

# PROCLAMATION

## CELL PHONE AWARENESS MONTH

OCTOBER, 2011

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**WHEREAS:** More people use cell phones today than ever before because of their convenience and portability; and,

**WHEREAS:** The Portland City Council considers the health and welfare of the citizens of Portland a priority; and,

**WHEREAS:** Certain research studies have linked the use of cell phones to health risks; and,

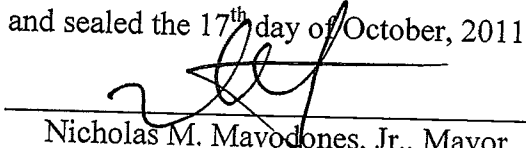
**WHEREAS:** These risks may be greater for children than adults; and,

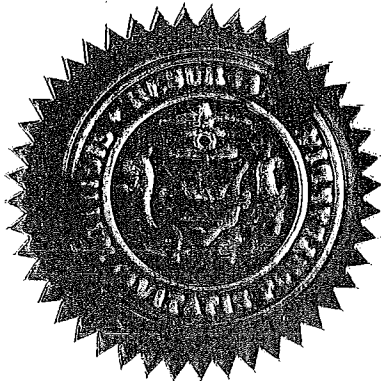
**WHEREAS:** Simple steps such as holding the phone farther away from your ear, turning off your phone when not in use, checking the specific absorption rate of your particular phone, and using a headset may significantly reduce such risks; and,

**WHEREAS:** Cell phones are important for communication and safety, but all people, and especially parents of young children, should become aware of risks that may be associated with prolonged cell phone use and take those steps necessary to mitigate such risks;

**NOW, THEREFORE, BE IT RESOLVED, THAT I, Nicholas M. Mavodones, Jr., Mayor of the City of Portland, Maine and the members of the Portland City Council do hereby proclaim the month of October, 2011 as Cell Phone Awareness Month in the City of Portland.**

Signed and sealed the 17<sup>th</sup> day of October, 2011

  
Nicholas M. Mavodones, Jr., Mayor  
City of Portland, Maine



# **CAMPAIGN FOR SAFE USE OF CELL PHONES**



## **BRIEFING BOOK**

March, 2013

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

Lyon, France, May 31, 2011 - The World Health Organization/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 cancer: associated with wireless phone use.

Over the last few years, there has been mounting concern about the possibility of adverse health effects resulting from exposure to radiofrequency electromagnetic fields, such as those emitted by wireless communication devices. The number of mobile phone subscriptions is estimated at 5 billion globally.

The IARC Monograph Working Group, consisting of 31 scientists from 14 countries, was convened to assess the potential carcinogenic hazards from exposure to radiofrequency electromagnetic fields. They discussed the possibility that these exposures might induce long-term health effects, in particular an increased risk for cancer. This has relevance for public health, particularly for users of mobile phones, as the number of users is large and growing, particularly among young adults and children. International experts shared the complex task of tackling the exposure data, the studies of cancer in humans, the studies of cancer in experimental animals, and the mechanistic and other relevant data. The data showed a 40% increased risk for gliomas in the highest category of heavy users (reported average: 30 minutes per day over a 10-year period).

Dr Jonathan Samet (University of Southern California, USA), overall Chairman of the Working Group, indicated that "the evidence, while still accumulating, is strong enough to support a conclusion and the **2B classification**. The conclusion means that there could be some risk, and therefore we need to keep a close watch for a link between cell phones and cancer risk."

"Given the potential consequences for public health of this classification and findings," said IARC Director Christopher Wild, "it is important that additional research be conducted into the long-term, heavy use of mobile phones. ***Pending the availability of such information, it is important to take pragmatic measures to reduce exposure such as hands-free devices or texting.***"



## U. S. PRESIDENT'S CANCER PANEL EXPRESSES CONCERN

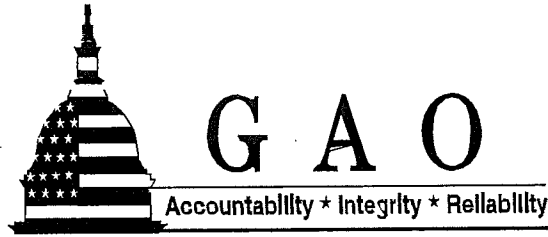
**The 2009 U.S. President's Cancer Panel** - The panel pointed to cell phones and other wireless technologies as potential causes of cancer. In its recommendations, the panel stated:

***"Methods for long-term monitoring and quantification of electromagnetic energy exposures related to cell phones and wireless technologies are urgently needed given the escalating use of these devices by larger and younger segments of the population and the higher radiofrequencies newer devices produce."***

"The increasing number of known or suspected environmental carcinogens compels us to action, even though we may currently lack irrefutable proof of harm," Lefall, who is chair of the panel, said in a statement.

Another sensitive issue raised in the report was the risk of brain cancer from cell phones. Scientists are divided on whether there is a link. Until more research is conducted, the panel recommended that people reduce their usage by making fewer and shorter calls, using hands-free devices so that the phone is not against the head and refraining from keeping a phone on a belt or in a pocket.

*"Even if cell phones raise the risk of cancer slightly, so many people are exposed that it could be a large public health burden." Dr. Ted Schettler, Director of the Science and Environmental Health Network*



GAO-12-771

July 2012

**U.S. Government Accountability Office (GAO) report**  
**"Telecommunications: Exposure and Testing**  
**Requirements for Mobile Phones Should Be Reassessed"**

*The July 2012 GAO report found that:*

***"By not formally reassessing its current limit, FCC cannot ensure it is using a limit that reflects the latest research on RF energy exposure. FCC has also not reassessed its testing requirements to ensure that they identify the maximum RF energy exposure a user could experience. Some consumers may use mobile phones against the body, which FCC does not currently test, and could result in RF energy exposure higher than the FCC limit."***

## Childrens' and Teens' Brains Are NOT Taken into Consideration By Industry's Cell Phone Exposure Testing

The image below demonstrates the increased absorption of cell phone radiation within the brains of children; studies show that those who begin using their cell phones as children develop brain tumors at a faster rate.



With Permission, Prof. Om P. Gandhi

### Cell phone radiation affects children's brains more than adults' brains

*"Children, however, are not little adults and are disproportionately impacted by all environmental exposures, including cell phone radiation. In fact, according to IARC, when used by children, the average RF energy deposition is two times higher in the brain and 10 times higher in the bone marrow of the skull, compared with mobile phone use by adults...it is essential that any new standard for cell phones or other wireless devices be based on protecting the youngest and most vulnerable populations to ensure they are safeguarded throughout their lifetimes."* Dr. Robert Block, President of the American Academy of Pediatrics, (2012)

The published study "Exposure Limits: The underestimation of absorbed cell phone radiation, especially in children," (Gandhi et al, 2011) notes that the industry-designed process for evaluating microwave radiation from phones results in children absorbing twice the cellphone radiation to their heads, up to triple in their brain's hippocampus and hypothalamus, greater absorption in their eyes, and as much as 10 times more in their bone marrow when compared to adults.

A major study found an 8 fold increase in brain tumors in 20-29 year olds after only 5 years of cell phone use (Hardell et al, 2004). Children and teens will have a lifetime of exposure; a 2011 Pew Research Study found that **8 out of 10 teens sleep with their phones under their pillows.**

**IF WE DON'T TAKE ACTION NOW TO INFORM CITIZENS ABOUT THE KNOWN FACTS OF POSSIBLE HEALTH RISKS AND ABOUT WAYS THEY CAN SAFELY USE THEIR CELL PHONES, WE COULD BE FACING A PUBLIC HEALTH EPIDEMIC THAT IS UNIMAGINABLE IN TERMS OF FUTURE ECONOMIC AND SOCIETAL COSTS.**

## International Cell Phone Restrictions/Advisories for Children

*(Our children and grandchildren deserve the same concern.)*

Government	Advisory
Canada <sup>115</sup>	"... parents who are concerned about possible long-term risks from RF exposure may wish to take extra precautions by limiting their children's use of cell phones."
Council of Europe <sup>116</sup>	"... take all reasonable measures to reduce exposure to electromagnetic fields... particularly the exposure to children and young people who seem to be most at risk from head tumors." A draft resolution recommends that member states should ban all mobile phones and wireless networks in classrooms and schools and run information campaigns aimed at children and young adults about the risks to human health.
Finland <sup>117</sup>	"Parents should restrict the number and duration of calls as well as encourage the use of hands-free units."
France <sup>118</sup>	"Advertising promoting the use of cell phones by children below 14 years is banned; Prohibits the use of mobile phones in kindergartens, primary schools and colleges."
India <sup>119</sup>	Limited use of mobile phones by children; children below 16 should be discouraged from using mobile phones.
Israel <sup>120</sup>	Limits children's use of mobile phones.
U.K. <sup>121</sup>	"Widespread use of mobile phones by children (under the age of 16) should be discouraged for non-essential calls."
Russia <sup>122</sup>	Advises against mobile phones for 18 years and under: "Current safety standards for exposure to microwaves from the mobile phones have been developed for the adults and don't consider the characteristic features of the children's organism."
Switzerland <sup>123</sup>	Children and teens should keep their calls short or send a text message.

**For sources cited, see full report: <http://www.ehhi.org/reports/cellphones/>**

**Belgium; February 26, 2013:**

New requirements to limit the exposure to electromagnetic waves from cell phones:

1. To inform the cell phone user about the specific absorption rate (SAR) of different mobile phones. Henceforth cell phone sellers will mention the SAR value of each phone model not only in sales but also in advertising.
2. Prohibition to sell the cell phones designed for children under 7
3. Total Advertising Ban on cell phones aimed at children younger than 14

***"Based on my extensive experience as a leader in basic research and director of a comprehensive cancer center for the National Cancer Institute, I believe that we have ample evidence for questioning the long-term impacts of cell phones on health and solid grounds for concerns about the long-term implications of their use."***

Ron Herberman, M.D. former Director Emeritus of the University of Pittsburgh Cancer Institute.

## Documented Risks\*

**U.S. brain cancer registries are showing an increase** in frontal and temporal lobe tumors, the parts of the brain most affected by cell phone use. (Zada et al, 2012)

**For children**, those who began using mobile phones as teenagers have **four to five times** greater risk of developing malignant brain tumors compared to those who did not use phones at these ages.

**For men who wish to become fathers**, those who use their cell phones 4 hours per day have been found to have half the sperm count of non-users.

**For the developing fetus**, prolonged cell phone use or placing the cell phone in “standby” mode near the fetus significantly increases the risk of learning problems and may present other dangers to development.

**Other serious health problems** significantly associated with cell phone usage include: acoustic neuroma, eye, breast, salivary gland, rectal, testicular cancer, prostate cancer; short-term memory loss, sleep and attention disturbances, headache, hearing loss and cognitive impairments.

**Many published studies over the past 20 years** have shown DNA damage and disruption of the blood brain barrier at levels 500 times lower than the U.S. federal exposure limit.

Scientific studies corroborating these and other serious health risks can be found at [www.cabta.org](http://www.cabta.org), [www.chtrust.org](http://www.chtrust.org) and [www.bioinitiative.org](http://www.bioinitiative.org)





## **Using a Cell Phone Against the Body Exposes the User to Microwave Radiation that Exceeds the FCC Safety Limit**

Most people, especially children and young adults, carry and use their phones directly against their bodies. Consumers do not know that using a cell phone while in a shirt or pants pocket, or tucked into a waistband or bra, is a potentially unsafe way to use a cell phone; warnings are hidden in the legal fine print of manuals and on manufacturer websites where they are not being seen.

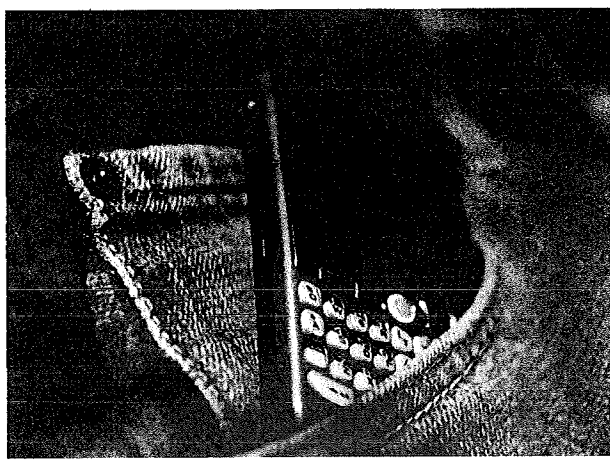
The FCC's 16 year old obsolete cell phone radiation testing standards don't require manufacturers to test for exposure levels directly against the body. Therefore, those who use phones against their bodies are exposed to microwave radiation levels which exceed the U.S. federal safety limit.

This was confirmed in the 2012 Government Accountability Office (GAO) study which stated, ***"Some consumers may use mobile phones against the body, which FCC does not currently test, and could result in RF energy exposure higher than the FCC limit."***

Studies show reduced fertility for men who carry and use cell phones in their pockets; breast cancer surgeons are reporting unusual breast tumors in young women who carry their phones in their bras. Yale University recently released results from a study that concluded that exposure to radiation from cell phones during pregnancy was found to affect the brain development of offspring resulting in hyperactivity and other behavioral abnormalities.

Citizens are not being warned of the potential health risks from wearing and using cell phones against the body; people have the right to know the facts and suggested safe use instructions that are being hidden in the fine print of cell phone manuals

***The recent July 2012 GAO report affirmed that carrying or using a cell phone directly against the body results in radiation exposure that may exceed the FCC's safety limits.***



## Manufacturers Are Deceptively Hiding Consumer Radiation Exposure Warnings

EVERY U.S. cell phone manufacturer engages in the industry-wide practice of deceptively hiding consumer safe distance disclosures in technical language, printed in fine print and located in sections of the user guide where a consumer will rarely see them. Many of these manufacturers no longer include the manual in the packaging and it must be downloaded.

1. **iPhone** warning which appears in the user manual in print barely legible to the naked eye, much smaller than #8 font shown. NOTE: RECENTLY APPLE STOPPED DISTRIBUTING MANUALS WITH THE PHONES AND THE SAFETY WARNING MUST NOW BE DOWNLOADED:

*"iPhone's SAR measurement may exceed the FCC exposure guidelines for body-worn operation if positioned less than 15 mm (5/8th inch) from the body (e.g.; when carrying iPhone in your pocket)..... When using iPhone near your body for voice calls or for wireless data transmission over a cellular network, keep iPhone at least 15 mm (5/8th inch) away from the body, and only use carrying cases, belt clips or holsters that do not have metal parts and that maintain at least 15 mm (5/8th inch) separation between iPhone and the body."*

2. "Fine print warning" found in the **BlackBerry Tour** user manual, buried in the back of the pamphlet under compliance information:

*"Use hands-free operation if it is available and keep the BlackBerry device at least 0.98 in. (25 mm) from your body (including the abdomen of pregnant women and the lower abdomen of teenagers) when the BlackBerry device is turned on and connected to the wireless network. For more information about carrying your BlackBerry device, see the holster information in the "Additional safety guidelines" section of this document."*

**Federal regulatory authorities and the industry are NOT taking consumer safety seriously – Legislators MUST take action NOW to protect the health of citizens!**

**According to a 2011 Pew Research report, millions of children and young people have become regular users of cell phones, with 66% of all U.S. children acquiring a cell phone before the age of 7 and 87% of teens sleeping with them on under their pillows.**

**“Citizens could be better informed about the risks of mobile phone use... There is sufficient evidence of risk to advise people, especially children, not to place the handset against their heads: text messaging, or hands-free kits lead to about ten times lower radiation levels, on average, than when the phone is pressed to the head. Governments may also wish to label mobile handsets as a ‘possible carcinogen’, in line with the IARC decision.”**

*European Environment Agency, January 31, 2013*



***“If someone begins using a cell phone prior to age 20, there is a 5-fold increased risk of brain cancer later in life.” Lennart Hardell, MD, PhD***

## Media Reports

**KTVU/FOX News Health & Science Special Report: November 2012**

**“Doctors Warn of Breast Cancer Link to Keeping Cell Phone in Bra”**

<http://www.ktvu.com/news/news/special-reports/doctors-warn-breast-cancer-link-keeping-cell-phone/nS57R/>

**Dr. Oz interviews Dr. Gupta: January 2013 “Are Cell Phones Dangerous to your Health?”**

<http://www.doctoroz.com/videos/are-cellphones-dangerous-your-health>

**Fox News: July 2012 “Cell Phones May Damage Sperm” -**

<http://www.foxnews.com/health/2012/07/05/cell-phones-may-damage-sperm-health-advocacy-group-says/>

**New York Times: February 2011 “New Study Shows Cell Phone Use Increases Brain Activity”**

<http://query.nytimes.com/gst/fullpage.html?res=9E04E5DC133CF930A15751C0A9679D8B63&scp=3&sq=cellphones%20alter%20brain%20metabolism%20nora%20volkow&st=cse>

**GQ Magazine: February 2010 “Warning: Your Cell Phone May Be Hazardous To Your Health”,**

<http://www.gq.com/cars-gear/gear-and-gadgets/201002/warning-cell-phone-radiation?currentPage=1>

**New York Times: June 2008 “Experts Revive Debate Over Cellphones and Cancer” -**

<http://www.nytimes.com/2008/06/03/health/03well.html>

**Time Magazine: October 2010 “Cell Phone Safety- What the FCC Didn’t Test”**

<http://www.time.com/time/magazine/article/0,9171,2029493,00.html>

**CNN: May 2011 - Anderson Cooper interviews Dr. Sanjay Gupta on cell phones and cancer**

<http://ac360.blogs.cnn.com/2011/05/30/ac360-preview-gupta-digs-into-cell-phone-safety/>

**CNN: May 2011 – “World Health Organization: Cell Phone Use Can Increase Possible Cancer Risk” -** <http://www.cnn.com/2011/HEALTH/05/31/who.cell.phones/index.html>

## The Truth Behind the Cell Phone Industry's Deceptive Statements

**MYTH:** "The overwhelming majority of studies that have been published in scientific journals around the world show that wireless phones do not pose a health risk."

**FACT:** *When one removes the industry-funded studies, the overwhelming weight of the evidence shows there is a significant problem. There are over 1000 peer reviewed, published papers showing harmful biological effects from the microwave radiation exposure such as that from cell phones.*

**MYTH:** "If cell phones were causing brain tumors, with so many people using them, we should be seeing an increase in brain tumor incidence, and we are not."

**FACT:** *There is a long latency period for brain tumors – from 5 to as long as 50 years. Cell phones have only been widely used in the U.S. for 2 decades. Despite this, a recently released study (Zada et al, 2012) shows an increase in brain tumors in 3 major cancer registries in the United States. The increase seen is in the frontal and temporal lobes, the 2 regions closest to where a cell phone is typically held.*

**MYTH:** "The World Health Organization (WHO) classified cell phone radiation exposure as a 2B possible carcinogen putting it in the same category as pickled vegetables and coffee."

**FACT:** *This is true. Specific techniques of fermenting Asian pickled vegetables have been shown to cause lethal esophageal cancer. Studies have shown that heavy coffee drinking is linked to bladder cancer. By ridiculing these findings, the industry hopes we will ignore the truth that the WHO classified microwave radiation exposure from cell phones in the same risk category as DDT and lead.*

**MYTH:** "The WHO, NCI, FCC, and ACS say cell phones are safe."

**FACT:** *These agencies do NOT declare that cell phones are safe. They say there is inconclusive evidence and that more research is needed. Top scientists within the U.S. National Cancer Institute (NCI), the FDA and the Surgeon General insist upon undeniable proof of harm before taking any action. As with many cancers, we may not have undeniable proof for decades.*

### OTHER FACTS THE CELL PHONE INDUSTRY DOES NOT WANT YOU TO KNOW:

- *The microwave radiation exposure from cell phones has been shown by many independent studies to damage DNA and disrupt the blood brain barrier at levels **500 times below** the FCC federal exposure standards.*
- *Due to industry pressure and influence in Congress, cell phones were allowed to be marketed in the 1990s with no pre-market safety testing - in spite of KNOWN health hazards from exposure to microwave radiation based upon military studies from the 1950s and 1960s.*
- *The 2012 Government Accountability Office (GAO) report determined that the 16 year old FCC testing procedures do not protect users from exposure to the microwave radiation emissions from cell phones which are classified as a possible carcinogen by the World Health Organization.*
- *No insurance company will issue liability insurance to the telecom industry.*

**Municipalities across the U.S. that have taken action to provide precautionary advice for their citizens (or attempted to take action but were stymied by the cell phone industry's threats of lawsuits and/or well-placed campaign contributions):**

*Oregon*

*Pennsylvania*

*Philadelphia, PA*

*Maine*

*Connecticut*

*California*

*Berkeley, CA*

*Burlingame, CA*

*New Mexico*

*Jackson, Wyoming*

*Hawaii*

*Pembroke Pines, FL*

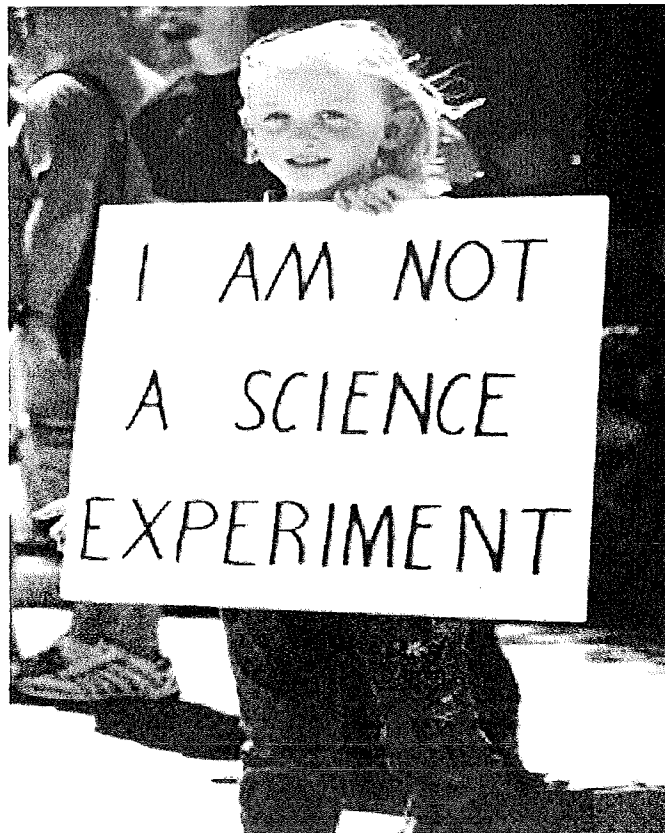
*Portland, ME*

*New York City*

*San Francisco, CA*

*Arcata, CA*

*Marin County*



**We dedicate this briefing book to these warriors and their families whose lives have been devastated by brain tumors more likely than not attributable to cell phone use:**

<i>Milton Marks III, 51, deceased</i>	<i>San Francisco</i>
<i>Bret Bocook, 42</i>	<i>Palo Alto</i>
<i>Alan Marks, 60</i>	<i>San Francisco</i>
<i>Richard Farver, 28, deceased</i>	<i>San Diego</i>
<i>Dan Brown, 50, deceased</i>	<i>Fresno</i>
<i>Michael Vukelich, 58, deceased</i>	<i>Orinda</i>
<i>Sheryl Crow, 60</i>	<i>Los Angeles</i>
<i>Paul Prischman, 42, deceased</i>	<i>Los Angeles</i>
<i>Michael Ribera, 50, deceased</i>	<i>Fresno</i>
<i>Andrew Solomon, 43, deceased</i>	<i>Fresno</i>
<i>Steven Jasperes, 48, deceased</i>	<i>Escondido</i>
<i>Mary Ravel, 50, deceased</i>	<i>Sacramento</i>
<i>Johnnie Cochran, 67, deceased</i>	<i>Los Angeles</i>
<i>John Lawler, 40</i>	<i>Calabasas</i>
<i>Susan Millstein, 68, deceased</i>	<i>Los Angeles</i>
<i>Teresa Green, 50</i>	<i>Brentwood</i>
<i>Adam Cook, 37</i>	<i>Los Angeles</i>

*There are many others in California who wish to remain anonymous*

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