Radiofrequency Protection for You and Your Family

This article is separated into 6 sections, each of which can be individually downloaded. It is a 'work in progress' incorporating new information whenever time permits.

Section 6
References

1. Introduction; health effects associated with RF radiation; TV and radio; mobile phone masts or base stations; graphs showing change of symptoms experienced according to RF exposure levels; other sources of RF radiation

2. Sources outside the home; mobile phone masts (base stations); Televisions and TV transmitters; WiFi; interactive whiteboards in classrooms; kindergartens; hospitals; wLANs in offices; railway stations; rubbish tagging; transport; internet cafes; WiMAX; street lighting; bus stops; radar; amateur radio enthusiasts; local radio communication services; local broadband services; military equipment; police surveillance

3. Sources inside the home; mobile phones; digital cordless (DECT) phones; wired telephones; television; lighting; computer monitors; wireless mice; computer broadband connections; laptop computers; computer wireless LAN (local area network) broadband connections; dLANs/Homeplug devices; microwave ovens; baby monitors; alarm buttons; children’s games; burglar alarms; ‘smart’ utility meters; hearing aids; dental work; de-humidifiers

4. Measuring exposure, screening and protection; How does microwave radiation get in from outside? Windows; the glass; windowfilm; curtains; bed canopies; shielding sleeping bag; earthed grounding sheets; walls; paint; skirting boards and curtain battens; ceilings; doors; Why, when I screen out the fields, does my phone still work? insulation; phones; mains filters; dirty electricity; lighting; ELF noise to reduce RF effects

5. Personal Screening; shielding clothing; phone pouches and headsets

6. 58 references
References


Andrikopoulos A et al 2017 – Microwave diathermy in physiotherapy units: a survey on spatial and time heterogeneity of the electromagnetic field J Radiol Prot 37(2):N27-N41  PMID: 28429681


Barnett J et al 2007 – Public responses to precautionary information from the Department of Health (UK) about possible health risks from mobile phones available online at www.sciencedirect.com Health Policy 82(2):240-50  PMID: 17113180


Bolte JF & T Eikelboom 2012 – Personal radiofrequency electromagnetic field measurements in The Netherlands: exposure level and variability for everyday activities, times of day and types of area Environ Int 48:133-42  PMID: 22906414


Eger H et al 2004 – The influence of being physically near to a cell phone transmission mast on the incidence of Cancer Umwelt Medizin Gesellschaft 17.4.2004


Frei P et al 2010 - Classification of personal exposure to radio frequency electromagnetic fields (RF-EMF) for epidemiological research: Evaluation of different exposure assessment methods Environ Int 36(7):714-20  PMID: 20538340


Freiburger Appeal 2002 – www.igumed.de


Hardell L et al 2016 – Radiofrequency radiation at Stockholm Central Railway Station in Sweden and some medical aspects on public exposure to RF fields Int J Oncol 49(4):1315-1324

Hocking B & I Gordon 2003 - Decreased survival for childhood leukemia in proximity to television towers Arch Environ Health 58(9) 560-64 PMID: 15369273


Joseph W et al 2012 – In situ exposure to non-directional beacons for air traffic control Bioelectromagnetics 33(3):274-7 PMID: 22252685

Joseph W et al 2012 - Assessment of RF exposures from emerging wireless communication technologies in different environments Health Phys 102(2):161-72 PMID: 22217589

Joseph W et al 2010 - Comparison of personal radio frequency electromagnetic field exposure in different urban areas across Europe Environ Res 110(7):658-63 PMID: 20638656

Joseph W et al 2010 - Assessment of general public exposure to LTE and RF sources present in an urban environment Bioelectromagnetics 31(7):576-9 PMID: 20607741

Joseph W et al 2010 – Comparison of personal radio frequency electromagnetic field exposure in different urban areas across Europe Environ Res 110(7):658-63 PMID: 20638656

Karadağ T et al 2016 – A large-scale measurement, analysis and modelling of electromagnetic radiation levels in the vicinity of GSM/UMTS base stations in an urban area Radiat Prot Dosimetry 168(1):134-47 PMID: 25693600

Kim BC & SO Park 2010 – Evaluation of RF electromagnetic field exposure levels from cellular base stations in Korea Bioelectromagnetics 31(6):495-8 PMID: 20564176


Lai H 2004 - Interaction of microwaves and a temporally incoherent magnetic field on spatial learning in the rat Physiol Behav 82(5):785-9 PMID: 15451642


Markakis I & T Samaras 2013 - Radiofrequency exposure in Greek indoor environments Health Phys 104(3):293-301  PMID: 23361425


Oberfeld G et al 2004 - Further Aspects of a Spanish Study International Conference Proceedings, Kos, Greece


Van der Togt R et al 2008 - Electromagnetic interference from radio frequency identification inducing potentially hazardous incidents in critical care medical equipment JAMA 299(24):2884-90  PMID: 18577733

Verlooock L et al 2014 - Assessment of radio frequency exposures in schools, homes, and public places in Belgium Health Phys 107(6):503-13  PMID: 25353235

Vermeeren G et al 2010 - The influence of the reflective environment on the absorption of a human male exposed to representative base station antennas from 300 MHz to 5GHz Physics in Medicine and Biology 55(18):5541-55


Wolf R & Wolf D 2004 - Increased incidence of cancer near a cell-phone transmitter station Int J of Cancer Prevention 1(2)


Yao K et al 2008 - Electromagnetic noise inhibits radiofrequency radiation-induced DNA damage and reactive oxygen species increase in human lens epithelial cells Mol Vis 14:964-9 PMID: 18509546