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# Event Planning Kit



**Electromagnetic  
Radiation  
Awareness Month**



<http://www.mcs-america.org>

*Letter From the Founder*

# ***Electromagnetic Radiation Awareness Month, May 2012***

**“Sensitivity to electromagnetic radiation affects 9.8 million men, women, and children of all races in America.”**

Dear Readers and Partners,

Sensitivity to electromagnetic radiation affects 9.8 million men, women, and children of all races in America (Levallois, 2002). Even though sensitivity to electromagnetic radiation is of widespread epidemic prevalence, public awareness of the disabling health effects of common electromagnetic exposures and ways to manage and accommodate sensitivity to electromagnetic radiation remains limited. Electromagnetic Radiation Awareness Month, May 2012, bestows upon us a great opportunity to work towards increased public awareness of sensitivity to electromagnetic radiation.

Organizations around the world have put forth great effort to establish May of each year as Electromagnetic Radiation Awareness Month. Many are working to improve awareness and appropriate healthcare around the world. Activities are organized around the month of May and continue throughout the year. MCS America plays a special role during this time and is committed to promoting awareness of electromagnetic fields which may cause sensitivity to electromagnetic radiation and trigger reactions in those with sensitivity.

This entire month of May is dedicated to planning for individuals and organizations in the U.S. to hold local events during Sensitivity to electromagnetic radiation Awareness Month and beyond. You will find numerous ideas for promoting awareness, educating others, increasing recognition, and planning community events. There are many editable sample materials which may be downloaded and used locally.

Electromagnetic radiation awareness events are expected to take place across the United States this May. MCS America can help publicize your event on news feeds, blogs, newspapers, our newsletter, and other venues. Submit your event to [admin@mcs-america.org](mailto:admin@mcs-america.org). We value your feedback on the usefulness of the sample materials and welcome suggestions for future materials.

On behalf of MCS America, I would like to thank you for any and all efforts towards increased awareness in your locality. We look forward to assisting you in any way we can. Working together, we can help America to take control of electromagnetic exposures and eradicate sensitivity to electromagnetic radiation.

Sincerely,

Lourdes Salvador  
MCS America

 **May 2012**  
**Electromagnetic Radiation Awareness Month**



<http://www.mcs-america.org>

*Awareness and Recognition****How to Promote Awareness***

**“A  
simple  
phone call  
or letter  
is all  
it takes  
to be  
involved.”**

May is Electromagnetic Radiation Awareness Month. We hope you will join us to promote awareness and take control of electromagnetic exposures to eradicate sensitivity to electromagnetic radiation.

A simple phone call or letter is all it takes to be involved. If you have the energy, you may even choose to plan an all-out event in your community.

Templates, instructions, and downloadable files can be found inside this document.

Things to do include:

1. Ask your governor or mayor to issue an electromagnetic radiation awareness month proclamation.
2. Mail information packets and relevant continuing education opportunities to local hospitals and health clinics.
3. Hold an electromagnetic radiation awareness event at a local school, library, hospital, health clinic, or your state capitol.
4. Approach researchers and treating physicians as well as officials and celebrities who have sensitivity to electromagnetic radiation and ask them to speak at your event.
5. Arrange to display and distribute sensitivity to electromagnetic radiation educational materials at libraries, schools, medical establishments, and sporting events.
6. Hold an electromagnetic radiation awareness event on your local PBS station.
7. Request that local television and radio stations to issue public service announcements about sensitivity to electromagnetic radiation in their programming.
8. Ask health organizations to include articles in their newsletters on the role of electromagnetic exposures in the development and exacerbation of sensitivity to electromagnetic radiation.



*Awareness and Recognition*

# Governor Proclamations

Enlist a governor, mayor, or other official to issue a proclamation for the month of May to support awareness, events, and activities during Electromagnetic Radiation Awareness Month. Doing so involves contacting the official's constituent affairs office and asking who to submit a proclamation request to, and then following up with that individual or department. Below is a sample proclamation and cover letter which may be used to request a proclamation from your governor or mayor.

The sample proclamation request may be downloaded for editing and use at:  
<http://mcs-america.org/EHSproclamationrequest.doc>.

Please let us know when you've received your proclamation by sending a copy to:  
[admin@mcs-america.org](mailto:admin@mcs-america.org).

We will post your proclamation and, if you have one, a link to your personal or organization website.

To view and download all past proclamations from 1998 - 2012, visit:  
<http://tinyurl.com/d3hhe5>

<DATE>

<OFFICIALS ADDRESS>  
 <CONTACT PERSON AND DEPARTMENT>  
 <ADDRESS>

Dear <OFFICIALS TITLE AND NAME>;

The people of <YOUR LOCALITY> would like to request your assistance again this year to raise awareness and educate the general public about an important health issue – electromagnetic radiation.

Here are a few documented and published facts about sensitivity to electromagnetic radiation:

- *Studies suggest that 9.8 million people in America suffer from sensitivity to electromagnetic radiation (Levallois 2002). The vast majority have not been diagnosed properly by a health care provider.*
- *Blood tests of electrosensitive patients show thyroid dysfunction, liver dysfunction and chronic inflammatory processes (Dahmen, 2009).*
- *The concentration of persistent organic pollutants is higher in subjects who are sensitive to electromagnetic radiation when compared to controls (Hardell, 2008).*
- *Dirty electricity elevates blood sugar among electrically sensitive diabetics and may explain brittle diabetes (Havas, 2008).*
- *Significant cognitive and neurobiological alterations point to a higher genuine individual vulnerability of electromagnetic hypersensitive patients (Landgrebe et al, 2008).*
- *Electrosensitive patients show altered central nervous system function (Landgrebe et al, 2007).*

The people of <INSERT YOUR LOCALITY> request a proclamation to declare May 2008 as Sensitivity to electromagnetic radiation Awareness and Education Month. Suggested text is attached.

Thank you in advance.

Sincerely,

YOUR NAME  
 YOUR ADDRESS/PHONE

## Proclamation Text Template

**WHEREAS**, people of all ages in <YOUR LOCALITY> have developed sensitivity to electromagnetic radiation as a result of global electromagnetic pollution; and

**WHEREAS**, sensitivity to electromagnetic radiation is a painful chronic illness for which there is no known cure; symptoms include dermal changes, acute numbness and tingling, flushing, headaches, arrhythmia, muscular weakness, tinnitus, malaise, gastric disturbance, nausea, visual changes, neurological problems, respiratory difficulties, speech disorders, and numerous other physiological symptoms; and

**WHEREAS**, sensitivity to electromagnetic radiation can cause major financial, employment, learning, health, housing, and social consequences for those who have this disability; and

**WHEREAS**, reasonable accommodations and information about sensitivity to electromagnetic radiation can provide opportunities for people with the disability to enjoy access to school, work, public facilities, and social settings where they can continue to contribute their professional skills, ideas, creativity, abilities, and knowledge; and

**WHEREAS**; this disability may be preventable through the reduction or avoidance of electromagnetic radiation, in both indoor and outdoor environments, and by conducting further scientific research;

**NOW THEREFORE**, I, <OFFICIALS NAME, TITLE>, of <YOUR LOCALITY>, do hereby proclaim May <YEAR> as:

### **Electromagnetic Radiation Awareness Month**

In <YOUR LOCALITY>, and I urge all citizens to support understanding, education, and research into the causes, diagnosis, treatment and prevention of electrosensitivity.

Official SEAL

Signature: \_\_\_\_\_

*Awareness and Recognition****Awareness in Schools***

**“Plan an age appropriate contest for the children, such as an essay, drawing, or poster contest.”**



Plan an informative assembly for students, faculty, and parents. You will need to contact the school district administration and/or principal to organize an event. Things to do at the event include:

1. Create educational activities about toxic substances and sensitivity to electromagnetic radiation.
2. Plan an age appropriate contest for the children, such as an essay, drawing, photo, or poster contest.
3. Discuss electromagnetic radiation triggers and simple accommodations.
4. Discuss prevalence and risk management for those not yet affected by sensitivity to electromagnetic radiation.
5. Emphasize that sensitivity to electromagnetic radiation is real, the result of electromagnetic radiation.
6. Read enlightening, short, patient stories about life with electromagnetic radiation exposure to children.
7. Invite local celebrities, musicians, artists, activists, researchers, and treating physicians to speak at the assembly.
8. Consider finding sponsors to donate prizes for games, contests, and activities.
9. Pass out educational materials, brochures, signs, and posters. Some may be found at:  
[http://www.mcs-america.org/index\\_files/MCSBrochuresPostersSigns.htm](http://www.mcs-america.org/index_files/MCSBrochuresPostersSigns.htm).

Plan a gathering with refreshments for faculty. Things to do at the gathering include:

1. Introduce a suggested cell phone free policy.
2. Introduce a suggested wi-fi free policy.
3. Discuss the handling of electromagnetic radiation reactions during school.
4. Plan awareness notices to be sent to parents and posted on bulletin boards.
5. Encourage faculty to discuss electromagnetic radiation in health and science classes.
6. Plan the inclusion of health topics, including sensitivity to electromagnetic radiation, in school newsletters and bulletins.
7. Pass out educational materials, brochures, signs, and posters. Some may be found at:  
[http://www.mcs-america.org/index\\_files/MCSBrochuresPostersSigns.htm](http://www.mcs-america.org/index_files/MCSBrochuresPostersSigns.htm).

**“Immediately  
remove  
the  
student  
from the  
source  
of  
exposure.”**

## Ten Ways to Manage Sensitivity to electromagnetic radiation Reactions at School

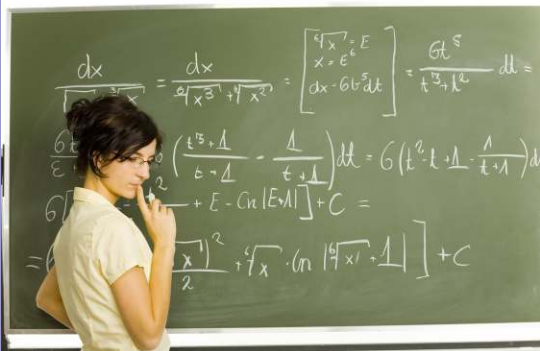
Download Fact Sheet from: <http://www.mcs-america.org/TenWaystoManageEMRReactionsatSchool.pdf>

1. Switch over to an integrative pest management program which utilizes the least toxic pest control methods only when pests are spotted.
2. Replace florescent lighting with natural light, LED, or incandescent lighting.
3. Use non-toxic, fragrance free, green cleaning products in place of traditional industrial cleaning agents when students and faculty are not in the building.
4. Check for moisture and remove mold and mildew.
5. Make the campus wi-fi, cell phone, fragrance, and smoke free.
6. Offer healthier organic selections and special diet fulfillment in the cafeteria.
7. Allow students to take needed supplements and medications on schedule.
8. Minimize diesel exhaust from school buses and ensure that exhaust is not vented into the building or onto the playground.
9. Hold annual training seminars about caring for students with sensitivity to electromagnetic radiation for faculty, administrators, and the school nurse.
10. When building and remodeling, select the safest building materials with the least formaldehyde and other off-gassing agents which provide shielding from outside sources. Place students with known sensitivity to electromagnetic radiation in shielded rooms.

## Ten Things Faculty Can Do During an Electromagnetic Radiation Reaction

Download Fact Sheet from: <http://www.mcs-america.org/TenThingsFacultyCanDoWhenaStudentHasanEMFReaction.pdf>

1. Immediately remove the student from the source of exposure.
2. Help the student to shielded area.
3. Listen with belief to what the student is saying and help them with expressed needs.
4. Contact the parents.
5. Give the student breathing room and lots of fresh air.
6. Calmly reassure the student and ask them what they may need.
7. Investigate what happened and, later, take measures to avoid a recurrence.
8. Call an ambulance if breathing becomes raspy, heart problems occur, or tremors/seizures occur.
9. Be patient with the student during the period of cognitive impairment during and after an exposure.
10. Monitor the student’s ability to move about normally and take safety precautions during and after exposures when coordination and balance may be impaired.



## Awareness and Recognition

# Health Care Providers

An easy way to spread awareness among health care providers without leaving home is to print out and mail information packets. These packets are well-designed and include facts and figures about sensitivity to electromagnetic radiation. The entire packet may be downloaded and edited for your use from our website at <http://mcs-america.org/MedEMFMailer.doc> and is reproduced here for your reading.

May 1, YEAR

Dear Health Care Provider;

May is Electromagnetic Radiation Awareness Month. Enclosed are select abstracts and information sheets about the health effects of electromagnetic radiation.

- General Letter:** To Health Care Providers-Government officials & the Public
- Abstract:** Prevalence of self-reported hypersensitivity to electric or magnetic fields in a population-based questionnaire survey.
- Abstract:** Study of self-reported hypersensitivity to electromagnetic fields in California.
- Abstract:** The prevalence of symptoms attributed to electromagnetic field exposure: a cross-sectional representative survey in Switzerland.
- Abstract:** Altered cortical excitability in subjectively electrosensitive patients: results of a pilot study.
- Abstract:** Cognitive and neurobiological alterations in electromagnetic hypersensitive patients: results of a case-control study.
- Abstract:** Blood laboratory findings in patients suffering from self-perceived electromagnetic hypersensitivity (EHS).
- Abstract:** Development and evaluation of the electromagnetic hypersensitivity questionnaire.
- Abstract:** Increased concentrations of certain persistent organic pollutants in subjects with self-reported electromagnetic hypersensitivity--a pilot study.
- Abstract:** Dirty electricity elevates blood sugar among electrically sensitive diabetics and may explain brittle diabetes.
- Brochure:** Electrosensitivity Brochure by Kato Yasuko
- Proclamation:** Colorado State Recognizes Electromagnetic Sensitivity
- Materials:** Electrosensitivity Sign by Kato Yasuko

Please free to pass this information on to other staff and personnel, especially health care providers.

Additional Information can be found at:  
MCS America [www.mcs-america.org](http://www.mcs-america.org)

Thank you,

<YOUR NAME>  
<ADDRESS>  
<PHONE>  
<EMAIL>

[Scand J Work Environ Health](#). 2002 Feb;28(1):33-41.

**Prevalence of self-reported hypersensitivity to electric or magnetic fields in a population-based questionnaire survey.**

[Hillert L](#), [Berglind N](#), [Arnetz BB](#), [Bellander T](#).

Department of Environmental Health, Norrbacka/Karolinska Hospital, Stockholm, Sweden. [lena.hillert@medhs.ki.se](mailto:lena.hillert@medhs.ki.se)

**OBJECTIVES:** The prevalence of medically unexplained symptoms attributed to exposure to electromagnetic fields is still largely unknown. Previous studies have investigated reported hypersensitivity to electricity in selected groups recruited from workplaces or outpatient clinics. The aim of this study was to estimate the prevalence of self-reported hypersensitivity to electric or magnetic fields in the general population and to describe characteristics of the group reporting such hypersensitivity with regard to demographics, other complaints, hypersensitivities, and traditional allergies.

**METHODS:** A cross-sectional questionnaire survey was conducted in 1997 among 15,000 men and women between 19 and 80 years of age in Stockholm County. The response rate was 73%.

**RESULTS:** One and a half percent of the respondents reported hypersensitivity to electric or magnetic fields. Prevalence was highest among women and in the 60- to 69-year age group. The hypersensitive group reported all symptoms, allergies, and other types of hypersensitivities included in the survey (as well as being disturbed by various factors in the home) to a significantly greater extent than the rest of the respondents. No specific symptom profile set off the hypersensitive group from the rest of the respondents.

**CONCLUSIONS:** The results should be interpreted with caution. But they suggest that there is widespread concern among the general population about risks to health posed by electric and magnetic fields. More research is warranted to explore ill health among people reporting hypersensitivity to electric or magnetic fields.

PMID: 11871850 [PubMed - indexed for MEDLINE]

[Environ Health Perspect.](#) 2002 Aug;110 Suppl 4:619-23.

**Study of self-reported hypersensitivity to electromagnetic fields in California.**

[Levallois P](#), [Neutra R](#), [Lee G](#), [Hristova L](#).

Unité de Recherche en Santé Publique, Centre Hospitalier Universitaire de Québec, Beauport, Canada. [patrick.levallouis@msp.ulaval.ca](mailto:patrick.levallouis@msp.ulaval.ca)

Cases of alleged hypersensitivity to electromagnetic fields (EMFs) have been reported for more than 20 years, and some authors have suggested some connection with the "multiple chemical sensitivity" illness. We report the results of a telephone survey among a sample of 2,072 Californians. Being "allergic or very sensitive" to being near electrical devices was reported by 68 subjects, resulting in an adjusted prevalence of 3.2% (95% confidence interval = 2.8, 3.7). Twenty-seven subjects (1.3%) reported sensitivity to electrical devices but no sensitivity to chemicals. Characteristics of the people reporting hypersensitivity to EMFs were generally different from those of people reporting being allergic to everyday chemicals. Alleging environmental illness or multiple chemical sensitivity diagnosed by a doctor was the strongest predictor of reporting being hypersensitive to EMFs in this population. Other predictive factors apart from self-reporting chemical sensitivity were race/ethnicity other than White, Black, or Hispanic; having low income; and being unable to work. The perception of risk of exposure to EMFs through the use of hair dryers (vs. exposure to power and distribution lines) was the factor the most associated with self-reporting about hypersensitivity to EMFs. However, risk perception was not sufficient to explain the characteristics of people reporting this disorder.

PMID: 12194896 [PubMed - indexed for MEDLINE]

[Soz Praventivmed.](#) 2006;51(4):202-9.

**The prevalence of symptoms attributed to electromagnetic field exposure: a cross-sectional representative survey in Switzerland.**

[Schreier N](#), [Huss A](#), [Röösli M](#).

Department of Social and Preventive Medicine, University of Bern, Switzerland.

Comment in:

[Soz Praventivmed.](#) 2006;51(4):183-4.

**OBJECTIVES:** To investigate health risk perception as well as to assess the prevalence of self-reported symptoms attributed to electromagnetic fields (EMF) and other environmental exposures in the general population of Switzerland.

**METHODS:** Between May and June 2004, telephone interviews of a representative sample of the Swiss population (n=2048, >14 years old) about: (1) health symptoms attributed to five environmental factors (one of which was EMF), (2) health risk perception related to 12 environmental risk factors (five of which were different EMF sources).

**RESULTS:** We found a prevalence of 5% (95% CI 4-6%) for electromagnetic hypersensitivity (EHS) in our study sample. The most common health complaints among EHS individuals were sleep disorders (43%) and headaches (34%), which were mostly attributed to power lines and mobile phone handsets. In addition, 53 percent (95% CI 51-55%) were worried about adverse health effects from EMF, without attributing their own health symptoms to them.

**CONCLUSIONS:** The large proportion of the population who is concerned or attributes own symptoms to EMF may cause societal conflicts given the ubiquity of EMF in our everyday life.

PMID: 17193782 [PubMed - indexed for MEDLINE]

[J Psychosom Res.](#) 2007 Mar;62(3):283-8.

**Altered cortical excitability in subjectively electro-sensitive patients: results of a pilot study.**

[Landgrebe M](#), [Hauser S](#), [Langguth B](#), [Frick U](#), [Hajak G](#), [Eichhammer P](#).

Department of Psychiatry, Psychosomatics, and Psychotherapy, University of Regensburg, Regensburg, Germany.

**OBJECTIVE:** Hypersensitivity to electromagnetic fields is frequently claimed to be linked to a variety of unspecific somatic and/or neuropsychological complaints. Whereas provocation studies often failed to demonstrate a causal relationship between electromagnetic field exposure and symptom formation, neurophysiological examinations highlight baseline deviations in people claiming to be electro-sensitive. **METHODS:** To elucidate a potential role of dysfunctional cortical regulations in mediating hypersensitivity to electromagnetic fields, cortical excitability parameters were measured by transcranial magnetic stimulation in subjectively electro-sensitive patients (n=23) and two control groups (n=49) differing in their level of unspecific health complaints. **RESULTS:** Electro-sensitive patients showed reduced intracortical facilitation as compared to both control groups, while motor thresholds and intracortical inhibition were unaffected. **CONCLUSIONS:** This pilot study gives additional evidence that altered central nervous system function may account for symptom manifestation in subjectively electro-sensitive patients as has been postulated for several chronic multisymptom illnesses sharing a similar clustering of symptoms.

PMID: 17324677 [PubMed - indexed for MEDLINE]

[Psychol Med.](#) 2008 Dec;38(12):1781-91. Epub 2008 Mar 26.

**Cognitive and neurobiological alterations in electromagnetic hypersensitive patients: results of a case-control study.**

[Landgrebe M](#), [Frick U](#), [Hauser S](#), [Langguth B](#), [Rosner R](#), [Hajak G](#), [Eichhammer P](#).

Department of Psychiatry, Psychosomatics, and Psychotherapy, University of Regensburg, Regensburg, Germany.

Comment in:

[Psychol Med.](#) 2009 Jun;39(6):1050-2.

**BACKGROUND:** Hypersensitivity to electromagnetic fields (EMF) is frequently claimed to be linked to a variety of non-specific somatic and neuropsychological complaints. Whereas provocation studies often failed to demonstrate a causal relationship between EMF exposure and symptom formation, recent studies point to a complex interplay of neurophysiological and cognitive alterations contributing to symptom manifestation in electromagnetic hypersensitive patients (EHS). However, these studies have examined only small sample sizes or have focused on selected aspects. Therefore this study examined in the largest sample of EHS EMF-specific cognitive correlates, discrimination ability and neurobiological parameters in order to get further insight into the pathophysiology of electromagnetic hypersensitivity. **METHOD:** In a case-control design 89 EHS and 107 age- and gender-matched controls were included in the study. Health status and EMF-specific cognitions were evaluated using standardized questionnaires. Perception thresholds following single transcranial magnetic stimulation (TMS) pulses to the dorsolateral prefrontal cortex were determined using a standardized blinded measurement protocol. Cortical excitability parameters were measured by TMS. **RESULTS:** Discrimination ability was significantly reduced in EHS (only 40% of the EHS but 60% of the controls felt no sensation under sham stimulation during the complete series), whereas the perception thresholds for real magnetic pulses were comparable in both groups (median 21% versus 24% of maximum pulse intensity). Intra-cortical facilitation was decreased in younger and increased in older EHS. In addition, typical EMF-related cognitions (aspects of rumination, symptom intolerance, vulnerability and stabilizing self-esteem) specifically differentiated EHS from their controls. **CONCLUSIONS:** These results demonstrate significant cognitive and neurobiological alterations pointing to a higher genuine individual vulnerability of electromagnetic hypersensitive patients.

PMID: 18366821 [PubMed - indexed for MEDLINE]

[Bioelectromagnetics](#). 2009 May;30(4):299-306.

**Blood laboratory findings in patients suffering from self-perceived electromagnetic hypersensitivity (EHS).**

[Dahmen N](#), [Ghezel-Ahmadi D](#), [Engel A](#).

Department of Psychiatry, University of Mainz, Germany.

Risks from electromagnetic devices are of considerable concern. Electrohypersensitive (EHS) persons attribute a variety of rather unspecific symptoms to exposure to electromagnetic fields. The pathophysiology of EHS is unknown and therapy remains a challenge. We hypothesized that some electrosensitive individuals are suffering from common somatic health problems. Toward this end we analysed clinical laboratory parameters including thyroid-stimulating hormone (TSH), alanine transaminase (ALT), aspartate transaminase (AST), creatinine, hemoglobine, hematocrit and c-reactive protein (CRP) in subjects suffering from EHS and in controls that are routinely used in clinical medicine to identify or screen for common somatic disorders. One hundred thirty-two patients (n = 42 males and n = 90 females) and 101 controls (n = 34 males and n = 67 females) were recruited. Our results identified laboratory signs of thyroid dysfunction, liver dysfunction and chronic inflammatory processes in small but remarkable fractions of EHS sufferers as potential sources of symptoms that merit further investigation in future studies. In the cases of TSH and ALT/AST there were significant differences between cases and controls. The hypotheses of anaemia or kidney dysfunction playing a major role in EHS could be unambiguously refuted. Clinically it is recommended to check for signs of treatable somatic conditions when caring for individuals suffering from self-proclaimed EHS. Copyright 2009 Wiley-Liss, Inc.

PMID: 19259984 [PubMed - indexed for MEDLINE]

[Bioelectromagnetics](#). 2007 Feb;28(2):137-51.

**Development and evaluation of the electromagnetic hypersensitivity questionnaire.**

[Eltiti S](#), [Wallace D](#), [Zougkou K](#), [Russo R](#), [Joseph S](#), [Rasor P](#), [Fox E](#).

University of Essex, Colchester, UK. [seltiti@essex.ac.uk](mailto:seltiti@essex.ac.uk)

Electromagnetic hypersensitivity (EHS) syndrome is usually defined as a condition where an individual experiences adverse health effects that he or she believes is due to exposure to objects that emit electromagnetic fields. The aim of this study was to develop a questionnaire that would identify the key symptoms associated with EHS and determine how often these symptoms occur in the general population of the United Kingdom. In the pilot study, an EHS questionnaire was developed and tested. In Study 1 the EHS questionnaire was revised and sent to a randomly selected sample of 20,000 people. Principal components analysis of the symptoms resulted in eight subscales: neurovegetative, skin, auditory, headache, cardiorespiratory, cold related, locomotor, and allergy related symptoms. Study 2 established the validity of the questionnaire in that EHS individuals showed a higher severity of symptoms on all subscales compared to the control group. The two key results of this study were the development of a scale that provides an index of the type and intensity of symptoms commonly experienced by people believing themselves to be EHS and a screening tool that researchers can use to pre-select the most sensitive individuals to take part in their research.

PMID: 17013888 [PubMed - indexed for MEDLINE]

[Electromagn Biol Med](#). 2008;27(2):197-203.

**Increased concentrations of certain persistent organic pollutants in subjects with self-reported electromagnetic hypersensitivity--a pilot study.**

[Hardell L](#), [Carlberg M](#), [Söderqvist F](#), [Hardell K](#), [Björnfoth H](#), [van Bavel B](#), [Lindström G](#).

Department of Oncology, University Hospital, Örebro, Sweden. len-nart.hardell@orebroll.se

Electromagnetic hypersensitivity (EHS) is used for a variety of subjective symptoms related to exposure to electromagnetic fields (EMF). The aim of this pilot study was to analyze the concentrations of certain persistent organic pollutants (POPs) in subjects with self-reported EHS. In total, 13 EHS subjects and 21 controls were included, all female. The concentration of several POPs was higher in EHS subjects than in controls. Lower concentrations were found for hexachlorobenzene and two types of chlordanes. The only significantly increased odds ratios (ORs) were found for polybrominated diphenyl ether (PBDE) #47 yielding OR=11.7, 95% confidence interval (CI)=1.45-94.7 and the chlordane metabolite MC6 with OR=11.2, 95% CI=1.18-106. The results were based on low numbers and must be interpreted with caution. This hypothesis generating study indicates the necessity of a larger investigation on this issue.

PMID: 18568937 [PubMed - indexed for MEDLINE]

[Electromagn Biol Med](#). 2008;27(2):135-46.

**Dirty electricity elevates blood sugar among electrically sensitive diabetics and may explain brittle diabetes.**

[Havas M.](#)

Environmental & Resource Studies, Trent University, Peterborough, Ontario, Canada.  
mhavas@trentu.ca

Transient electromagnetic fields (dirty electricity), in the kilohertz range on electrical wiring, may be contributing to elevated blood sugar levels among diabetics and pre-diabetics. By closely following plasma glucose levels in four Type 1 and Type 2 diabetics, we find that they responded directly to the amount of dirty electricity in their environment. In an electromagnetically clean environment, Type 1 diabetics require less insulin and Type 2 diabetics have lower levels of plasma glucose. Dirty electricity, generated by electronic equipment and wireless devices, is ubiquitous in the environment. Exercise on a treadmill, which produces dirty electricity, increases plasma glucose. These findings may explain why brittle diabetics have difficulty regulating blood sugar. Based on estimates of people who suffer from symptoms of electrical hypersensitivity (3-35%), as many as 5-60 million diabetics worldwide may be affected. Exposure to electromagnetic pollution in its various forms may account for higher plasma glucose levels and may contribute to the misdiagnosis of diabetes. Reducing exposure to electromagnetic pollution by avoidance or with specially designed GS filters may enable some diabetics to better regulate their blood sugar with less medication and borderline or pre-diabetics to remain non diabetic longer.

PMID: 18568931 [PubMed - indexed for MEDLINE]

**Cell Phone Radiation's Effect on the Body**

**Increases Cancer Risk**

- 200% increase in brain tumors and acoustic neuromas for those using a cell phone for ten-plus years on the same side of the head.
- Cell Phone EMR breaks DNA - leads to mutated genes, cancers & deformities.
- A 1000% increase in brain tumors is being predicted within the next 10 years.

**Affects Reproduction**

- Exposure causes a decrease in sperm count.
- Experiments show increased rates of deformities/mortality of chick embryos.

**Triggers Allergy Reactions – Like Eczema, Asthma, and Hay Fever**

- Increases allergic reactions like eczema, asthma, and hay fever.

**Disrupts Hormones**

- EMR exposure brings about a change in levels of brain hormones like melatonin, serotonin, dopamine, and norepinephrine. Changes in these hormones is associated with sleep disturbances, Sudden Infant Death Syndrome (SIDS), Attention Deficit Hyperactivity Disorder (ADHD), CFIDS, miscarriages, heart disease, cancer, Alzheimer's, Parkinson's, depression, behavior changes, and an increase in suicides.
- Produces an increase in the level of adrenal stress hormones, cortisol and adrenaline, which can be connected with unexplained restlessness and anxiety – not to mention adrenal fatigue.

**Weakens Immune System**

- Produces a decrease in Natural Killer Cells responsible for defending against pathogens and destroying abnormal cells (like virally-infected and cancer cells).
- Changes the T-helper/T-suppressor (T4/T8) cell ratio - from normal to abnormal, which has been shown to lead to increased susceptibility to viral, fungal, and bacterial infections. Symptoms include "sore throats, low-grade fevers, weakness, persistent fatigue, and swollen lymph glands."

**Cell Phone Questions and Answers**

**Q: Why do I have to turn my cell phone completely off?**

**Can't I leave it on vibration mode?**

Your cell phone is on a regular basis sending microwave signals out to the nearest cell phone tower in order to make confirmation and preparing it to send and receive information. When the power is on, microwaves are constantly being sent and received. So in order to not negatively expose those nearby you, please turn off your cell phone completely.

**Q: How about playing games, or sending messages?**

Even when you are not speaking, the sending and receiving of messages or the playing of games causes EMR exposure. For this reason, the Vienna Physicians Association has even cautioned against the use of *text messaging* and *games* on cell phones. They also point out that especially in vehicles (cars, buses, and trains), the microwaves will tend to bounce off the metal frame of the vehicle causing an increase in exposure levels. This makes this especially dangerous for children who are more susceptible to the effects of EMR due to their thinner skulls and rapidly growing bodies made up of rapidly dividing cells.

**The Sunflower Project**

In the past few years, there has been a dramatic increase in environmental illnesses like Multiple Chemical Sensitivity (MCS), Atopic Dermatitis, Asthma, Autism, CFIDS, ADHD, and so on due to an increase in environmental pollutants (visible and invisible). The primary goal of the Sunflower Project (the brainchild of Kato Yasuko of Sapporo, Hokkaido, Japan) is to create a clean, safe, and healthy living environment for all life and living beings on this planet.

"Not one drop of rain thinks it causes the flood"

For more information see <http://omega.twodav.net/stories/327781/>

**International Coalition for an EMR-Safe Planet (IC-ESP)**

**The Sunflower Project**

**I AM ELECTRO-SENSITIVE!  
PLEASE TURN OFF YOUR CELL PHONE!**

Thank you for your cooperation!



I have a condition called *Electro-sensitivity*, where even trace amounts of Electromagnetic Radiation (EMR) from devices like cell phones (and cell phone towers) will make me feel ill.

**Microwaves from cell phones can cause these symptoms:**

- (1) **Headaches**, (2) **Heart Pain** and **Palpitations**, (3) **Nausea**.

While virtually unknown in China, over the past few years, the number of people worldwide with *electro-sensitivity* has grown exponentially. We need your cooperation in creating an environment that is comfortable for everyone. Please keep your cell phone off when around others – and especially when in public vehicles like buses and trains.

Recent research has connected the recent extreme rise in EMR to the recent extreme rise in disease states like Autism, ADHD, Chronic Fatigue Syndrome (CFS or ME in the UK), Diabetes, Multiple Sclerosis (MS), and a number of cancers (e.g. breast cancer, leukemia, brain tumors).

For example, see <http://www.avante.org/IMG/pdf/EMR-Autism-ACNEM-final.pdf>

**Thank You For Your Cooperation and Consideration!**

**What is *Electro-sensitivity*?**

*Electro-sensitivity* is a condition where a person feels sick when exposed to the EMR given off by cell phone towers (masts) and electronic devices such as mobile phones and computers. Symptoms appear when the person is exposed to the offending EMR and diminish as the said person moves out of range of the EMR.

**Major Symptoms:** (Very often appearing with the installation of a nearby cell phone tower or a home WiFi [Wireless Internet] system.)

- Headache •Sleep disturbances (Insomnia) •Dizziness •Nausea •Heart Palpitations •Heart Pain •Concentration Problems •Fatigue •Listlessness
- Indigestion •Reddening of Skin •Tingling Sensations •Anxiety Attacks
- Memory Problems •Swollen Lymph Nodes •Excessive Thirst •Frequent Urination •Vision Problems, etc.

**Fifty Percent of Population Affected by Year 2017?**

Worldwide, there has been a drastic increase in the number of people affected by EMR and it is predicted that by the year 2017 over half the population may also suffer from electro-sensitivity. At present, 40 million Americans take sleeping pills for insomnia, brain tumors are the leading cause of death in children, and one in forty children now suffer from Autism – up from one in 1000 in the 70s.



Deformed cows near cell phone towers in Germany are just one example among many animal deformities appearing around the world. (Research has also connected the worldwide disappearance of frogs, birds, and insects [most recently bees] with the dramatic increase of electrosmog around the world.)

**What Are The Experts Saying?**

In 2005, the World Health Organization (WHO) officially recognized *electro-sensitivity* as a bona-fide disorder. For over twenty years, research has been conducted worldwide on this condition. The UK has recently followed Sweden in also officially recognizing electro-sensitivity as a bona fide disorder while increasingly more and more case studies are being reported from around the world. The Vienna Physicians Association - noting a cause and effect relationship between the increase in cell phones and an increasing number of corresponding illnesses - has created posters (posted in hospital waiting rooms) warning of dangers and listing rules for use.

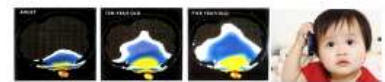
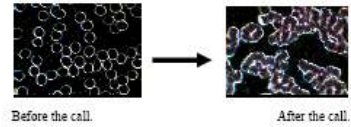


In Aug. 2007, a report - issued by an international group of renowned scientists, researchers, doctors, and public health experts - entitled the BioInitiative ([www.bioinitiative.org](http://www.bioinitiative.org)) warns "*Wireless technologies that rely on microwave radiation to send emails and voice communication are thousands of times stronger than levels reported to cause some health impacts. Prolonged exposure to radiofrequency and microwave radiation from cell phones, cordless phones, cell towers, WI-FI and other wireless technologies have linked to physical symptoms including headache, fatigue, sleeplessness, dizziness, changes in brainwave activity, and impairment of concentration and memory.*" In Sept. 2007, the German government warned its citizenry not to use mobile phones (only in emergencies) and WiFi. In Italy, children are now banned from bringing cell phones to schools.

**The Vienna Physicians Association's Rules for Cell Phone Use**

- Cell phone calls should be as few and as brief as possible. Children and teenagers under 16 should not use cell phones.
- Cell phones should not be held near the head while making and receiving calls.
- Cell phones should not be used in vehicles (cars, buses, trains) – the radiation there is higher!
- When sending text messages the cell phone should be held as far away from the body as possible!
- A caller should position herself several meters away from other people – the radiation is harmful to them as well!
- Never use a cell phone to play games!
- Headphones (earplugs) may also be unsafe – the wire may attract radiation!
- Wireless Networks (WiFi, WiMax, etc.) produce high amounts of radiation!
- Always switch your cell phone off at night and never keep it near your head while sleeping
- Never keep your cell phone in your front pocket – the radiation can affect male fertility.

The effect of a ninety-second cell phone call on red blood cells (RBC) on both the user and those within at least 1.7 meters. This can affect the RBC's ability to transport oxygen to and carbon dioxide away from cells.



The amount of radiation penetration of a skull for an adult, a 10-year-old child, and a five-year-old child.

State of



Connecticut

By Her Excellency M. Jodi Rell, Governor: an

## Official Statement

*W*HEREAS, people of all ages in Connecticut and throughout the world have developed the illness of Electromagnetic Sensitivity (EMS) as a result of global electromagnetic pollution; and

*W*HEREAS, Electromagnetic Sensitivity (EMS) is a painful chronic illness of hypersensitive reactions to electromagnetic radiations for which there is no known cure; and

*W*HEREAS, the symptoms of EMS include dermal changes; acute numbness and tingling; dermatitis; flushing; headaches; arrhythmia; muscular weakness; tinnitus; malaise; gastric problems; nausea; visual disturbances; severe neurological, respiratory, and speech problems; and numerous other physiological symptoms; and

*W*HEREAS, Electromagnetic Sensitivity (EMS) is recognized by the Americans with Disabilities Act, the U.S. Access Board, and numerous commissions; and

*W*HEREAS, the health of the general population is at risk from electromagnetic exposures that can lead to this illness induced by electromagnetic radiations; and

*W*HEREAS, this illness may be preventable through the reduction or avoidance of electromagnetic radiations, in both indoor and outdoor environments and by conducting further scientific research; and

*W*HEREAS, people with EMS need the support of the medical establishment and understanding of family, friends, co-workers, and society as they struggle with their illness and have to adapt to new lifestyles; now

*T*HEREFORE, I, M. Jodi Rell, Governor of the State of Connecticut, do hereby proclaim the month of May 2010, as

**ELECTROMAGNETIC SENSITIVITY (EMS) AWARENESS MONTH**

in the State of Connecticut.



*M. Jodi Rell*  
Governor

**I AM ELECTROSENSITIVE!**

**PLEASE TURN OFF  
YOUR CELL PHONE!**



*Thank you for your cooperation!*

## Awareness and Recognition

# Awareness at the Library

Plan a display or event at your public library with the help of the head librarian. Ideas include:

1. Hold a children's reading time dedicated to awareness of toxics, pollutants, and sensitivity to electromagnetic radiation. Create a short story to read to the children or share a real story of a child with lead poisoning, sensitivity to electromagnetic radiation, or another toxic injury.
2. Hold a family evening with stories, refreshments, and sensitivity to electromagnetic radiation related games. Consider finding sponsors to donate prizes for games, contests, and activities.
3. Create a sensitivity to electromagnetic radiation display in a visible location at the library. Provide sensitivity to electromagnetic radiation brochures, posters, and materials for library visitors to learn more. An example of a real sensitivity to electromagnetic radiation library display by Christiane Tourtet may be viewed to the left and at: <http://www.nettally.com/prusty/Formwww.htm>
4. Distribute electromagnetic radiation materials to library visitors. Free materials are available to download from [http://www.mcs-america.org/index\\_files/MCSBrochuresPostersSigns.htm](http://www.mcs-america.org/index_files/MCSBrochuresPostersSigns.htm)
5. Publicize the event in the library newsletter, flyers, bulletin boards, web site, and through press releases and your local TV and radio broadcasting.
6. Invite people with sensitivity to electromagnetic radiation, doctors, researchers, and advocates to give scheduled talks.



Christiane Tourtet, B.A., USA and Florida State Coordinator for International MCS Awareness, presents her 2008 MCS Awareness Month Display at The LeRoy Collins Leon County Library, Tallahassee, Florida.

*Awareness and Recognition*

# ***At the State Capitol***

If you have the support of a government official, you may be able to plan an Electromagnetic Radiation Awareness Month event at your state capitol building. Ideas include:

1. Contact your state legislators and ask them to sponsor the event.
2. Ask a state legislator to reserve space in the capitol building.
3. Involve other individuals and organizations in the event.
4. Recruit doctors, researchers, health oriented businesses, and non-profits as sponsors.
5. Be sure to obtain a governor proclamation for Electromagnetic Radiation Awareness Month.
6. The event may include a rally, speakers, a health fair, educational talks, and giveaways. Don't forget to include activities for the kids.
7. Announce a press conference to announce your state official's involvement and encourage people to come down to the capitol.
8. In advance of the event, send out press releases and publish the event in newspapers, newsletters, websites, and on local television and radio stations via public service announcements. The state may have a press department with specialists who can assist with this.
9. Set up a table for brochures and, if available, have someone man it to answer questions and hand out materials and free samples of fragrance free, non-toxic products.
10. Send us the pictures of your event at [admin@mcs-america.org](mailto:admin@mcs-america.org).



*Awareness and Recognition****Issuing a Press Release***

This template can be customized to highlight your electromagnetic radiation awareness event. Additional facts and figures can be obtained from MCS America at [www.mcs-america.org](http://www.mcs-america.org).

This template may be downloaded for use and editing from:

[www.mcs-america.org/EMRpressreleasetemplate.doc](http://www.mcs-america.org/EMRpressreleasetemplate.doc)

**FOR IMMEDIATE RELEASE**

**Contact: [Name]  
[Phone Number]  
[Email Address]**

**[Insert your City, County, or State] CELEBRATES ELECTROMAGNETIC RADIATION AWARENESS MONTH**

In the United States alone, it is estimated that more than 9.8 million men, women, and children suffer adverse health reactions to electromagnetic radiation.

Sensitivity to electromagnetic radiation is an increasing epidemic which leads to emergency department visits, job loss, homelessness, school absenteeism, and serious lifelong chronic illness in [insert your state or locality].

In response to these alarming statistics, and in an effort to raise public awareness of the risks faced everyday by Americans living with sensitivity to electromagnetic radiation in [insert state or locality], [your name or organization] is joining MCS America to participate in Electromagnetic Radiation Awareness Month.

[Event name] will be held on [date] at [location] in [city or other location].

Events are being held across the United States in May as part of Electromagnetic Radiation Awareness Month. Join [your name or organization] and MCS America at events nationwide during May. Each event will raise awareness about indoor and outdoor electromagnetic pollutants that lead to illness, as well as ways to prevent these exposures.

For more information on MCS America's awareness program and [insert your name or organization]'s [insert event name], visit [www.mcs-america.org](http://www.mcs-america.org) and [insert your website if you have one].

## *Awareness and Recognition*

# ***Awareness Through Media Coverage***



Newspapers, magazines, radio and television stations, newsletters, bulletin boards, and school papers are just a few media sources which may be used to spread the word about Electromagnetic Radiation Awareness Month. Good utilization of the media can grab the public's attention for your awareness events and activities.

### **Ten Tips to Maximize Media Coverage**

1. Provide facts, including the dangers of toxic substances and prevalence of sensitivity to electromagnetic radiation. See the fact sheet on the next page.
2. Compile a list of possible national and local media sources. Your list should be accurate and include contacts that are likely to publish your material.
3. Contact reporters, editors, radio personalities, and writers to introduce yourself.
4. Small newspapers can reach many people too, especially if they are targeted towards your specific audience.
5. Call ahead and find out who would be assigned your project and how that individual prefers to receive your press.
6. Include a well-written cover letter that explains why they should cover sensitivity to electromagnetic radiation. Keep it professional, factual, and unemotional.
7. Have a packet of materials ready for your contact, including a press release, fact sheet, event schedule, brochures, proclamation, photo opportunities, short video clips, your contact information and website, and other relevant materials that cover the who, what, when, where, why, and how.
8. After your contact has had time to review the material, follow up with a brief phone call to ask if they have any questions and request coverage of sensitivity to electromagnetic radiation.
9. Respect your contacts busy schedule by keeping all communications short, brief, and to the point.
10. Remember to contact the media for any and all events, talks, meetings, rallies, seminars, and special occasions such as the signing of a proclamation by your state governor.



# Electromagnetic Radiation Fact Sheet

## Major Public Health Concern

- At least 9.8 million people in America suffer from sensitivity to electromagnetic radiation (Levallois 2002).
- Electromagnetic radiation affects people of all ages, economic status, race, and both genders (Levallois 2002).
- Electromagnetic radiation affect everyone to some extent.

## Medical Findings

- People who are sensitive to electromagnetic radiation have significantly higher natural rates of membrane leakage as measured by their skin conductance (Eltiti *et al.* 2007). This leaking of ions short-circuits natural electrical potentials and triggers nerve impulses to the brain.
- Blood tests of electrosensitive patients show thyroid dysfunction, liver dysfunction and chronic inflammatory processes (Dahmen, 2009).
- The concentration of persistent organic pollutants is higher in subjects who are sensitive to electromagnetic radiation when compared to controls (Hardell, 2008).
- Dirty electricity elevates blood sugar among electrically sensitive diabetics and may explain brittle diabetes (Havas, 2008).
- Significant cognitive and neurobiological alterations point to a higher genuine individual vulnerability of electromagnetic hypersensitive patients (Landgrebe *et al.* 2008).
- Electrosensitive patients show altered central nervous system function (Landgrebe *et al.* 2007).

## The Cost of Environmental Illnesses

- Annual expenditures for healthcare and lost productivity due to environmental illnesses are estimated at \$71.8 billion dollars per year (Muir & Zegarac, 2001).

## Environmental Factors

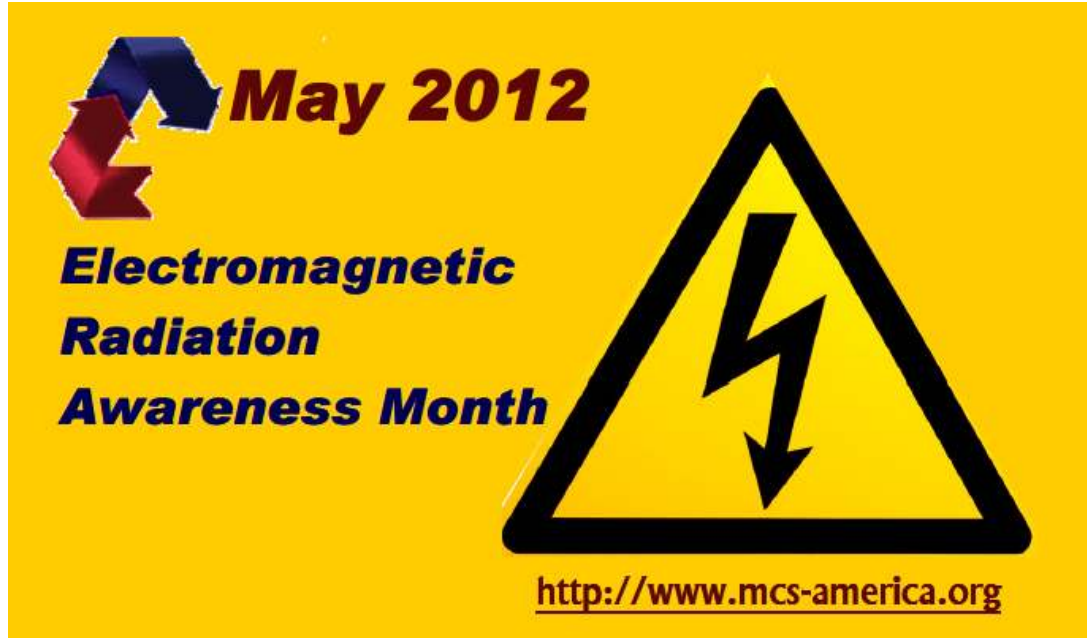
- Indoor and outdoor electromagnetic radiation exposures can trigger reactions: cell phones, wireless networks, electric appliances, etc.

## Sensitivity to Electromagnetic Radiation Can be Controlled

- With a plan that includes eliminating sources of electromagnetic radiation, avoidance, and control of environmental radiation exposures, many people with sensitivity to electromagnetic radiation could lead normal, healthy, and active lives.

MCS America <http://www.mcs-america.org>

This fact sheet may be downloaded from <http://mcs-america.org/emffactsheet.pdf>



**DISCLAIMER:**

'This kit is for informational purposes and is not intended to replace the examination, diagnosis and treatment of a licensed physician and no such claims are inferred. Nothing here should be construed as medical or legal advice. Contents is not necessarily the opinion of MCS America and printing does not constitute endorsement. MCS America, Lourdes Salvador, Directors, and associate members of MCS America will not be responsible for misuse of this information.



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