How to Protect Your Family

1. **Never hold the phone directly against your head or body**
   Use speakerphone, other hands-free device, or another device that meets EHT guidance.

2. **Beware of a weak signal**
   Your phone works harder and emits more radiation into you when the signal is weak or blocked.

3. **Protect children, the pregnant abdomen, 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 swifter, safer, and more secure**
   Cordless phones also emit microwave radiation.

6. **Do not text while moving e.g. driving, biking, blading, walking, skiing.**
   Milliseconds can make the difference between life or death.

Brought to you by:
The Global Campaign for Safer Cell Phones provides open-source resources that educate and motivate health professionals, teachers, parents, and students about simple and safer ways to use cell phones. Our multi-media toolkit can be downloaded at EHTrust.org.

Prepared by physicians, biomedical scientists, and neurosurgeons: including Kevin O'Neill, FRCS (SN); Ronald B. Herberman, MD; Charles Teo, MD; David Servan-Schreiber, MD, PhD; Annie J. Sasco, MD, DrPh; Stephen Sinatra, MD; John West, MD; Richard Stein, MD, PhD

Find out more about how to reduce your risk and get the latest news on our website at EHTrust.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.

ENVIRONMENTAL HEALTH TRUST

Cell phones are two-way microwave radios that were never properly tested for safety.

Antennas for cell phones are continually searching for signals from towers to send and receive information. The body or brain absorbs about half the radiation emitted from a phone at any time.

Children absorb more radiation than adults

Courtesy Om P. Gandhi and Green America

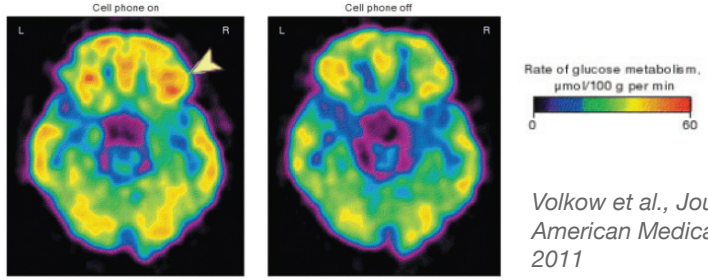
People who use cell phones more than 30 minutes per day (average) for 10 years have a doubled or higher risk of brain cancer. Teenagers who start to use cell phones develop 4 to 5 times more brain cancer in less than a decade. Links to studies can be found at EHTrust.org.

WORLD HEALTH ORGANIZATION (2011)

On May 31, 2011, the World Health Organization/International Agency for Research on Cancer classified the 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 phones change the brain. After 50 minutes of holding a cell phone on or next to the ear, the brain of a healthy adult shows significant changes in glucose metabolism—the brain's fuel—at precisely those areas reached by cell phone radiation. The long-term impact of these changes is unknown. Recent research suggests that cell phones, cordless phones, and other wireless devices can also disturb heart rate.

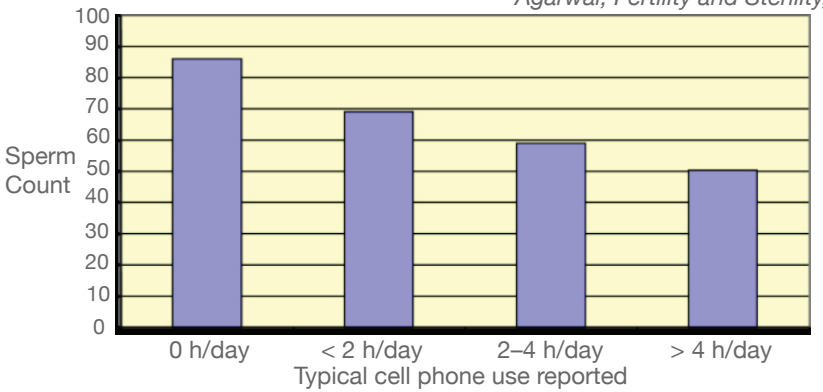


Volkow et al., Journal of the American Medical Association, 2011

Cell Phones Lower Sperm Count

Men who use cell phones 2 to 4 hours per day have 30% lower sperm count than non-users; daily use over 4 hours results in 40% lower sperm count. Studies have shown that microwave radiation can damage sperm.

Agarwal, Fertility and Sterility, 2008



HEALTH CANADA (2011)

"Health Canada reminds cell phone users that they can take practical measures to reduce RF exposure. The department also encourages parents to reduce their children's RF exposure from cell phones since children are typically more sensitive to a variety of environmental agents."