



RADIATION AWARENESS NAMIBIA

Information for the safer implementation & use of wireless technology

June 2016



New Cell Phone Radiation Cancer Findings **US National Toxicology Program**

A major 25 million US dollar study by the US National Toxicology Program (NTP), released on 27 May 2016, has confirmed links between radiofrequency radiation and a higher risk of two cancers, gliomas in the brain and schwannomas of the heart. The NTP is world-renowned for toxicology research. <http://microwavenews.com/news-center/ntp-cancer-results>

The American Cancer Society has until now kept a neutral position on the issue of links between RF emissions and cancer. Its response to the recent findings by NTP is as follows: "The NTP report linking radiofrequency radiation (RFR) to two types of cancer marks a paradigm shift in our understanding of radiation and cancer risk. The findings are unexpected; we wouldn't reasonably expect non-ionizing radiation to cause these tumours....It's interesting to note that early studies on the link between lung cancer and smoking had similar resistance, since theoretical arguments at the time suggested that there could not be a link." <http://pressroom.cancer.org/NTP2016>

An increasing number of studies, though with inconsistent results, have indicated a range of long-term health risks linked to RF radiation. Children who have years of use ahead of them, are at risk, and individuals who use their phones for hours every day, should take note of the information. Namibia's Atomic Energy Board already in their Annual Review 2011/2012 made it clear that current safety guidelines (ICNIRP) do not guarantee adequate protection against long-term effects such as an increased risk of cancer from RF emissions.


These findings do not mean that cell phones and wireless gadgets should not be used. **RADIATION AWARENESS NAMIBIA** encourages precautionary, safer use of wireless technology. For an in-depth view of the NTP study and the reasons for its impact, read "*Major Cell Phone Radiation Study Reignites Cancer Questions...*"

<http://www.scientificamerican.com/article/major-cell-phone-radiation-study-reignites-cancer-questions/>

- ***Are you using your cell phone extensively every day?***
- ***Are your small children using wireless devices?***
- ***Do you know how to reduce Wi-Fi radiation in your home?***
- ***Several countries have already banned or limited the use of wireless devices in schools... Read this important document: "Policy Actions on Wireless by governments, health authorities and schools worldwide."***
<http://ehtrust.org/policy/international-policy-actions-on-wireless/>

Readers of our previous circulars will be aware that in 2011 the WHO's International Agency for Research on Cancer (IARC) classified RF radiation emitted by cell phones, base-station antennas, radio/TV towers, radar, Wi-Fi, smart meters, etc., as a possible human carcinogen, in the same category as DDT, lead and diesel fumes. (Extract below). Since 2011, many more studies have confirmed effects. For regular updates on studies, see: <http://www.powerwatch.org.uk/news/2015-04-28-science-update.asp>

International Agency for Research on Cancer



**World Health
Organization**

PRESS RELEASE
N° 208

31 May 2011

**IARC CLASSIFIES RADIOFREQUENCY ELECTROMAGNETIC FIELDS AS
POSSIBLY CARCINOGENIC TO HUMANS**

Lyon, France, May 31, 2011 -- The WHO/International Agency for Research on Cancer (IARC) has classified radiofrequency electromagnetic fields as possibly carcinogenic to humans (Group 2B), based on an increased risk for glioma, a malignant type of brain cancer¹, associated with wireless phone use.

According to Lennart Hardell, MD., PhD., Dept. of Oncology, Örebro University Hospital, Sweden, whose epidemiological studies were instrumental in the IARC's decision to classify RF radiation as a possible carcinogen: "We have consistently found an increased risk for high-grade glioma, including the most malignant type, glioblastoma multiforme grade IV [GBM], and use of wireless phones." <http://microwavenews.com/news-center/ntp-and-brain-tumor-rates>

At the time of the WHO/IARC classification, MTC issued the following precautionary statement, as quoted in the Namibian Sun, 23 June 2011, pg. 4:

- ◆ "...the intensive use of cell-phones (more than 30 minutes per day) is not recommended,"
- ◆ "...youth and pregnant women are advised to use the phone mainly to send text messages."

Since this recognition by MTC of the WHO/IARC classification, very little public information for safer use and implementation of wireless technology has been made available to Namibians.

"SPIN VS FACT": While certain types of brain tumours have decreased, "the incidence of glioblastoma multiforme, the most serious type of brain cancer, has increased in parts of the brain proximal to where cell phones are held." Given the large number of users worldwide, even a small increase in risk will have significant impacts. In expectation of future claims, major insurers already exclude wireless radiation as a basis for claims. Employers and schools should take note. For more details on standard industry responses that try to downplay studies, see an analysis by Joel M. Moskowitz, PhD., Director, School of Public Health, University of California, dated 30 May 2016:

"Spin vs. Fact": www.saferemr.com/2016/05/national-toxicology-progam-finds-cell.html

Also see: "Setting the Record Straight": <http://microwavenews.com/news-center/ntp-nyt>

THE LONG-TERM SAFETY OF 4G LTE INTRODUCED IN NAMIBIA is by no means certain. One study published in the peer-reviewed journal *Clinical Neurophysiology* shows that 30 minutes of exposure to 4G LTE (Long Term Evolution) emissions, while well within current legal limits for heating, affects brain activity on both sides of the brain. For details see: <http://ehtrust.org/cell-phone-radiation-alters-brain-metabolic-activity-national-institutes-health-volkow-2011/> “This technology uses more bandwidth than 2G or 3G networks, which also means more exposure to radiation... For 4G to work efficiently, several more high-power towers have to be erected and networked with each other. This is believed to emit much more radiation than before...In order to make the latest handsets capable of receiving the full bandwidth power of 4G networks, smartphone manufacturers are equipping them with a series of antennae in one handset. According to health experts, this further intensifies the risks of being exposed to more radiation...” <http://mobiledevices.about.com/od/carrierfaq/a/4g-Mobile-Networks-The-Pros-And-The-Cons.htm>

REDUCE LONG-TERM EXPOSURE IN OFFICES, HOMES AND SCHOOLS:

The Vienna Medical Association advises as follows: “Make phone calls at home and at work via a hardwired network. Internet access via a hardwired connection such as LAN (e.g. via ADSL, VDSL, fiber optics) does not emit radiation: it is fast and secure. Constantly radiating DECT cordless phones, Wi-Fi access points, data sticks and LTE modems should be avoided!” See the VMA advisory note: “10 Medical Rules for Safer Use”:

http://www2.aekwien.at/dlcentre/uploads/Handy-Plakat_6_Auflage_Dez2015_440x1000_Englisch-1458811156.pdf

CORDLESS PHONES: “Most modern DECT phones now emit the same level of microwaves inside your house or workplace as a small mobile phone base station outside, not just when the phone is in use, but all the time. In fact, DECT phones are responsible for 22.7% of our RF exposure according to the paper by Frei (2009).”

<http://www.powerwatch.org.uk/library/downloads/dect-phones-2016-01.pdf>

APPLY SOME SIMPLE SAFETY RULES: Remove your cordless phone, use your landline as much as possible, make shorter cell phone calls, use texting and the speaker phone whenever possible, do not store the phone against your body or in pouches with metal parts. Before handing a child a wireless device, switch Airplane Mode ON, and Wi-Fi or Bluetooth OFF. Minimize use in cars, buses, trains & lifts (a metal cage increases radiation), minimize use where the signal is weak, eg. in basements or between towns on long distances in Namibia where reception is sometimes poor. (In our towns, cell phone reception is generally good; placing more antennas near homes and schools while studies are increasingly documenting risk, is unjustifiable.)

PARENTS: PLEASE READ THESE MANUFACTURERS’ WARNINGS:

Few users are aware that Wi-Fi devices come with instructions to keep phones, laptops, baby monitors, iPads, routers, printers etc., at a distance away from your body or your child’s body: <http://www.parentsfor safetechnology.org/cell-phone-and-wireless-fine-print-warnings.html>

Print out the attachment to this e-mail:

Ten Steps To Safe Technology

RADIATION AWARENESS NAMIBIA

P O Box 22169 Windhoek Namibia Tel + 064 (0)61 229891 Fax 229893 081-3255070 (A L Brandt)

We circulate information two to three times per year. To unsubscribe, please mail us at radiation@iway.na