduce exposures to children.

Read the Manufacturer's Advice Written in Fine Print on Wireless Device Manuals

FROM THE SAMSUNG 3G LAPTOP MANUAL:

"Use precautions during 3G connections: Keep safe distance from pregnant women's stomach or from lower stomach of teenagers."

"The Council recommends limiting exposures... WiFi can be turned off and wired local area network (LAN) can provide a reliable and secure form of networking... without any microwave electromagnetic field exposure."

Maryland State Children's Environmental Health and Protection Advisory Council 2017

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