

**Health and Wellness:**  
**Update to Children and Adults Using Cell Phones and Other Wireless Devices**  
**By Laura Seigel, M.S.W.**

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With each passing year, there are additional concerns about the long-term health effects caused by cell phone radiation. In just over 20 years, there are almost as many cell phone subscriptions (6.8 billion) as there are people on the planet (7 billion). Because the implications can be enormous from brain tumors to sperm damage to thyroid cancer, it's time to start paying attention.

It's a fact that putting a cell phone next to one's head for extended periods of time zaps one's brain with waves of powerful radiofrequency radiation that unravels DNA beyond the point of repair which effects could injure the brain and cause cancer and other illnesses. For example, after 10 years of cell phone use, gliomas (a type of brain tumor that starts in the brain or spine) are more prevalent. While we cannot feel, taste or smell electromagnetic fields, damage may be occurring.

Since the problem does not start or stop with cell phones, it's important to understand your risks with all wireless devices. To help you make the best decision regarding exposure, here's a link to a handy one-page sheet titled "Some Tips to Reduce Your Exposure to Wireless Radiation":  
<https://drive.google.com/file/d/0B14R6QNkmaXuT1o0aDhWRERmYIE/edit?pli=1>.



Because children's skulls are smaller and still developing, they are thinner, contain more fluid than the adult skull and have a higher brain conductivity, children are especially susceptible to radiation. Thus, it is particularly important for adults to protect children.

"Mobilize" is a feature-length documentary that explores the potential long-term health effects from cell phone radiation. This film won the 2014 Slate Award for Best Documentary of the year. It premiered on September 12, 2014 at the 17<sup>th</sup> Annual California Independent Film Festival. This film can be viewed online or downloaded from Vimeo and Amazon. It is also available on DVD from Amazon and Disinfo.

### What Can You Do To Express Your Concerns?

If reading this information disturbs you to the point of doing something about it, you can express your concerns about electromagnetic radiation and health implication by letting your elected representatives know about your uneasiness and ask that policies be adopted that make all wireless technology safer. If you are wishing that our country and state protect us from distracted drivers as well as insisting that the cell phone industry develops safer phones, take action. In the meantime, take precautions.

### Practicing SAFE CELL PHONE is the answer:

- (1) keep cell phones at least 6" away from your head and your body whenever possible - (DISTANCE IS YOUR FRIEND!);
- (2) use the speaker phone or headset (preferably wired) instead of putting the phone beside your head;
- (3) text (if you're not driving) – it seems those teenagers are much wiser than their years;
- (4) don't keep a cell phone near the pregnant abdomen;
- (5) don't keep cell phones in your shirt, pants or any other pocket of clothing you are wearing because it is too close to your body (although if you must use your pocket, position the phone so that the glass is pointing away from your body – that's the safer way to go);
- (6) use a corded phone at home whenever possible because cordless phones emit microwave radiation 24/7;
- (7) charge the phone in another room or at least on the opposite side of your bedroom (i.e., DO NOT keep the cell phone under your pillow or on the bedside table);
- (8) don't keep cell phones next to your skin (i.e., women: DO NOT keep the cell phone in your bra);
- (9) avoid using your cell phone when there are only 1-2 bars because the dangers of radiation are at the highest point then and since your cell phone is at the highest point of radiation the moment you answer your phone, make certain to keep it away from your head at that point also; and
- (10) keep cell phones away from babies. As obvious as this seems, iPhone apps do exist for babies to put them to sleep, "help" them learn, soothe them, et cetera. Companies that sell these products are not looking out for your baby's long-term health. Keep cell phones away from babies!



**AUTHOR'S NOTE:** I personally know several people with different types of brain tumors. While no one knows exactly what causes brain tumors, they dramatically affect the patient, family members and friends. This article is only a very brief explanation of the topic. You are encouraged to read as much as you can about this important topic to make the most informed decision possible for you and your family. Here are a few links to get you started:

- (1) <http://environmentalhealthtrust.org/>
- (2) <http://www.reuters.com/article/2014/11/11/us-brain-cancer-mobilephone-idUSKCN0IV26Y20141111>
- (3) <http://www.saferemr.com/search?updated-min=2014-01-01T00:00:00-08:00&updated-max=2015-01-01T00:00:00-08:00&max-results=21>
- (4) <http://cellphones.procon.org/>
- (5) <http://www.safespaceprotection.com/>

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