

International Doctors' Appeal 2012 -

10 Years Freiburg Appeal:

Wireless Radiation Poses a Health Risk. Physicians Demand Overdue Precaution!

More than 1000 physicians signed the "Freiburg Appeal" in 2002. It was translated into many languages. As many as 36,000 people from all over the world support its warning about the dangers of wireless communication.

Today—ten years later—we as physicians and scientists call again on the international community. We are deeply concerned. **Despite all warnings**, more and more **new wireless technologies** are introduced into our daily lives: cell phone networks, TETRA, LTE, cordless phones, Wi-Fi, baby monitors, wireless meters, digital radio and TV, and many others. All of these wireless technologies interfere with the biophysical organization of life with increasing layers and densities of electromagnetic fields.

Human, animal, and plant life is controlled by naturally occurring **electromagnetic fields and signals**. Technical electromagnetic fields with their extremely low to very high frequencies can interfere profoundly with the biological processes of cell communication and cell metabolism. Initially, the self-healing power of living beings will compensate for imbalances through finely tuned control mechanisms. Prolonged electromagnetic stress, however, may lead to a chronic impairment of this biologically meaningful organization of life and result in disease.

The consequences of this **fundamental impairment of self-regulation** have repeatedly been demonstrated in scientific studies: increased permeability of the protective blood-brain barrier, changes in brain wave activity, unbalanced release of neurotransmitters and hormones (especially the increase in stress hormones), immune system impairment, damage to genetic material, and lowered fertility, to name only a few of the best known examples. Oxidative cell stress—a major cause of many diseases—has been shown to be a central effect mechanism of radiation exposure.

As physicians, we observe a worrisome rise in mental health problems such as depression, burnout syndrome as well as sleep, anxiety, and panic disorders. This also applies to a multitude of other diseases: stroke (also in children), degenerative neurological disorders (e.g. early onset of dementia syndromes), headaches, autism, learning disorders, concentration problems, and behavioral disorders (ADHD), to name only the most prominent and most frequent symptoms and disorders.

Just like 10 years ago, we observe a steady increase in allergies, skin problems, pain syndromes, susceptibility to infections, high blood pressure, cardiac arrhythmias, epilepsy, metabolic disorders, and multi-system disorders.

We also observe clear **patterns of temporal and spatial relationships** between the onset of these symptoms and disorders and the start of a radiation exposure, e.g. in the vicinity of a newly installed cell tower, after heavy cell phone use, or the installation of a DECT cordless phone, wireless Internet router, or other wireless technologies in the home, in a neighbor's home, or at work. The scientific evidence of the massive increase in brain tumors has been documented for cell phone use after only seven years, mainly including meningiomas, gliomas, and acoustic neuromas.

Children and adolescents are most vulnerable. After leukemia, brain tumors are the second most common cancer in children. In Europe the cancer rate among older

teenagers increases at 1.5 percent per year. In England frontal and temporal lobe tumors in children went up by 50 percent from 1999 to 2009. And they increasingly display addictive behavior in the use of their cell phones and other online devices.

The number of those who suffer from **electrohypersensitivity** is steadily growing. They can develop severe symptoms immediately or even several hours after the exposure to technical electromagnetic fields. As physicians we welcome that Sweden has recognized electrohypersensitivity as a functional impairment. We would also like to point out and emphasize that the European Parliament has called on its member states "to follow the example of Sweden," and that U.S. State Governors have raised public awareness about the serious consequences of electrohypersensitivity. The initiative of the Austrian Medical Association, which has released a guideline for the diagnosis and treatment of EMF-related health problems and illnesses, hopefully will also catch on in other countries.

The observations made by physicians all over the world are consistent and increasingly confirmed by **scientific findings**. **Adverse effects** of electromagnetic fields and the fundamental impairment of biological control mechanisms well below current exposure limits have been demonstrated, in some instances for decades. The well-known report of the international BioInitiative Working Group (2007) has documented a multitude of health hazards and risks based on the evaluation of more than 1500 scientific studies. Since then numerous recent studies have confirmed the worrisome results and at the same time have shown that current exposure limits, which are based exclusively on acute thermal effects, are completely unsuitable. The **World Health Organization (WHO)** classified RF radiation as **possibly cancerogenic** in May 2011 based on the increased risk of brain tumors among those who heavily use their cell phones for many years. And market-leading manufacturers of cell phones corroborate the association when they justify their patent applications with the argument of cancer risk.

In **numerous appeals and resolutions over the past years**, more and more scientists and physicians have pointed to the health risks associated with wireless radiation exposures. In 2008 the Russian Radiation Protection Committee RNCNIRP gave a **warning about the serious and irreparable consequences**, and again in 2011, intensified its warning. The European Environment Agency called for urgent precautionary action in 2009. The European Parliament repeated the same call also in 2009. In a unanimous resolution in 2011, the European Council—based on recommendations of the Seletun Consensus Statement (2010)—urged members to abandon wireless communication policies that are seen as unsustainable in their current form.

A recurrent theme of these appeals and resolutions is the fear that in particular the present generation of children and adolescents will be harmed. Thus in the fall of 2011, the European Environment Agency has renewed its call for **precautionary action, especially with regard to children and adolescents**.

With this appeal, we as physicians and scientists call on our colleagues and all citizens around the world:

Fully inform yourself, and pass this information on to your family, neighbors, friends, and politicians. Stand up for the protection of your own physical and mental health and the health of those in your care by **choosing wired communication technologies**.

As physicians, we think the following policy steps are urgently needed:

- Protect the inviolability of the home by lowering exposure levels from internal and external emf sources
- Stop the expansion of wireless technologies and drastically lower exposure limits
- Stop the use of continuous wireless transmitters such as cordless phones (DECT), wireless Internet access (Wi-Fi), and wireless meters
- Switch to shielded wired or fiber-optic technologies in homes, preschools, schools, universities, workplaces, hospitals, nursing homes, and public buildings
- Ban the use of cell phones by children below the age of 16
- Attach warning labels on all devices with wireless functions—similar to cigarette packages. Inform the public about the potential risks of wireless technologies and declare radiation on all devices with wireless functions
- Promote biocompatible communication technologies and electricity use
- Identify and clearly mark protected zones for electrohypersensitive people; establish public spaces without wireless access or coverage, especially for public transportation, similar to cigarette smoking
- Provide government funding for industry-independent research that does not dismiss strong scientific and medical indications of potential risks, but rather works to clarify those risks

Leading scientists consider the massive disruptions of the biophysical functioning of life as the greatest biomedical experiment in human history ever. We already know enough right now about the risks and dangers to demand immediate precautionary action from those in government.

Signers:

| Last Name, First Name | Title | Occupation | Address: Country Place, Zip Code; Street, House No. | Email /Fax* | Signature |
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Physicians of the Competence Initiative for the Protection of Humanity, the Environment and Democracy e.V.

More information and how to sign electronically at: www.doctors-appeal.info

* If you provide your email/fax number, we can keep you informed about our further progress.

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