



Are you playing Russian roulette with your cell phone?

Today's executives know how valuable a tool the cell phone has become. While there have been a slew of health warnings over the years regarding the use of cell phones, any risks are generally overshadowed by convenience. British health researcher Dr. Vini Khurana – a neurosurgeon who has published more than 30 scientific papers and reviewed more than 100 studies on the effects of mobile phones – puts it bluntly, "Mobile phones could have health consequences far greater than asbestos and smoking".

Distracted while driving is just one of the dangers of cell phone use. According to author and member of the Bioelectromagnetics Society, Lloyd Morgan, *"Exposure to cell phone radiation is the largest human health experiment ever undertaken, without informed consent, and has some 4 billion participants enrolled"*.

Technically, cell phones, cell towers, Wi-Fi (wireless Internet) antennas, wireless computers, cordless phones and their base units, and all other wireless devices emit microwave radiation – even when not in use. In fact, most Wi-Fi systems and some cordless phones operate at the exact same frequency as a microwave oven. And the thermal energy of a cell phone is a lot like a microwave oven – it heats from the inside out. So when you put a cell phone against your head you could be damaging your brain over the long term.

The risks aren't fully recognized until the damage is done. Not only are there no sensory nerve endings in the brain to warn you of a rise in temperature, the structure of the head and brain is so complex and non-uniform that "hot spots" are produced where heating can be tens or hundreds of times what it is nearby. The implications are worrisome.

So what can you do? At this point, separating people, especially executives, from their cell phones might not be realistic. However, there are a few ways to minimize your exposure as recommended by the FDA that has responsibility for investigating safety of Cellular phones:

- Limit your conversations on wireless phones
- Use a headset or speaker for your wireless or cordless phones



-Since pregnant women, children and teens are at a higher risk, set strict usage limits.

-Replace your cell phone if it is an older model. Newer cell phones are regulated by the Federal Communications Commission and list a number called the Specific Absorption Rate (SAR), which indicates the rate at which energy is absorbed by the human body from that particular model.

If you are an executive concerned about your exposure to cell phones and the possible physiological changes, such as memory loss, you may have been exposed to, see your doctor at Executive MD for a thorough evaluation and exam.

Stay tuned for further research studies being carried out by the FDA and World Health Organization.

www.fda.gov/CellPhones

www.fcc.gov/oet/rfsafety/rf-faqs.html

www.sciencedaily.com/mobile_phones_affect_memory_in_laboratory_animals/12/5/08

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