American Academy of Environmental Medicine

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American Academy of Environmental Medicine Recommendations Regarding Electromagnetic and Radiofrequency Exposure

Physicians of the American Academy of Environmental Medicine recognize that patients are being adversely impacted by electromagnetic frequency (EMF) and radiofrequency (RF) fields and are becoming more electromagnetically sensitive.

The AAEM recommends that physicians consider patients' total electromagnetic exposure in their diagnosis and treatment, as well as recognition that electromagnetic and radiofrequency field exposure may be an underlying cause of a patient's disease process.

Based on double-blinded, placebo controlled research in humans,[1] medical conditions and disabilities that would more than likely benefit from avoiding electromagnetic and radiofrequency exposure include, but are not limited to:

- Neurological conditions such as paresthesias, somnolence, cephalgia, dizziness, unconsciousness, depression
- Musculoskeletal effects including pain, muscle tightness, spasm, fibrillation
- Heart disease and vascular effects including arrhythmia, tachycardia, flushing, edema
- Pulmonary conditions including chest tightness, dyspnea, decreased pulmonary function
- Gastrointestinal conditions including nausea, belching
- Ocular (burning)
- Oral (pressure in ears, tooth pain)
- Dermal (itching, burning, pain)
- Autonomic nervous system dysfunction (dysautonomia).

Based on numerous studies showing harmful biological effects from EMF and RF exposure, medical conditions and disabilities that would more than likely benefit from avoiding exposure include, but are not limited to:

- Neurodegenerative diseases (Parkinson's Disease, Alzheimer's Disease, and Amyotrophic Lateral Sclerosis). [2-6]
- Neurological conditions (Headaches, depression, sleep disruption, fatigue, dizziness, tremors, autonomic nervous system dysfunction, decreased memory, attention deficit disorder, anxiety, visual disruption). [7-10]
- Fetal abnormalities and pregnancy. [11,12]
- Genetic defects and cancer. [2,3,13-19]
- Liver disease and genitourinary disease. [12,20]

Because Smart Meters produce Radiofrequency emissions, it is recommended that patients with the above conditions and disabilities be accommodated to protect their health. The AAEM recommends: that no Smart Meters be on these patients' homes, that Smart Meters be removed within a reasonable distance of patients' homes depending on the patients' perception and/or symptoms, and that no collection meters be placed near patients' homes depending on patients' perception and/or symptoms.

Submitted by: Amy L. Dean, DO and William J. Rea, MD

Approved July 12, 2012 by the Executive Committee of the American Academy of Environmental Medicine

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Electromagnetic and Radiofrequency Fields Effect on Human Health

For over 50 years, the American Academy of Environmental Medicine (AAEM) has been studying and treating the effects of the environment on human health. In the last 20 years, our physicians began seeing patients who reported that electric power lines, televisions and other electrical devices caused a wide variety of symptoms. By the mid 1990's, it became clear that patients were adversely affected by electromagnetic fields and becoming more electrically sensitive. In the last five years with the advent of wireless devices, there has been a massive increase in radiofrequency (RF) exposure from wireless devices as well as reports of hypersensitivity and diseases related to electromagnetic field and RF exposure. Multiple studies correlate RF exposure with diseases such as cancer, neurological disease, reproductive disorders, immune dysfunction, and electromagnetic hypersensitivity.

The electromagnetic wave spectrum is divided into ionizing radiation such as ultraviolet and X-rays and non-ionizing radiation such as radiofrequency (RF), which includes WiFi, cell phones, and Smart Meter wireless communication. It has long been recognized that ionizing radiation can have a negative impact on health. However, the effects of non-ionizing radiation on human health recently have been seen. Discussions and research of non-ionizing radiation effects centers around thermal and non-thermal effects. According to the FCC and other regulatory agencies, only thermal effects are relevant regarding health implications and consequently, exposure limits are based on thermal effects only.[1]

While it was practical to regulate thermal bioeffects, it was also stated that non-thermal effects are not well understood and no conclusive scientific evidence points to non-thermal based negative health effects.[1] Further arguments are made with respect to RF exposure from WiFi, cell towers and smart meters that

due to distance, exposure to these wavelengths are negligible.[2] However, many *in vitro*, *in vivo* and epidemiological studies demonstrate that significant harmful biological effects occur from non-thermal RF exposure and satisfy Hill's criteria of causality.[3] Genetic damage, reproductive defects, cancer, neurological degeneration and nervous system dysfunction, immune system dysfunction, cognitive effects, protein and peptide damage, kidney damage, and developmental effects have all been reported in the peer-reviewed scientific literature.

Genotoxic effects from RF exposure, including studies of non-thermal levels of exposure, consistently and specifically show chromosomal instability, altered gene expression, gene mutations, DNA fragmentation and DNA structural breaks.[4-11] A statistically significant dose response effect was demonstrated by Maschevich *et al.* , who reported a linear increase in aneuploidy as a function of the Specific Absorption Rate(SAR) of RF exposure.[11] Genotoxic effects are documented to occur in neurons, blood lymphocytes, sperm, red blood cells, epithelial cells, hematopoietic tissue, lung cells and bone marrow. Adverse developmental effects due to non-thermal RF exposure have been shown with decreased litter size in mice from RF exposure well below safety standards.[12] The World Health Organization has classified RF emissions as a group 2 B carcinogen.[13] Cellular telephone use in rural areas was also shown to be associated with an increased risk for malignant brain tumors. [14]

The fact that RF exposure causes neurological damage has been documented repeatedly. Increased blood-brain barrier permeability and oxidative damage, which are associated with brain cancer and neurodegenerative diseases, have been found.[4,7,15-17] Nittby *et al.* demonstrated a statistically significant dose-response effect between non-thermal RF exposure and occurrence of albumin leak across the blood-brain barrier.[15] Changes associated with degenerative neurological diseases such as Alzheimer's, Parkinson's and Amyotrophic Lateral Sclerosis (ALS) have been reported.[4,10] Other neurological and cognitive disorders such as headaches, dizziness, tremors, decreased memory and attention, autonomic nervous system dysfunction, decreased reaction times, sleep disturbances and visual disruption have been reported to be statistically significant in multiple epidemiological studies with RF exposure occurring non-locally.[18-21]

Nephrotoxic effects from RF exposure also have been reported. A dose response effect was observed by Ingole and Ghosh in which RF exposure resulted in mild to extensive degenerative changes in chick embryo kidneys based on duration of RF exposure.[24] RF emissions have also been shown to cause isomeric changes in amino acids that can result in nephrotoxicity as well as hepatotoxicity.[25]

Electromagnetic field (EMF) hypersensitivity has been documented in controlled and double blind studies with exposure to various EMF frequencies. Rea *et al.* demonstrated that under double blind placebo controlled conditions, 100% of subjects showed reproducible reactions to that frequency to which they were most sensitive.[22] Pulsed electromagnetic frequencies were shown to consistently provoke neurological symptoms in a blinded subject while exposure to continuous frequencies did not.[23]

Although these studies clearly show causality and disprove the claim that health effects from RF exposure are uncertain, there is another mechanism that proves electromagnetic frequencies, including radiofrequencies, can negatively impact human health. Government agencies and industry set safety standards based on the narrow scope of Newtonian or "classical" physics reasoning that the effects of atoms and molecules are confined in space and time. This model supports the theory that a mechanical force acts on a physical object and thus, long-range exposure to EMF and RF cannot have an impact on health if no significant heating occurs. However, this is an incomplete model. A quantum physics model is necessary to fully understand and appreciate how and why EMF and RF fields are harmful to humans.[26,27] In quantum physics and quantum field theory, matter can behave as a particle or as a wave with wave-like properties. Matter and electromagnetic fields encompass quantum fields that fluctuate in space and time. These interactions can have long-range effects which cannot be shielded, are non-linear and by their quantum nature have uncertainty. Living systems, including the human body, interact with the magnetic vector potential component of an electromagnetic field such as the field near a toroidal coil.[26,28,29] The magnetic vector potential is the coupling pathway between biological systems and electromagnetic fields.[26,27] Once a patient's specific threshold of intensity has been exceeded, it is the frequency which triggers the patient's reactions.

Long range EMF or RF forces can act over large distances setting a biological system oscillating in phase with the frequency of the electromagnetic field so it adapts with consequences to other body systems. This also may produce an electromagnetic frequency imprint into the living system that can be long lasting.[26,27,30] Research using objective instrumentation has shown that even passive resonant circuits can imprint a frequency into water and biological systems.[31] These quantum electrodynamic effects do exist and may explain the adverse health effects seen with EMF and RF exposure. These EMF and RF quantum field effects have not been adequately studied and are not fully understood regarding human health.

Because of the well documented studies showing adverse effects on health and the not fully understood quantum field effect, AAEM calls for exercising precaution with regard to EMF, RF and general frequency exposure. In an era when all society relies on the benefits of electronics, we must find ideas and technologies that do not disturb bodily function. It is clear that the human body uses electricity from the chemical bond to the nerve impulse and obviously this orderly sequence can be disturbed by an individual-specific electromagnetic frequency environment. Neighbors and whole communities are already exercising precaution, demanding abstention from wireless in their homes and businesses.

Furthermore, the AAEM asks for:

- An immediate caution on Smart Meter installation due to potentially harmful RF exposure.
- Accommodation for health considerations regarding EMF and RF exposure, including exposure to wireless Smart Meter technology.
- Independent studies to further understand the health effects from EMF and RF exposure.
- Recognition that electromagnetic hypersensitivity is a growing problem worldwide.
- Understanding and control of this electrical environmental bombardment for the protection of society.
- Consideration and independent research regarding the quantum effects of EMF and RF on human health.
- Use of safer technology, including for Smart Meters, such as hard-wiring, fiber optics or other non-harmful methods of data transmission.

Submitted by: Amy L. Dean, DO, William J. Rea, MD, Cyril W. Smith, PhD, Alvis L. Barrier, MD

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Open letter by UK medical doctors:
Health and safety of Wi-Fi and mobile phones

We wish to highlight our concern over the safety of exposure to microwave radiation from wireless technology, particularly for vulnerable groups like children, pregnant women, the elderly and those with compromised health.

There is growing concern that chronic (long-term) exposure to radiofrequency/microwave radiation from wireless technologies causes damage, particularly genetic damage, cognitive damage, cancer and decreased fertility. There is now substantial evidence of a link between mobile phone use and brain cancer. This was recognised by the International Agency for Research on Cancer (IARC)'s 30-strong panel of scientists, which in 2011 classed radiofrequency radiation as "possibly carcinogenic".

Additionally, doctors are encountering a significant and growing number of people presenting with **a range of acute (short-term) symptoms from wireless radiation, including headaches, palpitations, rashes, fatigue, sleep disturbance, allergies and memory and concentration problems**.

International medical agencies have recognised the evidence of harm (see appended list) but these rulings may take many years to be reflected in public health policy. This controversy is a common characteristic of scientific understanding when environmental exposures are new.

New technologies and substances often come with scientific conflict, which can continue for several decades before consensus is achieved. Commercial pressures often delay the acceptance of health risks, even when scientific evidence is compelling. In the case of tobacco, asbestos, x-rays and leaded petrol, for example, it took many decades before damage was established and accepted by health agencies and during those decades millions of people suffered ill health and death as a result of the delay. Now, despite evidence of harm, wireless technology is being rolled out widely.

We urge health agencies and the public to act immediately to reduce exposure to radiofrequency/microwave radiation. This is especially important for children, who are physiologically more vulnerable to this exposure and for whom adults have a safeguarding responsibility.

Children's health should be put ahead of convenience and commercial benefits. **Children should not use mobile phones except in an emergency, and WiFi should be replaced with wired alternatives in schools and other settings where children spend considerable time.**

Yours faithfully,

Dr Elizabeth Evans MA (Cantab), MBBS (Lond), DRCOG – medical doctor
Dr Andrew Tresidder MRCGP (1989), MBBS (Lond) – medical doctor
Dr Erica Mallery Blythe BM – medical doctor

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Appendix – International Rulings

1. In 2011 the World Health Organization's scientific panel, the International Agency for Research on Cancer (IARC), reviewed all the evidence on carcinogenesis (cancer-causing) and categorised electromagnetic radiation from mobile phones and Wi-Fi as Possibly Carcinogenic (Class 2B).
See http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208_E.pdf

2. The Council of Europe has called for member states to take measures to reduce exposure to electromagnetic fields and give preference to wired internet connections for children, particularly in schools and classrooms. The Parliamentary Assembly stated that "the Assembly regrets that, despite calls for the respect of the precautionary principle and despite all the recommendations, declarations and a number of statutory and legislative advances, there is still a lack of reaction to known or emerging environmental and health risks and virtually systematic delays in adopting and implementing effecti ve preventive measures. Waiting for high levels of scientific and clinical proof before taking action to prevent well-known risks can lead to very high health and economic costs, as was the case with asbestos, leaded petrol and tobacco.".
See http://assembly.coe.int/mainf.asp?link=/documents/adoptedtext/ta11/eres1815.htm

3. The BioInitiative Report, updated in 2012 by 29 scientists, states that biological effects are clearly established and occur at very low levels of exposure to electromagnetic fields and radiofrequency radiation from just minutes of exposure to mobile phone masts (cell towers), WI-FI, and wireless utility 'smart' meters.
See http://www.bioinitiative.org/conclusions

4. The American Academy of Environmental Medicine stated in a 2012 Position Paper that "Multiple studies correlate RF exposure with diseases such as cancer, neurological disease, reproductive disorders, immune dysfunction, and electromagnetic hypersensitivity."
See http://aaemonline.org/emf_rf_position.html

5. International Society of Doctors for the environment (ISDE) and Irish Doctors' Environmental Association (IDEA) state that "there is sufficient scientific evidence to warrant more stringent controls on the level and distribution of electromagnetic radiation [EMR]. The joint statement and recommendations are part of a call by medical and scientific experts for safe technologies in schools."
See http://www.env-health.org/news/members-news/article/isde-idea-statement-on

6. The Safe Schools Report 2012 lists statements by other doctors and medical associations raising concerns over children's exposure to electromagnetic fields from Wi-Fi and other wireless technology.
See http://Wi-Fiinschools.org.uk/resources/safeschools2012.pdf

- See more at: http://stopsmartmeters.org.uk/uk-medical-doctors-call-for-immediate-action-against-wireless-technologies/#sthash.TxsRolvo.dpuf

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Open letter to Edmund Stoiber, president of the federal state of Bavaria, Germany

Dr Edmund Stoiber
State Chancelry
PO Box 220011
80535 Munich

Urgent suspicions of serious health damage from pulsed high frequency electromagnetic fields (mobile phone base stations, DECT phones, W-LAN, Bluetooth etc.) at levels below exposure guidelines.

Dear Prime Minister,

Allow me to represent many doctors personally to you.

For eight months doctors in Oberfranken and another places have been making extremely worrying observations of patients, who live in the vicinity of mobile phone base stations. After initial suspicions at locations in Forchheim, Hirschaid, Walsdorf, Memmelsdorf and Bamberg survey measurements were made of 356 such residents in 40 locations, all in Oberfranken. Meanwhile 64 Hofer doctors, 30 Lichtenfelser, 61 Coburger, 20 from Bayreuth and countrywide, added their names to the Bamberger appeal.

The result all these medical findings is as follows.

Many people have become ill with a characteristic combination of symptoms, which is new to us as doctors, at exposure levels far below the guideline limits, which apply only to thermal effects. Residents in the vicinity of masts have one or more of the following symptoms:

Sleep disturbance, tiredness, headache, restlessness, lethargy, irritability, inability to concentrate, forgetfulness, trouble finding words, depressive tendency, noises in the ears, impaired hearing, dizziness, nosebleeds, visual disturbances, frequent infections, sinusitis, joint and muscle pains, feeling deaf, palpitations, increased blood pressure, hormone disturbances, gaining weight, hair loss, nocturnal sweating, nausea.

The following statements strengthened our suspicions:

- Frequently, many residents become sick with these symptoms at the same time, when living near a base station

Health links on:

- health advisory
- other health resources
- various bioeffects
- the role of nitric oxide
- blood effects
- cellular inc. cancer
- neurological, inc. MND
- electro-(hyper) sensitivity/EHS
- frequency & resonance
- fertility

(e.g. Schweinfurt: Eselshöhe, in Kulmbach: Senioren-Wohnanlage Mainpark, in Hof: Kösseinestraße, in Forchheim: Ortsteil Burk).

- Many patients have reported rapid recovery when removed from exposure (by temporary relocation, removal of the source, screening, disconnection).
- After relocation, doctors have proven during re-examination of the patients, among other things, that blood pressure, heart rhythm, hormone disturbances, visual disturbances, neurological symptoms, and blood profile have returned to normal.
- Many doctors' families have in the course of the last months removed their DECT phones and were thereafter free among other things from headache, concentration disturbances, dizziness, restlessness, tinnitus, and sleep disturbance.

We therefore requested the responsible authorities (Federal Office for Radiation Protection, Federal Ministry for the Environment, Conservation and Nuclear Safety, members of the Radiation Protection Commission and the WHO) to organise local health surveys. Despite the serious, medical concern, all the authorities have refused to investigate the (to some degree) intolerable living conditions of those living locally.

Not one official health survey has been made at any base station in Germany! The SSK and the BfS have thus no level of knowledge concerning the long-term effects on resident living in the vicinity. From a medical viewpoint is this unacceptable.

I therefore turn to you to request your assistance for our patients who have no other recourse. We doctors from Oberfranken are ready to help. We urge you to immediately arrange local health surveys among people in the vicinity of base stations, at locations in Bavaria. Our concern is not that there are 'unfortunate individual cases', but that there is a medical disaster spreading to all parts of the population! To investigate our concerns, it must also be possible to switch transmitters off. From a medical viewpoint, we are seeing an emergency situation, which requires rapid action by all political means.

I implore you to take action to avoid health damage among many children, young people and adults.

Faithfully

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