



# Protect Yourself

## CELL PHONES AND BREAST CANCER

Women are developing breast cancer in the exact same place they kept cell phones in their bras, according to an increasing number of medical reports.

Cell phones emit microwave radiation linked to brain cancer and damaged DNA.

Cell phone manuals contain fine print directing users to put some distance between the phone and the body.

*Learn how to reduce your exposure. Do not carry your cell phone in your bra.*

More at [EHTrust.org](http://EHTrust.org)

## DOCTORS' RECOMMENDATIONS

### 1. PROTECT YOUR BODY

Do not carry cell phones in your pockets or bra. No laptops or tablets on your lap.

### 2. PROTECT YOUR BRAIN

Prefer a corded landline phone. Hold cell phones away from the head and body by using speaker-phone.

### 3. PROTECT YOUR FERTILITY & YOUR PREGNANCY

No wireless devices near reproductive organs or near a pregnant woman's abdomen.

### 4. REDUCE WIRELESS

Turn off Wi-Fi and use cords to connect routers, phones, computers and other devices. Airplane Mode ON with Wi-Fi OFF turns off wireless.

### 5. DO NOT SLEEP WITH YOUR CELL PHONE

Cell phones and Wi-Fi devices are radiating even when not in use. Power off all devices at night, and keep them out of the bedroom.