

Cell Phone towers near Keoladeo National Park, Bharatpur, Rajasthan

Appendix II

Precautionary Boards (Some samples)

AREA DEMARCATION



CAUTION

RADIOFREQUENCY RADIATION

- Area of Unrestricted Occupancy
- Minor Injury Possible from Misuse



WARNING

RADIOFREQUENCY RADIATION

- Area of Restricted Occupancy
  (RF Workers Only)
- Serious Injury Possible from Misuse



DANGER

RADIOFREQUENCY RADIATION

- Area of Denied Occupancy
- Critical Injury or Death Possible

Appendix III

Delhi
Government

Vivek Rae
Principal Secretary (Health & FW)

141 / Exposure of Electromagnetic /
D.O.No. Pr secyhfw /133-14/
Dated 10/01/2008

Dear

The existing guidelines for granting permission for installation of towers on ground/roof tops for Cellular Mobile Phone Services finalized pursuant to a meeting held at Raj Niwas on 26.7.2002 have been reviewed on the basis of certain representations from the public and it has been decided that henceforth such towers in residential areas should be permitted only in consultation with the concerned Resident Welfare Associations and not left to bilateral negotiations between Telecom companies and individual residents/house owners. In this regard the following additional precautionary measures are also recommended for adoption by the local authorities:

* Installation of Base Station Antennas within the premises of schools and hospitals may be avoided because children and patients are more susceptible to Electro Magnetic Field.

* Installation of Base Station Antennas in narrow lanes should be avoided in order to reduce the risks caused by any earth quake or wind related disaster.

* The Base Station Antennas should be at least 3 m away from the nearby building and antennas should not directly face the building. Further, the lower end of the antenna should be at least 3 meter above the ground or roof.

* In case of multiple transmitter sites at a specific locality sharing of a common tower infrastructure, should be explored, as far as possible, which can be coordinated through a nodal agency.

* Access to Base Station Antenna sites should be prohibited for general public by suitable means such as wire fencing, locking of the door to the roof etc. Access to tower site, even for the maintenance personnel, should be for a minimum period as far as possible.

* Sign boards/Warning Signs are to be provided at Base Station Antenna sites which should be clearly visible and identifiable. A warning sign should be placed at the entrance of such zone.

Contd....2/-

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* The "Warning Sign" should discourage longer stay in the zone, even for the maintenance personnel. The sign board may contain the following text:

  i. Danger! RF radiations, Do not enter!
  ii. Restricted Area

* The operators and maintenance personnel, who are dealing with radio frequency devices, specially with Base Station Antennas installed on towers and at any other outdoor sites, should be protected from electromagnetic radiations. It is required that operators and maintenance personnel should be educated for possible hazards from these devices.

This issues with the approval of LG.

With regards,

Yours sincerely,

(Vivek Rae)

To

1. Shri Ashok Nigam, Commissioner, MCD, Delhi
2. Shri Dinesh Rai, VC, DDA, Delhi
3. Shri Parimal Rai, Chairperson, NDMC, New Delhi

Copy to the following:

1. Principal Secretary to LG, Raj Niwas, Delhi.
2. Principal Secretary to CM, Delhi
3 Pr.Secretary(Urban Development), GNCT of Delhi
4 Secretary (Environment), Govt. of NCT of Delhi, Delhi.
5 Shri T.V.Ramachandran, Director General, Cellular Operators Association of India, 14, Bhai Veer Singh Marg, New Delhi-01.
6 Shri S.C.Khanna, Secretary General, Association of Unified Telecom Service Providers of India, B-601, Gauri Sadan, 5, Hailey Road, New Delhi-01.

(Vivek Rae)

West Bengal Government

In case of non-compliance of the aforementioned directions, regulatory order will be issued in accordance with law.

By Order,
Sd/-
(M. L. Meena)
Principal Secretary,
Department of Environment

No. EN/ 939 /T-IV-1/001/2006 Dated: April 24th., 2008.

Copy forwarded to :-

1. The Incharge, M/s. Bharti Mobitel Limited (Airtel), Infinity Building, 5th. Floor, Salt Lake Electronics Complex, Bidhannagar, Block G.P. Sector-V, Kolkata-700091.
2. The Incharge, Vodafone Essar East Limited (Vodafone), Constantia Office Complex, 4th. Floor, 11, Dr. U.N. Brahmachari Road, Kolkata-700017.
3. The Incharge, Aircel Business Solutions (Aircel), Benfish Bhavan, No. 31, GN Block, 5th. Floor, Sector-V, Salt Lake, Kolkata-700 091.
4. The Incharge, Tata Teleservices Limited (Tata Indicom), C/o. Videsh Sanchar Bhawan, Camp Office- 1/18, C.I.T. Scheme, VII M, Ultandaga, Kolkata-700054.
5. The Incharge, Bharat Sanchar Nigam Limited (BSNL Mobile), Telephone Kendra, P-10, New CIT Road, Kolkata-700073.
6. The Chairman, West Bengal Pollution Control Board.
7. The Member-Secretary, Central Pollution Control Board, Paribesh Bhawan, CBD-cum-Office Complex, East Arjun Nagar, Delhi-110032.
8. The Chief Environment Officer, Department of Environment, Govt. of West Bengal.
9. The Member-Secretary, West Bengal Pollution Control Board, 'Paribesh Bhawan', Salt Lake City, Kolkata-700098.
10. The Commissioner, Kolkata Municipal Corporation, 5, S.N. Banerjee Road, Kolkata-700013.
11. The Commissioner, Howrah Municipal Corporation, Howrah.
12. The Chief Executive Officer, _____
13. The Executive Officer, _____
14. The Secretary, ...Zilla Parishad.

    with a request to circulate this memo. to the Panchayats for information and necessary action.

15. The District Magistrate_____

Sd/-

HENCE, in exercise of the powers conferred under Environment (Protection) Act, 1986 and rules made thereunder, all mobile phone service providers are hereby directed to follow the following guidelines strictly at the time of installation of the mobile towers.

- Installation of Base Station Antennas within the premises of schools and hospitals may be avoided because children and patients are more susceptible to Electro Magnetic Field.
- Installation of Base Station Antennas in narrow lanes should be avoided in order to reduce the risks caused by any earth quake or wind related disaster.
- The Base Station Antennas should be at least 3 m away from the nearby building and antennas should not directly face the building. Further, the lower end of the antenna should be at least 3 metre above the ground or roof.
- In case of multiple transmitter sites at a specific locality sharing of a common tower infrastructure, should be explored, as far as possible, which can be coordinated through a nodal agency.
- Access to Base Station Antenna sites should be prohibited for general public by suitable means such as wire fencing, locking of the door to the roof etc. Access to tower site, even for the maintenance personnel, should be for a minimum period as far as possible.
- Sign boards/Warning Signs are to be provided at Base Station Antenna sites which should be clearly visible and identifiable. A warning sign should be placed at the entrance of such zone.
- The "Warning Sign" should discourage longer stay in the zone, even for the maintenance personnel. The sign board may contain the following text :

  i. Danger ! RF radiations, Do not enter !
  ii. Restricted Area.

  The operators and maintenance personnel, who are dealing with radio frequency devices, specially with Base Station Antennas installed on towers and at any other outdoor sites, should be protected from electromagnetic radiations. It is required that operators and maintenance personnel should be educated for possible hazards from these devices.

All local authorities are also requested that before giving any permission for installation of the mobile towers aforementioned guidelines should be

Appendix IV

Bibliography

List of Scientific Papers (n=919) on Impact of EMFs classified Subject-wise
Each bibliographic entry is marked with category codes in squire brackets []

B= Birds; E= Bees; H = Humans; W= Animals/Wildlife; P= Plants
+ = Impact reported; - = No Impact; * = Inconclusive/ Impact not evaluated

Aalto, S. et al, (2006) Mobile phone affects cerebral blood flow in humans, J Cereb Blood Flow Metab. 2006 Jul;26(7):885-90. [H+]

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Abramson, MJ et al. (2009) Mobile telephone use is associated with changes in cognitive function in young adolescents, Bioelectromagnetics. 30: [E-pub ahead of print]. [H+]

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Cell Towers; Epidemiological evidence for a health risk from mobile phone base stations, Int J Occup Environ Health. (Hardell et al); 2010

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Epidemiological evidence for a health risk from mobile phone base stations.

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Abstract

Human populations are increasingly exposed to microwave/radiofrequency (RF) emissions from wireless communication technology, including mobile phones and their base stations. By searching PubMed, we identified a total of 10 epidemiological studies that assessed for putative health effects of mobile phone base stations. Seven of these studies explored the association between base station proximity and neurobehavioral effects and three investigated cancer. We found that eight of the 10 studies reported increased prevalence of adverse neurobehavioral symptoms or cancer in populations living at distances < 500 meters from base stations. None of the studies reported exposure above accepted international guidelines, suggesting that current guidelines may be inadequate in protecting the health of human populations. We believe that comprehensive epidemiological studies of long-term mobile phone base station exposure are urgently required to more definitively understand its health impact.

PMID:
20662418
[PubMed - indexed for MEDLINE]

MeSH Terms

MeSH Terms
Cellular Phone*
Electromagnetic Fields/adverse effects*
Environmental Exposure/adverse effects*
Epidemiologic Studies
Humans
Radio Waves/adverse effects*
Risk Assessment

LinkOut - more resources

Full Text Sources
Ingenta plc
EBSCO
Other Literature Sources
Labome Researcher Resource - ExactAntigen/Labome
Medical
Electromagnetic Fields - MedlinePlus Health Information

Cell Towers; Biological effects from exposure to electromagnetic radiation emitted by cell tower base stations and other antenna arrays
B. Blake Levitt and Henry Lai, Environ. Rev., 2010

Biological effects from exposure to electromagnetic radiation emitted by cell tower base stations and other antenna arrays

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Abstract: The siting of cellular phone base stations and other cellular infrastructure such as roof-mounted antenna arrays, especially in residential neighborhoods, is a contentious subject in land-use regulation. Local resistance from nearby residents and landowners is often based on fears of adverse health effects despite reassurances from telecommunications service providers that international exposure standards will be followed. Both anecdotal reports and some epidemiology studies have found headaches, skin rashes, sleep disturbances, depression, decreased libido, increased rates of suicide, concentration problems, dizziness, memory changes, increased risk of cancer, tremors, and other neurophysiological effects in populations near base stations. The objective of this paper is to review the existing studies of people living or working near cellular infrastructure and other pertinent studies that could apply to long-term, low-level radiofrequency radiation (RFR) exposures. While specific epidemiological research in this area is sparse and contradictory, and such exposures are difficult to quantify given the increasing background levels of RFR from myriad personal consumer products, some research does exist to warrant caution in infrastructure siting. Further epidemiology research that takes total ambient RFR exposures into consideration is warranted. Symptoms reported today may be classic microwave sickness, first described in 1978. Nonionizing electromagnetic fields are among the fastest growing forms of environmental pollution. Some extrapolations can be made from research other than epidemiology regarding biological effects from exposures at levels far below current exposure guidelines.

Key words: radiofrequency radiation (RFR), antenna arrays, cellular phone base stations, microwave sickness, nonionizing electromagnetic fields, environmental pollution.

Résumé : La localisation des stations de base pour téléphones cellulaires et autres infrastructures cellulaires, comme les installations d'antennes sur les toitures, surtout dans les quartiers résidentiels, constitue un sujet litigieux d'utilisation du territoire. La résistance locale de la part des résidents et propriétaires fonciers limitrophes repose souvent sur les craintes d'effets adverses pour la santé, en dépit des réassurances venant des fournisseurs de services de télécommunication, à l'effet qu'ils appliquent les standards internationaux d'exposition. En plus de rapports anecdotiques, certaines études épidémiologiques font état de maux de tête, d'éruption cutanée, de perturbation du sommeil, de dépression, de diminution de libido, d'augmentations du taux de suicide, de problèmes de concentration, de vertiges, d'altération de la mémoire, d'augmentation du risque de cancers, de trémulations et autres effets neurophysiologiques, dans les populations vivant au voisinage des stations de base. Les auteurs révisent ici les études existantes portant sur les gens, vivant ou travaillant près d'infrastructures cellulaires ou autres études pertinentes qui pourraient s'appliquer aux expositions à long terme à la radiation de radiofréquence de faible intensité « RFR ». Bien que la recherche épidémiologique spécifique dans ce domaine soit rare et contradictoire, et que de telles expositions soient difficiles à quantifier compte tenu des degrés croissants du bruit de fond des RFR provenant de produits de myriades de consommateurs personnels, il existe certaines recherches qui justifient la prudence dans l'installation des infrastructures. Les futures études épidémiologiques sont nécessaires afin de prendre en compte la totalité des expositions à la RFR ambiante. Les symptômes rapportés jusqu'ici pourraient correspondre à la maladie classique des micro-ondes, décrite pour la première fois en 1978. Les champs électromagnétiques non-ionisants constituent les formes de pollution environnementale croissant le plus rapidement. On peut effectuer certaines extrapolations à partir de recherches autres qu'épidémiologiques concernant les effets biologiques d'expositions à des degrés bien au-dessous des directives internationales.

Mots-clés : radiofréquence de faible intensité « RFR », les installations d'antennes, des stations de base pour téléphones cellulaires, la maladie classique des micro-ondes, les champs électromagnétiques non-ionisants, pollution environnementale.

[Traduit par la Rédaction]

Received 30 April 2010. Accepted 6 August 2010. Published on the NRC Research Press Web site at er.nrc.ca on 5 November 2010.

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1. Introduction

Wireless technologies are ubiquitous today. According to the European Information Technology Observatory, an industry-funded organization in Germany, the threshold of 5.1 billion cell phone users worldwide will be reached by the end of 2010 — up from 3.3 billion in 2007. That number is expected to increase by another 10% to 5.6 billion in 2011, out of a total worldwide population of 6.5 billion.[2] In 2010, cell phone subscribers in the U.S. numbered 287 million, Russia 220 million, Germany 111 million, Italy 87 million, Great Britain 81 million, France 62 million, and Spain 57 million. Growth is strong throughout Asia and in South America but especially so in developing countries where landline systems were never fully established.

The investment firm Bank of America Merril-Lynch estimated that the worldwide penetration of mobile phone customers is twice that of landline customers today and that America has the highest minutes of use per month per user.[3] Today, 94% of Americans live in counties with four or more wireless service providers, plus 99% of Americans live in counties where next generation, 3G (third generation), 4G (fourth generation), and broadband services are available. All of this capacity requires an extensive infrastructure that the industry continues to build in the U.S., despite a 93% wireless penetration of the total U.S. population.[4]

Next generation services are continuing to drive the build-out of both new infrastructure as well as adaptation of pre-existing sites. According to the industry, there are an estimated 251 618 cell sites in the U.S. today, up from 19 844 in 1995.[4] There is no comprehensive data for antennas hidden inside of buildings but one industry-maintained Web site (www.antennasearch.com), allows people to type in an address and all antennas within a 3 mile (1 mile = 1.6 km) area will come up. There are hundreds of thousands in the U.S. alone.

People are increasingly abandoning landline systems in favor of wireless communications. One estimate in 2006 found that 42% of all wireless subscribers used their wireless phone as their primary phone. According to the National Center for Health Statistics of the U.S. Centers for Disease Control (CDC), by the second half of 2008, one in every five American households had no landlines but did have at least one wireless phone (Department of Health and Human Services 2008). The figures reflected a 2.7% increase over the first half of 2008 — the largest jump since the CDC began tracking such data in 2003, and represented a total of 20.2% of the U.S. population — a figure that coincides with industry estimates of 24.50% of completely wireless households in 2010.[5] The CDC also found that approximately 18.7% of all children, nearly 14 million, lived in households with only wireless phones. The CDC further found that one in every seven American homes, 14.5% of the population, received all or almost all of their calls via wireless phones, even when there was a landline in the home. They called these "wireless-mostly households."

The trend away from landline phones is obviously increasing as wireless providers market their services specifically toward a mobile customer, particularly younger adults who readily embrace new technologies. One study (Silke et al. 2010) in Germany found that children from lower socioeconomic backgrounds not only owned more cell phones than children from higher economic groups, but also used their cell phones more often — as determined by the test groups' wearing of personal dosimetry devices. This was the first study to track such data and it found an interesting contradiction to the assumption that higher socioeconomic groups were the largest users of cell services. At one time, cell phones were the status symbol of the wealthy. Today, it is also a status symbol of lower socioeconomic groups. The CDC found in their survey discussed above that 65.3% of adults living in poverty or living near poverty were more likely than higher income adults to be living in households with wireless only telephones. There may be multiple reasons for these findings, including a shift away from cell phone dialogues to texting in younger adults in higher socioeconomic categories.

In some developing countries where landline systems have never been fully developed outside of urban centers, cell phones are the only means of communication. Cellular technology, especially the new 3G, 4G, and broadband services that allow wireless communications for real-time voice communication, text messaging, photos, Internet connections, music and video downloads, and TV viewing, is the fastest growing segment of many economies that are in otherwise sharp decline due to the global economic downturn.

There is some indication that although the cellular phone markets for many European countries are more mature than in the U.S., people there may be maintaining their landline use while augmenting with mobile phone capability. This may be a consequence of the more robust media coverage regarding health and safety issues of wireless technology in the European press, particularly in the UK, as well as recommendations by European governments like France and Germany[6] that citizens not abandon their landline phones or wired computer systems because of safety concerns. According to OfCom's 2008 *Communications Market Interim Report* (OfCom 2008), which provided information up to December 2007, approximately 86% of UK adults use cell phones. While four out of five households have both cell phones and landlines, only 11% use cell phones exclusively, a total down from 28% noted by this group in 2005. In addition, 44% of UK adults use text messaging on a daily basis. Fixed landline services fell by 9% in 2007 but OfCom notes that landline services continue to be strong despite the fact that mobile services also continued to grow by 16%. This indicates that people are continuing to use both landlines and wireless technology rather than choosing one over the other in the UK. There were 51 300 UK base station sites in

[2] http://www.eito.com/pressinformation_20100811.htm. (Accessed October 2010.)
[3] http://www.ctia.org/advocacy/research/index.cfm/AID/10377. (Accessed October 2010.)
[4] http://www.ctia.org/advocacy/research/index.cfm/AID/10323. (Accessed October 2010.)
[5] http://www.ctia.org/advocacy/research/index.cfm/AID/10323. (Accessed October 2010.)
[6] http://www.icems.eu/docs/deutscher_bundestag.pdf and http://www.icems.eu/docs/resolutions/EP_EMF_resolution_2APR09.pdf. (Accessed October 2010.)

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the beginning of 2009 (two-thirds installed on existing buildings or structures) with an estimated 52 900 needed to accommodate new 3G and 4G services by the end of 2009.

Clearly, this is an enormous global industry. Yet, no money has ever been appropriated by the industry in the U.S., or by any U.S. government agency, to study the potential health effects on people living near the infrastructure. The most recent research has all come from outside of the U.S. According to the CTIA – The Wireless Association, "If the wireless telecom industry were a country, its economy would be bigger than that of Egypt, and, if measured by GNP (gross national product), [it] would rank as the 46th largest country in the world." They further say, "It took more than 21 years for color televisions to reach 100 million consumers, more than 90 years for landline service to reach 100 million consumers, and less than 17 years for wireless to reach 100 million consumers."[7]

In lieu of building new cell towers, some municipalities are licensing public utility poles throughout urban areas for Wi-Fi antennas that allow wireless Internet access. These systems can require hundreds of antennas in close proximity to the population with some exposures at a lateral height where second- and third-storey windows face antennas. Most of these systems are categorically excluded from regulation by the U.S. Federal Communications Commission (FCC) or oversight by government agencies because they operate below a certain power density threshold. However, power density is not the only factor determining biological effects from radiofrequency radiation (RFR).

In addition, when the U.S. and other countries permanently changed from analog signals used for television transmission to newer digital formats, the old analog frequencies were reallocated for use by municipal services such as police, fire, and emergency medical dispatch, as well as to private telecommunications companies wanting to expand their networks and services. This creates another significant increase in ambient background exposures.

Wi-Max is another wireless service in the wings that will broaden wireless capabilities further and place additional towers and (or) transmitters in close proximity to the population in addition to what is already in existence. Wi-Max aims to make wireless Internet access universal without tying the user to a specific location or "hotspot." The rollout of Wi-Max in the U.S., which began in 2009, uses lower frequencies at high power densities than currently used by cellular phone transmission. Many in science and the activist communities are worried, especially those concerrned about electromagnetic-hypersensitivity syndrome (EHS).

It remains to be seen what additional exposures "smart grid" or "smart meter" technology proposals to upgrade the electrical powerline transmission systems will entail regarding total ambient RFR increases, but it will add another ubiquitous low-level layer. Some of the largest corporations on earth, notably Siemens and General Electric, are involved. Smart grids are being built out in some areas of the U.S. and in Canada and throughout Europe. That technology plans to alter certain aspects of powerline utility metering from a wired system to a partially wireless one. The systems require a combination of wireless transmitters attached to homes and businesses that will send radio signals of approximately 1 W output in the 2.4000–2.4835 GHz range to local "access point" transceivers, which will then relay the signal to a further distant information center (Tell 2008). Access point antennas will require additional power density and will be capable of interfacing with frequencies between 900 MHz and 1.9 GHz. Most signals will be intermittent, operating between 2 to 33 seconds per hour. Access points will be mounted on utility poles as well as on free-standing towers. The systems will form wide area networks (WANs), capable of covering whole towns and counties through a combination of "mesh-like" networks from house to house. Some meters installed on private homes will also act as transmission relays, boosting signals from more distant buildings in a neighborhood. Eventually, WANs will be completely linked.

Smart grid technology also proposes to allow homeowners to attach additional RFR devices to existing indoor appliances, to track power use, with the intention of reducing usage during peak hours. Manufacturers like General Electric are already making appliances with transmitters embedded in them. Many new appliances will be incapable of having transmitters deactivated without disabling the appliance and the warranty. People will be able to access their home appliances remotely by cell phone. The WANs smart grids described earlier in the text differ significantly from the current upgrades that many utility companies have initiated within recent years that already use low-power RFR meters attached to homes and businesses. Those first generation RFR meters transmit to a mobile van that travels through an area and "collects" the information on a regular billing cycle. Smart grids do away with the van and the meter reader and work off of a centralized RFR antenna system capable of blanketing whole regions with RFR.

Another new technology in the wings is broadband over powerlines (BPL). It was approved by the U.S. FCC in 2007 and some systems have already been built out. Critics of the latter technology warned during the approval process that radiofrequency interference could occur in homes and businesses and those warnings have proven accurate. BPL technology couples radiofrequency bands with extremely low frequency (ELF) bands that travel over powerline infrastructure, thereby creating a multi-frequency field designed to extend some distance from the lines themselves. Such couplings follow the path of conductive material, including secondary distribution lines, into people's homes.

There is no doubt that wireless technologies are popular with consumers and businesses alike, but all of this requires an extensive infrastructure to function. Infrastructure typically consists of freestanding towers (either preexisting towers to which cell antennas can be mounted, or new towers specifically built for cellular service), and myriad methods of placing transceiving antennas near the service being called for by users. This includes attaching antenna panels to the sides of buildings as well as roof-mountings; antennas hidden inside church steeples, barn silos, elevator shafts, and any number of other "stealth sites." It also includes camouflaging towers to look like trees indigenous to areas where they are placed, e.g., pine trees in northern climates, cacti

[7] CTIA website: http://www.ctia.org/advocay/research/index.cfm/AID/10385. (Accessed 9 December 2008.)

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in deserts, and palm trees in temperate zones, or as chimneys, flagpoles, silos, or other tall structures (Rinebold 2001). Often the rationale for stealth antenna placement or camouflaging of towers is based on the aesthetic concerns of host communities.

An aesthetic emphasis is often the only perceived control of a municipality, particularly in countries like America where there is an overriding federal preemption that precludes taking the "environmental effects" of RFR into consideration in cell tower siting as stipulated in Section 704 of *The Telecommunications Act of 1996* (USFCC 1996). Citizen resistance, however, is most often based on health concerns regarding the safety of RFR exposures to those who live near the infrastructure. Many citizens, especially those who claim to be hypersensitive to electromagnetic fields, state they would rather know where the antennas are and that hiding them greatly complicates society's ability to monitor for safety.[8]

Industry representatives try to reassure communities that facilities are many orders of magnitude below what is allowed for exposure by standards-setting boards and studies bear that out (Cooper et al. 2006; Henderson and Bangay 2006; Bornkessel et al. 2007). These include standards by the International Commission on Non-Ionizing Radiation Protection (ICNIRP) used throughout Europe, Canada, and elsewhere (ICNIRP 1998). The standards currently adopted by the U.S. FCC, which uses a two-tiered system of recommendations put out by the National Council on Radiation Protection (NCRP) for civilian exposures (referred to as uncontrolled environments), and the International Electricians and Electronics Engineers (IEEE) for professional exposures (referred to as controlled environments) (U.S. FCC 1997). The U.S. may eventually adopt standards closer to ICNIRP. The current U.S. standards are more protective than ICNIRP's in some frequency ranges so any harmonization toward the ICNIRP standards will make the U.S. limits more lenient.

All of the standards currently in place are based on RFRs ability to heat tissue, called thermal effects. A longstanding criticism, going back to the 1950s (Levitt 1995), is that such acute heating effects do not take potentially more subtle non-thermal effects into consideration. And based on the number of citizens who have tried to stop cell towers from being installed in their neighborhoods, laypeople in many countries do not find adherence to exisitng standards valid in addressing health concerns. Therefore, infrastructure siting does not have the confidence of the public (Levitt 1998).

2. A changing industry

Cellular phone technology has changed significantly over the last two decades. The first wireless systems began in the mid-1980s and used analog signals in the 850–900 MHz range. Because those wavelengths were longer, infrastructure was needed on average every 8 to 10 miles apart. Then came the digital personal communications systems (PCS) in the late 1990s, which used higher frequencies, around 1900 GHz, and digitized signals. The PCS systems, using shorter wavelengths and with more stringent exposure guidelines, require infrastructure approximately every 1 to 3 miles apart. Digital signals work on a binary method, mimicking a wave that allows any frequency to be split in several ways, thereby carrying more information far beyond just voice messages.

Today's 3G network can send photos and download music and video directly onto a cell phone screen or iPod. The new 4G systems digitize and recycle some of the older frequencies in the 700 to 875 MHz bands to create another service for wireless Internet access. The 4G network does not require a customer who wants to log on wirelessly to locate a "hot spot" as is the case with private Wi-Fi systems. Today's Wi-Fi uses a network of small antennas, creating coverage of a small area of 100 ft ($\sim$30 m) or so at homes or businesses. Wi-fi can also create a small wireless computer system in a school where they are often called wireless local area networks (WLANs). Whole cities can make Wi-Fi available by mounting antennas to utility poles.

Large-scale Wi-Fi systems have come under increasing opposition from citizens concerned about health issues who have legally blocked such installations (Antenna Free Union[9]). Small-scale Wi-Fi has also come under more scrutiny as governments in France and throughout Europe have banned such installations in libraries and schools, based on precautionary principles (REFLEX Program 2004).

3. Cell towers in perspective: some definitions

Cell towers are considered low-power installations when compared to many other commercial uses of radiofrequency energy. Wireless transmission for radio, television (TV), satellite communications, police and military radar, federal homeland security systems, emergency response networks, and many other applications all emit RFR, sometimes at millions of watts of effective radiated power (ERP). Cellular facilities, by contrast, use a few hundred watts of ERP per channel, depending on the use being called for at any given time and the number of service providers co-located at any given tower.

No matter what the use, once emitted, RFR travels through space at the speed of light and oscillates during propagation. The number of times the wave oscillates in one second determines its frequency.

Radiofrequency radiation covers a large segment of the electromagnetic spectrum and falls within the nonionizing bands. Its frequency ranges between 10 kHz to 300 GHz; 1 Hz = 1 oscillation per second; 1 kHz = 1000 Hz; 1 MHz = 1 000 000 Hz; and 1 GHz = 1 000 000 000 Hz.

Different frequencies of RFR are used in different applications. Some examples include the frequency range of 540 to 1600 kHz used in AM radio transmission; and 76 to 108 MHz used for FM radio. Cell-phone technology uses frequencies between 800 MHz and 3 GHz. The RFR of 2450 MHz is used in some Wi-Fi applications and microwave cooking.

Any signal can be digitized. All of the new telecommunications technologies are digitized and in the U.S., all TV is

[8] See, for example, www.radiationresearch.org. (Accessed October 2010.)
[9] http://www.antennafreeunion.org/. (Accessed October 2010.)

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broadcast in 100% digital formats — digital television (DTV) and high definition television (HDTV). The old analog TV signals, primarily in the 700 MHz ranges, will now be recycled and relicensed for other applications to additional users, creating additional layers of ambient exposures.

The intensity of RFR is generally measured and noted in scientific literature in watts per square meter (W/m^2); milliwatts per square centimetre (mW/cm^2), or microwatts per square centimetre ($\mu W/cm^2$). All are energy relationships that exist in space. However, biological effects depend on how much of the energy is absorbed in the body of a living organism, not just what exists in space.

4. Specific absorption rate (SAR)

Absorption of RFR depends on many factors including the transmission frequency and the power density, one's distance from the radiating source, and one's orientation toward the radiation of the system. Other factors include the size, shape, mineral and water content of an organism. Children absorb energy differently than adults because of differences in their anatomies and tissue composition. Children are not just "little adults". For this reason, and because their bodies are still developing, children may be more susceptible to damage from cell phone radiation. For instance, radiation from a cell phone penetrates deeper into the head of children (Gandhi et al. 1996; Wiart et al. 2008) and certain tissues of a child's head, e.g., the bone marrow and the eye, absorb significantly more energy than those in an adult head (Christ et al. 2010). The same can be presumed for proximity to towers, even though exposure will be lower from towers under most circumstances than from cell phones. This is because of the distance from the source. The transmitter is placed directly against the head during cell phone use whereas proximity to a cell tower will be an ambient exposure at a distance.

There is little difference between cell phones and the domestic cordless phones used today. Both use similar frequencies and involve a transmitter placed against the head. But the newer digitally enhanced cordless technology (DECT) cordless domestic phones transmit a constant signal even when the phone is not in use, unlike the older domestic cordless phones. But some DECT brands are available that stop transmission if the mobile units are placed in their docking station.

The term used to describe the absorption of RFR in the body is specific absorption rate (SAR), which is the rate of energy that is actually absorbed by a unit of tissue. Specific absorption rates (SARs) are generally expressed in watts per kilogram (W/kg) of tissue. The SAR measurements are averaged either over the whole body, or over a small volume of tissue, typically between 1 and 10 g of tissue. The SAR is used to quantify energy absorption to fields typically between 100 kHz and 10 GHz and encompasses RFR from devices such as cellular phones up through diagnostic MRI (magnetic resonance imaging).

Specific absorption rates are a more reliable determinant and index of RFR's biological effects than are power density, or the intensity of the field in space, because SARs reflect what is actually being absorbed rather than the energy in space. However, while SARs may be a more precise model, at least in theory, there were only a handful of animal studies that were used to determine the threshold values of SAR for the setting of human exposure guidelines (de Lorge and Ezell 1980; de Lorge 1984). (For further information see Section 8). Those values are still reflected in today's standards.

It is presumed that by controlling the field strength from the transmitting source that SARs will automatically be controlled too, but this may not be true in all cases, especially with far-field exposures such as near cell or broadcast towers. Actual measurement of SARs is very difficult in real life so measurements of electric and magnetic fields are used as surrogates because they are easier to assess. In fact, it is impossible to conduct SAR measurements in living organisms so all values are inferred from dead animal measurements (thermography, calorimetry, etc.), phantom models, or computer simulation (FDTD).

However, according to the Scientific Committee on Emerging and Newly Identified Health Risks (SCENIHR) *Health Effects of Exposure to EMF*, released in January of 2009:

> . . . recent studies of whole body plane wave exposure of both adult and children phantoms demonstrated that when children and small persons are exposed to levels which are in compliance with reference levels, exceeding the basic restrictions cannot be excluded [Dimbylow and Bloch 2007; Wang et al. 2006; Kuhn et al., 2007; Hadjem et al., 2007]. While the whole frequency range has been investigated, such effects were found in the frequency bands around 100 MHz and also around 2 GHz. For a model of a 5-year-old child it has been shown that when the phantom is exposed to electromagnetic fields at reference levels, the basic restrictions were exceeded by 40% [Conil et al., 2008]. . . . Moreover, a few studies demonstrated that multipath exposure can lead to higher exposure levels compared to plane wave exposure [Neubauer et al. 2006; Vermeeren et al. 2007]. It is important to realize that this issue refers to far field exposure only, for which the actual exposure levels are orders of magnitude below existing guidelines. (p. 34–35, SCENIHR 2009)

In addition to average SARs, there are indications that biological effects may also depend on how energy is actually deposited in the body. Different propagation characteristics such as modulation, or different wave-forms and shapes, may have different effects on living systems. For example, the same amount of energy can be delivered to tissue continuously or in short pulses. Different biological effects may result depending on the type and duration of the exposure.

5. Transmission facilities

The intensity of RFR decreases rapidly with the distance from the emitting source; therefore, exposure to RFR from transmission towers is often of low intensity depending on one's proximity. But intensity is not the only factor. Living near a facility will involve long-duration exposures, sometimes for years, at many hours per day. People working at home or the infirm can experience low-level 24 h exposures. Nighttimes alone will create 8 h continuous exposures. The current standards for both ICNIRP, IEEE and the NCRP (adopted by the U.S. FCC) are for whole-body exposures

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averaged over a short duration (minutes) and are based on results from short-term exposure studies, not for long-term, low-level exposures such as those experienced by people living or working near transmitting facilities. For such populations, these can be involuntary exposures, unlike cell phones where user choice is involved.

There have been some recent attempts to quantify human SARs in proximity to cell towers but these are primarily for occupational exposures in close proximity to the sources and questions raised were dosimetry-based regarding the accuracy of antenna modeling (van Wyk et al. 2005). In one study by Martínez-Búrdalo et al. (2005) however, the researchers used high-resolution human body models placed at different distances to assess SARs in worst-case exposures to three different frequencies — 900, 1800, and 2170 MHz. Their focus was to compute whole-body averaged SARs at a maximum 10 g averaged SAR inside the exposed model. They concluded that for

> ... antenna–body distances in the near zone of the antenna, the fact that averaged field values are below reference levels, could, at certain frequencies, not guarantee guidelines compliance based on basic restrictions.
>
> (p. 4125, Martínez-Búrdalo et al. 2005)

This raises questions about the basic validity of predicting SARs in real-life exposure situations or compliance to guidelines according to standard modeling methods, at least when one is very close to an antenna.

Thus, the relevant questions for the general population living or working near transmitting facilities are: Do biological and (or) health effects occur after exposure to low-intensity RFR? Do effects accumulate over time, since the exposure is of a long duration and may be intermittent? What precisely is the definition of low-intensity RFR? What might its biological effects be and what does the science tell us about such exposures?

6. Government radiofrequency radiation (RFR) guidelines: how spatial energy translates to the body's absorption

The U.S. FCC has issued guidelines for both power density and SARs. For power density, the U.S. guidelines are between 0.2–1.0 mW/cm^2. For cell phones, SAR levels require hand-held devices to be at or below 1.6 W/kg measured over 1.0 g of tissue. For whole body exposures, the limit is 0.08 W/kg.

In most European countries, the SAR limit for hand-held devices is 2.0 W/kg averaged over 10 g of tissue. Whole body exposure limits are 0.08 W/kg.

At 100–200 ft (~30–60 m) from a cell phone base station, a person can be exposed to a power density of 0.001 mW/cm^2 (i.e., 1.0 μW/cm^2). The SAR at such a distance can be 0.001 W/kg (i.e., 1.0 mW/kg). The U.S. guidelines for SARs are between 0.08–0.40 W/kg.

For the purposes of this paper, we will define low-intensity exposure to RFR of power density of 0.001 mW/cm^2 or a SAR of 0.001 W/kg.

7. Biological effects at low intensities

Many biological effects have been documented at very low intensities comparable to what the population experiences within 200 to 500 ft (~60–150 m) of a cell tower, including effects that occurred in studies of cell cultures and animals after exposures to low-intensity RFR. Effects reported include: genetic, growth, and reproductive; increases in permeability of the blood–brain barrier; behavioral; molecular, cellular, and metabolic; and increases in cancer risk. Some examples are as follows:

- Dutta et al. (1989) reported an increase in calcium efflux in human neuroblastoma cells after exposure to RFR at 0.005 W/kg. Calcium is an important component in normal cellular functions.
- Fesenko et al. (1999) reported a change in immunological functions in mice after exposure to RFR at a power density of 0.001 mW/cm^2.
- Magras and Xenos (1997) reported a decrease in reproductive function in mice exposed to RFR at power densities of 0.000168–0.001053 mW/cm^2.
- Forgacs et al. (2006) reported an increase in serum testosterone levels in rats exposed to GSM (global system for mobile communication)-like RFR at SAR of 0.018–0.025 W/kg.
- Persson et al. (1997) reported an increase in the permeability of the blood–brain barrier in mice exposed to RFR at 0.0004–0.008 W/kg. The blood–brain barrier is a physiological mechanism that protects the brain from toxic substances, bacteria, and viruses.
- Phillips et al. (1998) reported DNA damage in cells exposed to RFR at SAR of 0.0024–0.024 W/kg.
- Kesari and Behari (2009) also reported an increase in DNA strand breaks in brain cells of rats after exposure to RFR at SAR of 0.0008 W/kg.
- Belyaev et al. (2009) reported changes in DNA repair mechanisms after RFR exposure at a SAR of 0.0037 W/kg. A list of publications reporting biological and (or) health effects of low-intensity RFR exposure is in Table 1.

Out of the 56 papers in the list, 37 provided the SAR of exposure. The average SAR of these studies at which biological effects occurred is 0.022 W/kg — a finding below the current standards.

Ten years ago, there were only about a dozen studies reporting such low-intensity effects; currently, there are more than 60. This body of work cannot be ignored. These are important findings with implications for anyone living or working near a transmitting facility. However, again, most of the studies in the list are on short-term (minutes to hours) exposure to low-intensity RFR. Long-term exposure studies are sparse. In addition, we do not know if all of these reported effects occur in humans exposed to low-intensity RFR, or whether the reported effects are health hazards. Biological effects do not automatically mean adverse health effects, plus many biological effects are reversible. However, it is clear that low-intensity RFR is not biologically inert. Clearly, more needs to be learned before a presumption of safety can continue to be made regarding placement of antenna arrays near the population, as is the case today.

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Table 1. List of studies reporting biological effects at low intensities of radiofrequency radiation (RFR).

Reference	Frequency	Form of RFR	Exposure duration	SAR (W/kg)	Power density ($\mu W/cm^2$)	Effects reported
Balmori (2010) (in vivo) (eggs and tadpoles of frog)	88.5–1873.6 MHz	Cell phone base station emission	2 months		3.25	Retarded development
Belyaev et al. (2005) (in vitro)	915 MHz	GSM	24, 48 h	0.037		Genetic changes in human white blood cells
Belyaev et al. (2009) (in vitro)	915 MHz, 1947 MHz	GSM, UMTS	24, 72 h	0.037		DNA repair mechanism in human white blood cells
Blackman et al. (1980) (in vitro)	50 MHz	AM at 16 Hz		0.0014		Calcium in forebrain of chickens
Boscol et al. (2001) (in vivo) (human whole body)	500 KHz–3 GHz	TV broadcast			0.5	Immunological system in women
Campisi et al. (2010) (in vitro)	900 MHz	CW (CW– no effect observed) AM at 50 Hz	14 days, 5, 10, 20 min per day		26	DNA damage in human glial cells
Capri et al. (2004) (in vitro)	900 MHz	GSM	1 h/day, 3 days	0.07		A slight decrease in cell proliferation when human immune cells were stimulated with mitogen and a slight increase in the number of cells with altered distribution of phosphatidylserine across the membrane
Chiang et al. (1989) (in vivo) (human whole body)	Lived and worked close to AM radio and radar installations for more than 1 year				10	People lived and worked near AM radio antennas and radar installations showed deficits in psychological and short-term memory tests
de Pomerai et al. (2003) (in vitro)	1 GHz		24, 48 h	0.015		Protein damages
D'Inzeo et al. (1988) (in vitro)	10.75 GHz	CW	30–120 s	0.008		Operation of acetylcholine-related ion-channels in cells. These channels play important roles in physiological and behavioral functions
Dutta et al. (1984) (in vitro)	915 MHz	Sinusoidal AM at 16 Hz	30 min	0.05		Increase in calcium efflux in brain cancer cells
Dutta et al. (1989) (in vitro)	147 MHz	Sinusoidal AM at 16 Hz	30 min	0.005		Increase in calcium efflux in brain cancer cells
Fesenko et al. (1999) (in vivo) (mouse- wavelength in mm range)	From 8.15–18 GHz		5 h to 7 days direction of response depended on exposure duration		1	Change in immunological functions
Forgacs et al. (2006) (in vivo) (mouse whole body)	1800 MHz	GSM, 217 Hz pulses, 576 μs pulse width	2 h/day, 10 days	0.018		Increase in serum testosterone
Guler et al. (2010) (In vivo) (rabbit whole body)	1800 MHz	AM at 217 Hz	15 min/day, 7 days		52	Oxidative lipid and DNA damages in the brain of pregnant rabbits

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Table 1 (*continued*).

Reference	Frequency	Form of RFR	Exposure duration	SAR (W/kg)	Power density ($\mu W/cm^2$)	Effects reported
Hjollund et al. (1997) (in vivo) (human partial or whole body)	Military radars				10	Sperm counts of Danish military personnel, who operated mobile ground-to-air missile units that use several RFR emitting radar systems, were significantly lower compared to references
Ivaschuk et al. (1997) (in vitro)	836.55 MHz	TDMA	20 min	0.026		A gene related to cancer
Jech et al. (2001) (in vivo) (human partial body exposure-narcoleptic patients)	900 MHz	GSM— 217 Hz pulses, 577 μs pulse width	45 min	0.06		Improved cognitive functions
Kesari and Behari (2009) (in vivo) (rat whole body)	50 GHz		2 h/day, 45 days	0.0008		Double strand DNA breaks observed in brain cells
Kesari and Behari (2010) (in vivo) (rat whole body)	50 GHz		2 h/day, 45 days	0.0008		Reproductive system of male rats
Kesari et al. (2010) (in vivo) (rat whole body)	2450 MHz	50 Hz modulation	2 h/day, 35 days	0.11		DNA double strand breaks in brain cells
Kwee et al. (2001) (in vitro)	960 MHz	GSM	20 min	0.0021		Increased stress protein in human epithelial amnion cells
Lebedeva et al. (2000) (in vivo) (human partial body)	902.4 MHz	GSM	20 min		60	Brain wave activation
Lerchl et al. (2008) (in vivo) (hamster whole body)	383 MHz 900 and 1800 MHz	TETRA GSM	24 h/day, 60 days	0.08		Metabolic changes
Magras and Xenos (1997) (in vivo) (mouse whole body)	"Antenna park"	TV and FM-radio	Exposure over several generations		0.168	Decrease in reproductive function
Mann et al. (1998) (in vivo) (human whole body)	900 MHz	GSM pulse-modulated at 217 Hz, 577 μs width	8 h		20	A transient increase in blood cortisol
Marinelli et al. (2004) (in vitro)	900 MHz	CW	2–48 h	0.0035		Cell's self-defense responses triggered by DNA damage
Markovà et al. (2005) (in vitro)	915 and 905 MHz	GSM	1 h	0.037		Chromatin conformation in human white blood cells
Navakatikian and Tomashevskaya (1994) (in vivo) (rat whole body)	2450 MHz 3000 MHz	CW (no effect observed) Pulse-modulated 2 μs pulses at 400 Hz	Single (0.5–12hr) or repeated (15–60 days, 7–12 h/day) exposure, CW–no effect	0.0027		Behavioral and endocrine changes, and decreases in blood concentrations of testosterone and insulin
Nittby et al. (2008) (in vivo) (rat whole body)	900 MHz,	GSM	2 h/week, 55 weeks	0.0006		Reduced memory functions
Novoselova et al. (1999) (in vivo) (mouse whole body – wavelength in mm range)	From 8.15–18 GHz		1 s sweep time – 16 ms reverse, 5 h		1	Functions of the immune system
Novoselova et al. (2004) (in vivo) (mouse whole body – wavelength in mm range)	From 8.15–18 GHz		1 s sweep time16 ms reverse, 1.5 h/day, 30 days		1	Decreased tumor growth rate and enhanced survival

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Table 1 (*continued*).

Reference	Frequency	Form of RFR	Exposure duration	SAR (W/kg)	Power density ($\mu W/cm^2$)	Effects reported
Panagopoulos et al. (2010) (in vivo) (fly whole body)	900 and 1800 MHz	GSM	6 min/day, 5 days		1–10	Reproductive capacity and induced cell death
Panagopoulos and Margaritis (2010*a*) (in vivo) (fly whole body)	900 and 1800 MHz	GSM	6 min/day, 5 days		10	'Window' effect of GSM radiation on reproductive capacity and cell death
Panagopoulos and Margaritis (2010*b*) (in vivo) (fly whole body)	900 and 1800 MHz	GSM	1–21 min/day, 5 days		10	Reproductive capacity of the fly decreased linearly with increased duration of exposure
Pavicic and Trosic (2008) (in vitro)	864 and 935 MHz	CW	1–3 h	0.08		Growth affected in Chinese hamster V79 cells
Pérez-Castejón et al. (2009) (in vitro)	9.6 GHz	90% AM	24 h	0.0004		Increased proliferation rate in human astrocytoma cancer cells
Persson et al. (1997) (in vivo) (mouse whole body)	915 MHz	CW and pulse-modulated (217 Hz, 0.57 ms; 50 Hz, 6.6 ms)	2–960 min; CW more potent	0.0004		Increase in permeability of the blood–brain barrier
Phillips et al. (1998) (in vitro)	813.5625 MHz 836.55 MHz	iDEN TDMA	2, 21 h 2, 21 h	0.0024		DNA damage in human leukemia cells
Pologea-Moraru et al. (2002) (in vitro)	2.45 GHz		1 h		15	Change in membrane of cells in the retina
Pyrpasopoulou et al. (2004) (in vivo) (rat whole body)	9.4 GHz	GSM (50 Hz pulses, 20 μs pulse length)	1–7 days postcoitum	0.0005		Exposure during early gestation affected kidney development
Roux et al. (2008*a*) (in vivo) (tomato whole body)	900 MHz				7	Gene expression and energy metabolism
Roux et al. (2008*b*) (in vivo) (plant whole body)	900 MHz				7	Energy metabolism
Salford et al. (2003) (in vivo) (rat whole body)	915 MHz	GSM	2 h	0.02		Nerve cell damage in brain
Sarimov et al. (2004) (in vitro)	895–915 MHz	GSM	30 min	0.0054		Human lymphocyte chromatin affected similar to stress response
Schwartz et al. (1990) (in vitro)	240 MHz	CW and sinusoidal modulation at 0.5 and 16 Hz, effect only observed at 16 Hz modulation	30 min	0.00015		Calcium movement in the heart
Schwarz et al. (2008) (in vitro)	1950 MHz	UMTS	24 h	0.05		Genes in human fibroblasts
Somosy et al. (1991) (in vitro)	2.45 GHz	CW and 16 Hz square-modulation, modulated field more potent than CW		0.024		Molecular and structural changes in cells of mouse embryos

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Table 1 (*concluded*).

Reference	Frequency	Form of RFR	Exposure duration	SAR (W/kg)	Power density ($\mu W/cm^2$)	Effects reported
Stagg et al. (1997) (in vitro)	836.55 MHz	TDMA duty cycle 33%	24 h	0.0059		Glioma cells showed significant increases in thymidine incorporation, which may be an indication of an increase in cell division
Stankiewicz et al. (2006) (in vitro)	900 MHz	GSM 217 Hz pulses, 577 ms width		0.024		Immune activities of human white blood cells
Tattersall et al. (2001) (in vitro)	700 MHz	CW	5–15 min	0.0016		Function of the hippocampus
Velizarov et al. (1999) (in vitro)	960 MHz	GSM 217 Hz square-pulse, duty cycle 12%	30 min	0.000021		Decrease in proliferation of human epithelial amnion cells
Veyret et al. (1991) (in vivo) (mouse whole body)	9.4 GHz	1 μs pulses at 1000 pps, also with or without sinusoidal AM between 14 and 41 MHz, response only with AM, direction of response depended on AM frequency		0.015		Functions of the immune system
Vian et al. (2006) (in vivo) plant	900 MHz				7	Stress gene expression
Wolke et al. (1996) (in vitro)	900, 1300, 1800 MHz 900 MHz	Square-wave modulated at 217 Hz CW, 16 Hz, 50 Hz, and 30 KHz modulations		0.001		Calcium concentration in heart muscle cells of guinea pig
Yurekli et al. (2006) (in vivo) (rat whole body)	945 MHz	GSM, 217 Hz pulse-modulation	7 h/day, 8 days	0.0113		Free radical chemistry

Note: These papers gave either specific absorption rate, SAR, (W/kg) or power density ($\mu W/cm^2$) of exposure. (Studies that did not contain these values were excluded). AM, amplitude-modulated or amplitude-modulation; CW, continuous wave; GSM, global system for mobile communication; iDEN, integrated digital enhanced network; TDMA, time division multiple access, TETRA, terrestrial trunked radio; UMTS, universal mobile telecommunications system.

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8. Long-term exposures and cumulative effects

There are many important gaps in the RFR research. The majority of the studies on RFR have been conducted with short-term exposures, i.e., a few minutes to several hours. Little is known about the effects of long-term exposure such as would be experienced by people living near telecommunications installations, especially with exposures spanning months or years. The important questions then are: What are the effects of long-term exposure? Does long-term exposure produce different effects from short-term exposure? Do effects accumulate over time?

There is some evidence of cumulative effects. Phillips et al. (1998) reported DNA damage in cells after 24 h exposure to low-intensity RFR. DNA damage can lead to gene mutation that accumulates over time. Magras and Xenos (1997) reported that mice exposed to low-intensity RFR became less reproductive. After five generations of exposure the mice were not able to produce offspring. This shows that the effects of RFR can pass from one generation to another. Persson et al. (1997) reported an increase in permeability of the blood–brain barrier in mice when the energy deposited in the body exceeded 1.5 J/kg (joule per kilogram) — a measurement of the total amount of energy deposited. This suggests that a short-term, high-intensity exposure can produce the same effect as a long-term, low-intensity exposure, and is another indication that RFR effects can accumulate over time.

In addition, there is some indication that test animals become more sensitive to radiation after long-term exposure as seen in two of the critical experiments that contributed to the present SAR standards, called the "behavior–disruption experiments" carried out in the 1980s.

In the first experiment, de Lorge and Ezell (1980) trained rats on an auditory observing-response task. In the task, an animal was presented with two bars. Pressing the right bar would produce either a low-pitch or a high-pitch tone for half a second. The low-pitch tone signaled an unrewarded situation and the animal was expected to do nothing. However, when the high-pitch tone was on, pressing the left bar would produce a food reward. Thus, the task required continuous vigilance in which an animal had to coordinate its motor responses according to the stimulus presented to get a reward by choosing between a high-pitch or low-pitch tone. After learning the task, rats were then irradiated with 1280 MHz or 5620 MHz RFR during performance. Disruption of behavior (i.e., the rats could not perform very well) was observed within 30–60 min of exposure at a SAR of 3.75 W/kg for 1280 MHz, and 4.9 W/kg for 5620 MHz.

In another experiment, de Lorge (1984) trained monkeys on a similar auditory observing response task. Monkeys were exposed to RFR at 225, 1300, and 5800 MHz. Disruption of performance was observed at 8.1 mW/cm^2 (SAR 3.2 W/kg) for 225 MHz; at 57 mW/cm^2 (SAR 7.4 W/kg) for 1300 MHz; and at 140 mW/cm^2 (SAR 4.3 W/kg) for 5800 MHz. The disruption occurred when body temperature was increased by 1°C.

The conclusion from these experiments was that "... disruption of behavior occurred when an animal was exposed at an SAR of approximately 4 W/kg, and disruption occurred after 30–60 minutes of exposure and when body temperature increased by 1°C" (de Lorge 1984). Based on just these two experiments, 4 W/kg has been used in the setting of the present RFR exposure guidelines for humans. With theoretical safety margins added, the limit for occupational exposure was then set at 0.4 W/kg (i.e., 1/10 of the SAR where effects were observed) and for public exposure 0.08 W/kg for whole body exposures (i.e., 1/5 of that of occupational exposure).

But the relevant question for establishing a human SAR remains: Is this standard adequate, based on so little data, primarily extrapolated from a handful of animal studies from the same investigators? The de Lorge (1984) animal studies noted previously describe effects of short-term exposures, defined as less than one hour. But are they comparable to long-term exposures like what whole populations experience when living or working near transmitting facilities?

Two series of experiments were conducted in 1986 on the effects of long-term exposure. D'Andrea et al. (1986*a*) exposed rats to 2450 MHz RFR for 7 h a day, 7 days per week for 14 weeks. They reported a disruption of behavior at an SAR of 0.7 W/kg. And D'Andrea et al. (1986*b*) also exposed rats to 2450 MHz RFR for 7 h a day, 7 days per week, for 90 days at an SAR of 0.14 W/kg and found a small but significant disruption in behavior. The experimenters concluded, "... the threshold for behavioral and physiological effects of chronic (long-term) RFR exposure in the rat occurs between 0.5 mW/cm^2 (0.14 W/kg) and 2.5 mW/cm^2 (0.7 W/kg)" (p. 55, D'Andrea et al. 1986*b*).

The previously mentioned studies show that RFR can produce effects at much lower intensities after test animals are repeatedly exposed. This may have implications for people exposed to RFR from transmission towers for long periods of time.

Other biological outcomes have also been reported after long-term exposure to RFR. Effects were observed by Baranski (1972) and Takashima et al. (1979) after prolonged, repeated exposure but not after short-term exposure. Conversely, in other work by Johnson et al. (1983), and Lai et al. (1987, 1992) effects that were observed after short-term exposure disappeared after prolonged, repeated exposure, i.e., habituation occurred. Different effects were observed by Dumansky and Shandala (1974) and Lai et al. (1989) after different exposure durations. The conclusion from this body of work is that effects of long-term exposure can be quite different from those of short-term exposure.

Since most studies with RFR are short-term exposure studies, it is not valid to use their results to set guidelines for long-term exposures, such as in populations living or working near cell phone base stations.

9. Effects below 4 W/kg: thermal versus nonthermal

As described previously, current international RFR exposure standards are based mainly on the acute exposure experiments that showed disruption of behavior at 4 W/kg. However, such a basis is not scientifically valid. There are many studies that show biological effects at SARs less than 4 W/kg after short-term exposures to RFR. For example, since the 4 W/kg originated from psychological and (or) be-

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havioral experiments, when one surveys the EMF literature on behavioral effects, one can find many reports on behavioral effects observed at SARs less than 4 W/kg, e.g., D'Andrea et al. (1986*a*) at 0.14 to 0.7 W/kg; DeWitt et al. (1987) at 0.14 W/kg; Gage (1979) at 3 W/kg ; King et al. (1971) at 2.4 W/kg; Kumlin et al. (2007) at 3 W/kg; Lai et al. (1989) at 0.6 W/kg; Mitchell et al. (1977) at 2.3 W/kg (1977); Navakatikian and Tomashevskaya (1994) at 0.027 W/kg; Nittby et al. (2008) at 0.06 W/kg; Schrot et al. (1980) at 0.7 W/kg; Thomas et al. (1975) at 1.5 to 2.7 W/kg; and Wang and Lai (2000) at 1.2 W/kg.

The obvious mechanism of effects of RFR is thermal (i.e., tissue heating). However, for decades, there have been questions about whether nonthermal (i.e., not dependent on a change in temperature) effects exist. This is a well-discussed area in the scientific literature and not the focus of this paper but we would like to mention it briefly because it has implications for public safety near transmission facilities.

Practically, we do not actually need to know whether RFR effects are thermal or nonthermal to set exposure guidelines. Most of the biological-effects studies of RFR that have been conducted since the 1980s were under nonthermal conditions. In studies using isolated cells, the ambient temperature during exposure was generally well controlled. In most animal studies, the RFR intensity used usually did not cause a significant increase in body temperature in the test animals. Most scientists consider nonthermal effects as established, even though the implications are not fully understood.

Scientifically, there are three rationales for the existence of nonthermal effects:

1. Effects can occur at low intensities when a significant increase in temperature is not likely.
2. Heating does not produce the same effects as RFR exposure.
3. RFR with different modulations and characteristics produce different effects even though they may produce the same pattern of SAR distribution and tissue heating.

Low-intensityeffects have been discussed previously (see Section 7.). There are reports that RFR triggers effects that are different from an increase in temperature, e.g., Wachtel et al. (1975); Seaman and Wachtel (1978); D'Inzeo et al. (1988). And studies showing that RFR of the same frequency and intensity, but with different modulations and waveforms, can produce different effects as seen in the work of Baranski (1972); Arber and Lin (1985); Campisi et al. (2010); d'Ambrosio et al. (2002); Frey et al. (1975); Oscar and Hawkins (1977); Sanders et al. (1985); Huber et al. (2002); Markkanen et al. (2004); Hung et al. (2007); and Luukkonen et al. (2009).

A counter-argument for point 1 is that RFR can cause micro-heating at a small location even though there is no measurement change in temperature over the whole sample. This implies that an effect observed at low intensities could be due to localized micro-heating, and, therefore, is still considered thermal. However, the micro-heating theory could not apply to test subjects that are not stationary, such as in the case of Magras and Xenos (1997) who reported that mice exposed to low-intensity RFR became less reproductive over several generations. "Hot spots" of heating move within the body when the subject moves in the field and, thus, cannot maintain sustained heating of certain tissue.

The counter argument for point 2 is that heating by other means does not produce the same pattern of energy distribution as RFR. Thus, different effects would result. Again, this counter argument does not work on moving objects. Thus, results supporting the third point are the most compelling.

10. Studies on exposure to cell tower transmissions

From the early genesis of cell phone technology in the early 1980s, cell towers were presumed safe when located near populated areas because they are low-power installations in comparison with broadcast towers. This thinking already depended on the assumption that broadcast towers were safe if kept below certain limits. Therefore, the reasoning went, cell towers would be safer still. The thinking also assumed that exposures between cell and broadcast towers were comparable. In certain cities, cell and broadcast tower transmissions both contributed significantly to the ambient levels of RFR (Sirav and Seyhan 2009; Joseph et al. 2010).

There are several fallacies in this thinking, including the fact that broadcast exposures have been found unsafe even at regulated thresholds. Adverse effects have been noted for significant increases for all cancers in both men and women living near broadcast towers (Henderson and Anderson 1986); childhood leukemia clusters (Maskarinec et al. 1994; Ha et al. 2003; Park et al. 2004); adult leukemia and lymphoma clusters, and elevated rates of mental illness (Hocking et al. 1996; Michelozzi et al. 2002; Ha et al. 2007); elevated brain tumor incidence (Dolk et al. 1997*a*, 1997*b*); sleep disorders, decreased concentration, anxiety, elevated blood pressure, headaches, memory impairment, increased white cell counts, and decreased lung function in children (Altpeter et al. 2000); motor, memory, and learning impairment in children (Kolodynski and Kolodynski 1996), nonlinear increases in brain tumor incidence (Colorado Department of Public Health 2004); increases in malignant melanoma (Hallberg and Johansson 2002); and nonlinear immune system changes in women (Boscol et al. 2001). (The term "nonlinear" is used in scientific literature to mean that an effect was not directly proportional to the intensity of exposure. In the case of the two studies mentioned previously, adverse effects were found at significant distances from the towers, not in closer proximity where the power density exposures were higher and therefore presumed to have a greater chance of causing effects. This is something that often comes up in low-level energy studies and adds credence to the argument that low-level exposures could cause qualitatively different effects than higher level exposures.)

There is also anecdotal evidence in Europe that some communities have experienced adverse physical reactions after the switch from analog TV broadcast signals to the new digital formats, which can be more biologically complex

Three doctors in Germany, Cornelia Waldmann-Selsam, MD, Christine Aschermann, MD, and Markus Kern, MD,

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wrote (in a letter to the U.S. President, entitled *Warning — Adverse Health Effects From Digital Broadcast Television*)[10], that on 20 May 2006, two digital broadcast television stations went on the air in the Hessian Rhoen area. Prior to that time that area had low radiation levels, which included that from cell phone towers of which there were few. However, coinciding with the introduction of the digital signals, within a radius of more than 20 km, there was an abrupt onset of symptoms for constant headaches, pressure in the head, drowsiness, sleep problems, inability to think clearly, forgetfulness, nervousness, irritability, tightness in the chest, rapid heartbeat, shortness of breath, depression, apathy, loss of empathy, burning skin, sense of inner burning, leg weakness, pain in the limbs, stabbing pain in various organs, and weight gain. They also noted that birds fled the area. The same symptoms gradually appeared in other locations after digital signals were introduced. Some physicians accompanied affected people to areas where there was no TV reception from terrestrial sources, such as in valleys or behind mountain ranges, and observed that many people became symptom free after only a short time. The digital systems also require more transmitters than the older analog systems and, therefore, somewhat higher exposure levels to the general population are expected, according to the 2009 SCENIHR Report (SCENIHR 2009).

Whether digital or analog, the frequencies differ between broadcast and cell antennas and do not couple with the human anatomy in whole-body or organ-specific models in the same ways (NCRP 1986; ICNIRP 1998). This difference in how the body absorbs energy is the reason that all standards-setting organizations have the strictest limitations between 30–300 MHz — ranges that encompass FM broadcast where whole body resonance occurs (Cleveland 2001). Exposure allowances are more lenient for cell technology in frequency ranges between 300 MHz and 3 GHz, which encompass cellular phone technology. This is based on the assumption that the cell frequencies do not penetrate the body as deeply and no whole-body resonance can occur.

There are some studies on the health effects on people living near cell phone towers. Though cell technology has been in existence since the late 1980s, the first study of populations near cell tower base stations was only conducted by Santini et al. (2002). It was prompted in part by complaints of adverse effects experienced by residents living near cell base stations throughout the world and increased activism by citizens. As well, increasing concerns by physicians to understand those complaints was reflected in professional organizations like the ICEMS (International Committee on Electromagnetic Safety) Catania Resolution[11], the Irish Doctors Environmental Association (IDEA)[12], and the Freiburger Appeal[13].

Santini conducted a survey study of 530 people (270 men, 260 women) on 18 nonspecific health symptoms (NSHS) in relation to self-reported distance from towers of <10 m, 10 to 50 m, 50 to 100 m, 100 to 200 m, 200 to 300 m, and >300 m. The control group compared people living more than 300 m (approximately 1000 ft) or not exposed to base stations. They controlled for age, presence of electrical transformers (<10 m), high tension lines (<100 m), and radio/TV broadcast transmitters (<4 km), the frequency of cell phone use (>20 min per day), and computer use (>2 h per day). Questions also included residents' location in relation to antennas, taking into account orientations that were facing, beside, behind, or beneath antennas in cases of roof-mounted antenna arrays. Exposure conditions were defined by the length of time living in the neighborhood (<1 year through >5 years); the number of days per week and hours per day (<1 h to >16 h) that were spent in the residence.

Results indicated increased symptoms and complaints the closer a person lived to a tower. At <10 m, symptoms included nausea, loss of appetite, visual disruptions, and difficulty in moving. Significant differences were observed up through 100 m for irritability, depressive tendencies, concentration difficulties, memory loss, dizziness, and lower libido. Between 100 and 200 m, symptoms included headaches, sleep disruption, feelings of discomfort, and skin problems. Beyond 200 m, fatigue was significantly reported more often than in controls. Women significantly reported symptoms more often than men, except for libido loss. There was no increase in premature menopause in women in relation to distance from towers. The authors concluded that there were different sex-dependent sensitivities to electromagnetic fields. They also called for infrastructure not to be sited <300 m (~1000 ft) from populations for precautionary purposes, and noted that the information their survey captured might not apply to all circumstances since actual exposures depend on the volume of calls being generated from any particular tower, as well as on how radiowaves are reflected by environmental factors.

Similar results were found in Egypt by Abdel-Rassoul et al. (2007) looking to identify neurobehavioral deficits in people living near cell phone base stations. Researchers conducted a cross-sectional study of 85 subjects: 37 living inside a building where antennas were mounted on the rooftop and 48 agricultural directorate employees who worked in a building ($\sim$10 m) opposite the station. A control group of 80 who did not live near base stations were matched for age, sex, occupation, smoking, cell phone use, and educational level. All participants completed a questionnaire containing personal, educational, and medical histories; general and neurological examinations; a neurobehavioral test battery (NBTB) involving tests for visuomotor speed, problem solving, attention, and memory, in addition to a Eysenck personality questionnaire (EPQ).

Their results found a prevalence of neuropsychiatric complaints: headaches, memory changes, dizziness, tremors, depressive symptoms, and sleep disturbance were significantly higher among exposed inhabitants than controls. The NBTB indicated that the exposed inhabitants exhibited a significantly lower performance than controls in one of the tests of attention and short-term auditory memory (paced auditory

[10] http://www.notanotherconspiracy.com/2009/02/warning-adverse-health-effects-from.html. (Accessed October 2010.)
[11] http://www.icems.eu/resolution.htm
[12] http://www.ideeaireland.org/emr.htm
[13] http://www.laleva.cc/environment/freiburger_appeal.html

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serial addition test (PASAT)). Also, the inhabitants opposite the station exhibited a lower performance in the problem-solving test (block design) than those who lived under the station. All inhabitants exhibited a better performance in the two tests of visuomotor speed (digit symbol and Trailmaking B) and one test of attention (Trailmaking A) than controls.

Environmental power-density data were taken from measurements of that building done by the National Telecommunications Institute in 2000. Measurements were collected from the rooftop where the antennas were positioned, the shelter that enclosed the electrical equipment and cables for the antennas, other sites on the roof, and within an apartment below one of the antennas. Power-density measurements ranged from 0.1–6.7 $\mu W/cm^2$. No measurements were taken in the building across the street. The researchers noted that the last available measurements of RFR in 2002 in that area were less than the allowable standards but also noted that exposures depended on the number of calls being made at any given time, and that the number of cell phone users had increased approximately four times within the 2 years just before the beginning of their study in 2003. They concluded that inhabitants living near mobile phone base stations are at risk for developing neuropsychiatric problems, as well as some changes in the performance of neurobehavioral functions, either by facilitation (over-stimulation) or inhibition (suppression). They recommended the standards be revised for public exposure to RFR, and called for using the NBTB for regular assessment and early detection of biological effects among inhabitants near base stations (Abdel-Rassoul et al. 2007).

Hutter et al. (2006) sought to determine cognitive changes, sleep quality, and overall well-being in 365 rural and urban inhabitants who had lived for more than a year near 10 selected cell phone base stations. Distance from antennas was 24 to 600 m in rural areas, and 20 to 250 m in the urban areas. Field strength measurements were taken in bedrooms and cognitive tests were performed. Exposure to high-frequency EMFs was lower than guidelines and ranged from 0.000002 to 0.14 $\mu W/cm^2$ for all frequencies between 80 MHz and 2 GHz with the greater exposure coming from mobile telecommunications facilities, which was between 0.000001 and 0.14 $\mu W/cm^2$. Maximum levels were between 0.000002 and 0.41 $\mu W/cm^2$ with an overall 5% of the estimated maximum above 0.1 $\mu W/cm^2$. Average levels were slightly higher in rural areas (0.005 $\mu W/cm^2$) than in urban areas (0.002 $\mu W/cm^2$). The researchers tried to ascertain if the subjective rating of negative health consequences from base stations acted as a covariable but found that most subjects expressed no strong concerns about adverse effects from the stations, with 65% and 61% in urban and rural areas, respectively, stating no concerns at all. But symptoms were generally higher for subjects who expressed health concerns regarding the towers. The researchers speculated that this was due to the subjects with health complaints seeking answers and consequently blaming the base station; or that subjects with concerns were more anxious in general and tended to give more negative appraisals of their body functions; and the fact that some people simply give very negative answers.

Hutter's results were similar to those of Santini et al. (2002) and Abdel-Rassoul et al. (2007). Hutter found a significant relationship between symptoms and power densities. Adverse effects were highest for headaches, cold hands and feet, cardiovascular symptoms, and concentration difficulties. Perceptual speed increased while accuracy decreased insignificantly with increasing exposure levels. Unlike the others, however, Hutter found no significant effects on sleep quality and attributed such problems more to fear of adverse effects than actual exposure. They concluded that effects on well-being and performance cannot be ruled out even as mechanisms of action remain unknown. They further recommended that antenna siting should be done to minimize exposure to the population.

Navarro et al. (2003) measured the broadband electric field (E-field) in the bedrooms of 97 participants in La Nora, Murcia, Spain and found a significantly higher symptom score in 9 out of 16 symptoms in the groups with an exposure of 0.65 V/m (0.1121 $\mu W/cm^2$) compared with the control group with an exposure below 0.2 V/m (0.01061 $\mu W/cm^2$), both as an average. The highest contributor to the exposure was GSM 900/1800 MHz signals from mobile telecommunications. The same researchers also reported significant correlation coefficients between the measured E-field and 14 out of 16 health-related symptoms with the five highest associations found for depressive tendencies, fatigue, sleeping disorders, concentration difficulties, and cardiovascular problems. In a follow up work, Oberfeld et al. (2004) conducted a health survey in Spain in the vicinity of two GSM 900/1800 MHz cell phone base stations, measuring the E-field in six bedrooms, and found similar results. They concluded that the symptoms are in line with "microwave syndrome" reported in the literature (Johnson-Liakouris 1998). They recommended that the sum total for ambient exposures should not be higher than 0.02 V/m — the equivalent of a power density of 0.00011 $\mu W/cm^2$, which is the indoor exposure value for GSM base stations proposed by the Public Health Office of the Government of Salzburg, Austria in 2002[14].

Eger et al. (2004) took up a challenge to medical professionals by Germany's radiation protection board to determine if there was an increased cancer incidence in populations living near cell towers. Their study evaluated data for approximately 1000 patients between the years of 1994 and 2004 who lived close to cell antennas. The results showed that the incidence of cancer was significantly higher among those patients who had lived for 5 to 10 years at a distance of up to 400 m from a cell installation that had been in operation since 1993, compared with those patients living further away, and that the patients fell ill on an average of 8 years earlier than would be expected. In the years between 1999 and 2004, after 5 years operation of the transmitting installation, the relative risk of getting cancer had tripled for residents in proximity of the installation compared with inhabitants outside of the area.

Wolf and Wolf (2004) investigated increased cancer incidence in populations living in a small area in Israel exposed

[14] http://www.salzburg.gv.at/umweltmedizin. (Accessed October 2010.)

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to RFR from a cell tower. The antennas were mounted 10 m high, transmitting at 850 MHz and 1500 W at full-power output. People lived within a 350 m half circle of the antennas. An epidemiologic assessment was done to determine whether the incidence of cancer cases among individuals exposed to the base station in the south section of the city of Netanya called Irus (designated area A) differed from expected cancer rates throughout Israel, and in the town of Netanya in general, as compared with people who lived in a nearby area without a cell tower (designated area B). There were 622 participants in area A who had lived near the cell tower for 3 to 7 years and were patients at one health clinic. The exposure began 1 year before the start of the study when the station first came into service. A second cohort of individuals in area B, with 1222 participants who received medical services at a different clinic located nearby, was used as a control. Area B was closely matched for environment, workplace, and occupational characteristics. In exposure area A, eight cases of different types of cancer were diagnosed in a period of 1 year, including cancers of the ovary (1), breast (3), Hodgkins lymphoma (1), lung (1), osteoid osteoma (1), and hypernephroma (1). The RFR field measurements were also taken per house and matched to the cancer incidents. The rate of cancers in area A was compared with the annual rate of the general population (31 cases per 10 000) and to incidence for the entire town of Netanya. There were two cancers in area B, compared to eight in area A. They also examined the history of the exposed cohort (area A) for malignancies in the 5 years before exposure began and found only two cases in comparison to eight cases 1 year after the tower went into service. The researchers concluded that relative cancer rates for females were 10.5 for area A, 0.6 for area B, and 1.0 for the whole town of Netanya. Cancer incidence in women in area A was thus significantly higher (p <0.0001) compared with that of area B and the whole city. A comparison of the relative risk revealed that there were 4.15 times more cases in area A than in the entire population. The study indicated an association between increased incidence of cancer and living in proximity to a cell phone base station. The measured level of RFR, between 0.3 to 0.5 $\mu W/cm^2$, was far below the thermal guidelines.

11. Risk perception, electrohypersensitivity, and psychological factors

Others have followed up on what role risk perception might play in populations near cell base stations to see if it is associated with health complaints.

Blettner et al. (2008) conducted a cross-sectional, multiphase study in Germany. In the initial phase, 30 047 people out of a total of 51 444, who took part in a nationwide survey, were also asked about their health and attitudes towards mobile phone base stations. A list of 38 potential health complaints were used. With a response rate of 58.6%, 18.0% were concerned about adverse health effects from base stations, 10.3% directly attributed personal adverse effects to them. It was found that people living within 500 m, or those concerned about personal exposures, reported more health complaints than others. The authors concluded that even though a substantial proportion of the German population is concerned about such exposures, the observed higher health complaints cannot be attributed to those concerns alone.

Kristiansen et al. (2009) also explored the prevalence and nature of concerns about mobile phone radiation, especially since the introduction of new 3G–UMTS (universal mobile telecommunications system) networks that require many more towers and antennas have sparked debate throughout Europe. Some local governments have prohibited mobile antennas on public buildings due to concerns about cancer, especially brain cancer in children and impaired psychomotor functions. One aim of the researchers was risk assessment — to compare people's perceptions of risk from cell phones and masts to other fears, such as being struck by lightening. In Denmark, they used data from a 2006 telephone survey of 1004 people aged 15+ years. They found that 28% of the respondents were concerned about exposure to mobile phone radiation and 15% about radiation from masts. In contrast, 82% of respondents were concerned about other forms of environmental pollution. Nearly half of the respondents considered the mortality risk of 3G phones and masts to be of the same order of magnitude as being struck by lightning (0.1 fatalities per million people per year), while 7% thought it was equivalent to tobacco-induced lung cancer (approximately 500 fatalities per million per year). Among women, concerns about mobile phone radiation, perceived mobile phone mortality risk, and concerns about unknown consequences of new technologies, increased with educational levels. More than two thirds of the respondents felt that they had not received adequate public information about the 3G system. The results of the study indicated that the majority of the survey population had little concern about mobile phone radiation, while a minority is very concerned.

Augner et al. (2009) examined the effects of short-term GSM base station exposure on psychological symptoms including good mood, alertness, and calmness as measured by a standardized well-being questionnaire. Fifty-seven participants were randomly assigned to one of three different exposure scenarios. Each of those scenarios subjected participants to five 50 min exposure sessions, with only the first four relevant for the study of psychological symptoms. Three exposure levels were created by shielding devices, which could be installed or removed between sessions to create double-blinded conditions. The overall median power densities were 0.00052 $\mu W/cm^2$ during low exposures, 0.0154 $\mu W/cm^2$ during medium exposures, and 0.2127 $\mu W/cm^2$ during high-exposure sessions. Participants in high- and medium-exposure scenarios were significantly calmer during those sessions than participants in low-exposure scenarios throughout. However, no significant differences between exposure scenarios in the "good mood" or "alertness" factors were found. The researchers concluded that short-term exposure to GSM base station signals may have an impact on well-being by reducing psychological arousal.

Eltiti et al. (2007) looked into exposures to the GSM and UMTS exposures from base stations and the effects to 56 participants who were self-reported as sensitive to electromagnetic fields. Some call it electro-hypersensitivity (EHS) or just electrosensitivity. People with EHS report that they suffer negative health effects when exposed to electro-

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magnetic fields from everyday objects such as cell phones, mobile phone base stations, and many other common things in modern societies. EHS is a recognized functional impairment in Sweden. This study used both open provocation and double-blind tests to determine if electrosensitive and control individuals experienced more negative health effects when exposed to base-station-like signals compared with sham exposures. Fifty-six electrosensitive and 120 control participants were tested first in an open provocation test. Of these, 12 electrosensitive and six controls withdrew after the first session. Some of the electrosensitive subjects later issued a statement saying that the initial exposures made them too uncomfortable to continue participating in the study. This means that the study may have lost its most vulnerable test subjects right at the beginning, possibly skewing later outcomes. The remainder completed a series of double-blind tests. Subjective measures of well-being and symptoms, as well as physiological measures of blood-volume pulse, heart rate, and skin conductance were obtained. They found that during the open provocation, electrosensitive individuals reported lower levels of well-being to both GSM and UMTS signals compared with sham exposure, whereas controls reported more symptoms during the UMTS exposure. During double-blind tests the GSM signal did not have any effect on either group. Electrosensitive participants did report elevated levels of arousal during the UMTS condition, but the number or severity of symptoms experienced did not increase. Physiological measures did not differ across the three exposure conditions for either group. The researchers concluded that short-term exposure to a typical GSM base-station-like signal did not affect well-being or physiological functions in electrosensitive or control individuals even though the electrosensitive individuals reported elevated levels of arousal when exposed to a UMTS signal. The researchers stated that this difference was likely due to the effect of the order of the exposures throughout the series rather than to the exposure itself. The researchers do not speculate about possible data bias when one quarter of the most sensitive test subjects dropped out at the beginning.

In follow-up work, Eltiti et al. (2009) attempted to clarify some of the inconsistencies in the research with people who report sensitivity to electromagnetic fields. Such individuals, they noted, often report cognitive impairments that they believe are due to exposure to mobile phone technology. They further said that previous research in this area has revealed mixed results, with the majority of research only testing control individuals. Their aim was to clarify whether short-term (50 min) exposure at 1 $\mu W/cm^2$ to typical GSM and UMTS base station signals affects attention, memory, and physiological endpoints in electrosensitive and control participants. Data from 44 electrosensitive and 44 matched-control participants who performed the digit symbol substitution task (DSST), digit span task (DS), and a mental arithmetic task (MA), while being exposed to GSM, UMTS, and sham signals under double-blind conditions were analyzed. Overall, the researchers concluded that cognitive functioning was not affected by short-term exposure to either GSM or UMTS signals. Nor did exposure affect the physiological measurements of blood-volume pulse, heart rate, and skin conductance that were taken while participants performed the cognitive tasks. The GSM signal was a combined signal of 900 and 1800 MHz frequencies, each with a power flux density of 0.5 $\mu W/cm^2$, which resulted in combined power flux density of 1 $\mu W/cm^2$ over the area where test subjects were seated. Previous measurements in 2002 by the National Radiological Protection Board in the UK, measuring power density from base stations at 17 sites and 118 locations (Mann et al. 2002), found that in general, the power flux density was between 0.001 $\mu W/cm^2$ to 0.1 $\mu W/cm^2$, with the highest power density being 0.83 $\mu W/cm^2$. The higher exposure used by the researchers in this study was deemed comparable by them to the maximum exposure a person would encounter in the real world. But many electrosensitive individuals report that they react to much lower exposures too. Overall, the electrosensitive participants had a significantly higher level of mean skin conductance than control subjects while performing cognitive tasks. The researchers noted that this was consistent with other studies that hypothesize sensitive individuals may have a general imbalance in autonomic nervous system regulation. Generally, cognitive functioning was not affected in either electrosensitives or controls. When Bonferroni corrections were applied to the data, the effects on mean skin conductance disappeared. A criticism is that this averaging of test results hides more subtle effects.

Wallace et al. (2010) also tried to determine if short-term exposure to RFR had an impact on well-being and what role, if any, psychological factors play. Their study focused on "Airwave", a new communication system being rolled out across the UK for police and emergency services. Some police officers have complained about skin rashes, nausea, headaches, and depression as a consequence of using Airwave two-way radio handsets. The researchers used a small group of self-reported electrosensitive people to determine if they reacted to the exposures, and to determine if exposures to specific signals affect a selection of the adult population who do not report sensitivity to electromagnetic fields. A randomized double-blind provocation study was conducted to establish whether short-term exposure to a terrestrial trunked radio (TETRA) base station signal has an impact on health and well-being in individuals with electrosensitivity and controls. Fifty-one individuals with electrosensitivity and 132 age- and gender-matched controls participated first in an open provocation test, while 48 electrosensitive and 132 control participants went on to complete double-blind tests in a fully screened semi-anechoic chamber. Heart rate, skin conductance, and blood pressure readings provided objective indices of short-term physiological response. Visual analogue scales and symptom scales provided subjective indices of well-being. Their results found no differences on any measure between TETRA and sham (no signal) under double-blind conditions for either control or electrosensitive participants and neither group could detect the presence of a TETRA signal above chance (50%). The researchers noted, however, that when conditions were not double-blinded, the electrosensitive individuals did report feeling worse and experienced more severe symptoms during TETRA compared with sham exposure. They concluded that the adverse symptoms experienced by electrosensitive individuals are caused by the belief of harm from TETRA base stations rather than because of the low-level EMF exposure itself.

It is interesting to note that the three previously men-

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tioned studies were all conducted at the same Electromagnetics and Health Laboratory at the University of Essex, Essex, UK, by the same relative group of investigators. Those claiming to be electrosensitive are a small subgroup in the population, often in touch through Internet support groups. In the first test, many electrosensitives dropped out because they found the exposures used in the study too uncomfortable. The drop-out rate decreased with the subsequent studies, which raises the question of whether the electrosensitive participants in the latter studies were truly electrosensitive. There is a possibility that a true subgroup of electrosensitives cannot tolerate such study conditions, or that potential test subjects are networking in a way that preclude their participation in the first place. In fact, researchers were not able to recruit their target numbers for electrosensitive participants in any of the studies. The researchers also do not state if there were any of the same electrosensitive participants used in the three studies. Nor do they offer comment regarding the order of the test methods possibly skewing results.

Because of uncertainty regarding whether EMF exposures are actually causing the symptoms that electrosensitives report, and since many electrosensitives also report sensitivities to myriad chemicals and other environmental factors, it has been recommended (Hansson Mild et al. 2006) that a new term be used to describe such individuals — idiopathic environmental intolerance with attribution to electromagnetic fields (IEI-EMF).

Furubayashi et al. (2009) also tried to determine if people who reported symptoms to mobile phones are more susceptible than control subjects to the effect of EMF emitted from base stations. They conducted a double-blind, cross-over provocation study, sent questionnaires to 5000 women and obtained 2472 valid responses from possible candidates. From those, they were only able to recruit 11 subjects with mobile phone related symptoms (MPRS) and 43 controls. The assumption was that individuals with MPRS matched the description of electrosensitivity by the World Health Organization (WHO). There were four EMF exposure conditions, each of which lasted 30 min: (*i*) continuous, (*ii*) intermittent, (*iii*) sham exposure with noise, and (*iv*) sham exposure without noise. Subjects were exposed to EMF of 2.14 GHz, 10 V/m (26.53 $\mu W/cm^2$) wideband code division multiple access (W-CDMA), in a shielded room to simulate whole-body exposure to EMF from base stations, although the exposure strength they used was higher than that commonly received from base stations. The researchers measured several psychological and cognitive parameters immediately before and after exposure, and monitored autonomic functions. Subjects were asked to report on their perception of EMF and level of discomfort during the experiment. The MPRS group did not differ from the controls in their ability to detect exposure to EMF. They did, however, consistently experience more discomfort in general, regardless of whether or not they were actually exposed to EMF, and despite the lack of significant changes in their autonomic functions. The researchers noted that others had found electrosensitive subjects to be more susceptible to stress imposed by task performance, although they did not differ from normal controls in their personality traits. The researchers concluded that the two groups did not differ in their responses to real or sham EMF exposure according to any psychological, cognitive or autonomic assessment. They said they found no evidence of any causal link between hypersensitivity symptoms and exposure to EMF from base stations. However, this study, had few MPRS participants.

Regel et al. (2006) also investigated the effects of the influence of UMTS base-station-like signals on well-being and cognitive performance in subjects with and without self-reported sensitivity to RFR. The researchers performed a controlled exposure experiment in a randomized, double-blind crossover study, with 45 min at an electric field strength of 0 V/m, 1.0 V/m (0.2653 $\mu W/cm^2$), or 10.0 V/m (26.53 $\mu W/cm^2$), incident with a polarization of 45° from the left-rear side of the subject, at weekly intervals. A total of 117 healthy subjects that included 33 self-reported sensitive subjects and 84 nonsensitive subjects, participated in the study. The team assessed well-being, perceived field strength, and cognitive performance with questionnaires and cognitive tasks and conducted statistical analyses using linear mixed models. Organ-specific and brain-tissue-specific dosimetry, including uncertainty and variation analysis, was performed. Their results found that in both groups, well-being and perceived field strength were not associated with actual exposure levels. They observed no consistent condition-induced changes in cognitive performance except for two marginal effects. At 10 V/m (26.53 $\mu W/cm^2$) they observed a slight effect on speed in one of six tasks in the sensitive subjects and an effect on accuracy in another task in nonsensitive subjects. Both effects disappeared after multiple endpoint adjustments. They concluded that they could not confirm a short-term effect of UMTS base-station-like exposure on well-being. The reported effects on brain functioning were marginal, which they attributed to chance. Peak spatial absorption in brain tissue was considerably smaller than during use of a mobile phone. They concluded that no conclusions could be drawn regarding short-term effects of cell phone exposure or the effects of long-term base-station-like exposures on human health.

Siegrist et al. (2005) investigated risk perceptions associated with mobile phones, base stations, and other sources of EMFs through a telephone survey conducted in Switzerland. Participants assessed both risks and benefits associated with nine different sources of EMF. Trust in the authorities regulating these hazards was also assessed. Participants answered a set of questions related to attitudes toward EMF and toward mobile phone base stations. Their results were: high-voltage transmission lines are perceived as the most risky source of EMF; and mobile phones and base stations received lower risk ratings. Trust in authorities was positively associated with perceived benefits and negatively associated with perceived risks. Also, people who use their mobile phones frequently perceived lower risks and higher benefits than people who use their mobile phones infrequently. People who believed they lived close to a base station did not significantly differ in their perceived level of risks associated with mobile phone base stations from people who did not believe they lived close to a base station. A majority of participants favored limits to exposures based on worst-case scenarios. The researchers also correlated perceived risks with other beliefs and found that belief in paranormal phenomena is related to level of perceived risks associated with

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EMF. In addition, people who believed that most chemical substances cause cancer also worried more about EMF than people who did not believe that chemical substances are harmful. This study found the obvious — that some people worry more about environmental factors than others across a range of concerns.

Wilen et al. (2006) investigated the effects of exposure to mobile phone RFR on people who experience subjective symptoms when using mobile phones. Twenty subjects with MPRS were matched with 20 controls without MPRS. Each subject participated in two experimental sessions, one with true exposure and one with sham exposure, in random order. In the true exposure condition, the test subjects were exposed for 30 min to an RFR field generating a maximum SAR (1 g) in the head of 1 W/kg through an indoor base station antenna attached to signals from a 900 MHz GSM mobile phone. Physiological and cognitive parameters were measured during the experiment for heart rate and heart rate variability (HRV), respiration, local blood flow, electrodermal activity, critical flicker fusion threshold (CFFT), short-term memory, and reaction time. No significant differences related to RFR exposure conditions and no differences in baseline data were found between subject groups with the exception for reaction time, which was significantly longer among the test subjects than among the controls the first time the test was performed. This difference disappeared when the test was repeated. However, the test subjects differed significantly from the controls with respect to HRV as measured in the frequency domain. The test subjects displayed a shift in the low/high frequency ratio towards a sympathetic dominance in the autonomous nervous system during the CFFT and memory tests, regardless of exposure condition. They interpreted this as a sign of differences in the autonomous nervous system regulation among persons with MPRS and persons with no such symptoms.

12. Assessing exposures

Quantifying, qualifying, and measuring radiofrequency (RF) energy both indoors and outdoors has frustrated scientists, researchers, regulators, and citizens alike. The questions involve how best to capture actual exposure data — through epidemiology, computer estimates, self-reporting, or actual dosimetry measurements. Determining how best to do this is more important than ever, given the increasing background levels of RFR. Distance from a generating source has traditionally been used as a surrogate for probable power density but that is imperfect at best, given how RF energy behaves once it is transmitted. Complicated factors and numerous variables come into play. The wearing of personal dosimetry devices appears to be a promising area for capturing cumulative exposure data.

Neubauer et al. (2007) asked the question if epidemiology studies are even possible now, given the increasing deployment of wireless technologies. They examined the methodological challenges and used experts in engineering, dosimetry, and epidemiology to critically evaluate dosimetric concepts and specific aspects of exposure assessment regarding epidemiological study outcomes. They concluded that, at least in theory, epidemiology studies near base stations are feasible but that all relevant RF sources have to be taken into account. They called for pilot studies to validate exposure assessments and recommended that short-to-medium term effects on health and well-being are best investigated by cohort studies. They also said that for long-term effects, groups with high exposures need to be identified first, and that for immediate effects, human laboratory studies are the preferred approach. In other words, multiple approaches are required. They did not make specific recommendations on how to quantify long-term, low-level effects on health and well-being.

Radon et al. (2006) compared personal RF dosimetry measurements against recall to ascertain the reliability of self-reporting near base stations. Their aim was to test the feasibility and reliability of personal dosimetry devices. They used a 24 h assessment on 42 children, 57 adolescents, and 64 adults who wore a Maschek dosimeter prototype, then compared the self-reported exposures with the measurements. They also compared the readings of Maschek prototype with those of the Antennessa DSP-090 in 40 test subjects. They found that self-reported exposures did not correlate with actual readings. The two dosimeters were in moderate agreement. Their conclusion was that personal dosimetry, or the wearing of measuring devices, was a feasible method in epidemiology studies.

A study by Frei et al. (2009) also used personal dosimetry devices to examine the total exposure levels of RFR in the Swiss urban population. What they found was startling — nearly a third of the test subjects' cumulative exposures were from cell base stations. Prior to this study, exposure from base stations was thought to be insignificant due to their low-power densities and to affect only those living or working in close proximity to the infrastructure. This study showed that the general population moves in and out of these particular fields with more regularity than previously expected. In a sample of 166 volunteers from Basel, Switzerland, who agreed to wear personal exposure meters (called exposimeters), the researchers found that nearly one third of total exposures came from base stations. Participants carried an exposimeter for 1 week (2 separate weeks in 32 participants) and also completed an activity diary. Mean values were calculated using the robust regression on order statistics (ROS) method. Results found a mean weekly exposure to all RFR and (or) EMF sources was 0.013 $\mu W/cm^2$ (range of individual means 0.0014–0.0881 $\mu W/cm^2$). Exposure was mainly from mobile phone base stations (32.0%), mobile phone handsets (29.1%), and digital enhanced cordless telecommunications (DECT) phones (22.7%). People owning a DECT phone (total mean 0.015 $\mu W/cm^2$) or mobile phone (0.014 $\mu W/cm^2$) were exposed more than those not owning a DECT or mobile phone (0.010 $\mu W/cm^2$). Mean values were highest in trains (0.116 $\mu W/cm^2$), airports (0.074 $\mu W/cm^2$), and tramways or buses (0.036 $\mu W/cm^2$) and were higher during daytime (0.016 $\mu W/cm^2$) than nighttime (0.008 $\mu W/cm^2$). The Spearman correlation coefficient between mean exposure in the first and second week was 0.61. Another surprising finding of this study contradicted Neubauer et al. (2008) who found that a rough dosimetric estimate of a 24 h exposure from a base station (1–2 V/m) (i.e., 0.2653–1.061 $\mu W/cm^2$) corresponded to approximately 30 min of mobile phone use. But Frei et al. (2009) found, using the exposimeter, that cell phone use was 200 times higher than the average base sta-

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tion exposure contribution in self-selected volunteers (0.487 versus 0.002 $\mu W/cm^2$). This implied that at the belt, backpack, or in close vicinity to the body, the mean base station contribution corresponds to about 7 min of mobile phone use (24 h divided by 200), not 30 min. They concluded that exposure to RFR varied considerably between persons and locations but was fairly consistent for individuals. They noted that cell phones, base stations, and cordless phones were important sources of exposure in urban Switzerland but that people could reduce their exposures by replacing their cordless domestic phones with conventional landlines at home. They determined that it was feasible to combine diary data with personal exposure measurements and that such data was useful in evaluating RFR exposure during daily living, as well as helpful in reducing exposure misclassification in future epidemiology studies.

Viel et al. (2009) also used personal exposure meters (EME SPY 120 made by Satimo and ESM 140 made by Maschek) to characterize actual residential exposure from antennas. Their primary aim was to assess personal exposures, not ambient field strengths. Two hundred randomly selected people were enrolled to wear measurement meters for 24 h and asked to keep a time–location–activity diary. Two exposure metrics for each radiofrequency were then calculated: the proportion of measurements above the detection limit of 0.05 V/m (0.0006631 $\mu W/cm^2$) and the maximum electric field strength. Residential addresses were geocoded and distances from each antenna were calculated. They found that much of the time-recorded field strength was below the detection level of 0.05 V/m, with the exception of the FM radio bands, which had a detection threshold of 12.3%. The maximum electric field was always lower than 1.5 V/m (0.5968 $\mu W/cm^2$). Exposure to GSM and digital cellular system (DCS) frequencies peaked around 280 m in urban areas and 1000 m from antennas in more suburban/rural areas. A downward trend in exposures was found within a 10 km distance for FM exposures. Conversely, UMTS, TV3, and TV 4 and 5 signals did not vary with distance. The difference in peak exposures for cell frequencies were attributed to microcell antennas being more numerous in urban areas, often mounted a few meters above ground level, whereas macrocell base stations in less urban areas are placed higher (between 15 and 50 m above ground level) to cover distances of several kilometres. They concluded that despite the limiting factors and high variability of RF exposure assessments, in using sound statistical technique they were able to determine that exposures from GSM and DCS cellular base stations actually increase with distance in the near source zone, with a maximum exposure where the main beam intersects the ground. They noted that such information should be available to local authorities and the public regarding the siting of base stations. Their findings coincide with Abdel-Rassoul et al. (2007) who found field strengths to be less in the building directly underneath antennas, with reported health complaints higher in inhabitants of the building across the street.

Amoako et al. (2009) conducted a survey of RFR at public access points close to schools, hospitals, and highly populated areas in Ghana near 50 cell phone base stations. Their primary objective was to measure and analyze field strength levels. Measurements were made using an Anritsu model MS 2601A spectrum analyzer to determine the electric field level in the 900 and 1800 MHz frequency bands. Using a GPS (global positioning system), various base stations were mapped. Measurements were taken at 1.5 m above ground to maintain line of sight with the RF source. Signals were measured during the day over a 3 h period, at a distance of approximately 300 m. The results indicated that power densities for 900 MHz at public access points varied from as low as 0.000001 $\mu W/cm^2$ to as high as 0.001 $\mu W/cm^2$. At 1800 MHz, the variation of power densities was from 0.000001 to 0.01 $\mu W/cm^2$. There are no specific RFR standards in Ghana. These researchers determined that while their results in most cites were compliant with the ICNIRP standards, levels were still 20 times higher than values typically found in the UK, Australia, and the U.S., especially for Ghana base stations in rural areas with higher power output. They determined that there is a need to reduce RFR levels since an increase in mobile phone usage is foreseen.

Clearly, predicting actual exposures based on simple distance from antennas using standardized computer formulas is inadequate. Although power density undoubtedly decreases with distance from a generating source, actual exposure metrics can be far more complex, especially in urban areas. Contributing to the complexity is the fact that the narrow vertical spread of the beam creates a low RF field strength at the ground directly below the antenna. As a person moves away or within a particular field, exposures can become complicated, creating peaks and valleys in field strength. Scattering and attenuation alter field strength in relation to building placement and architecture, and local perturbation factors can come into play. Power density levels can be 1 to 100 times lower inside a building, depending on construction materials, and exposures can differ greatly within a building, depending on numerous factors such as orientation toward the generating source and the presence of conductive materials. Exposures can be twice as high in upper floors than in lower floors, as found by Anglesio et al. (2001).

However, although distance from a transmitting source has been shown to be an unreliable determinant for accurate exposure predictions, it is nevertheless useful in some general ways. For instance, it has been shown that radiation levels from a tower with 15 nonbroadcast radio systems will fall off to hypothetical natural background levels at approximately 1500 ft ($\sim$500 m) (Rinebold 2001). This would be in general agreement with the lessening of symptoms in people living near cell towers at a distance over 1000 ft ($\sim$300 m) found by Santini et al. (2002) .

The previously mentioned studies indicate that accuracy in both test design and personal dosimetry measurements are possible in spite of the complexities and that a general safer distance from a cell tower for residences, schools, daycare centers, hospitals, and nursing homes might be ascertained.

13. Discussion

Numerous biological effects do occur after short-term exposures to low-intensity RFR but potential hazardous health effects from such exposures on humans are still not well es-

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tablished, despite increasing evidence as demonstrated throughout this paper. Unfortunately, not enough is known about biological effects from long-term exposures, especially as the effects of long-term exposure can be quite different from those of short-term exposure. It is the long-term, low-intensity exposures that are most common today and increasing significantly from myriad wireless products and services.

People are reporting symptoms near cell towers and in proximity to other RFR-generating sources including consumer products such as wireless computer routers and Wi-Fi systems that appear to be classic "microwave sickness syndrome," also known as "radiofrequency radiation sickness." First identified in the 1950s by Soviet medical researchers, symptoms included headache, fatigue, ocular dysfunction, dizziness, and sleep disorders. In Soviet medicine, clinical manifestations include dermographism, tumors, blood changes, reproductive and cardiovascular abnormalities, depression, irritability, and memory impairment, among others. The Soviet researchers noted that the syndrome is reversible in early stages but is considered lethal over time (Tolgskaya et al. 1973).

Johnson-Liakouris (1998) noted there are both occupational studies conducted between 1953 and 1991 and clinical cases of acute exposure between 1975 and 1993 that offer substantive verification for the syndrome. Yet, U.S. regulatory agencies and standards-setting groups continue to quibble about the existence of microwave sickness because it does not fit neatly into engineering models for power density, even as studies are finding that cell towers are creating the same health complaints in the population. It should be noted that before cellular telecommunications technology, no such infrastructure exposures between 800 MHz and 2 GHz existed this close to so many people. Microwave ovens are the primary consumer product utilizing a high RF intensity, but their use is for very brief periods of time and ovens are shielded to prevent leakage above 1000 $\mu W/cm^2$ — the current FDA standard. In some cases, following the U.S. Telecommunications Act of 1996 preemption of local health considerations in infrastructure siting, antennas have been mounted within mere feet of dwellings. And, on buildings with roof-mounted arrays, exposures can be lateral with top floors of adjacent buildings at close range.

It makes little sense to keep denying health symptoms that are being reported in good faith. Though the prevalence of such exposures is relatively new to a widespread population, we, nevertheless, have a 50 year observation period to draw from. The primary questions now involve specific exposure parameters, not the reality of the complaints or attempts to attribute such complaints to psychosomatic causes, malingering, or beliefs in paranormal phenomenon. That line of argument is insulting to regulators, citizens, and their physicians. Serious mitigation efforts are overdue.

There is early Russian and U.S. documentation of long-term, very low-level exposures causing microwave sickness as contained in *The Johns Hopkins Foreign Service Health Status Study* done in 1978 (Lilienfield et al. 1978; United States Senate 1979). This study contains both clinical information, and clear exposure parameters. Called the Lilienfield study, it was conducted between 1953 and 1976 to determine what, if any, effects there had been to personnel in the U.S. Embassy in Moscow after it was discovered that the Soviet government had been systematically irradiating the U.S. government compound there.

The symptoms reported were not due to any known tissue heating properties. The power densities were not only very low but the propagation characteristics were remarkably similar to what we have today with cell phone base stations. Lilienfield recorded exposures for continuous-wave, broadband, modulated RFR in the frequency ranges between 0.6 and 9.5 GHz. The exposures were long-term and low-level at 6 to 8 h per day, 5 days per week, with the average length of exposure time per individual between 2 to 4 years. Modulation information contained phase, amplitude, and pulse variations with modulated signals being transmitted for 48 h or less at a time. Radiofrequency power density was between 2 and 28 $\mu W/cm^2$ — levels comparable to recent studies cited in this paper.

The symptoms that Lilienfield found included four that fit the Soviet description for dermographism — eczema, psoriasis, allergic, and inflammatory reactions. Also found were neurological problems with diseases of peripheral nerves and ganglia in males; reproductive problems in females during pregnancy, childbearing, and the period immediately after delivery (puerperium); tumor increases (malignant in females, benign in males); hematological alterations; and effects on mood and well-being including irritability, depression, loss of appetite, concentration, and eye problems. This description of symptoms in the early literature is nearly identical to the Santini, Abdel-Rassoul, and Narvarro studies cited earlier, as well as the current (though still anecdotal) reports in communities where broadcast facilities have switched from analog to digital signals at power intensities that are remarkably similar. In addition, the symptoms in the older literature are also quite similar to complaints in people with EHS.

Such reports of adverse effects on well-being are occurring worldwide near cell infrastructure and this does not appear to be related to emotional perceptions of risk. Similar symptoms have also been recorded at varying distances from broadcast towers. It is clear that something else is going on in populations exposed to low-level RFR that computer-generated RFR propagation models and obsolete exposure standards, which only protect against acute exposures, do not encompass or understand. With the increase in so many RFR-emitting devices today, as well as the many in the wings that will dramatically increase total exposures to the population from infrastructure alone, it may be time to approach this from a completely different perspective.

It might be more realistic to consider ambient outdoor and indoor RFR exposures in the same way we consider other environmental hazards such as chemicals from building materials that cause sick building syndrome. In considering public health, we should concentrate on aggregate exposures from multiple sources, rather than continuing to focus on individual source points like cell and broadcast base stations. In addition, whole categorically excluded technologies must be included for systems like Wi-Fi, Wi-Max, smart grids, and smart metering as these can greatly increase ambient radiation levels. Only in that way will low-level electromagnetic energy exposures be understood as the broad environmental factor it is. Radiofrequency radiation is a

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form of energetic air pollution and it should be controlled as such. Our current predilection to take this one product or service at a time does not encompass what we already know beyond reasonable doubt. Only when aggregate exposures are better understood by consumers will disproportionate resistance to base station siting bring more intelligent debate into the public arena and help create safer infrastructure. That can also benefit the industries trying to satisfy customers who want such services.

Safety to populations living or working near communications infrastructure has not been given the kind of attention it deserves. Aggregate ambient outdoor and indoor exposures should be emphasized by summing up levels from different generating source points in the vicinity. Radiofrequency radiation should be treated and regulated like radon and toxic chemicals, as aggregate exposures, with appropriate recommendations made to the public including for consumer products that may produce significant RFR levels indoors. When indoor consumer products such as wireless routers, cordless/DECT phones, leaking microwave ovens, wireless speakers, and (or) security systems, etc. are factored in with nearby outdoor transmission infrastructure, indoor levels may rise to exposures that are unsafe. The contradictions in the studies should not be used to paralyze movement toward safer regulation of consumer products, new infrastructure creation, or better tower siting. Enough good science exists regarding long-term low-level exposures — the most prevalent today — to warrant caution.

The present U.S. guidelines for RFR exposure are not up to date. The most recent IEEE and NCRP guidelines used by the U.S. FCC have not taken many pertinent recent studies into consideration because, they argue, the results of many of those studies have not been replicated and thus are not valid for standards setting. That is a specious argument. It implies that someone tried to replicate certain works but failed to do so, indicating the studies in question are unreliable. However, in most cases, no one has tried to exactly replicate the works at all. It must be pointed out that the 4 W/kg SAR threshold based on the de Lorge studies have also not been replicated independently. In addition, effects of long-term exposure, modulation, and other propagation characteristics are not considered. Therefore, the current guidelines are questionable in protecting the public from possible harmful effects of RFR exposure and the U.S. FCC should take steps to update their regulations by taking all recent research into consideration without waiting for replication that may never come because of the scarcity of research funding. The ICNIRP standards are more lenient in key exposures to the population than current U.S. FCC regulations. The U.S. standards should not be "harmonized" toward more lenient allowances. The ICNIRP should become more protective instead. All standards should be biologically based, not dosimetry based as is the case today.

Exposure of the general population to RFR from wireless communication devices and transmission towers should be kept to a minimum and should follow the "As Low As Reasonably Achievable" (ALARA) principle. Some scientists, organizations, and local governments recommend very low exposure levels — so low, in fact, that many wireless industries claim they cannot function without many more antennas in a given area. However, a denser infrastructure may be impossible to attain because of citizen unwillingness to live in proximity to so many antennas. In general, the lowest regulatory standards currently in place aim to accomplish a maximum exposure of 0.02 V/m, equal to a power density of 0.0001 $\mu W/cm^2$, which is in line with Salzburg, Austria's indoor exposure value for GSM cell base stations. Other precautionary target levels aim for an outdoor cumulative exposure of 0.1 $\mu W/cm^2$ for pulsed RF exposures where they affect the general population and an indoor exposure as low as 0.01 $\mu W/cm^2$ (Sage and Carpenter 2009). In 2007, *The BioInitiative Report, A rationale for a biologically based public exposure standard for electromagnetic fields (ELF and RF)*, also made this recommendation, based on the precautionary principle (Bioinitiative Report 2007).

Citizens and municipalities often ask for firm setbacks from towers to guarantee safety. There are many variables involved with safer tower siting — such as how many providers are co-located, at what frequencies they operate, the tower's height, surrounding topographical characteristics, the presence of metal objects, and others. Hard and fast setbacks are difficult to recommend in all circumstances. Deployment of base stations should be kept as efficient as possible to avoid exposure of the public to unnecessary high levels of RFR. As a general guideline, cell base stations should not be located less than 1500 ft ($\sim$500 m) from the population, and at a height of about 150 ft ($\sim$50 m). Several of the papers previously cited indicate that symptoms lessen at that distance, despite the many variables involved. However, with new technologies now being added to cell towers such as Wi-Max networks, which add significantly more power density to the environment, setback recommendations can be a very unpredictable reassurance at best. New technology should be developed to reduce the energy required for effective wireless communication.

In addition, regular RFR monitoring of base stations should be considered. Some communities require that ambient background levels be measured at specific distances from proposed tower sites before, and after, towers go online to establish baseline data in case adverse effects in the population are later reported. The establishment of such baselines would help epidemiologists determine what changed in the environment at a specific point in time and help better assess if RFR played a role in health effects. Unfortunately, with so much background RFR today, it is almost impossible to find a clean RFR environment. Pretesting may have become impossible in many places. This will certainly be the case when smart grid technologies create a whole new blanket of low-level RFR, with millions of new transceivers attached to people's homes and appliances, working off of centralized RFR hubs in every neighborhood. That one technology alone has the ability to permanently negate certain baseline data points.

The increasing popularity of wireless technologies makes understanding actual environmental exposures more critical with each passing day. This also includes any potential effects on wildlife. There is a new environmental concept taking form — that of "air as habitat" (Manville 2007) for species such as birds, bats, and insects, in the same way that water is considered habitat for marine life. Until now, air has been considered something "used" but not necessarily "lived in" or critical to the survival of species. How-

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ever, when air is considered habitat, RFR is among the potential pollutants with an ability to adversely affect other species. It is a new area of inquiry deserving of immediate funding and research.

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Cell Towers; Research Summaries of Cell Tower Radiation studies

Research on Cell Tower Radiation

Claudia Roda, Susan Perry. **Mobile phone infrastructure regulation in Europe: Scientific challenges and human rights protection**.Environmental Science & Policy, Volume 37, March 2014, Pages 204-214.

- This law article was published in Environmental Science & Policy by human rights experts. It argues that cell tower placement is a human rights issue for children.
- "We argue that (1) because protection of children is a high threshold norm in Human Right law and (2) the binding language of the Convention on the Rights of the Child obliges States Parties to provide a higher standard of protection for children than adults, any widespread or systematic form of environmental pollution that poses a long-term threat to a child's rights to life, development or health may constitute an international human rights violation.
- In particular we have explained how the dearth of legislation to regulate the installation of base stations (cell towers) in close proximity to children's facilities and schools clearly constitutes a human rights concern according to the language of the Convention on the Rights of the Child, a treaty that has been ratified by all European States.

SAFETY ZONE DETERMINATION FOR WIRELESS CELLULAR TOWER Nyakyi et al, Tanzania (2013)

- This research looked at the radiation that cell towers emit and states at safety zone is needed around the towers to ensure safe sleeping areas.The authors state that "respective authorities should ensure that people reside far from the tower by 120m or more depending on the power transmitted to avoid severe health effect."

Long-term exposure to microwave radiation provokes cancer growth: evidences from radars and mobile communication systems. Yakymenko , 2011

- We conclude that recent data strongly point to the need for re-elaboration of the current safety limits for non-ionizing radiation using recently obtained knowledge. We also emphasize that the everyday exposure of both occupational and general public to MW radiation should be regulated based on a precautionary principles which imply maximum restriction of excessive exposure.

A cross-sectional case control study on genetic damage in individuals residing in the vicinity of a mobile phone base station. Ghandi et al, 2014 (India):

- This cross-sectional case control study on genetic damage in individuals living near cell towers found genetic damage parameters of DNA were significantly elevated. The authors state, " The genetic damage evident in the participants of this study needs to be addressed against future disease-risk, which in addition to neurodegenerative disorders, may lead to cancer."

Neurobehavioral effects among inhabitants around mobile phone base stations, Neurotoxicology, G. Abdel-Rassoul, et al., (2007)

- "Conclusions and recommendations: Inhabitants living nearby mobile phone base stations are at risk for developing neuropsychiatric problems and some changes in the performance of neurobehavioral functions either by facilitation or inhibition.So, revision of standard guidelines for public exposure to RER from mobile phone base station antennas and using of NBTB for regular assessment and early detection of biological

Mortality by neoplasia and cellular telephone base stations. Dode et al., 2011 (Brazil):

- A clearly elevated relative risk of cancer mortality at residential distances of 500 meters or less from cell phone transmission towers.
- This 10 year study on cell phone antennas was released by the Municipal Health Department in Belo Horizonte and several universities in Brazil. Shortly after this study was published, the city prosecutor sued several cell phone companies and requested that almost half of the cities antennae be removed. Many were.

Carpenter, D. O. **Human disease resulting from exposure to electromagnetic fields,** Reviews on Environmental Health, Volume 28, Issue 4, Pages 159172.

- This review summarizes the evidence stating that excessive exposure to magnetic fields from power lines and other sources of electric current increases the risk of development of some cancers and neurodegenerative diseases, and that excessive exposure to RF radiation increases risk of cancer, male infertility, and neurobehavioral abnormalities.

Shinjyo, T. & Shinjyo, A. (2014), Signifikanter Rückgang klinischer Symptome nach Senderabbau – eine Interventionsstudie. (English-Significant Decrease of Clinical Symptoms after Mobile Phone Base Station Removal – An Intervention Study) Tetsuharu Shinjyo and Akemi Shinjyo
Umwelt-Medizin-Gesellschaft, 27(4), S. 294-301.

- This research was undertaken to investigate the validity of concerns about whether chronic exposure to radiofrequency electromagnetic fields (RF-EMFs) emitted from mobile phone base station antennas could cause adverse health effects. The aim of this study was to identify possible adverse health effects among the residents of a condominium on which a mobile phone base station with sets of antennas operating at two different frequencies had been mounted. This research was conducted without outside funds in order to maintain neutrality and avoid pressures from external sources.

- Methods: We investigated possible adverse effects on the health of condominium inhabitants who were exposed from 1998 to 2009 to the radiation from mobile phone base station antennas installed on top of their condominium. To accomplish this, in January and November 2009, 107 of 122 inhabitants were interviewed and underwent medical examinations. The first examination was carried out while the base station was in operation, the second examination three months after the base station antennas were removed once and for all. Based on the health examination results, the residents' health and its changes during the operation of the antennas and after their removal were compared.

- Results: In several cases, significant effects on the inhabitants' health could be proven. The health of these inhabitants was shown to improve after the removal of the antennas, and the researchers

could identify no other factors that could explain this health improvement. These examinations and interviews suggest that there are possible adverse health effects related to RF-EMF exposure among people living under mobile phone base stations.

- Conclusions and recommendations: The results of these examinations and interviews indicate a connection between adverse health effects and electromagnetic radiation from mobile phone base stations. Further research and studies are recommended regarding the possible adverse health effects of RF-EMFs. These results lead us to question the construction of mobile phone base stations on top of buildings such as condominiums or houses.

Epidemiological Evidence for a Health Risk from Mobile Phone Base Stations Khurana, Hardell et al., Int. J Occup. Envir Health, Vol 16(3):263267, 2010

- 10 epidemiological studies that assessed for putative health effects of mobile phone base stations. Seven of these studies explored the association between base station proximity and neurobehavioral effects and three investigated cancer. We found that eight of the 10 studies reported increased prevalence of adverse neurobehavioral symptoms or cancer in populations living at distances < 500 meters from base stations.
- None of the studies reported exposure above accepted international guidelines, suggesting that current guidelines may be inadequate in protecting the health of human populations. We believe that comprehensive epidemiological studies of long-term mobile phone base station exposure are urgently required to more definitively understand its health impact.

Levitt & Lai,**Biological Effects from Exposure to Electromagnetic Radiation Emitted by Cell Tower Base Stations and Other Antenna Arrays,** Environmental Reviews, 2010

- Over 100 citations, approximately 80% of which showed biological effects near towers. “Both anecdotal reports and some epidemiology studies have found headaches, skin rashes, sleep disturbances, depression, decreased libido, increased rates of suicide, concentration problems, dizziness, memory changes, increased risk of cancer, tremors, and other neurophysiological effects in populations near base stations. Built case for ‘setbacks’ and need for new exposure guidelines reflecting multiple and cumulative exposures

Effect of GSTM1 and GSTT1 Polymorphisms on Genetic Damage in Humans Populations Exposed to Radiation From Mobile Towers

Gulati S, Yadav A, Kumar N, Kanupriya, Aggarwal NK, Kumar R, Gupta R. **Effect of GSTM1 and GSTT1 Polymorphisms on Genetic Damage in Humans Populations Exposed to Radiation From Mobile Towers.** Arch Environ Contam Toxicol. 2015 Aug 5. [Epub ahead of print]

- In our study, 116 persons exposed to radiation from mobile towers and 106 control subjects were genotyped for polymorphisms in the GSTM1 and GSTT1 genes by multiplex polymerase chain reaction method. DNA damage in peripheral blood lymphocytes was determined using alkaline comet assay in terms of tail moment (TM) value and micronucleus assay in buccal cells (BMN). Our results indicated that TM value and BMN frequency were higher in an exposed population compared with a control group and the difference is significant. In our study, we found that different health symptoms, such as depression, memory status, insomnia, and hair loss, were significantly associated with exposure to EMR. Damaging effects of nonionizing radiation result from the generation of reactive oxygen species (ROS) and subsequent radical formation and from direct damage to cellular macromolecules including DNA.

Hutter HP et al, (May 2006) **Subjective symptoms, sleeping problems, and cognitive performance in subjects living near mobile phone base stations,** Occup Environ Med. 2006 May;63(5):307-13

- Found a significant relationship between some cognitive symptoms and measured power density; highest for headaches. Perceptual speed increased, while accuracy decreased insignificantly with increasing exposure levels. There was no significant effect on sleep quality.

Eskander EF et al, (November 2011) **How does long term exposure to base stations and mobile phones affect human hormone profiles?** Clin Biochem. 2011 Nov 27.

- Showed significant decrease in volunteers' ACTH, cortisol, thyroid hormones, prolactin for young females, and testosterone levels from RF exposures from both mobiles and cell towers.

Investigation on the health of people living near mobile telephone relay stations: Incidence according to distance and sex Santini et al, 2002 (France)

- 530 people living near mobile phone masts reported more symptoms of headache, sleep disturbance, discomfort, irritability, depression, memory loss and concentration problems the closer they lived to the mast. This first study on symptoms experienced by people living in vicinity of base stations shows that, in view of radioprotection, minimal distance of people from cellular phone base stations should not be < 300 m.

The Microwave Syndrome: A preliminary Study. Navarro E, 2003 (Spain)

- Statistically significant positive exposure-response associations between field intensity and fatigue, irritability, headaches, nausea, loss of appetite, sleeping disorder, depressive tendency, feeling of discomfort, difficulty in concentration, loss of memory, visual disorder, dizziness and cardiovascular problems. Two different exposure groups also showed an increase of the declared severity in the group with the higher exposure.

Bortkiewicz et al, 2004 (Poland)

- Residents close to mobile phone masts reported: more incidences of circulatory problems, sleep disturbances, irritability, depression, blurred vision and concentration difficulties the nearer they lived to the mast.
- The performed studies showed the relationship between the incidence of individual symptoms, the level of exposure, and the distance between a residential area and a base station.

Wolf et al, 2004 (Israel)

- A four-fold increase in the incidence of cancer among residents living within 300m radius of a mobile phone mast for between three and seven years was detected.

Eger et al, 2004 (Germany)

A three-fold increase in the incidence of malignant tumours was found after five years' exposure in people living within 400m radius of a mobile phone mast.

Hutter et al, 2006 (Austria)

- A significant correlation between measured power density and headaches, fatigue, and difficulty in concentration in 365 subjects.

Abdel-Rassoul et al, 2007 (Egypt)

Residents living beneath and opposite a long established mobile phone mast reported significantly higher occurrences of headaches, memory changes, dizziness, tremors, depressive symptoms and sleep disturbance than a control group.

Oberfeld et al, 2008 (Austria)

All subjects reported various symptoms during exposure including buzzing in the head, heart palpitations, unwellness, lightheadedness, anxiety, breathlessness, respiratory problems, nervousness, agitation, headache, tinnitus, heat sensation, and depression.

Some Research on RF Radiation to Read

The Bioinititive 2012 Report;

A Comprehensive Overview of the Science by experts in the field. It is broken down into Chapters on various health effects. Notably, it also has the abstracts of the research (All research since 2007 with a SEARCH feature).

It also has color charts so that you can see the levels of radiation and compare this to the effects shown in research studies.

L. Lloyd Morgan, Santosh Kesari, Devra Lee Davis. **Why children absorb more microwave radiation than adults: The consequences.** Journal of Microscopy and Ultrastructure. DOI: 10.1016/j.jmau.2014.06.005. In press. Published online Jul 15, 2014.

- International Cancer registries are showing a rise in brain cancer. Children absorb more microwave radiation, a Class 2 B possible carcinogen than adults.The fetus is in greater danger than children from exposure to MWR. The legal exposure limits have remained unchanged for decades. Cellphone manuals warnings and the 20 cm rule for tablets/laptops violate the “normal operating position” regulation.

Coureau G, Bouvier G, Lebailly P, Fabbro-Peray P, Gruber A, Leffondre K, Guillamo JS, Loiseau H, Mathoulin-Pélissier S, Salamon R, Baldi I. (2014). **Mobile phone use and brain tumours in the CERENAT case-control study.** Occup Environ Med. 71(7), 514-22.

- "However, the positive association was statistically significant in the heaviest users when considering life-long cumulative duration for meningiomas and number of calls for gliomas Risks were higher for gliomas, temporal tumours, occupational and urban mobile phone use.These additional data support previous findings concerning a possible association between heavy mobile phone use and brain tumours."

Davis DL, Kesari S, Soskolne CL, Miller AB, Stein Y.(2013). **Swedish review strengthens grounds for concluding that radiation from cellular and cordless phones is a probable human carcinogen.** Pathophysiology. 20(2), 123-9.

- "If the increased brain cancer risk found in young users in these recent studies does apply at the global level, the gap between supply and demand for oncology services will continue to widen. Many nations, phone manufacturers, and expert groups, advise prevention in light of these concerns by taking the simple precaution of "distance" to minimize exposures to the brain and body. We note than brain cancer is the proverbial "tip of the iceberg"; the rest of the body is also showing effects other than cancers."

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Aldad et al., **Fetal Radiofrequency Radiation Exposure From 800-1900 Mhz-Rated Cellular Telephones Affects Neurodevelopment and Behavior in Mice.** Scientific Reports, 2012; 2 DOI:

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- "It can be seen from the above that 10 different well-documented microwave EMF effects can be easily explained as being a consequence of EMF VGCC activation: oxidative stress, elevated single and double strand breaks in DNA, therapeutic responses to such EMFs, breakdown of the blood-brain barrier, cancer, melatonin loss, sleep dysfunction, male infertility and female infertility."

Other Documents of Note

US Department of the Interior

"The electromagnetic radiation standards used by the Federal Communications Commission continue to be based on thermal heating, a criterion now nearly 30 years out of date and inapplicable today… Laboratory studies have raised concerns about impacts of low-level, non-thermal electromagnetic radiation...on domestic chicken embryos- with some lethal results"
- Willie Taylor, Director of the Office of Environmental Policy and Compliance of the US Department of the Interior, **Letter to the Department of Commerce in 2014.**

THE CELL PHONE REPORT: TECHNOLOGY EXPOSURES, HEALTH EFFECTS, ENVIRONMENT & HUMAN HEALTH, INC.

John Wargo, Ph.D., professor of Environmental Risk and Policy at Yale University and lead author of the report, said, "The scientific evidence is sufficiently robust showing that cellular devices pose significant health risks to children and pregnant women. The weight of the evidence supports stronger precautionary regulation by the federal

government. The cellular industry should take immediate steps to reduce emission of electromagnetic radiation (EMR) from phones and avoid marketing their products to children."
Recommendations to the Federal Government: Set exposure standards to protect human health.
Recommendations to Individuals: Reduce your exposure to wireless radiation sources.
Read the Full Report

The Parliamentary Assembly of the Council of Europe
Resolution 1815: In 2011 The Parliamentary Assembly of the Council of Europe issued *The Potential Dangers of Electromagnetic Fields and Their Effect on the Environment.* A call to European governments to

- "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 tumours."

- The Resolution calls for member states to:Implement "information campaigns about the risk of biological effects on the environment and human health, especially targeting children and young people of reproductive age."

- "*Reconsider* the scientific basis for the present standards on exposure to electromagnetic fields set by the International Commission on Non-Ionising Radiation Protection, which have serious limitations, and apply ALARA principles, covering both thermal effects and the a thermic or biological effects of electromagnetic emissions or radiation."

Norbert Hankin of the EPA, "The FCC's current exposure guidelines...are thermally based, and do not apply to chronic, non-thermal exposure situations." http://www.emrpolicy.org/litigation/case_law/docs/noi_epa_response.pdf

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Pathophysiology xxx (2009) xxx–xxx

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Electromagnetic pollution from phone masts. Effects on wildlife

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Received 10 August 2008; received in revised form 28 August 2008; accepted 30 January 2009

Abstract

A review on the impact of radiofrequency radiation from wireless telecommunications on wildlife is presented. Electromagnetic radiation is a form of environmental pollution which may hurt wildlife. Phone masts located in their living areas are irradiating continuously some species that could suffer long-term effects, like reduction of their natural defenses, deterioration of their health, problems in reproduction and reduction of their useful territory through habitat deterioration. Electromagnetic radiation can exert an aversive behavioral response in rats, bats and birds such as sparrows. Therefore microwave and radiofrequency pollution constitutes a potential cause for the decline of animal populations and deterioration of health of plants living near phone masts. To measure these effects urgent specific studies are necessary.
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Keywords: Effects on wildlife; Effects on birds; Electromagnetic radiation; Mammals; Microwaves; Mobile telecommunications; Non-thermal effects; Phone masts; Radiofrequencies

1. Introduction

Life has evolved under the influence of two omnipresent forces: gravity and electromagnetism. It should be expected that both play important roles in the functional activities of organisms [1]. Before the 1990's radiofrequencies were mainly from a few radio and television transmitters, located in remote areas and/or very high places. Since the introduction of wireless telecommunication in the 1990's the rollout of phone networks has caused a massive increase in electromagnetic pollution in cities and the countryside [2,3].

Multiple sources of mobile communication result in chronic exposure of a significant part of the wildlife (and man) to microwaves at non-thermal levels [4]. In recent years, wildlife has been chronically exposed to microwaves and RFR (Radiofrequency radiation) signals from various sources, including GSM and UMTS/3G wireless phones and base stations, WLAN (Wireless Local Area Networks), WPAN (Wireless Personal Area Networks such as Bluetooth), and DECT (Digital Enhanced (former European) Cordless Telecommunications) that are erected indiscriminately without studies of environmental impact measuring long-term effects. These exposures are characterized by low intensities, varieties of signals, and long-term durations. The greater portion of this exposure is from mobile telecommunications (geometric mean in Vienna: 73% [5]). In Germany the GSM cellular phone tower radiation is the dominating high frequency source in residential areas [6]. Also GSM is the dominating high frequency source in the wilderness of Spain (personal observation).

Numerous experimental data have provided strong evidence of athermal microwave effects and have also indicated several regularities in these effects: dependence of frequency within specific frequency windows of "resonance-type"; dependence on modulation and polarization; dependence on intensity within specific intensity windows, including super-low power density comparable with intensities from base stations/masts [4,7–9]. Some studies have demonstrated different microwave effects depending on wavelength in the range of mm, cm or m [10,11]. Duration of exposure may be as important as power density. Biological effects resulting from electromagnetic field radiation might depend on dose, which indicates long-term accumulative effects [3,9,12]. Modulated and pulsed radiofrequencies seem to be more effective in producing effects [4,9]. Pulsed waves (in blasts), as well as certain low frequency modulations exert greater

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0928-4680/$ – see front matter © 2009 Published by Elsevier Ireland Ltd.
doi:10.1016/j.pathophys.2009.01.007

biological activity [11,13–15]. This observation is important because cell phone radiation is pulsed microwave radiation modulated at low frequencies [8,9].

Most of the attention on possible biological effects of electromagnetic radiation from phone masts has been focused on human health [5,16–21]. The effects of electromagnetic pollution on wildlife, have scarcely been studied [22–25].

The objective of this review is to detail advances in knowledge of radiofrequencies and microwave effects on wildlife. Future research may help provide a better understanding of electromagnetic field (EMF) effects on wildlife and plants and their conservation.

2. Effects on exposed wildlife

2.1. Effects on birds

2.1.1. Effects of phone mast microwaves on white stork

In monitoring a white stork (*Ciconia ciconia*) population in Valladolid (Spain) in vicinity of Cellular Phone Base Stations, the total productivity in nests located within 200 m of antennae, was 0.86 ± 0.16. For those located further than 300 m, the result was practically doubled, with an average of 1.6 ± 0.14. Very significant differences among total productivity were found ($U = 240$; $P = 0.001$, Mann–Whitney test). Twelve nests (40%) located within 200 m of antennae never had chicks, while only one (3.3%) located further than 300 m had no chicks. The electric field intensity was higher on nests within 200 m (2.36 ± 0.82 V/m) than nests further than 300 m (0.53 ± 0.82 V/m). In nesting sites located within 100 m of one or several cellsite antennae with the main beam of radiation impacting directly (Electric field intensity >2 V/m) many young died from unknown causes. Couples frequently fought over nest construction sticks and failed to advance the construction of the nests. Some nests were never completed and the storks remained passively in front of cellsite antennae. These results indicate the possibility that microwaves are interfering with the reproduction of white stork [23]. (Fig. 1)

2.1.2. Effects of phone mast microwaves on house sparrows

A possible effect of long-term exposure to low-intensity electromagnetic radiation from mobile phone (GSM) base stations on the number of house sparrows during the breeding season was studied in Belgium. The study was carried out sampling 150 point locations within six areas to examine small-scale geographic variation in the number of house sparrow males and the strength of electromagnetic radiation from base stations. Spatial variation in the number of house sparrow males was negative and highly significantly related to the strength of electric fields from both the 900 and 1800 MHz downlink frequency bands and from the sum of these bands (Chi-square-tests and AIC-criteria, $P < 0.001$). This negative relationship was highly similar within each of the six study areas, despite differences among areas in both the number of birds and radiation levels. Fewer house sparrow males were seen at locations with relatively high electric field strength values of GSM base stations and therefore support the notion that long-term exposure to higher levels of radiation negatively affects the abundance or behavior of house sparrows in the wild [24].

In another study with point transect sampling performed at 30 points visited 40 times in Valladolid (Spain) between 2002 and 2006, counting the sparrows and measuring the mean electric field strength (radiofrequencies and microwaves: 1 MHz to 3 GHz range). Significant declines ($P = 0.0037$) were observed in mean bird density over time, and significantly low bird density was observed in areas with high electric field strength. The logarithmic regression of the mean bird density vs. field strength groups (considering field strength in 0.1 V/m increments) was $R = -0.87$; $P = 0.0001$ According to this calculation, no sparrows would be expected to be found in an area with field strength >4 V/m [25]. (Fig. 2)

In the United Kingdom a decline of several species of urban birds, especially sparrows, has recently happened [26]. The sparrow population in England has decreased in the last 30 years from 24 million to less than 14. The more abrupt decline, with 75% descent has taken place from 1994 to 2002. In 2002, the house sparrow was added to the Red List of U.K. endangered species [27]. This coincides with the rollout of mobile telephony and the

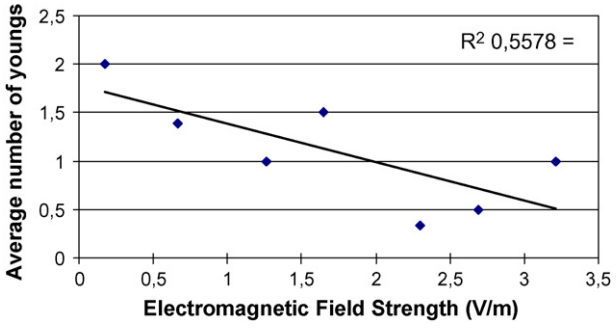


Fig. 1. Average number of youngs and electric field intensity (V/m) in 60 nests of white storks (*Ciconia ciconia*) (Hallberg, Ö with data of Balmori, 2005 [23]).

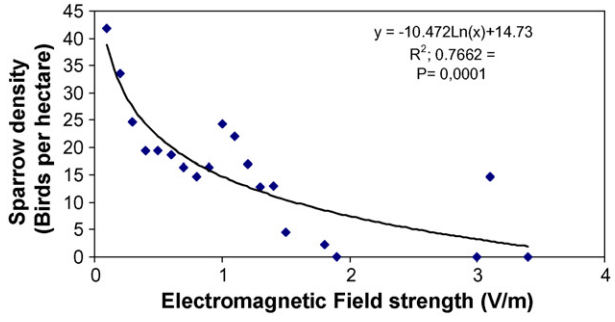


Fig. 2. Mean sparrow density as a function of electric field strength grouped in 0.1 V/m. (Balmori and Hallberg, 2007 [25]).

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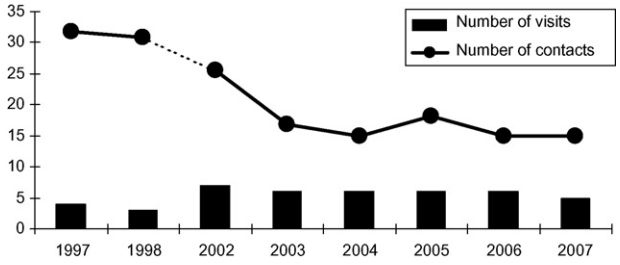


Fig. 3. Annual number of contacts (Mean) for 14 species studied in "Campo Grande" urban park (lack the information of the years 1999–2001).

possible relationship of both circumstances should be investigated.

In Brussels, many sparrows have disappeared recently [28]; similar declines have been reported in Dublin [29]. Van der Poel (cited in Ref. [27]) suggested that sparrows might be declining in Dutch urban centres also.

2.1.3. Effects on the bird community at an urban park

Microwaves may be affecting bird populations in places with high electromagnetic pollution. Since several antennas were installed in proximities of "Campo Grande" urban park (Valladolid, Spain) the bird population has decreased and a reduction of the species and breeding couples has occurred. Between 1997 and 2007, of 14 species, 3 species have disappeared, 4 are in decline and 7 stay stable (Balmori, unpublished data) (Fig. 3). In this time the air pollution (SO2, NO2, CO and Benzene) has diminished.

During the research some areas called "silence areas" contaminated with high microwave radiation (>2 V/m), where previously different couples usually bred and later disappeared, have been found. Several anomalies in magpies (*Pica pica*) were detected: plumage deterioration, locomotive problems (limps and deformations in the paws), partial albinism and melanism, especially in flanks [30]. Recently cities have increased cases of partial albinism and melanism in birds (*Passer domesticus*, *Turdus merula* and *P. pica*) (personal observation).

2.1.4. Possible physiological mechanisms of the effects found in birds

Current scientific evidence indicates that prolonged exposure to EMFs, at levels that can be encountered in the environment, may affect immune system function by affecting biological processes [3,31,32]. A stressed immune system may increase the susceptibility of a bird to infectious diseases, bacteria, viruses, and parasites [33].

The plumage of the birds exposed to microwaves looked, in general, discolorated and lack of shine. This not only occurred in ornamental birds; such as peacocks, but also in wild birds; such as, tits, great tits, house sparrows, etc (personal observation). We must mention that plumage deterioration is the first sign of weakening or illnesses in birds since damaged feathers are a sure sign of stress.

Physiological conditions during exposure minimize microwave effects. Radical scavengers/antioxidants might be involved in effects of microwaves [4].

Microwaves used in cellphones produce an athermal response in several types of neurons of the birds nervous system [34]. Several studies addressed behavior and teratology in young birds exposed to electromagnetic fields [23,25,35–37]. Most studies indicate that electromagnetic field exposure of birds generally changes, but not always consistently in effect or in direction, their behavior, reproductive success, growth and development, physiology and endocrinology, and oxidative stress [37]. These results can be explained by electromagnetic fields affecting the birds' response to the photoperiod as indicated by altered melatonin levels [38].

Prolonged mobile phone exposure may have negative effects on sperm motility characteristics and male fertility as has been demonstrated in many studies made in man and rats [39–46]. EMF and microwaves can affect reproductive success in birds [23,25,35,36,47]. EMF exposure affected reproductive success of kestrels (*Falco sparverius*), increasing fertility, egg size, embryonic development and fledging success but reducing hatching success [35,36].

The radiofrequency and microwaves from mobile telephony can cause genotoxic effects [48–55]. Increases in cytological abnormalities imply long-term detrimental effects since chromosomal damage is a mechanism relevant to causation of birth defects and cancer [55].

Long-term continuous, or daily repeated EMF exposure can induce cellular stress responses at non-thermal power levels that lead to an accumulation of DNA errors and to inhibition of cell apoptosis and cause increased permeability of blood–brain barrier due to stabilization of endothelial cell stress fibers. Repeated occurrence of these events over a long period of time (years) could become a health hazard due to a possible accumulation of brain tissue damage. These findings have important implications with regards to potential dangers from prolonged and repeated exposure to non-ionizing radiation [56,57].

Pulsed magnetic fields can have a significant influence on the development and incidence of abnormalities in chicken embryos. In five of six laboratories, exposed embryos exhibited more structural anomalies than controls. If the data from all six laboratories are pooled, the difference for the incidence of abnormalities in exposed embryos and controls is highly significant [58]. Malformations in the nervous system and heart, and delayed embryo growth are observed. The embryo is most sensitive to exposure in the first 24 h of incubation [58]. An increase in the mortality [59] and appearance of morphological abnormalities, especially of the neural tube [13,60,61] has been recorded in chicken embryos exposed to pulsed magnetic fields, with different susceptibility among individuals probably for genetic reasons. A statistically significant high mortality rate of chicken embryos subjected to radiation from a cellphone, compared to the control group exists [62,63]. In another study eggs exposed to a magnetic

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field intensity of 0.07 T showed embryonic mortality during their incubation was higher. The negative effect of the magnetic field was manifested also by a lower weight of the hatched chicken [64]. Bioelectric fields have long been suspected to play a causal role in embryonic development. Alteration of the electrical field may disrupt the chemical gradient and signals received by embryo cells. It appears that in some manner, cells sense their position in an electrical field and respond appropriately. The disruption of this field alters their response. Endogenous current patterns are often correlated with specific morphogenetic events [65].

Available data suggests dependencies of genotype, gender, physiological and individual factors on athermal microwave effects [4,9]. Genomic differences can influence cellular responses to GSM Microwaves. Data analysis has highlighted a wide inter-individual variability in response, which was replicated in further experiments [4]. It is possible that each species and each individual, show different susceptibility to radiation, since vulnerability depends on genetic tendency, and physiologic and neurological state of the irradiated organism [15,35–37,61,66–68]. Different susceptibility of each species has also been proven in wild birds exposed to electromagnetic fields from high-voltage power lines [47].

2.2. Effects on mammals

2.2.1. Alarm and aversion behavior

Rats spent more time in the halves of shuttle boxes that were shielded from 1.2 GHz. Microwaves irradiation. The average power density was about 0.6 mW/cm^2. Data revealed that rats avoided the pulsed energy, but not the continuous energy, and less than 0.4 mW/cm^2 average power density was needed to produce aversion [69]. Navakatikian & Tomashevskaya [70] described a complex series of experiments in which they observed disruption of rat behavior (active avoidance) from radiofrequency radiation. Behavioral disruption was observed at a power density as low as 0.1 mW/cm^2 (0.027 W/kg). Mice in an experimental group exposed to microwave radiation expressed visible individual panic reaction, disorientation and a greater degree of anxiety. In the sham exposed group these deviations of behavior were not seen and all animals show collective defense reaction [71]. Microwave radiation at 1.5 GHz pulsing 16 ms. At 0.3 mW/cm^2 power density, in sessions of 30 min/day over one month produced anxiety and alarm in rabbits [72].

Electromagnetic radiation can exert an aversive behavioral response in bats. Bat activity is significantly reduced in habitats exposed to an electromagnetic field strength greater than 2 V/m [73]. During a study in a free-tailed bat colony (*Tadarida teniotis*) the number of bats decreased when several phone masts were placed 80 m from the colony [74].

2.2.2. Deterioration of health

Animals exposed to electromagnetic fields can suffer a deterioration of health and changes in behavior [75,76].

There was proof of frequent death in domestic animals; such as, hamsters and guinea pigs, living near mobile telecommunication base stations (personal observation).

The mice in an experimental group exposed to microwave radiation showed less weight gain compared to control, after two months. The amount of food used was similar in both groups [71]. A link between electromagnetic field exposure and higher levels of oxidative stress appears to be a major contributor to aging, neurodegenerative diseases, immune system disorders, and cancer in mammals [33].

The effects from GSM base transceiver station (BTS) frequency of 945 MHz on oxidative stress in rats were investigated. When EMF at a power density of 3.67 W/m^2, below current exposure limits, were applied, MDA (malondialdehyde) level was found to increase and GSH (reduced glutathione) concentration was found to decrease significantly ($P < 0.0001$). Additionally, there was a less significant ($P = 0.0190$) increase in SOD (superoxide dismutase) activity under EM exposure [77].

2.2.3. Problems in reproduction

In the town of Casavieja (Ávila, Spain) a telephony antenna was installed that had been in operation for about 5 years. Then some farmers began blaming the antenna for miscarriages in many pigs, 50–100 m from the antenna (on the outskirts of the town). Finally the topic became so bad that the town council decided to disassemble the antenna. It was removed in the spring 2005. From this moment onwards the problems stopped (C. Lumbreras personal communication).

A Greek study reports a progressive drop in the number of rodent births exposed to radiofrequencies. The mice exposed to 0.168 μW/cm^2 become sterile after five generations, while those exposed to 1.053 μW/cm^2 became sterile after only three generations [22].

In pregnant rats exposed to 27.12 MHz continuous waves at 100 μW/cm^2 during different periods of pregnancy, half the pregnancies miscarried before the twentieth day of gestation, compared to only a 6% miscarriage rate in unexposed controls, and 38% of the viable foetuses had incomplete cranial ossification, compared to less than 6% of the controls. Findings included a considerable increase in the percentage of total reabsorptions (post-implantation losses consequent to RF radiation exposure in the first post-implantation stage). Reduced body weight in the exposed dams reflected a negative influence on their health. It seems that the irradiation time plays an important role in inducing specific effects consequent to radiofrequency radiation exposure [78]. There was also a change in the sex ratio, with more males born to rats that had been irradiated from the time of conception [2]. Moorhouse and Macdonald [79] find a substantial decline in female Water Vole numbers in the radio-collared population, apparently resulting from a male skew in the sex ratios of offspring born to this population. Recruits to the *radio-tracked* population were skewed heavily in favour of males (43:13). This suggests that radio-collaring of females caused male-skewed sex ratios.

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Mobile phone exposure may have negative effects on sperm motility characteristics and male fertility in rats [46]. Other studies find a decrease of fertility, increase of deaths after birth and dystrophic changes in their reproductive organs [11]. Intermittent exposure showed a stronger effect than continuous exposure [4]. Brief, intermittent exposure to low-frequency EM fields during the critical prenatal period for neurobehavioral sex differentiation can demasculinize male scent marking behavior and increase accessory sex organ weights in adulthood [80].

In humans, magnetic field exposures above 2.0 mG were positively associated with miscarriage risk [81]. Exposure of pregnant women to mobile phone significantly increased foetal and neonatal heart rate, and significantly decreased the cardiac output [82].

2.2.4. Nervous system

Microwaves may affect the blood brain barrier which lets toxic substances pass through from the blood to the brain [83]. Adang et al. [84] examined the effect of microwave exposure to a GSM-like frequency of 970 MHz pulsed waves on the memory in rats by means of an object recognition task. The rats that have been exposed for 2 months show normal exploratory behavior. The animals that have been exposed for 15 months show derogatory behavior. They do not make the distinction between a familiar and an unfamiliar object. In the area that received radiation directly from "Location Skrunda Radio Station" (Latvia), exposed children had less developed memory and attention, their reaction time was slower and neuromuscular apparatus endurance was decreased [85]. Exposure to cell phones prenatally and, to a lesser degree, postnatally was associated with behavioral difficulties such as emotional and hyperactivity problems around 7 years of age [86]. Electromagnetic radiation caused modification of sleep and alteration of cerebral electric response (EEG) [87–89]. Microwave radiation from phone masts may cause aggressiveness in people and animals (personal observation).

2.3. Effects on amphibians

Disappearance of amphibians and other organisms is part of the global biodiversity crisis. An associated phenomenon is the appearance of large numbers of deformed amphibians. The problem has become more prevalent, with deformity rates up to 25% in some populations, which is significantly higher than previous decades [90]. Balmori [91] proposed that electromagnetic pollution (in the microwave and radiofrequency range) is a possible cause for deformations and decline of some wild amphibian populations.

Two species of amphibians were exposed to magnetic fields at various stages of development. A brief treatment of early amphibian embryos produced several types of abnormalities [92]. Exposure to a pulsed electromagnetic field produced abnormal limb regeneration in adult Newts [93]. Frog tadpoles (*Rana temporaria*) developed under electromagnetic field (50 Hz, 260 A/m) have increased mortality. Exposed tadpoles developed more slowly and less synchronously than control tadpoles and remain at the early stages for longer. Tadpoles developed allergies and EMF caused changes in blood counts [94].

In a current study exposing eggs and tadpoles ($n = 70$) of common frog (*R. temporaria*) for two months, from the phase of eggs until an advanced phase of tadpole, to four telephone base stations located 140 m away: with GSM system 948.0–959.8 MHz; DCS system: 1830.2–1854.8; 1855.2–1879.8 MHz. and UMTS system: 1905–1910; 1950–1965; 2140–2155 MHz. (electric field intensity: 1.847–2.254 V/m). A low coordination of movements, an asynchronous growth, with big and small tadpoles, and a high mortality (90%) was observed. The control group ($n = 70$), under the same conditions but inside a Faraday cage (metallic shielding component: EMC-reinforcement fabrics 97442 Marburg Technic), the coordination of movements was normal, the development was synchronously and the mortality rate was only 4.2% [95].

2.4. Effects on insects

The microwaves may affect the insects. Insects are the basis and key species of ecosystems and they are especially sensitive to electromagnetic radiation that poses a threat to nature [96].

Carpenter and Livstone [97] irradiated pupae of Tenebrio molitor with 10 GHz microwaves at 80 mW for 20–30 min and 20 mW for 120 min obtained a rise in the proportion of insects with abnormalities or dead. In another study exposing fruit flies (*Drosophila melanogaster*) to mobile phone radiation, elevated stress protein levels (Hsp70) was obtained, which usually means that cells are exposed to adverse environmental conditions ('non-thermal shock') [98]. Panagopoulos et al. [99] exposed fruit flies (*D. melanogaster*) to radiation from a mobile phone (900 MHz) during the 2–5 first days of adulthood. The reproductive capacity of the species reduced by 50–60% in modulated radiation conditions (emission while talking on the phone) and 15–20% with radiation nomodulated (with the phone silent). The results of this study indicate that this radiation affects the gonadal development of insects in an athermal way. The authors concluded that radio frequencies, specifically GSM, are highly bioactive and provoke significant changes in physiological functions of living organisms. Panagopoulos et al. [100] compare the biological activity between the two systems GSM 900 MHz and DCS 1800 MHz in the reproductive capacity of fruit flies. Both types of radiation were found to decrease significantly and non-thermally the insect's reproductive capacity, but GSM 900 MHz seems to be even more bioactive than DCS 1800 MHz. The difference seems to be dependent mostly on field intensity and less on carrier frequency.

A study in South Africa finds a strong correlation between decrease in ant and beetle diversity with the

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electromagnetic radiation exposure (D. MacFadyen, personal communication.). A decrease of insects and arachnids near base stations was detected and corroborated by engineers and antenna's maintenance staff [101]. In houses near antennas an absence of flies, even in summer, was found.

In a recent study carried out with bees in Germany, only a few bees irradiated with DECT radiation returned to the beehive and they needed more time. The honeycomb weight was lower in irradiated bees [102]. In recent years a "colony collapse disorder" is occurring that some authors relate with pesticides and with increasing electromagnetic pollution [96].

The disappearance of insects could have an influence on bird's weakening caused by a lack of food, especially at the first stages in a young bird's life.

2.5. Effects on trees and plants

The microwaves may affect vegetables. In the area that received radiation directly from "Location Skrunda Radio Station" (Latvia), pines (*Pinus sylvestris*) experienced a lower growth radio. This did not occur beyond the area of impact of electromagnetic waves. A statistically significant negative correlation between increase tree growth and intensity of electromagnetic field was found, and was confirmed that the beginning of this growth decline coincided in time with the start of radar emissions. Authors evaluated other possible environmental factors which might have intervened, but none had noticeable effects [103]. In another study investigating cell ultrastructure of pine needles irradiated by the same radar, there was an increase of resin production, and was interpreted as an effect of stress caused by radiation, which would explain the aging and declining growth and viability of trees subjected to pulsed microwaves. They also found a low germination of seeds of pine trees more exposed [104]. The effects of Latvian radar was also felt by aquatic plants. *Spirodela polyrrhiza* exposed to a power density between 0.1 and 1.8 $\mu W/cm^2$ had lower longevity, problems in reproduction and morphological and developmental abnormalities compared with a control group who grew up far from the radar [105].

Chlorophylls were quantitatively studied in leaves of black locust (*Robinia pseudoacacia* L.) seedlings exposed to high frequency electromagnetic fields of 400 MHz. It was revealed that the ratio of the two main types of chlorophyll was decreasing logarithmically to the increase of daily exposure time [106].

Exposed tomato plants (*Lycopersicon esculentum*) to low level (900 MHz, 5 V/m) electromagnetic fields for a short period (10 min) measured changes in abundance of three specific mRNA after exposure, strongly suggesting that they are the direct consequence of application of radio-frequency fields and their similarities to wound responses suggests that this radiation is perceived by plants as an injurious stimulus [107]. Non-thermal exposure to radiofrequency fields induced oxidative stress in duckweed (*Lemna minor*) as well as unespecific stress responses, especially of antioxidative enzymes [108].

For some years progressive deterioration of trees near phone masts have been observed in Valladolid (Spain). Trees located inside the main lobe (beam), look sad and feeble, possibly slow growth and a high susceptibility to illnesses and plagues. In places we have measured higher electric field intensity levels of radiation (>2 V/m) the trees show a more notable deterioration [109]. The tops of trees are dried up where the main beams are directed to, and they seem to be most vulnerable if they have their roots close to water. The trees don't grow above the height of the other ones and, those that stand out far above, have dried tops (Hargreaves, personal communication and personal observation). White and black poplars (*Populus sp*.) and willows (*Salix sp*.) are more sensitive. There may be a special sensitivity of this family exists or it could be due to their ecological characteristics forcing them to live near water, and thus electric conductivity. Other species as *Platanus sp*. and *Lygustrum japonicum*, are more resistant (personal observation). Schorpp [110] presents abundant pictures and explanations of what happens to irradiated trees.

3. Conclusions

This literature review shows that pulsed telephony microwave radiation can produce effects especially on nervous, cardiovascular, immune and reproductive systems [111]:

- Damage to the nervous system by altering electroencephalogram, changes in neural response or changes of the blood–brain barrier.
- Disruption of circadian rhythms (sleep–wake) by interfering with the pineal gland and hormonal imbalances.
- Changes in heart rate and blood pressure.
- Impairment of health and immunity towards pathogens, weakness, exhaustion, deterioration of plumage and growth problems.
- Problems in building the nest or impaired fertility, number of eggs, embryonic development, hatching percentage and survival of chickens.
- Genetic and developmental problems: problems of locomotion, partial albinism and melanism or promotion of tumors.

In the light of current knowledge there is enough evidence of serious effects from this technology to wildlife. For this reason precautionary measures should be developed, alongside environmental impact assessments prior to installation, and a ban on installation of phone masts in protected natural areas and in places where endangered species are present. Surveys should take place to objectively assess the severity of effects.

Please cite this article in press as: A. Balmori, Electromagnetic pollution from phone masts. Effects on wildlife, Pathophysiology (2009), doi:10.1016/j.pathophys.2009.01.007

Acknowledgment

The author is grateful to Denise Ward and Örjan Hallberg.

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Please cite this article in press as: A. Balmori, Electromagnetic pollution from phone masts. Effects on wildlife, Pathophysiology (2009), doi:10.1016/j.pathophys.2009.01.007

Cell Towers - Wildlife; Testimony of Dr. Albert M. Manville, II, PhD., C.W.B, Before the City of Eugene City Planning Department in Opposition to AT&T/Crossfire's Application for a "Stealth" Communications Tower; May 6, 2015

Testimony of Albert M. Manville, II, Ph.D., C.W. B., and Principal, Wildlife and Habitat Conservation Solutions, LLC, on Behalf of Friends of Amazon Creek, Before the City of Eugene City Planning Department in Opposition to AT&T/Crossfire's Application for a "Stealth" Cellular Communications Tower in the Upper Amazon Creek Corridor

Re: CUP 14-003, please enter into the record.

Date: May 6, 2015

Introduction

I will make a strong case that the approval, placement and operation of a 75-ft "stealth" artificial evergreen tree, cellular (cell) communication tower in the center of the upper Amazon Creek corridor, Eugene, Oregon is inappropriate and incompatible with the City of Eugene's designation of the area as a protected nature area. The specific proposed tower location is at 4060 West Amazon Drive, situated on residentially zoned property owned by Crossfire Ministries. Approving this tower is not in the public and taxpayers' best interest, and will likely harm wildlife and wildlife habitat. In particular, of the more than 300 bird species observed in the Eugene area, potential harm to 7 already designated Birds of Conservation Concern (BCC; USFWS 2008) has troubling implications. The Federal Communications Commission (FCC) does not mandate 100% cell phone coverage and there is no provision under the 1996 Telecommunications Act (TCA) for such a requirement (Manville 2001, as discussed at the conference in the Levitt 2001 Proceedings). There are alternatives to building this structure, including in more developed areas that contain degraded habitats, collocated on another existing antenna structure, and away from habitat critically important to birds and other wildlife. All are preferable alternatives — discussed beyond.

I will assert that the City Ordinance No. 9.5750, "Telecommunication Devices — Siting Requirements and Procedures," is an inadequate document to be solely used by the City of Eugene's Planning Department to assess, approve or deny this AT&T/Crossfire cell tower permit application. While there is a growing database on effects of cell tower radiation to human health and safety which are prevented from introduction into testimony by Section 704 of the TCA, my focus in this testimony is on impacts from collisions and radiation to wildlife, specifically migratory birds — which represent environmental damage not addressed by Section 704.

Regarding impacts to wildlife, not only must the City of Eugene consider current FCC rules and regulations for licensing this cell tower, they must also consider the court ordered findings from the 2008 American Bird Conservancy et al. *v.* FCC lawsuit, which FCC lost on appeal in the Federal Court of Appeals for the District of Columbia Circuit. These include considerations under the Migratory Bird Treaty Act (MBTA) for impacts to protected migratory birds (above and beyond issues pertaining to the Endangered Species Act [ESA]), as well as compliance under the National Environmental Policy Act (NEPA) and its regulations. NEPA review includes opportunities for public review, comment, request for preparation of an Environmental Assessment (EA), and even litigation.

Additionally, and the focus of this testimony, are the rules and regulations implemented by the U.S. Fish and Wildlife Service (herein USFWS or Service) under the MBTA, and the Bald and Golden Eagle Protection Act (BGEPA), both which are strict liability, criminal statutes.

Lastly, the growing documented effects of low level, non-ionizing electromagnetic radiation which will be transmitted from and received by this tower are of growing concern to wildlife, including "take." FCC's current radiation standards are based solely on thermal heating, a standard 30 years out of date and inapplicable based on laboratory and field research on birds (and other animals) published in refereed scientific journals (summarized below), not to mention numerous other credible scientific findings (e.g., Panagopoulos and Margaritis 2008).

While FCC continues to fail to address low level impacts from non-ionizing radiation, the U.S. Department of Commerce's National Telecommunications and Information Administration (NTIA) and its First Responder Network Authority (FirstNet) reacted positively to a letter sent from the Department of Interior to NTIA on February 7, 2014 (USDOI 2014) — Enclosure A in that letter which I authored. FirstNet is building, operating and maintaining the first high-speed, nationwide wireless broadband network dedicated to public safety. FirstNet plans to systematically review the impacts of their nationwide broadcast network from injury, crippling loss and death to migratory birds from collisions with communication towers, and will begin addressing impacts from non-ionizing electromagnetic radiation emitted from them. Unlike the FCC which continues to deny effects from non-ionizing radiation, NTIA is acknowledging and addressing them through a systematic NEPA review process.

This complex situation and conflicting rules and regulations clearly suggest that members of the City Planning Department review each issue individually, but overall assess them collectively.

Summary of My Training and Experience

I worked as a federal wildlife biologist for 17 years, retiring in June 2014 from my position as a Senior Wildlife Biologist with the Division of Migratory Bird Management, USFWS, Headquarters Office, Arlington, VA. I was the Service's national lead on issues related to anthropogenic causes of bird mortality, including from communication towers. In that capacity, I chaired the Communication Tower Working Group (looking at both avian-tower collisions and avian-radiation impacts), working closely with the FCC, Federal Aviation Administration, other federal agencies, all the large tower and cell phone trade associations, several cell phone companies, scientists, academicians, and consultants. I was the USFWS project officer for the cutting edge tower lighting study at Michigan State Police communication towers (Gehring et al. 2009, Gehring et al. 2011), served as the project officer for a U.S. Coast Guard tall communication tower study, developed a cell tower research monitoring protocol for the U.S. Forest Service (Manville 2002), developed a peer-reviewed cell tower radiation monitoring protocol, and represented USFWS as lead reviewer on many communication tower projects from cell towers to tall, digital television towers.

I earned a B.S. in zoology from Allegheny College, Meadville, PA. Following a 4-year stint in the U.S. Navy where I was trained by the Department of State as a Mandarin Chinese linguist and interpreter working at the National Security Agency (including training on the use of

communication devices and equipment), I completed an M.S. in natural resources and wildlife management from the University of Wisconsin, Stevens Point, and earned a Ph.D. at Michigan State University in wildlife ecology and management. More recently, I was designated as a "Certified Wildlife Biologist" (C.W.B.) by The Wildlife Society.

I have served on the Board of Managers of the Washington Biologists' Field Club, and was nominated for membership in the Cosmos Club. I also am a member of numerous professional societies. Additionally, I served on the Steering Committee of the Endangered Species Coalition before being offered a branch chief's position in 1997 with the Division of Migratory Bird Management. In 1999, I received the Conservation Service Award from the Secretary of Interior for bird conservation efforts with the electric utility industry.

I have testified over 40 times before Congress and other governmental bodies in regard to environmental issues and conducted numerous research efforts globally. I have published more than 175 professional and popular papers, chapters, and book reviews, and given more than 160 invited public presentations. I served on the Editorial Advisory Board of the *Nature Conservancy* Magazine, was the wildlife consultant for the Walt Disney/Touchstone Pictures production of the movie *White Fang* (based on Jack London's book), and I have conducted hundreds of radio and television interviews, and been extensively quoted in the print media. I have held teaching positions at Michigan State University, George Mason University, and the USDA Graduate School Evening Programs, and I currently (since 2000) am an Adjunct Professor for Johns Hopkins University's Krieger School of Arts and Sciences, DC campus, teaching graduate classes in wildlife ecology, and conservation biology and wildlife management. In October 2014, I created a limited liability company certified by the Commonwealth of Virginia State Corporation Commission. The LLC is named, *Wildlife and Habitat Conservation Solutions LLC*.

Why Are Migratory Birds Important?

Migratory Birds:

Migratory birds — i.e., those that migrate across U.S., Canadian and/or Mexican borders, of which 1,027 species are currently protected in the United States (50 C.F.R. 10.13 list), are a public trust resource, meaning they belong to everyone. Almost all North American continental birds are protected by the MBTA. The Act implements and regulates bilateral protocols with Canada, Mexico, Japan and Russia. It is a strict liability statute; proof of criminal intent in the injury or killing of birds is not required by authorities for cases to be made.

The statute and its regulations protect migratory birds, their parts, eggs, feathers and nests from un-permitted possession and "take" (i.e., un-permitted injury, crippling loss, or killing). Migratory bird nests are protected during the breeding season while eagle nests are protected year-round. Efforts are currently underway by USFWS to develop a permit where un-permitted "take" could be allowed under MBTA; that process began in 2001. A Federal permit is required to possess a migratory bird and its parts, but the MBTA currently provides *no* provision for the accidental or incidental "take" (causing injury, crippling loss, or death) of a protected migratory bird, even when otherwise normal, legal business practices or personal activities are involved, such as the operation of an AT&T/Crossfire cell tower that results in bird injuries and/or deaths.

The U.S. Congress noted the "take" of even one protected migratory bird to be a violation of the Statute, with fines and criminal penalties that can be extensive.

Eagles:

Bald and Golden Eagles are also protected by the BGEPA, another strict liability statute. "Take" under BGEPA is more expansive than under MBTA, and includes pursuit, shooting, poisoning, capturing, killing, trapping, collecting, molesting and disturbing both species (50 C.F.R. 22.3). It is important to note that eagles do not simply need to be killed or injured to be in violation of the Eagle Act. Un-permitted disturbance such as noise from AT&T's tower construction or tower maintenance could disturb Bald Eagles. Example: An adult breeding pair of Bald Eagles is documented as nesting at Skinner Butte (*Eugene Register Guard*, 4/22/15) and may forage in the upper Amazon Creek corridor. "Disturbance take" could result in reduced survivorship of adults, juveniles and chicks, affecting their population viability. These are potential criminal offenses. While USFWS does not generally require that companies such as AT&T possess eagle "take" permits, without them, "disturbance take" and "take resulting in mortality" (50 C.F.R. 22.26), and for "take of nests" (50 C.F.R. 22.27) are potential criminal offenses.

Status of Migratory Birds:

Migratory birds are in trouble, including impacts from individual structures such as ATT's proposed cell tower which cumulatively can have huge impacts to bird populations. There are growing numbers of Birds of Conservation Concern (BCCs; USFWS 2008) — species in decline but not yet ready for federal listing as threatened or endangered under ESA. Currently there are 273 species (out of 1,027 protected birds) and subspecies on the national BCC, Service Regional BCC and Bird Conservation Region BCC lists, providing an early warning of likely peril unless the population trends are reversed. At least 7 BCCs may be present in the Amazon Creek corridor (discussed below).

Additionally, there are 92 endangered and threatened bird species on the ESA List of Threatened and Endangered Species. Collectively, BCC and ESA-listed birds represent at least 366 bird species (36%) in decline — some seriously — with numbers of both listed and BCC species growing (Manville 2013a). Additionally, the USFWS is also tasked to maintain stable or increasing breeding populations of Bald and Golden Eagles under implementing regulations of BGEPA and compliance with NEPA — including for cell towers. As noted above, at least 1 breeding pair of Bald Eagles is nesting at nearby Skinner Butte, and could be impacted by the proposed tower either through collision with its metal branches while foraging in the upper Amazon Creek area, or by its radiation should they establish a nest in the tower itself or nest nearby.

Birds are critically important to us all, providing key ecosystem services that fuel a multi-billion dollar industry through pollination, insect and weed-seed control efforts in the agribusiness and forest products industries. Without migratory birds, there would be untold additional problems requiring more pesticide, herbicide, and other chemical use. Feeding, photographing, and watching migratory birds — popular activities that draw residents from all around Eugene to the Amazon Creek nature area — also fuels a $32 billion/yr recreation industry in the U.S., representing an estimated 20% of the U.S. adult population involved in these endeavors. It is asserted that more adults in the U.S. feed, photograph and watch birds than play golf (Carter

2013, MountainNature.com 2015). Bird watching in the Amazon Creek corridor represents one of many opportunities for the public to become involved with nature (FriendsofAmazonCreek.org). For example, the Edison Elementary School's River Spies Program (riverspies.blogspot.com) recently had young children directly engaged in a bird survey in the corridor. This proposed cell tower is out of character with the public's interest and these recreational endeavors.

Impacts of Collisions and Radiation to Migratory Birds from Communication Towers

Collisions:

Migratory birds have been documented killed in single night, mass mortality collision events with communication towers, guy-support wires, and tower lights in the U. S. since 1948 — (Aronoff 1949, summarized in Manville 2007) — including at unguyed, unlit, < 200-ft above-ground-level (AGL) cell towers like AT&T's proposed tower. For example, in October 2005, W. Evans reported hundreds of migratory birds documented killed by collisions with short, unguyed and unlit cell towers in the Northeast, sometimes in significant numbers of hundreds of birds/cell tower/night (e.g., W. Evans cited in Manville 2007). While the probability of high levels of collisions with AT&T's proposed tower is small given its valley location and modest height, collision mortality or injury — especially with the rigid metal branches of the stealth tower while navigating through the neighborhood in inclement weather — is certainly likely.

During nighttime navigation, birds can be overwhelmed by inclement weather events, forcing bird fall-out, significant reductions in flight heights, and resultant confusion in identifying safe structures (Manville 2014a). Currently an estimated 6.8 million birds/yr are killed in the U.S. and Canada (Longcore et al. 2012). The vast majority of these bird deaths are in the U.S. In another review, at least 13 species of BCCs were estimated to suffer annual mortality of 1-9% of their estimated total population based solely on tower and tower structure collisions in the U.S. or Canada (Longcore et al. 2013). These include estimated annual mortality of > 2% for the Yellow Rail (a BCC species possibly present but scarce in Eugene in the summer and on the National BCC list), Swainson's Warbler, Pied-bill Grebe (a BCC possibly present in Eugene but scarce and on the BCC Regional list), Bay-breasted Warbler, Golden-winged Warbler, Worm-eating Warbler, Prairie Warbler, and Ovenbird. Up to 350 species of birds have been documented killed at communication towers (Manville 2014a). Each time more birds are injured or killed at individual communication towers such as that proposed by AT&T, these "takings" add to the overall impacts to bird populations not unlike the phenomenon of the "death by a thousand cuts."

More than 300 species of migratory birds have been recorded in the Eugene area (Welcome to Birding Eugene 2015). Of these — in addition to the Yellow Rail and Pied-billed Grebe mentioned above — at least 5 additional BCC species are designated on the USFWS's (2008:23) Bird Conservation Region (BCR) 4, Northwestern Interior Forest U.S. BCC list. These include the Horned Grebe, Peregrine Falcon (previously ESA delisted), Lesser Yellowlegs, Short-billed Dowitcher, and Olive-sided Flycatcher. Since these species are already in decline and in trouble, potential impacts from AT&T's proposed tower *could* further negatively affect them. By not building that tower in a sensitive natural area that attracts such birds, potential risk is reduced.

Radiation:

Not until recently have the effects of low-level, non-thermal electromagnetic radiation on domestic and wild birds been made public. For example, laboratory studies by T. Litovitz (2000 pers. comm.) and DiCarlo et al. (2002) from the standard 915 MHz cell phone frequency on domestic chicken embryos showed that radiation from extremely low levels (0.0001 the level emitted by the average digital cell phone) caused heart attacks and deaths in some embryos; controls were unaffected (DiCarlo et al. 2002). However, the effects of microwave (and other) radiation from communication towers on nesting and roosting wild birds are yet unstudied in the U.S. In Europe, impacts have been well documented. Balmori (2005) found strong negative correlations between levels of tower-emitted microwave radiation and bird breeding, nesting, and roosting in the vicinity of electromagnetic fields in Spain. He documented nest and site abandonment, plumage deterioration, locomotion problems, and death in House Sparrows, White Storks, Rock Doves, Magpies, Collared Doves, and other species. While these species had historically been documented to roost and nest in these areas, Balmori (2005) did not observe these symptoms prior to construction of the cellular phone towers. Balmori and Hallberg (2007) and Everaert and Bauwens (2007) found similar strong negative correlations among male House Sparrows.

The electromagnetic radiation standards used by the FCC continue to be based on thermal heating, a criterion now 30 years out of date and inapplicable today. This is primarily due to the lower levels of radiation output from microwave-powered communication devices such as cellular telephones and their cell towers, Wi-Fi, so called “smart meters,” and other sources of point-to-point communications; levels typically lower than from microwave ovens. FCC, to date, has been unwilling to update their regulatory standards.

In February 2014, the Director of the Department of Interior’s Office of Environmental Policy and Compliance sent a letter to the U.S. Commerce Department’s NTIA suggesting regulatory compliance by its FirstNet, a newly created entity, implementing development of emergency broadcast systems nationwide (USDOI 2014). Included in those recommendations are inadequacies which NTIA has acknowledged and is now proceeding to address. These included inadequacies for conserving migratory birds in Enclosure A which I authored while working for the Division of Migratory Bird Management, USFWS. In it, I provided recommendations for addressing bird injury, crippling loss, and death from communication tower and metal branch collisions; and research needs for beginning to address impacts from non-ionizing electromagnetic radiation emitted from such towers.

Given the findings of the studies mentioned above, and an extensive meta-review of the published studies by Panagopoulos and Margaritis (2008), field studies should be conducted in the U.S. by third-party, independent research entities with no vested interest in the outcomes to validate potential impacts of communication tower radiation — both direct and indirect — to birds and other animals. However, to date, these have yet to be performed. Rather than building the Crossfire tower, AT&T should fund an independent radiation study in the U.S. I have already developed a preliminary study protocol.

<u>Amazon Creek Corridor and AT&T/Crossfire’s Proposed Stealth Cell Tower</u>

Until recently, companies such as AT&T applying for broadcast licenses through the FCC would normally have requested a “categorical exclusion” for review of a license application such as for

this proposed Crossfire tower (i.e., FCC Environmental Compliance regulation, Section 106 National Historic Preservation Act process). Only where a federally-listed migratory bird (Section 4, ESA) and/or its "critical habitat" (Section 3, ESA) were present at or near the tower site would environmental review have been required under FCC regulations. Otherwise, environmental review and public input would likely have been excluded. That situation is now changing.

It is true that City and state governments have been constrained in some ways by Section 704 of the Telecommunications Act of 1996. Although Section 704 states that new tower construction requires approval of the state or local governing authority (e.g., City of Eugene), it clarifies that local zoning authority may be preempted by FCC. However, new develops may arguably have changed this situation. Case law in 2 municipal cases have resulted in towns being able to supersede Section 704 provisions and deny cell tower permit approval. In Sprint Spectrum *v.* Willoth, Docket 98-7442, U.S. Court of Appeals 2nd Circuit, 1999, Sprint challenged the Planning Board of the Town of Ontario, New York, over their rejection of permits for several cell towers. Ontario, NY, prevailed. In Verizon Wireless *v*. Clarkstown, NY, Southern District of New York, 00 Cir. 3029 (CM), 2000, the court denied plaintiff's claim that the town of Clarkstown had violated TCA by denying cell tower permit approval, and dismissed all claims against Clarkstown.

Due to the lawsuit by The American Bird Conservancy et al. *v.* FCC which the Commission lost on appeal (516 F.3d; D.C. Cir. 2008; *American Bird Conservancy*), effects of communication towers to migratory birds must now be included as part of the court ordered review process, and the public must be provided a meaningful opportunity to request an EA under NEPA for proposed towers that FCC considers "categorically excluded." While the FCC's interim rulemaking focused initially on tall (i.e., those $\geq$ 450 ft AGL) towers, that height limit has been discarded and the December 2011 statement by FCC Commissioner Michael J. Copps in regard to the order of remand (FCC 11-181) is telling. In the Matter of Effects of Communication Towers on Migratory Birds, WT Docket No. 03-187, Order of Remand, Commissioner Copps stated, *"Today, at long last, the Commission has responded to the DC Circuit's rebuke to our previous rules that fell short of meeting our responsibilities under the National Environmental Policy Act, the Endangered Species Act, and the Migratory Bird Treaty Act. While I am disappointed it has taken nearly four years to respond to the court, I am encouraged these interim rules will give more parties greater opportunity to register their concerns about migratory birds when a tower goes up…"*

Summarizing FCC's current position, the Commission must now address impacts to migratory birds in addition to any avian-ESA issues. As such, AT&T — whose frequencies are licensed by FCC — cannot ignore migratory bird issues including adjacent bird concentrations in the Amazon Creek area and adjacent Park areas; possible "take" from collisions with the metal, stealth tower arms; impacts of non-ionizing tower radiation on breeding, roosting, and feeding birds; Bald Eagles which could be disturbed or otherwise impacted by tower construction; and USFWS updated 2013 voluntary communication tower siting, placement, operation and decommissioning guidance (Manville 2013b). Before I retired from USFWS, I updated the Service's voluntary 2000 communication tower guidance which I had previously co-authored, sharing the updates with the FCC (Manville 2013b).

It is also important to note that if the City of Eugene's Planning Department were to approve the AT&T/Crossfire permit application, and "take" from this tower were to occur, there could be potential culpability for both the City and AT&T. First, the "take" would be un-permitted. USFWS does not currently issue incidental take permits for accidental/incidental injuries or deaths. Instead, the agency recommends that towers be collocated on other existing structures; be built in already heavily developed areas with already degraded wildlife habitats; and that natural habitats important to birds and other wildlife be avoided. Implementing these efforts will minimize potential "take" as a consequence.

To understand how agents with the Service's Office of Law Enforcement and prosecuting environmental attorneys with the Department of Justice make and prosecute cases respectively, I quote from a power line manual (APLIC 2006) an explanation of how prosecution generally works. As the Service has previously stated (e.g., APLIC 2006:21), "*although the MBTA ha[s] no provision for allowing take, the USFWS realizes that some birds will be killed even if all reasonable measures to avoid it are used. The USFWS Office of Law Enforcement [OLE] carries out its mission to protect migratory birds through investigations and enforcement, as well as by fostering relationships with individuals, companies, and industries that have programs to minimize their impacts on migratory birds. Since a take cannot be authorized, it is not possible to absolve individuals, companies, or agencies from liability even if they implement avian mortality avoidance or similar conservation measures. However, the OLE does have enforcement discretion and focuses on those individuals, companies, or agencies that take migratory birds without regard for their actions and the law, especially when conservation measures had been developed but had not been implemented.*"

Clearly, the Service's 2000 voluntary communication tower guidance and the same guidance I updated and provided to FCC in 2013 (Manville 2013b) have "conservation measures" which USFWS has recommended be implemented. While I am no longer a federal employee, I do as a private citizen continue to recommend that AT&T and the City of Eugene implement these guidelines. Recapping, these include collocating on another antenna structure, selecting a more environmentally benign site, building in a more degraded habitat, and avoiding wetlands.

Due to the proximity of the proposed tower to the Amazon Creek nature area, killing or injuring migratory birds would be incompatible with the purpose and intent of this City in designating the special status of this area. This is an important migration corridor for many species of songbirds, is likely used by the 2 BCC waterbirds mentioned above, and provides habitat protection and natural resource conservation as important tenets of this part of the Eugene parks system. In addition, millions of taxpayer dollars have been spent to create and maintain this green space and wildlife corridor (T. Taylor, Supervisor, Eugene Parks & Open Space Division public presentation). Construction of the tower is out of character and incompatible with the purpose and intent of this protected nature area. It will almost certainly create environmental damage not addressed through Section 704 of the Telecommunications Act, and because federal funds were in part used to develop and upgrade the Amazon Creek corridor, a federal "nexus" may have resulted. This nexus allows the public through the NEPA process to review, comment, testify, request an EA, and even litigate due to this funding situation since the area would be affected by the tower.

Conclusions and Recommendations

While the proposed AT&T/Crossfire cell tower is of modest height (75 ft AGL) and will be constructed in a cryptic, stealth-like design mimicking a pine tree, ostensibly to draw little human notice and conceal its identity from the public, I am unaware of any evidence to show that such design is any less attractive to migratory birds seeking nesting or roosting structures. Furthermore, although un-guyed and unlit, migratory birds still have been documented killed by collisions with monopole and lattice towers, sometimes in significant numbers of hundreds of birds/cell tower/night (e.g., W. Evans cited in Manville 2007). Adjacent lighting from streetlights could, for example, result in significant bird attraction and collisions with rigid metal branches during inclement weather events.

The effects of low level radiation are also growing concerns. While FCC has yet to recognize them, NTIA has. The effects of radiation from studies conducted in Europe are troubling. The situation provides an opportunity for AT&T to fund an independent, third-party study to better understand the impacts of telecommunication structures on migratory birds and other species.

Summarizing, based on my previous review and analysis, here are the issues I recommend the City of Eugene Planning Department consider in addressing AT&T's Crossfire tower application:

- Is this cell tower necessary?
- The collision and RF safety of this proposed tower to migratory birds must be evaluated. Cell towers, including short stealth designs such as this one, are not benign structures.
- The potential environmental effects of this proposed tower to birds, and impacts on the Amazon Creek habitat area, must be assessed. This review not only includes City Ordinance No. 9.5750, but FCC rules and regulations (Section 106 NHPA), FCC court-ordered determinations and other recent case law, environmental damage that will be created other than what is addressed by Section 704 of the TCA (which deals only with human health, not environmental damage), existing regulations under the MBTA (which contains no incidental "take" provisions), and impacts due to potential violations of regulations under BGEPA, ESA and NEPA review processes.
- Is there potential culpability to the City of Eugene if the tower application is approved and "take" subsequently occurs?
- An assessment should be made of the 7 BCCs including validation that the Yellow Rail, Pied-bill Grebe, Horned Grebe, Peregrine Falcon, Lesser Yellowlegs, Short-billed Dowitcher, and Olive-sided Flycatcher may be present in the corridor and could be negatively affected if they are present.
- A recognition of potential "disturbance take" of Bald Eagles.
- There is a conundrum between FCC's outdated radiation standards based on thermal heating and NTIA's recognition that low level, non-ionizing radiation can affect migratory birds, and is being addressed through NEPA review. However, until independent research can be conducted and results analyzed, no recommendations can yet be provided on this issue — other than to proceed using the precautionary approach and to keep emissions as low as reasonably achievable.

- Use updated, 2013 USFWS voluntary communication tower guidelines, most especially including "conservation measures" which will minimize migratory bird "take" — i.e., collocation, selecting other existing degraded and developed sites, and avoiding designated natural habitat areas.
- Assess the overall compatibility of this proposed tower with the purposes, intents, public concerns and taxpayer-funded efforts involved with maintaining the Amazon Creek corridor natural area.

In conclusion, on behalf of Friends of Amazon Creek, I recommend that the City of Eugene Planning Department reject this particular cell tower application.

Respectfully submitted,



Albert M. Manville, II, Ph.D., C.W.B.
Wildlife and Habitat Conservation Solutions, LLC

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Science of the Total Environment 572 (2016) 554–569

Contents lists available at ScienceDirect

Science of the Total Environment

journal homepage: www.elsevier.com/locate/scitotenv

Radiofrequency radiation injures trees around mobile phone base stations

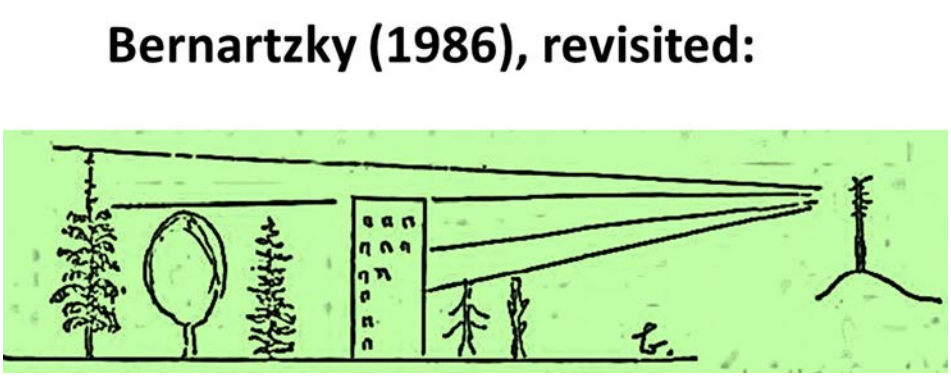
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HIGHLIGHTS

- High frequency nonionizing radiation is becoming increasingly common.
- This study found a high level of damage to trees in the vicinity of phone masts.
- Deployment has been continued without consideration of environmental impact.

GRAPHICAL ABSTRACT



ARTICLE INFO

Article history:
Received 6 June 2016
Received in revised form 19 July 2016
Accepted 6 August 2016
Available online xxxx

Editor: D. Barcelo

Keywords:
Electromagnetic radiation
Effects on trees
Phone masts
Radiofrequencies

ABSTRACT

In the last two decades, the deployment of phone masts around the world has taken place and, for many years, there has been a discussion in the scientific community about the possible environmental impact from mobile phone base stations. Trees have several advantages over animals as experimental subjects and the aim of this study was to verify whether there is a connection between unusual (generally unilateral) tree damage and radiofrequency exposure. To achieve this, a detailed long-term (2006–2015) field monitoring study was performed in the cities of Bamberg and Hallstadt (Germany). During monitoring, observations and photographic recordings of unusual or unexplainable tree damage were taken, alongside the measurement of electromagnetic radiation. In 2015 measurements of RF-EMF (Radiofrequency Electromagnetic Fields) were carried out. A polygon spanning both cities was chosen as the study site, where 144 measurements of the radiofrequency of electromagnetic fields were taken at a height of 1.5 m in streets and parks at different locations. By interpolation of the 144 measurement points, we were able to compile an electromagnetic map of the power flux density in Bamberg and Hallstadt. We selected 60 damaged trees, in addition to 30 randomly selected trees and 30 trees in low radiation areas (n = 120) in this polygon. The measurements of all trees revealed significant differences between the damaged side facing a phone mast and the opposite side, as well as differences between the exposed side of damaged trees and all other groups of trees in both sides. Thus, we found that side differences in measured values of power flux density corresponded to side differences in damage. The 30 selected trees in low radiation areas (no visual

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http://dx.doi.org/10.1016/j.scitotenv.2016.08.045
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contact to any phone mast and power flux density under 50 μW/m^2) showed no damage. Statistical analysis demonstrated that electromagnetic radiation from mobile phone masts is harmful for trees. These results are consistent with the fact that damage afflicted on trees by mobile phone towers usually start on one side, extending to the whole tree over time.

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1. Introduction

For many years, there has been a discussion in the scientific community about whether artificial radiofrequency radiation has harmful effects on living organisms and, more specifically, on the environmental impact from mobile phone base stations (Panagopoulos et al., 2016). Trees have several advantages over animals as experimental subjects: they are continuously exposed to radiation in a constant orientation in the electromagnetic field due to their inability to move (Vian et al., 2016). Additionally, it is possible to easily document changes over time, such as disturbed growth, dying branches, and premature colour change of leaves. Moreover, the damage to trees is objective and cannot be attributed to psychological or psychosomatic factors.

Plants are specialized in the interception of electromagnetic radiation (light) but radiofrequency radiation impact on plants, which is becoming common in the environment because of the exponential use of mobile phone technology, has received little attention and his physiological effect has long been considered negligible.

Since the mid-twentieth century, several researchers have investigated the effects of electromagnetic radiation on plants, both in the laboratory (Kiepenheuer et al., 1949; Brauer, 1950; Harte, 1950, 1972; Jerman et al., 1998; Lerchl et al., 2000; Sandu et al., 2005; Roux et al., 2006, 2008; Sharma et al., 2009; Tkalec et al., 2005, 2009; Beaubois et al., 2007; Kundu and IEEE, 2013; Pesnya and Romanovsky, 2013; Cammaerts and Johansson, 2015; Grémiaux et al., 2016; Vian et al., 2016), and in nature (field observations) (Bernatzky, 1986; Volkrodt, 1987, 1991; Selga and Selga, 1996; Balodis et al., 1996; Haggerty, 2010). Both kinds of study have frequently found pernicious effects.

Around the world, phone masts have been deployed in the last two decades everywhere. Preliminary published studies have indicated deleterious effects of radiofrequency radiation on trees (Balmori, 2004; Van't Wout, 2006; Schorpp, 2011; Waldmann-Selsam, 2007; Waldmann-Selsam and Eger, 2013), cautioning that research on this topic is extremely urgent (Balmori, 2015). However, these early warnings have had no success and deployment has been continued without consideration of environmental impact.

In a review of the effects of environmental microwaves on plants (Jayasanka and Asaeda, 2013), it was indicated that effects depend on the plant family and the growth stage, as well as the exposure duration, frequency, and power density. This review concluded that most studies that address the effects of microwaves on animals and plants have documented effects and responses at exposures below limits specified in the electromagnetic radiation exposure guidelines and it is therefore necessary to rethink these guidelines (Jayasanka and Asaeda, 2013).

Since 2005, on the occasion of medical examinations of sick residents living near mobile phone base stations, changes in nearby trees (crown, leaves, trunk, branches, growth…) were observed at the same time as clinical symptoms in humans occurred. Since 2006 tree damages in the radiation field of mobile phone base stations were documented (http://kompetenzinitiative.net/KIT/KIT/baeume-in-bamberg/). In the radio shadow of buildings or that one of other trees, the trees stayed healthy.

Additionally, unilateral crown damage, beginning on the side facing an antenna, pointed to a possible link between RF-EMF (Radiofrequency Electromagnetic Fields) and tree damage. We carried out measurements on both sides of unilaterally damaged trees. Most of the trees had been exposed to RF-EMF for at least five years. Each time we found considerable differences between the measured values on the damaged and on the healthy side.

The aim of the present study was to verify whether there is a connection between unusual (generally unilateral) tree damage and radiofrequency exposure.

2. Materials and methods

The official information of 65 mobile phone sites in the neighbouring cities Bamberg and Hallstadt was extracted from the EMF database (EMF-Datenbank) of the German Federal Network Agency (Bundesnetzagentur, in March 2011 and October 2015). Each site certificate ("Standortbescheinigung") provides information on the mounting height of antennas, the number and main beam direction of the sector antennas, the number of omnidirectional antennas (ND), the number of other transmitters, as well as the horizontal and vertical safety distances. The current specifications of the transmission facilities are available at: http://emf3.bundesnetzagentur.de/karte/Default.aspx

On most of the 65 mobile phone sites several sector antennas emitting RF-EMF with differences in frequency, modulation and other physical characteristics are installed (GSM 900, GSM 1800, UMTS, LTE (4th generation), TETRA). In 2011 there was a total of 483 sector antennas, in 2015 a total of 779 sector antennas.

Numerical code, address and UTM 32N coordinates for the 65 Mobile phone (base stations) sites in Bamberg and Hallstadt are shown in Table 1.

Between 2006 and 2015 there was observation and documentation of tree damages. There were some preliminary measurements on both sides of unilaterally damaged trees and approximately 700 trees in Bamberg and Hallstadt were visited. The condition of numerous trees has been documented in photographs. The photographs record the state of trees showing damage patterns not attributable to diseases, pests, drought or other environmental factors in order to monitor damage and growth over several years (in 2006, Olympus FE-100 was used; since 2007, Panasonic DMC-FZ50 was used).

In 2015 we selected a polygonal study site, with an approximate area of 30 km^2, which includes partial municipalities of Bamberg and Hallstadt (70 km^2). The study area with the location of the phone masts in the layer of natural areas and municipalities is shown in Fig. 1. In this area, different measurements (see below) were done both for having a radiation map and for knowing which are the incident power densities beside different trees. In spite of the fact that measurements are changing continuously, they do not show significant differences between times (own data, see below).

In this polygon, we performed 144 measurements of the radiofrequency electromagnetic fields at a height of 1.5 m at different points in the city. These measurements were taken in streets and parks and allowed the preparation of an electromagnetic map of Bamberg and Hallstadt with their interpolation. The measurements were carried out with an EMF-broadband analyzer HF 59B (27–3300 MHz) and the horizontal-isotrope broadband antenna UBB27_G3, (Gigahertz Solutions). Measurements of the sum peak values of power flux density were in μW/m^2, which can be converted in V/m.

In general, a sector antenna covers an angle of 120° and the radiation of the sector antennas is distributed in main and secondary beams, bundled vertically and horizontally. The high-frequency emissions are reflected/diffracted and/or absorbed by buildings and trees. Therefore,

Table 1
Official information of the 65 mobile phone base stations in Bamberg and Hallstadt.

Code number	Adress in Bamberg and Hallstadt	X	Y	Code number	Adress in Bamberg and Hallstadt	X	Y
1	Altenburg	634268	5527019	34	Ludwigstr. 25 (Post)	636318	5529177
2	Am Borstig 2	636070	5531636	35	Luitpoldstr. 51	636241	5529232
3	Am Hirschknock	637511	5532267	36	Mainstraße, Ladekai 2	633924	5530319
4	An der Breitenau 2	637253	5530650	37	Mainstraße, Ladekai 3	633816	5530130
5	(An der Breitenau, P&R) ca.	637259	5526912	38	Margaretendamm 28	635341	5529331
6	(Artur-Landgraf-Straße)	635183	5526912	39	Memmelsdorfer Straße (Post) ca.	637769	5531392
7	Breitäckerstr. 9	632965	5529621	40	Memmelsdorfer Str. 208a	637568	5531191
8	Coburger Str. 6a	635877	5529951	41	Memmelsdorfer Str. 208a	634861	5528541
9	Coburger Str. 35	635252	5530468	42	Mußstr. 1	634949	5528827
10	Erlichstr. 47/51	637291	5527903	43	Pödeldorfer Str. 144	637828	5529305
11	Franz-Ludwig-Str. 7	635843	5528490	44	Rheinstr. 16 ca.	632910	5530367
12	Geisfelder Str. 30	637689	5528020	45	Robert-Bosch-Str. 40	637767	5528292
13	Grüner Markt 1	635624	5528370	46	Schildstr. 81	637049	5529049
14	Grüner Markt 23	635640	5528565	47	Schranne 3	635511	5528166
15	Gutenbergstr. 20	638448	5527180	48	Schützenstr. 23	636197	5527961
16	Hainstr. 4	635945	5528229	49	Schwarzenbergstr. 50	636762	5528732
17	Hainstr. 39	636341	5527550	50	Siemensstr. 37-43	638091	5528505
18	Hauptsmoorstr. 26a	638223	5530558	51	Theresienstr. 32	637487	5527866
19	Hauptsmoorwald, Pödeldorfer Straße	639683	5529635	52	Unterer Kaulberg 4	635350	5528084
20	Hauptsmoorwald, Geisfelder Straße	639890	5528022	53	Von-Ketteler-Str. 2	637905	5527553
21	Heiliggrabstr. 15	636054	5529240	54	Wilhelmsplatz 3	636316	5528259
22	Heinrichsdamm 1	635849	5528723	55	Zollnerstr. 181	637772	5530133
23	Heinrichsdamm 33a, P&R	636748	5527529	56	Heganger 18	634327	5530982
24	Hohenlohestr. 7	634794	5526480	57	Biegenhofstr. 13	633963	5531045
25	Kantstr. 33	637161	5530333	58	Seebachstr. 1	634399	5531764
26	Katzenberg	635374	5528266	59	Landsknechtstr.	634800	5531918
27	Kirschäckerstr. 37	636649	5530756	60	Lichtenfelser Str.	634864	5532621
28	(Kloster-Langheim-Str. 8)	637190	5529182	61	Michelinstr. 130 ca.	635629	5532106
29	Kronacher Str. 50	636722	5531496	62	Margaretendamm	634991	5529497
30	Lagerhausstr. 4-6	634850	5529871	63	Mainstr. 36a/Kiliansplatz	634326	5532386
31	Lagerhausstr. 19	634304	5530136	64	Bamberger Straße	635964	5526050
32	(Laurenziplatz 20)	635207	5527404	65	Würzburger Str. 76	635359	5526709
33	Ludwigstr. 2	635207	5529103				

due to existing obstacles there is an inhomogeneous radiofrequency field distribution. Buildings and vegetation (trees and foliage) can shield and reduce radiation and thus affect the quality of signal propagation (e.g. Meng and Lee, 2010). Living material is not a perfect dielectric object and interferes with high frequency electromagnetic fields in a way that depends upon several parameters, including the general shape, conductivity, and density of the tissue, and the frequency and amplitude of the electromagnetic radiation (Vian et al., 2016).

In the polygon mentioned before we selected 60 trees showing unilateral damage. The selection was limited by the fact that we were able to measure with the telescopic rod only up to a height of 6 m. Many trees (*Tilia, Betula, Quercus, Populus, Picea*) showing damage above the

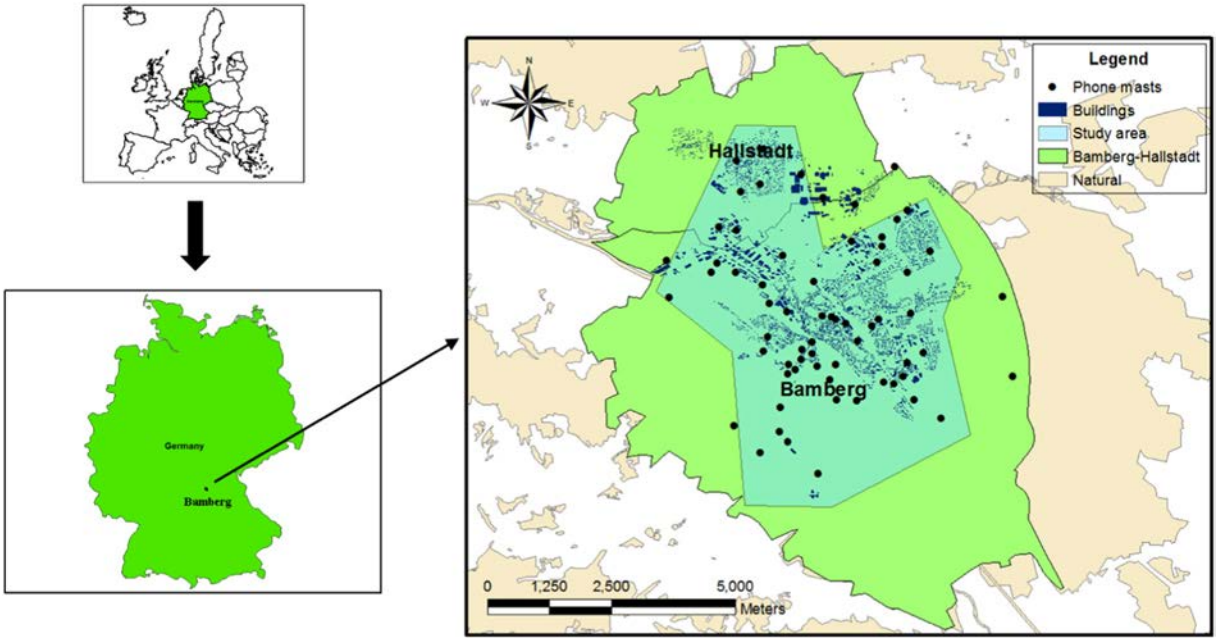


Fig. 1. The study area with the location of the phone masts in the layer of natural areas, buildings, and municipalities.

height of 6 m could not be included. The measurements at the trees were done between April and October 2015. *Acer platanoides*, *Carpinus betulus*, *Tilia* sp., *Taxus baccata* and *Thuja occidentalis* are widely spread in Bamberg and Hallstadt and can be reached for measurements. Therefore they are the most represented species.

The selected 60 trees from the study polygon show damage patterns that are not usually attributable to harmful organisms, such as diseases (fungi, bacteria, viruses) and pests (insects, nematodes) or other environmental factors (water stress, heat, drought, frost, sun, compaction of the soil, air and soil pollutants).

The main features of damage from this source are:

- Trees are mainly affected on one side (showing side differences and unilateral damage) and can appear in any orientation. The damage only originates on one side.
- Damage appears without external indications that the tree is infested with insects, nematodes, fungi, bacteria or viruses.
- Damage appears on trees, which have previously grown well. Damage appears on once healthy trees within one or two years after Antennas were put into operation.
- Damage increases from the outside to the inner part of the crown over time.
- Trees of different species in the same location also show damage.
- Damage appears in favourable (gardens, parks) as well as in unfavourable locations.
- Trees in the same location, but that are shielded by buildings or other trees, are healthy.

For these damaged trees, we used 13 damage codes that may be recognised with the naked eye (for explanations, see Table 2). In order to explain each type of damage visually, a photograph was added for each damage code.

Table 2
Tree damage codes.

01 Damage only on one side: The tree shows damage only on one side. The damage can be recognized with the naked eye.	
02 Crown transparency (sparse leaves or needles): The number of leaves or needles is reduced. The crown transparency increases from year to year.	
03 Brown leaves (start at leaf margins): The leaves begin to turn brown in june. The browning starts at the leaf margins. It looks similar to effects by salt.	
04 Colour change of leaves prematurely: Leaves become yellow, red or brown (in the whole) early in the year.	
05 Tree leaves fall prematurely: The leaves begin to fall already from june on.	
06 Dead branches: Over a period of some years it can be observed how little and big branches die.	
07 Tip of the main guide dried.	
08 Irregular growth. The growth of deciduous and coniferous trees can be disturbed in different manners. One observation is that trees bend to a side.	
09 Not grow in height: Trees often stop to grow in height. The height was not measured. Only the visual impression was valuated.	
10 Colour change of needles. Needles can change their colour to yellow, red or brown.	
11 Dead parts were trimmed down: When bigger branches die, it becomes necessary to remove these parts for the sake of security of people passing.	
12 Damage on different sides: The trees show damages on different sides.	
13 No damage: The tree shows the typical habitus of its species. With the naked eye no damage can be seen.	

Table 3
144 selected points in Bamberg and Hallstadt with their measurements and UTM coordinates.

Number	Streets and parks in Bamberg and Hallstadt	Measurement μW/m²	X	Y	Number	Streets and parks in Bamberg and Hallstadt	Measurement μW/m²	X	Y
1	Wassermannpark	2300	637395	5530345	73	Ludwigstraße/Zollnerstraße	50	636228	5529444
2	Memmelsdorfer Str. 209	1830	637581	5531113	74	Landratsamt, Ludwigstraße, Einfahrt	670	636422	5529044
3	Holunderweg	10	638125	5530967	75	Wilhelmsplatz, Mitte	460	636250	5528263
4	Hauptsmoorstraße/Seehofstraße	3600	638039	5530857	76	Amalienstr. 16	16570	636303	5528086
5	Greifffenbergstr. 79	4210	638349	5530855	77	Otttostr. 7a	120	636133	5527878
6	Heimfriedweg 16	870	638393	5530621	78	Schönbornstr. 3	3640	636251	5527696
7	AWO, Innenhof, Parkplatz	3920	638223	5530584	79	Hainspielplatz	1530	636229	5527403
8	Ferdinand-Tietz-Str. 40	2600	637883	5530616	80	P&R Heinrichsdamm, Parkplatz bei Kirschen	3400	636706	5527667
9	Ferdinand-Tietz-Str. 38	80	637889	5530601	81	P&R Heinrichsdamm, südöstlich des Senders, Eichen	1690	636755	5527504
10	Petrinistr. 20	1340	637797	5530514	82	Luisenhain, Höhe Wasserwerk	260	636895	5526482
11	Petrinistr. 32	4700	637891	5530449	83	Kapellenstraße	2120	637050	5528148
12	Zollnerstraße 181	9300	637773	5530102	84	Geisfelder Str. 9, Gärtnerei	740	637410	5528164
13	Wassermannstr. 14	540	637424	5530125	85	Gereuthstr. 8	30	637621	5527424
14	Feldkirchenstraße/Kantstraße	2620	636803	5530069	86	Distelweg, Innenhof	15	637881	5527160
15	Breslaustr. 20	3890	637392	5530431	87	Am Sendelbach BSC 1920	30	637331	5526877
16	Berliner Ring	16920	637188	5530786	88	Am Sendelbach, Kleingartenanlage	10	637542	5526222
17	Rodezstr. 3	3780	637044	5530765	89	Robert-Bosch-Straße	2060	637504	5528200
18	Am Spinnseyer 3	880	637545	5530764	90	Ludwigstraße/Memmelsdorfer Straße	1000	635974	5529708
19	Kirschäckerstr. 24	4290	636655	5530857	91	Coburger Straße, Neubau Studentenwohnheim	3460	635867	5529878
20	Kammermeisterweg	810	636283	5530282	92	Coburger Straße, junge Platane	3400	635835	5529941
21	Eichendorff-Gymnasium, Hof	6340	637194	5529084	93	Gundelsheimer Str. 2	9000	635783	5529680
22	Starkenfeldstraße/Pfarrfeldstraße	3660	637092	5529138	94	Hallstadter Straße	12	635232	5530212
23	Parkplatz auf der Westseite der Polizei	9020	636921	5528970	95	Gerberstraße/Benzstraße	1280	635108	5530546
24	Starkenfeldstraße, Höhe Polizei	1120	636975	5529061	96	Coburger Straße, Einfahrt Fitnesszentrum	2000	635326	5530508
25	Starkenfeldstr. 2	860	637527	5529216	97	Kleintierzuchtanlage	890	635380	5530622
26	Pödeldorfer Str., Haltestelle	2180	636965	5529217	98	Margaretendamm, Eingang ehemaliges Hallenbad	1300	635455	5529178
27	Kindergarten St. Heinrich, Eingang	6450	637712	5529364	99	Margaretendamm/Europabrücke	1890	635200	5529365
28	Pödeldorfer Straße, Haltestelle Wörthstraße	1620	637654	5529433	100	Margartendamm 38, nahe Sendeanlage	5560	635003	5529497
29	Pödeldorfer Str. 142, Nordseite	30	637840	5529437	101	Hafenstraße/Regnitzstraße	7610	634719	5529740
30	Pödeldorfer Str. 142, Südseite	17060	637824	5529410	102	Lagerhausstraße	210	634556	5530102
31	Berliner Ring, Höhe Pödeldorfer Str. 144	4480	637900	5529380	103	Hafenstr. 28, Bayerischer Hafen	3200	634192	5530370
32	Schwimmbad Bambados, Vorgarten mit Bambus	1620	638074	5529315	104	Laubanger 29	160	634202	5530561
33	Schwimmbad Bambados, Parkplatz, Feldahorn	2540	638202	5529346	105	Heganger	1400	634341	5530812
34	Carl-Meinelt-Str.	5360	638043	5529094	106	Emil-Kemmer-Str. 2	5000	633822	5530863
35	Volkspark, FC Eintracht, Ostseite	120	638343	5529065	107	Emil-Kemmer-Str. 14	2500	634342	5531099
36	Michelsberger Garten, Teil Streuobst	5450	634831	5528673	108	Dr. Robert-Pfleger-Straße 60	90	634448	5530978
37	Michelsberger Garten, Terrassengarten, bei Eibe	2500	634988	5528508	109	Friedhof Gaustadt, Haupteingang	13100	632981	5529677
38	Michelsberger Garten, Südostecke, bei Holunder	910	635036	5528455	110	Friedhof Gaustadt, Ahornpaar	1400	632929	5529728
39	Michelsberg, Aussichtsterrasse, oberhalb Weinberg	1260	634924	5528463	111	Herzog-Max-Str. 21	1600	636245	5528071
40	Michelsberg, Aussichtsterrasse, Aussichtspunkt	780	634911	5528537	112	Gaustadter Hauptstr. 116	10	634042	5529457
41	Michelsberg, Nordostecke, bei jungen Linden	390	634874	5528565	113	Landesgartenschaugelände, Hafenerlebnispfad	2000	633789	5529894
42	Storchsgasse/Michelsberg	200	634725	5528415	114	Landesgartenschau, junge Baumgruppe	1270	633949	5529718
43	St. Getreu-Kirche, Südseite	55	634518	5528405	115	Würzburger Str.	340	635283	5527151
44	Villa Remeis, Garten	390	634295	5528203	116	Würzburger Straße/Arthur-Landgraf-Straße	1380	635355	5526862
45	Villa Remeis, Treppe	300	634400	5528237	117	Hohe-Kreuz-Straße/Würzburger Straße, Haltestelle	590	635383	5526733
46	Maienbrunnen 2	3920	634744	5528838	118	Hohe-Kreuz-Straße	10950	635469	5526729
47	Am Leinritt	2140	635071	5528617	119	Am Hahnenweg 6	3420	635332	5526729
48	Abtsberg 27	130	634526	5528935	120	Am Hahnenweg/Viktor-von-Scheffel-Straße	640	635307	5526710
49	Welcome Hotel, Garten	3200	634788	5529012	121	Am Hahnenweg 28 a	145	635028	5526654
50	Mußstraße, eingang Kindergarten	1670	634864	5529011	122	Schlüsselberger Straße	200	634712	5526534
51	Mußstraße/Schlüsselstraße	710	634846	5529034	123	Schlüsselberger Str./Haltestelle Hezilostr., Parkdeck	460	634749	5526549
52	Nebingerhof	2040	635069	5528901	124	Hezilostr. 13	70	634604	5526563
53	Graf-Stauffenberg-Platz	100	635120	5529009	125	Sückleinsweg, junge Hainbuchenhecke	75	634512	5526654
54	Don-Bosdo-Straße, Innenhof	10	635176	5529056	126	Rößleinsweg, oberes Ende	300	634708	5526789
55	Pfeuferstraße/Weide	1100	635222	5528820	127	Große Wiese	1500	634874	5526810

Table 3 (*continued*)

Number	Streets and parks in Bamberg and Hallstadt	Measurement µW/m²	X	Y	Number	Streets and parks in Bamberg and Hallstadt	Measurement µW/m²	X	Y
56	Weidendamm/Don-Bosco-Straße	1860	635166	5529195	128	Suidgerstraße	195	634508	5526409
57	Katzenberg/Karolinenstraße	1720	635316	5528239	129	Waizendorfer Straße	280	635317	5525864
58	Vorderer Bach	450	635305	5528141	130	Waizendorfer Straße, Einfahrt Gärtnerei	210	635326	5525582
59	Obere Brücke	8000	635565	5528289	131	Klinikum, Nähe Spielplatz	175	635732	5525672
60	Judenstraße	6	635479	5528040	132	Klinikum Weiher	100	635759	5525520
61	Tourist Information	4920	635674	5528172	133	Buger Straße/Bamberger Straße	2730	635829	5526082
62	Universität, Am Kranen 14, Innenhof	10	635501	5528535	134	Dunantstraße	470	635848	5526176
63	Fleischstraße	10	635703	5528683	135	Buger Straße/Paradiesweg	90	635743	5526286
64	ZOB	600	635882	5528541	136	Buger Straße/Abzweigung Münchner Ring	470	635528	5526499
65	Schönleinsplatz, Ostseite	900	636004	5528300	137	Hallstadt, Markplatz, bei Linde	2000	634582	5532426
66	Friedrichstraße, Parkplatz	165	635984	5528360	138	Hallstadt, Markplatz 21, Innenhof	8	634632	5532488
67	Franz-Ludwig-Straße/Luisenstraße	1720	636158	5528410	139	Hallstadt, Lichtenfelser Str. 12	4000	634659	5532474
68	Franz-Ludwig-Str, Strassenbauamt	90	636246	5528408	140	Hallstadt, Lichtenfelser Str. 8	9000	634720	5532516
69	Heiliggrabstraße, Nähe Sender	4740	636072	5529245	141	Hallstadt, Am Gründleinsbach/Kemmerner Weg	200	634743	5532784
70	Heiliggrabstr. 29, Landesjustizkasse	20	636063	5529399	142	Hallstadt, Valentinstraße/Seebachstraße	2200	634232	5532237
71	Heiliggrabstr. 57, Aussichtspunkt Schiefer Turm	4500	635797	5529410	143	Hallstadt, Johannisstr. 6	5000	634805	5532078
72	Bahnhof, ParkplatzWestseite	1600	636300	5529374	144	Hallstadt, Bamberger Straße/Michael-Bienlein-Straße	1860	634805	5531969

For each selected tree, the types of damage and the Universal Transversal Mercator (UTM) coordinates were recorded. In addition, two measurements were recorded: on the side showing damage and on the side without damage, generally corresponding to opposite sides of each tree. On both sides, the measurements were carried out at a variable height of 1–6 m (depending on the height of the tree), using a telescopic rod, a ladder, and the broadband radiofrequency meter.

Most measurements were done in the afternoon or in the evening on different days between April and October 2015. But the measurements on the two sides of each single tree were done one after another immediately on the same day and at the same time. The measurements took about 5 min on each side. When we stood on the ground or on a ladder we measured the peak values. When we used the telescopic rod we measured the peak hold values. Using the telescopic rod and measuring peak hold values it took longer, because the measurements had to be repeated often in cases where RF-EMF emitting cars or passengers disturbed the results. At each single tree the two measurements were done in the height where the damage had appeared. Because the height of the 120 trees differed, it was necessary to do the measurements at different heights.

In theory, although measurements are changing continuously there is no evidence about significant changes in power densities of electromagnetic radiation produced by phone masts over time. One study carried over one year in the city of Madrid showed no changes in terms of radiation intensity between the three rounds of measurements

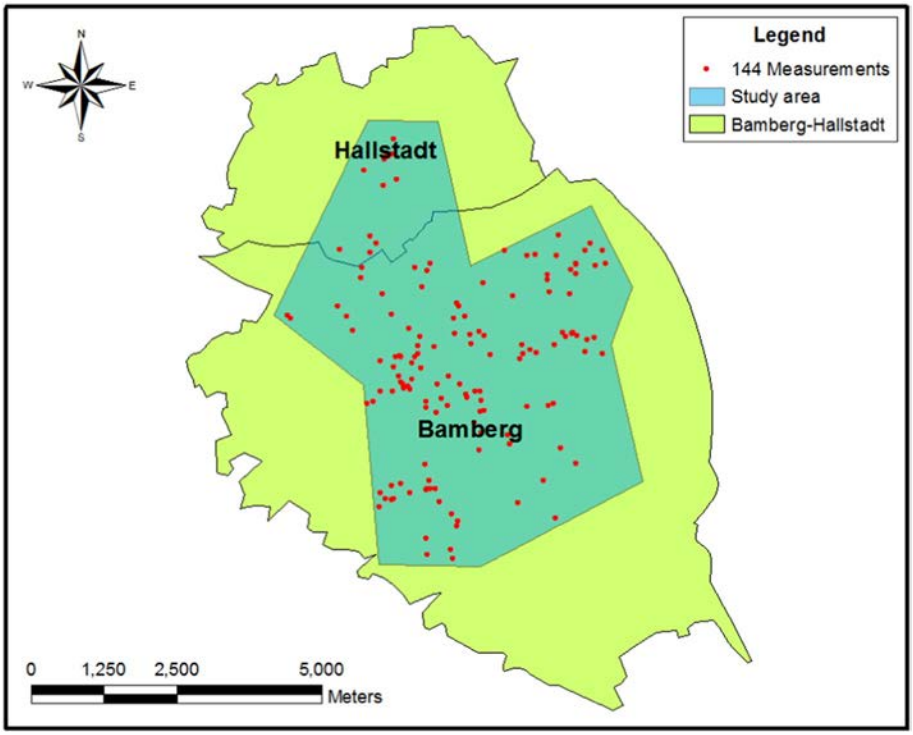


Fig. 2. Location of the 144 measurements points in Bamberg and Hallstadt in the study area.

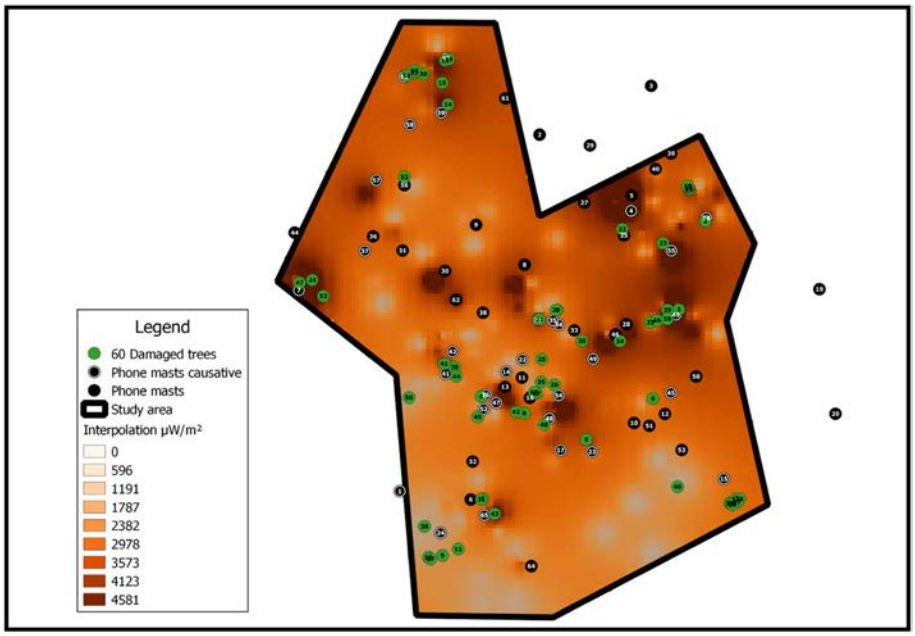


Fig. 3. Map showing the 60 damaged trees and phone masts (both with code numbers) over the interpolation electromagnetic map of the 144 measurement points.

performed in about 200 sampling points (own data). Repeatability analysis checked this. Despite the fact that the increase in sector antennas (observed between 2011 and 2015) would have probably increased the radiation in the environment of the study area, measurements used in this study were mostly done in 2015.

In an attempt to link the electromagnetic radiation measured at every tree to specific phone masts, the distances to the three nearest antennas that could be mainly responsible for the radiation measurements at each tree were calculated in meters with Geographical Information System (GIS) programs, following the general approach criteria of proximity. However, it must be taken into account that buildings and vegetation diminish radiation intensity and, in many cases, the nearest phone mast or masts may be obscured by obstacles. In other cases, the phone mast is in direct line of sight from the tree and the radiation can reach the tree directly.

Additionally, 30 random points were generated inside the polygonal study area and outside a layer of buildings, downloaded from: http://www.mapcruzin.com/free-germany-arcgis-maps-shapefiles.htm using a Random Points tool of QGIS 2.6.0-Brighton (QGIS Development Team, 2014) allowing create random points inside a specific layer. Therefore the points were randomly situated in specific places in the study area outside buildings but not frequently concur with the location of trees. That is why measurements were taken from the nearest tree for each random point, generating a random tree group. Measurements and damage characteristics were scored in the same way as with 60 damaged trees explained above, measuring the maximum value of radiation corresponding to opposite sides of each tree.

In areas of the city with low measurements of electromagnetic radiation (no visual contact to any phone mast and power flux density <50 µW/m^2), we scored another 30 trees in the same way as with 60 damaged trees and 30 random points. The UTM coordinates and the three nearest phone masts of each tree in these last two groups (random and low radiation trees) were also recorded.

To generate electromagnetic maps, we used ArcGis 9.3 (ESRI, 2008) and QGIS 2.6.0-Brighton (QGIS Development Team, 2014). To check possible differences between groups of data and taking into account that there were two measures made in each tree, repeated measures analysis of variance were applied, considering a repeated measures factor (within-subjects) and another between-subjects. The post hoc Bonferroni test was used in all cases to elucidate significant differences. Statistics were performed using STATISTICA 7 program (StatSoft, Inc, 2004).

3. Results

The results of radiation measurements obtained at 144 points in Bamberg and Hallstadt at a height of 1.5 m were between 6 µW/m^2 (0.047 V/m) and 17,060 µW/m^2 (2.53 V/m) (for measurements and UTM coordinates, see Table 3). The measured values are far below the current limit values (41 V/m for GSM system and 61 V/m for UMTS; ICNIRP, 1998).

The locations of these points in the study area are shown in Fig. 2. By interpolation of the 144 measurements points (Table 3), we prepared a map of the power flux density in Bamberg and Hallstadt (Fig. 3). This map is theoretical and approximate, since many factors affect the true electromagnetic values. However, the map is useful to provide approximate differences in exposure (electromagnetic pollution) throughout the city.

The 60 selected trees showing damage patterns not attributable to diseases, pests or other environmental factors are presented in Table 4. In this Table, we added the tree code number, the scientific name, the UTM coordinates, the measurements (power flux density) on both sides of each tree, and the distances (meters) and code numbers to the three nearest antennas for each tree, which may be mainly responsible for the electromagnetic radiation measured. We also included the orientation of the tree damage and the number of main (nearest) phone mast(s) in direct line of sight, whose lobe of radiation most directly affected each tree. Finally, we included the codes of damage observed in the 60 trees.

From all 60 selected trees, one or more phone mast(s) could be seen, with no obstacles between the phone mast and damaged tree. In many cases, one of the three closest antennas caused the main radiation on the tree surface. In ten trees (codes: 4, 7, 9, 10, 15, 26, 27, 31, 35, and 50), another antenna in direct line of sight caused the measured radiofrequency exposure. This was determined using topography and existing buildings (Table 4 and Fig. 3).

The 60 damaged trees (with their code number) and the phone masts are overlaid on the electromagnetic map prepared by interpolation of the 144 measurements points (Fig. 3). The likely antenna or

antennas causing radiation damage to each tree are also shown (Fig. 3). The measurements at all selected trees revealed significant differences between the damaged side facing a phone mast and the intact (or less damaged) opposite side. On the side facing a phone mast, the measured values were 80–13,000 μW/m^2 (0.173–2.213 V/m). On the opposite side the values were 8–720 μW/m^2 (0.054–0.52 V/m).

Table 4
60 selected trees showing damage patterns not attributable to diseases, drought or other environmental factors.

														Effect codes												
														1	2	3	4	5	6	7	8	9	10	11	12	13
N°	Scientific name	X	Y	Side antenna measurement μW/m²	Opposite side measurement μW/m²	Number of Phone Mast 1	Distance a 1	Number of Phone Mast 2	Distance a 2	Number of Phone Mast 3	Distance a 3	Direction of damage	Number of main phone mast(s) causing the radiation	Damage only on one side	Sparse leaves or needles (crown transparency)	Brown leaves (start at leaf margins)	Colour change of leaves prematurely	leaves fall prematurely	Dead branches (Peak branches dried).	Tip of the main guide dried	Irregular growth	Not grow in eight	Color change of needles	Dead parts were trimmed down	damage on different sides	no damage
1	*Acer platanoides*	636298	5529366	970	130	35	145,6	34	190,1	21	274,6	S, SW	35,34,21	+	+	+		+	+	+		+				
2	*Acer platanoides*	638211	5530518	680	80	18	41,76	55	583,9	40	930,8	N	18	+	+	+		+	+			+		+		
3	*Acer platanoides*	637868	5529371	2100	290	43	77,18	28	703,9	55	768	S	43	+	+	+		+	+	+		+				
4	*Acer platanoides*	635316	5528245	2300	130	26	61,68	52	164,6	47	210,4	E, S	26,52,47, 14	+	+	+		+	+	+		+		+		
5	*Acer platanoides*	636677	5527688	3600	290	23	174,1	17	363,2	48	552,2	S	23	+	+	+		+	+	+		+		+		
6	*Acer platanoides*	637536	5528219	700	140	45	242,3	12	251	51	356,4	E	45	+	+	+		+	+	+						
7	*Acer platanoides*	635339	5526919	270	30	6	156,2	65	211	32	502,6	W	1	+		+		+	+	+		+		+		
8	*Acer platanoides*	635876	5528029	80	10	16	211,6	48	328,1	47	389,9	W	47	+	+	+		+								
9	*Acer platanoides*	634819	5526187	160	20	24	294,1	65	751,1	6	811,2	N	24, 1		+	+		+	+					+		
10	*Acer platanoides*	634638	5526163	180	55	24	353,3	65	904,4	6	926,3	N	24, 1		+	+		+	+							
11	*Acer platanoides*	635022	5526270	95	20	24	310	65	553,4	6	661,9	NW	24	+	+			+								
12	*Acer platanoides*	634854	5532596	11800	400	60	26,93	63	568,2	59	680,1	N	60	+	+	+		+	+	+		+				
13	*Acer platanoides*	634455	5532438	9900	620	63	139,1	60	448,1	59	624	W	63	+			+							+		
14	*Acer platanoides*	634890	5532028	3380	500	59	142,1	58	557,5	60	593,6	SW	59	+	+	+		+	+	+		+		+		
15	*Acer platanoides*	634815	5532307	1050	50	60	317,8	59	389,3	63	495,3	SW	58	+	+	+		+	+	+		+		+		
16	*Carpinus betulus*	638001	5530928	1210	120	18	431,5	40	506,6	39	518,8	S	18	+	+	+		+	+							
17	*Carpinus betulus*	637996	5530945	2520	150	18	448,7	40	493,7	39	501,3	S	18	+	+	+		+	+							
18	*Carpinus betulus*	637987	5530959	890	90	18	465,3	40	478,9	39	484,8	S	18	+	+	+		+								
19	*Carpinus betulus*	637984	5530970	670	10	40	471,1	39	473,6	18	476,3	S	18	+	+	+		+								
20	*Carpinus betulus*	636619	5528966	1000	200	33	169,6	49	274,2	34	367,6	SE	49		+	+		+	+			+		+		
21	*Carpinus betulus*	636068	5529245	430	20	21	14,87	35	173,5	34	259,1	W	21	+	+	+		+				+		+		
22	*Carpinus betulus*	637138	5530413	4340	110	25	83,24	4	263,4	5	450,6	NE	4	+	+	+		+	+	+		+				
23	*Carpinus betulus*	637664	5530231	990	60	55	145,8	25	513,2	4	586,9	E	55	+	+	+		+	+							
24	*Carpinus betulus*	633137	5529754	2700	50	7	217,4	44	653,7	37	776,2	E	37	+	+	+		+	+							
25	*Tilia sp.*	636098	5528729	870	150	22	249,1	11	349,5	14	486,5	W	22	+	+	+		+	+							
26	*Tilia sp.*	636261	5528398	410	20	54	149,5	16	358,4	11	428	W	14	+		+		+								
27	*Tilia sp.*	636030	5528283	680	160	16	100,7	11	279	54	287	S	48	+	+		+	+	+					+		
28	*Tilia sp.*	634972	5528626	660	170	41	139,8	42	202,3	26	539,6	SW	41	+	+	+		+	+	+		+		+		
29	*Tilia sp.*	636283	5529365	2450	160	35	139,5	34	191,2	21	260,9	SW	35, 34, 21	+		+		+				+		+		
30	*Tilia sp.*	634573	5532422	3800	420	63	249,6	60	352,5	59	552,8	NE	60	+	+	+		+	+					+		
31	*Tilia sp.*	635319	5526914	380	120	6	136	65	208,9	32	502,6	W	1	+	+		+	+	+	+						
32	*Quercus robur*	638598	5526911	860	130	15	308	53	944,7	12	1434	NW	15		+			+	+							
33	*Quercus rubra*	637501	5529207	1340	120	28	312	43	341,4	46	478,8	E	43	+	+			+	+							
34	*Quercus rubra*	637107	5528961	1650	250	46	105,4	28	236,1	49	414,1	SW	49	+	+				+							
35	*Aesculus hippocastanum*	636092	5528434	400	20	16	252,3	11	255,2	54	284,3	W	14	+	+	+		+	+	+		+				
36	*Robinia pseudoacacia*	638653	5526920	1300	40	15	331,1	53	979,9	12	1463	NW	15	+			+		+	+		+				

Table 4 *(continued)*

37	*Robinia pseudoacacia*	638619	5526874	660	240	15	350,5	53	985,3	12	1476	NW	15	+			+		+				+		
38	*Sorbus occuparia*	634587	5526564	84	8	24	223,4	1	555,7	6	690,2	N	1	+	+	+		+	+	+		+			
39	*Acer negundo*	637722	5529366	3060	310	43	122,3	28	562,9	46	743,9	SE	43	+	+			+	+			+		+	
40	*Acer saccharinum*	637852	5527078	840	180	53	477,9	15	604,7	51	868,4	E	15	+	+			+							
41	*Juglans regia*	634841	5528669	4500	590	41	129,6	42	191,4	26	668,2	N, E	42	+	+			+	+	+	+	+			
42	*Taxus baccata*	635767	5528046	300	70	16	255,3	47	282,7	13	354,2	NW	47	+	+				+				+	+	
43	*Taxus baccata*	635491	5526727	8970	190	65	133,2	6	359,3	32	734,2	W	65	+	+				+				+	+	
44	*Taxus baccata*	634997	5528506	2500	240	41	140,4	42	324,6	26	446,9	N,E,W	41,42		+				+				+	+	
45	*Taxus baccata*	635272	5527980	2700	70	52	130	47	302,8	26	303,6	NE	52	+	+				+				+	+	
46	*Taxus baccata*	637586	5529231	1520	190	43	253,1	28	399	46	567	E	43	+	+								+	+	
47	*Thuja occidentalis*	632975	5529719	910	30	7	98,51	44	651,3	37	936,1	S	7	+	+				+				+		
48	*Thuja occidentalis*	636128	5527881	120	10	48	105,6	16	393,2	17	393,6	S	17	+	+				+				+		
49	*Thuja occidentalis*	634900	5532611	13000	520	60	37,36	63	616,5	59	700,2	NW	60	+	+				+				+		
50	*Thuja occidentalis*	634387	5528232	290	50	41	565,8	42	818,5	52	974,3	S	1	+	+				+	+			+		
51	*Picea pungens*	638525	5526863	770	90	15	326,2	53	927,6	12	1427	NE	15	+	+				+				+		
52	*Picea pungens*	634328	5531086	3080	310	56	104	57	367,3	58	681,7	W	57		+				+			+	+		
53	*Picea pungens*	633280	5529546	1350	200	7	323,8	37	792,7	44	900,5	W	7	+	+				+		+		+		
54	*Pinus sylvestris*	638542	5526861	790	50	15	332,6	53	940,5	12	1439	NE	15		+				+		+	+	+		
55	*Pinus sylvestris*	634461	5532462	5300	130	63	154,9	60	433,2	59	641	SW	63	+	+								+		
56	*Pseudotsuga menziesii*	638560	5526844	1720	60	15	354,2	53	965,2	12	1463	NE	15	+	+				+	+		+	+		
57	*Juniperus communis*	634664	5526141	160	20	24	363,1	65	897,6	6	929,4	N	24	+	+				+				+		
58	*Corylus avellana 'Contorta'*	634355	5532399	420	80	63	31,78	60	555,3	58	636,5	W	63	+	+	+		+	+						
59	*Corylus avellana*	637720	5529249	3880	720	43	121,7	28	534,2	46	700,2	N	43	+	+	+		+						+	
60	*Symphoricarpos albus*	636002	5528299	1200	320	16	90,27	11	248,5	54	316,5	E	54	+	+			+	+					+	

In the five most represented species ($n \geq 4$) among the 60 affected trees, most trees showed damage only on one side: unilateral damage (Damage code 1, Tables 2 and 4). By species and percentages: *Acer platanoides* (86%), *Carpinus betulus* (88%), *Tilia* sp. (100%), *Taxus baccata* (80%) and *Thuja occidentalis* (100%). On the seven trees not given code 1, the damage spread over the whole tree, but trees still showed side differences. Most of these trees were characterized with sparse leaves or needles (crown transparency) (Damage code 2, Tables 2 and 4). By species and percentages: *Acer platanoides* (86%), *Carpinus betulus* (100%), *Taxus baccata* (100%) and *Thuja occidentalis* (100%). In many of the trees with the one-sided damage, the leaves turned prematurely yellow or brown in June – this always began at the leaf margins (Damage code 3, Tables 2 and 4). The species with higher percentages were: *Acer platanoides* (86%) and *Carpinus betulus* (100%). In many trees leaves fall prematurely: *Acer platanoides* (93%), *Carpinus betulus* (100%) and *Tilia sp.* (100%) (Damage code 5, Tables 2 and 4). Many trees of the species *Acer platanoides* (80%), *Taxus baccata* (80%) and *Thuja occidentalis* (100%) had dead branches (Peak branches dried) (Damage code 6, Tables 2 and 4). All the trees of the species *Taxus baccata* (100%) and *Thuja occidentalis (100%)* exhibited color change of the needles (Damage code 10, Tables 2 and 4). Finally, in all trees of the species *Taxus baccata*, dead parts were trimmed (Damage code 11, Tables 2 and 4). Some trees stopped growing in height while, in others, the main guide died (see Tables 2 and 4).

The 30 randomly selected trees are presented in Table 5 with the tree code number, the scientific name, the UTM coordinates, the measurements (power flux density) on both sides of each tree, the distance (meters) to the three nearest antennas, their code number and the damage codes. Trees in these locations may be in areas with either high or low radiation. Seventeen trees in this group were situated in places with low radiation and showed no signs of damage. The measurements were 8–50 μW/m^2 (0.054–0.137 V/m) and showed no difference between the two opposite sides. Thirteen trees stood in the radiation field of one or more phone mast. Six of these had damage only on the side facing a phone mast, and five had damages on other sides. The measurements on the exposed sides were 40–4600 μW/m^2 (0.122–1.316 V/m).

The 30 trees selected in areas with low radiation (radio shadow of hills, buildings or trees) are presented in Table 6 with the tree code number, scientific name, UTM coordinates, measurements (power flux density) on both sides of each tree, distance (meters) to the three nearest antennas, their code number and the damage codes. All trees selected in low radiation areas showed no damage (code 13). The power flux density values measured were 3–40 μW/m^2 (0.033–0.122 V/m) and no significant differences were found between the two opposite sides.

The trees in random points and the trees in areas of low radiation are represented In Fig. 4 over the electromagnetic map prepared by interpolation of the 144 measurements points.

We performed a Repeated Measures ANOVA analysis in order to include the measurements of the exposed and shielded side of each tree (R1 = within subjects factor) in the three groups of trees (damaged, random, and low radiation), and to avoid pseudoreplication. The comparisons of all factor levels revealed significant differences, including the interaction between factors. A post hoc Bonferroni comparisons test, recommended for different sized groups of samples, revealed significant differences between measurements from the exposed side of damaged trees and all other groups (Table 7). Fig. 5 shows the measurements (mean and standard error) in all groups.

In the "Random points" group of trees, we performed another Repeated Measures ANOVA (R1 = within subjects factor) for trees damaged and undamaged within this group (Table 8). The results showed significant differences in both factors, including the interaction, which means that depending on the group of tree (damaged or undamaged),

Table 5
Results of the tree measurements at the 30 random points.

												Effect codes												
												1	2	3	4	5	6	7	8	9	10	11	12	13
N°	Scientific name	X	Y	Side antenna measurement µW/m²	Opposite side measurement µW/m²	Number of Phone Mast 1	Distance a 1	Number of Phone Mast 2	Distance a 2	Number of Phone Mast 3	Distance a 3	Damage only on one side	Sparse leaves or needles (crown transparency)	Brown leaves (start at leaf margins)	Colour change of leaves prematurely	leaves fall prematurely	Dead branches (Peak branches dried).	Tip of the main guide dried	Irregular growth	Not grow in eight	Color change of needles	Dead parts were trimmed down	damage on different sides	no damage
1	*Salix viminalis*	634095	5532455	10	10	63	241,1	58	754,9	60	786,7													+
2	*Thuja occidentalis*	634760	5532680	500	120	60	119,6	63	524,2	59	763		+				+	+			+		+	
3	*Abies alba*	634030	5530490	2200	900	36	201,2	37	418,8	31	447,7		+				+			+	+		+	
4	*Acer campestre*	634545	5530739	890	320	56	326,5	31	649,4	57	657,5	+	+				+							
5	*Acer platanoides*	634557	5530005	4600	1100	31	284,9	30	322,2	62	668,1	+	+	+		+						+		
6	*Picea abies*	635311	5530644	1900	210	9	185,6	8	894,8	30	900									+	+			
7	*Thuja occidentalis*	635635	5529879	10	10	8	252,5	38	621,9	9	702,6													+
8	*Acer platanoides*	635693	5529848	2600	310	8	210,9	38	625,5	21	707,1	+	+			+	+					+		
9	*Cornus sanguinea*	636415	5530248	40	30	27	559,3	8	614,5	25	750,8													+
10	*Acer pseudoplatanus*	637525	5530896	50	50	5	270,5	40	298,1	4	366,7													+
11	*Syringa*	638111	5531436	10	10	39	344,8	40	595,7	18	885,1													+
12	*Acer platanoides 'Globorum'*	637928	5530541	30	30	18	295,5	55	436,8	4	683,7													+
13	*Acer platanoides*	637159	5529361	20	15	28	181,7	46	330,8	43	671,3													+
14	*Quercus rubra*	638342	5528994	1480	570	50	549,7	43	600,8	45	907,4		+			+	+					+	+	
15	*Thuja occidentalis*	638359	5528569	25	20	50	275,5	45	653,6	12	866,2													+
16	*Tilia sp*	637412	5527922	460	320	51	93,6	10	122,5	12	293,8											+		
17	*Quercus robur*	637363	5527807	45	33	10	120	51	137,3	12	389,4													+
18	*Larix decidua*	637804	5527628	4400	3170	53	125,8	51	396,4	12	408,5		+				+		+				+	
19	*Acer pseudoplatanus*	637919	5527135	760	120	53	418,2	15	530,9	51	849,1	+	+			+	+	+				+		
20	*Acer negundo*	637329	5526888	190	30	23	865,1	53	879,8	51	990,7	+										+		
21	*Quercus robur*	637115	5527423	46	26	23	382	10	511,2	51	578,5													+
22	*Thuja occidentalis*	637315	5526260	40	13	64	1367	23	1390	53	1421	+									+			
23	*Salix matsudana 'Tortuosa'*	635403	5525413	15	12	64	848,8	24	1229	65	1297													+
24	*Populus tremula*	635410	5525828	15	9	64	596,8	65	882,5	24	897													+
25	*Salix matsudana 'Tortuosa'*	634981	5526161	41	23	24	369,8	65	665,7	6	777,7													+
26	*Prunus sp.*	634829	5526050	28	21	24	431,4	65	845,7	6	931,9													+
27	*Picea pungens*	634791	5526809	470	340	24	329	6	405,3	1	563,6		+				+		+				+	
28	*Cornus sanguinea*	635164	5527863	15	15	52	288,9	26	454,4	47	460,7													+
29	*Cornus sanguinea*	634905	5528779	20	20	42	65,12	41	242	26	695,1													+
30	*Acer negundo*	634202	5529092	8	8	42	792,6	41	859	62	886,9													+

significant or non-significant respectively differences between the measurements of the two sides are seen (Fig. 6). A post hoc Bonferroni comparisons test showed significant differences between the measurements from the exposed side of damaged trees and all other groups in the random points group (Table 8).

Of the 120 trees, those with lower mean distance to the three closest antennas have usually higher values of radiation (Fig. 7). However, screening is common in cities due to a large amount of buildings, thus some trees that are close to antennas show lower radiation values than expected. This means that radiation measurements at points close to antennas are variable (high and low) while trees farther from antennas always have low values.

A dossier with documentation gathered over the years and the examples of tree damages is presented in: http://kompetenzinitiative.net/KIT/KIT/baeume-in-bamberg/

4. Discussion

In the present study it was useful, that tree damages in the vicinity of phone masts in Bamberg and Hallstadt had been documented starting 2006. We found a high level of damage to trees in the vicinity of phone masts. The damage encountered in these trees is not attributable to harmful organisms, such as diseases, pests or other environmental factors. These would impact upon the entire tree, whereas damage to trees in the present study was only found on parts of the tree and only on one side (unilateral). Therefore, these factors cannot explain the damage documented here. Generally in all trees of this study, damage is higher in areas of high radiation and occurs on the side where the nearest phone mast is located (Table 4 and Fig. 3). Moreover, areas with more antennas have more levels of radiation and damaged trees are found most often in these high electromagnetic polluted areas. These results showed that side differences in damage corresponded to side differences in measured values of power flux density. This paper look at the effects on trees, but also provides information on how electromagnetic radiation is distributed in a city (interpolation map and Fig. 7).

In this study deciduous and coniferous trees were examined under the real radiofrequency field conditions around phone masts in Bamberg and Hallstadt. From most phone masts a broad band of frequencies with different modulations and pulse frequencies and fluctuating power densities is emitted (GSM 900, GSM 1800, UMTS, LTE, TETRA). Different signals may have different effects due to their physical parameters (Belyaev, 2010; IARC, 2013). We do not discriminate between these different signals and cannot answer the question which part of the

Table 6
Results of the tree measurements in the 30 points with low radiation.

												Effect codes												
												1	2	3	4	5	6	7	8	9	10	11	12	13
Nº	Scientific name	X	Y	Side antenna measurement µW/m²	Opposite side measurement µW/m²	Number of Phone Mast 1	Distance a 1	Number of Phone Mast 2	Distance a 2	Number of Phone Mast 3	Distance a 3	Damage only on one side	Sparse leaves or needles (crown transparency)	Brown leaves (start at leaf margins)	Colour change of leaves prematurely	leaves fall prematurely	Dead branches (Peak branches dried).	Tip of the main guide dried	Irregular growth	Not grow in eight	Color change of needles	Dead parts were trimmed down	damage on different sides	no damage
1	*Acer platanoides*	636741	5529855	26	20	25	636,3	33	784,1	35	798,8													+
2	*Carpinus betulus*	634853	5529041	10	8	42	234,5	62	476,4	41	500,1													+
3	*Carpinus betulus*	638311	5528439	12	10	50	229,7	45	563,5	12	750													+
4	*Carpinus betulus*	636753	5529880	8	8	25	609,6	33	811,5	28	823,5													+
5	*Carpinus betulus*	637817	5527130	15	12	53	432,1	15	633	51	806,6													+
6	*Carpinus betulus*	634931	5526731	15	15	24	286	6	310,3	65	428,6													+
7	*Tilia sp.*	636500	5529673	8	8	35	511,4	34	528,3	33	570,3													+
8	*Tilia sp.*	636824	5529794	17	9	25	635,7	28	713,1	33	755,3													+
9	*Quercus robur*	636455	5526130	9	8	64	497,5	65	1240	17	1425													+
10	*Quercus robur 'Fastigiata'*	636178	5528932	10	10	34	282,2	35	306,5	21	332													+
11	*Aesculus hippocastanum*	636828	5529780	10	10	25	645,5	28	699	33	744,2													+
12	*Aesculus carnea*	636463	5529709	12	12	35	526,1	34	551,4	33	608,6													+
13	*Robinia pseudoacacia*	635507	5528534	15	15	14	136,6	13	201,5	26	299,2													+
14	*Robinia pseudoacacia*	634720	5532783	8	8	60	216,7	63	559,3	59	868,7													+
15	*Acer campestre*	635697	5528689	40	30	14	136,5	22	155,8	11	246,8													+
16	*Acer campestre*	636486	5526116	6	6	64	526,2	65	1273	23	1437													+
17	*Juglans regia*	635744	5528667	20	15	22	119	14	145,7	11	202,8													+
18	*Platanus hispanica*	635496	5528529	17	15	14	148,4	13	204,1	26	289,9													+
19	*Prunus avium*	637958	5530874	10	8	18	412,4	40	502,6	39	551,4													+
20	*Prunus sp.*	636079	5528463	10	10	11	237,5	16	269,7	54	312,7													+
21	*Taxus baccata*	638407	5528502	5	5	50	316	45	673,6	12	864,8													+
22	*Taxus baccata*	638222	5531032	10	10	18	474	39	578,6	40	673,1													+
23	*Thuja occidentalis*	636518	5529853	9	9	8	648,4	35	680	34	705													+
24	*Thuja occidentalis*	635318	5528784	20	15	42	371,5	14	389,4	13	514,8													+
25	*Picea pungens*	636512	5529735	17	17	35	571,4	34	590,8	33	632													+
26	*Juniperus communis*	636549	5529756	8	8	35	607,8	34	623,4	33	653,7													+
27	*Cornus sanguinea*	638167	5529098	8	6	43	397,2	50	597,9	45	899,8													+
28	*Sambucus nigra*	635529	5525601	5	5	64	625,2	65	1121	24	1146													+
29	*Corylus avellana*	636422	5526181	5	3	64	476,4	65	1187	17	1371													+
30	*Corylus avellana*	636625	5529834	6	6	35	714	34	725,2	25	732,3													+

radiation has caused the damage. Nevertheless broad bands of frequencies, modulation, pulse frequencies, interferences and other physical characteristics may play an important role, since in some cases, damage already appears at low intensities. This can be a shortcoming of the study.

The aim of the present study was to find out whether there is a causal relationship between the unilateral tree damages, which had been observed since 2006, and the RF-EMF emitted from phone masts and a preliminary observation to find out whether various species react differently to RF exposure.

The selection of the 60 unilaterally damaged trees was limited by the fact that we could do measurements only up to a height of 6 m. Trees with damages above the height of 6 m could not be included.

Many factors can affect the health of trees: Air and soil pollutants, heat, frost, drought, as well as composition, compaction and sealing of the soil, road salts, root injury due to construction work, diseases and pests. Most of these factors do not affect a tree only on one side over a period of >5 years. Industrial air pollutants could eventually cause unilateral damage in direction to an industrial emitter. But the observed unilateral damages appeared in all directions and were not oriented to the incineration plant or other industrial plants. Root injury due to construction work can produce damage on one side of a tree, but 24 of the 60 selected trees were situated in gardens, parks or on the cemetery where they could not be affected by construction damages.

From the damaged side there was always visual contact to one or more phone mast (s). In each case measurements of the power flux density on the damaged side which was facing a phone mast and on the opposite side without (or with less) damage were carried out and the difference between the measured values on both sides was significant (Fig. 5), as well as between the exposed side of damaged trees and all other groups. In all 60 trees the gradient of damage corresponded to a gradient of measured values. The attenuation of the RF-EMF within the treetop offers an explanation: a part of the RF-EMF is absorbed by leaves or needles and another part is reflected, scattered and diffracted.

In the randomely selected group of 30 trees, 17 trees were situated on places with low radiation. These 17 trees showed no damages, the measured values were below 50 µW/m^2 (0.137 V/m) and there was no difference between opposite sides as in the low radiation group. On the other hand, 13 trees grew in the radiation field of one or more phone mast (s). These trees showed unilateral damage or damage on different sides. The measured values at damaged trees showed differences between both sides as in the previous group above.

In the group of 30 trees in areas with low radiation (radio shadow of hills, buildings or trees and without visual contact to phone masts)

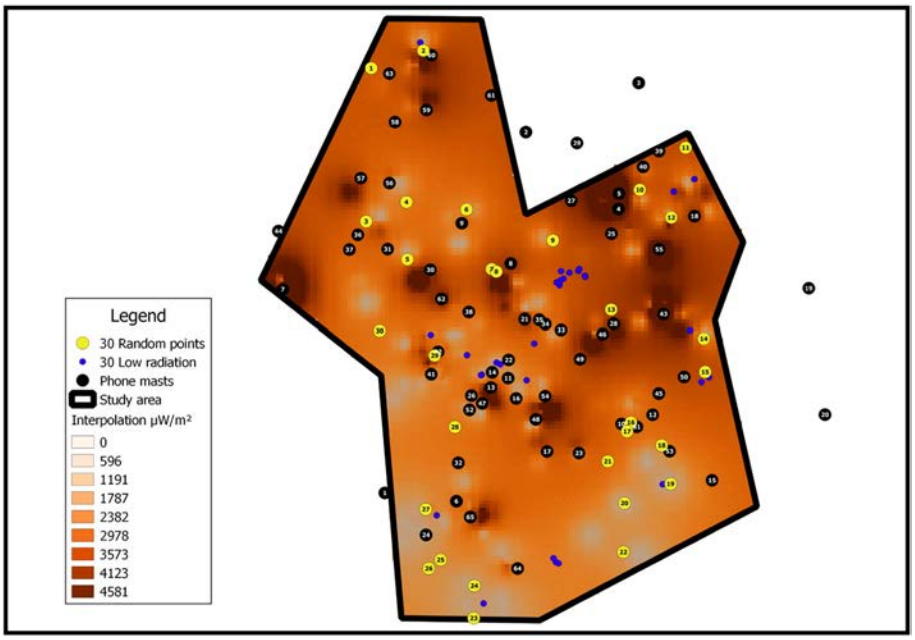


Fig. 4. Map showing the 30 trees at random points and the 30 trees in areas of low radiation (both with code numbers) over the interpolation electromagnetic map of the 144 measurement points. Phone masts (with code numbers) are also represented.

there were no unilateral damages. The measured values were below 50 µW/m^2 (0.137 V/m) and there was no difference between opposite sides. These results in the three groups point to a connection between unilateral tree damage and RF exposure.

In the electromagnetic field of all mobile phone base stations visited numerous tree damages were observed. The damage occurred in temporal relation with the putting into operation of new mobile phone base stations. Woody plants of all species are affected (deciduous and coniferous trees as well as shrubs).

In the five most represented species ($n \geq 4$) among the 60 damaged trees (*Acer platanoides*, *Carpinus betulus*, *Tilia* sp., *Taxus baccata* and *Thuja occidentalis*), most trees showed damage only on one side (Damage code 1, Tables 2 and 4). Most of these trees were characterized with sparse leaves or needles (crown transparency) (Damage code 2, Tables 2 and 4). In many of the trees with the one-sided damage, the leaves turned prematurely yellow or brown in June – this always began at the leaf margins (Damage code 3, Tables 2 and 4). In many trees leaves fall prematurely (Damage code 5, Tables 2 and 4) or had dead branches (Peak branches dried) (Damage code 6, Tables 2 and 4). Some trees stopped growing in height while, in others, the main guide died (see Tables 2 and 4).

The differences in susceptibility of different species could be related to radiofrequency energy absorption properties of the trees (e.g., dielectric property). Perhaps this study cannot answer questions about these differences, however it is quite possible that differences are related to the electrical conductivity, related also with the density of the wood (species of fast or slow growth) and particularly with the percentage of water in the tissues. Poplars and aspen that grow near rivers and water bodies in Spain seem to be particularly sensitive to the effects of radiation. But the waves reflection in the water could also influence.

The results presented here lead us to conclude that damage found in the selected trees is caused by electromagnetic radiation from phone

Table 7
Repeated measures ANOVA analysis and Bonferroni post hoc comparisons ($p < 0.01$ values with *) in the three types of trees (damaged, random, and low radiation). Measurement Side 1/2 correspond to the maximum/minumum value of radiation respectively for the opposite sides of each tree.

	SS	Degr. of	MS	F	p
Intercept	62663309	1	62663309	25.81460	0.000001*
Type of tree	52931692	2	26465846	10.90280	0.000046*
Error	284010086	117	2427437		
R1	33197069	1	33197069	18.28694	0.000039*
R1*Type of tree	44608664	2	22304332	12.28656	0.000014*
Error	212395158	117	1815343		

	Type of tree	R1	{1}	{2}	{3}	{4}	{5}	{6}
1	Damaged	Measurement Side1		0.000000*	0.001829*	0.000001*	0.000000*	0.000000*
2	Damaged	Measurement Side2	0.000000*		1.000000	1.000000	1.000000	1.000000
3	Random	Measurement Side1	0.001829*	1.000000		1.000000	1.000000	1.000000
4	Random	Measurement Side2	0.000001*	1.000000	1.000000		1.000000	1.000000
5	Low radiation	Measurement Side1	0.000000*	1.000000	1.000000	1.000000		1.000000
6	Low radiation	Measurement Side2	0.000000*	1.000000	1.000000	1.000000	1.000000	

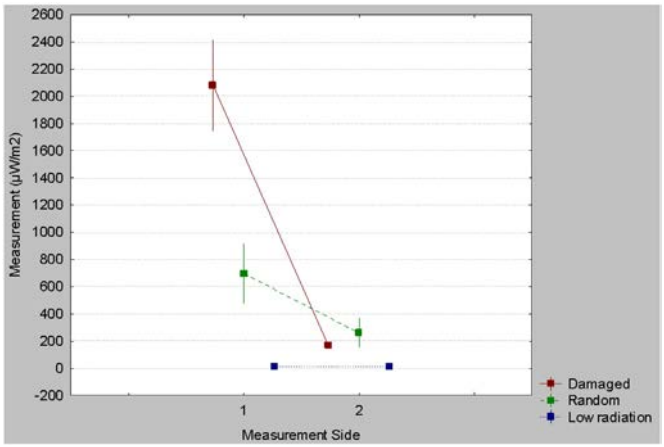


Fig. 5. Differences between measurements in both sides for the three different tree groups: damaged, random, and low radiation. Measurement Side 1/2 correspond to the maximum/minumum value of radiation respectively for the opposite sides of each tree. The bars represent means ± standard errors. The central point represents the mean and the straight line ± 0.95*SE.

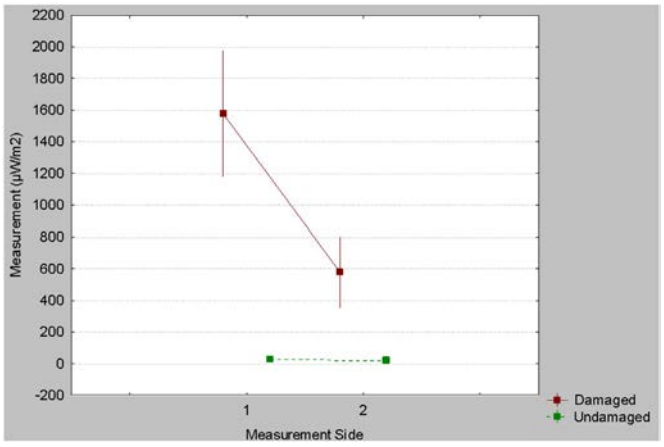


Fig. 6. Differences between measurements in both sides for the damaged and undamaged trees within the random trees group. Measurement side 1/2 correspond to the maximum/minumum value of radiation respectively for the opposite sides of each tree. The bars represent means ± standard errors. The central point represents the mean and the straight line ± 0.95*SE.

masts, as we proposed in previous studies (Balmori, 2004; Waldmann-Selsam, 2007; Waldmann-Selsam and Eger, 2013; Balmori, 2014). Interested parties are able to locate the damaged trees found in this work in Bamberg and Hallstadt with their UTM coordinates. However, trees with code numbers 20, 38 and 48 (Table 4) have been cut down and removed.

Research on the effects of radiation from phone masts is advancing rapidly. In February 2011 the first symposium on the effects of electromagnetic radiation on trees took place in Baarn, Netherlands (Schorpp, 2011 - http://www.boomaantastingen.nl/), where similar effects and results to those found in the current paper were presented.

Although there are some related experiments that show no effect of long-term exposure (3,5 years), 2450-MHz (continous wave) and power flux densities from 0.007 to 300 W/m^2 on crown transparency, height growth and photosynthesis of young spruce and beech trees (Schmutz et al., 1996), this result may not be transferred to modulated 2450-MHz or to other pulsed and modulated frequencies. In addiction, an increasing number of studies have highlighted biological responses and modifications at the molecular and whole plant level after exposure to high frequency electromagnetic fields (Vian et al., 2016). Plants can perceive and respond to various kinds of electromagnetic radiation over a wide range of frequencies. Moreover, a low electric field intensity (5 V/m) was sufficient to evoke morphological responses (Grémiaux et al., 2016). Electromagnetic radiation impacts at physiological and ecological levels (Cammaerts and Johansson, 2015), and evokes a multitude of responses in plants. The effects of high frequency electromagnetic fields can also take place at the subcellular level: it can alter the activity of several enzymes, including those of reactive oxygen species (ROS) metabolism, a well-known marker of plant responses to various kinds of environmental factors; it evokes the expression of specific genes previously implicated in plant responses to wounding (gene expression modifications), and modifies the growth of the whole plants (Vian et al., 2016). It could be hypothesized that membrane potential variations in response to electromagnetic radiation exposure may initiate electrical waves of depolarization (AP and/or VP) that could initiate immediate or delayed growth responses (Grémiaux et al., 2016). It has been proposed that electromagnetic fields act similarly in plants and in animals, with the probable activation of calcium channels via their voltage sensor (Pall, 2016).

Electromagnetic radiation (1800 MHz) interferes with carbohydrate metabolism and inhibits the growth of *Zea mays* (Kumar et al., 2015). Furthermore, cell phone electromagnetic radiation inhibits root growth of the mung bean (*Vigna radiata*) by inducing ROS-generated oxidative stress despite increased activities of antioxidant enzymes (Sharma et al., 2009). Germination rate and embryonic stem length of *Triticum aestivum* was also affected by cell phone radiation (Hussein and El-Maghraby, 2014). After soybeans were exposed to weak microwave radiation from the GSM 900 mobile phone and base station, growth of

Table 8
Repeated measures ANOVA analysis and Bonferroni post hoc comparisons ($p < 0.01$ values with *) in the random trees group. Measurement Side 1/2 correspond to the maximum/minumum value of radiation respectively for the opposite sides of each tree.

	SS	Degr. of	MS	F	p
Intercept	17829607	1	17829607	16.60985	0.000343*
13 code	16391606	1	16391606	15.27023	0.000538*
Error	30056202	28	1073436		
R1	3701923	1	3701923	16.73250	0.000329*
R1*13 code	3627579	1	3627579	16.39647	0.000368*
Error	6194761	28	221241		

	13 code	R1	{1}	{2}	{3}	{4}
1	Undamaged	Measurement Side 1		1.000000	0.002129*	0.416303
2	Undamaged	Measurement Side 2	1.000000		0.000034*	0.927155
3	Damaged	Measurement Side 1	0.002129*	0.000034*		0.000055*
4	Damaged	Measurement Side 2	0.416303	0.927155	0.000055*	

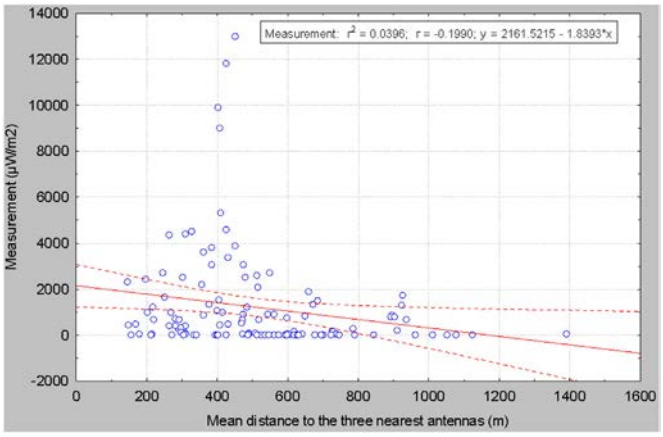


Fig. 7. Scatterplot showing the correlation between measurements from each of the 120 trees and the mean distance to the three nearest antennas. Dashed lines represent the 0.95 confidence interval.

epicotyl and hypocotyl was reduced, whereas the outgrowth of roots was stimulated. These findings indicate that the observed effects were significantly dependent on field strength as well as amplitude modulation of the applied field (Halgamuge et al., 2015). Phone mast radiation also affects common cress (*Lepidium sativum*) seed germination (Cammaerts and Johansson, 2015). In *Arabidopsis thaliana*, the long term exposure to non ionizing radiation causes a reduction in the number of chloroplasts as well as the decrease of stroma thylakoids and the photosynthetic pigments (Stefi et al., 2016). Finally, low-intensity exposure to radiofrequency fields can induce mitotic aberrations in root meristematic cells of *Allium cepa*; the observed effects were markedly dependent on the frequencies applied as well as on field strength and modulation (Tkalec et al., 2009).

In general, polarization from man-made electromagnetic radiation appears to have a greater bioactive effect than natural radiation, and significantly increases the probability for initiation of biological or health effects (Panagopoulos et al., 2015).

Tree damages as in Bamberg and Hallstadt were documented by the authors in several countries: Spain (Valladolid, Salamanca, Madrid, Palencia, León), Germany (Munich, Nürnberg, Erlangen, Bayreuth, Neuburg/Donau, Garmisch-Partenkirchen, Murnau, Stuttgart, Kassel, Fulda, Göttingen, biosphere reserve Rhön, Tegernsee Valley and in several small towns), Austria (Graz), Belgium (Brussels) and Luxemburg.

Each phone mast can harm many trees and each tree can be affected by several phone masts belonging to the same or different base stations. Damaged trees seem to exist around each antenna and the several million phone masts in the world could potentially be damaging the growth and health of millions of trees. This can occur not only in cities, but also in well-preserved forests, and in natural and national parks, where base stations are being installed without the necessary prior environmental impact studies, due to a lack of knowledge of the problem. For this reason, it is essential for an assessment on the environmental impact of any new base station prior to implementation.

Additionally, phone masts can cause a drop in timber productivity in plantations of pine, poplar, etc., as well as fruits, nuts, etc. Thus, the industry must be required to pay damages to plantation owners. Similarly, as trees are a common social good, the industry should compensate for damaged and dead trees around the world due to radiation. Further, the money spent by municipalities to repair or replace damaged trees should enter into the computation of costs/benefits of this technology. For installation of any new technology, the burden of proof should be to the industry that requires demonstration of safety prior to deployment.

Electromagnetic radiation from telecommunication antennas affected the abundance and composition of wild pollinators in natural habitats and these changes in the composition of pollinator communities associated with electromagnetic smog may have important ecological and economic impacts on the pollination service that could significantly affect the maintenance of wild plant diversity, crop production and human welfare (Lázaro et al., 2016).

Evidence for plant damage due to high frequency electromagnetic radiation was not taken into account in determining the current statutory regulations (the limit values). Once the problem becomes evident, the guidelines of radiation emitted by the antennas should be reviewed. Proper risk assessment of electromagnetic radiation should be undertaken to develop management strategies for reducing this pollution in the natural environment (Kumar et al., 2015).

Moreover, due to the lack of recognition, certain modern projects with interesting ideas for decreasing environmental pollution could have opposite effects than expected. For example, in the Netherlands, the TreeWiFi project (http://treewifi.org/), which aims to motivate people to use bikes and public transport in order to reduce the [NO2] pollution providing free WiFi when air quality improves, could be favoring electromagnetic pollution with even more harmful effects as it has been demonstrated in this manuscript (see also: http://www.greenpeace.org/canada/fr/Blog/le-wi-fi-tuerait-les-ar-bres/blog/33569/).

In addition, the number of sector antennas has increased in Bamberg and this increase appears to be accelerating: 483 sector antennas in 2011 and 779 sector antennas in 2015. Both radiation and damaged trees represent a loss of quality of life for citizens. This study began after finding that patients who claimed to be affected by phone masts, referred to as radiation, live in areas where affected trees and plants are located. Evidence of radiation damage was even found in potted plants inside patient homes (Waldmann-Selsam and Eger, 2013). Thus, this study is certainly complementary to the study by Eger and Jahn (2010) and other research that has shown effects on the health of people by phone masts located in their vicinity (Santini et al., 2002; Eger et al., 2004; Wolf and Wolf, 2004; Abdel-Rassoul et al., 2007; Khurana et al., 2010; Dode et al., 2011; Gómez-Perretta et al., 2013; Shahbazi-Gahrouei et al., 2014; Belyaev et al., 2015).

In the introduction to the International Seminar on "Effects of Electromagnetic Fields on the Living Environment" in 1999 in Ismaning, Germany, organized by WHO, ICNIRP and German Federal Office for Radiation Protection (BfS), M. Repacholi, head of the International EMF Project of the WHO, said: "By comparison, influences of these fields on plants, animals, birds and other living organisms have not been properly examined. Given that any adverse impacts on the environment will ultimately affect human life, it is difficult to understand why more work has not been done. There are many questions that need to be raised: …" and "…it seems that research should focus on the long-term, low-level EMF exposure for which almost no information is available. Specific topics that need to be addressed include: … EMF influences on agricultural plants and trees" (Matthes et al., 2000).

5. Conclusions

In this study we found a high-level damage in trees within the vicinity of phone masts. Preliminary laboratory studies have indicated some deleterious effects of radiofrequency radiation. However, these early warnings have had no success and deployment has been continued without consideration of environmental impact.

We observed trees with unilateral damage in the radiation field of phone masts. We excluded the possibility that root injury due to construction work or air pollutants could have caused the unilateral damage. We found out that from the damaged side there was always visual contact to one or more phone mast (s).

Statistical analyses demonstrated that the electromagnetic radiation from cellphone towers is harmful to trees. Results show that the measurements in the most affected sides of damaged trees (i.e. those that withstand higher radiation levels) are different to all other groups. These results are consistent with the fact that damage inflicted on

trees by cellphone towers usually start on one side, extending to the whole tree over time.

The occurrence of unilateral damage is the most important fact in our study and an important argument for a causal relationship with RF-EMF, as it supplies evidence for non-thermal RF-EMF effects. This constitutes a danger for trees worldwide. The further deployment of phone masts has to be stopped. Scientific research on trees under the real radiofrequency field conditions must continue.

Acknowledgements

The work presented here was carried out without any funding. Francisco Cabrero and José Ignacio Aguirre from the Department of Zoology, University Complutense of Madrid suggested the interpolation points on the map of radiation. This paper is dedicated in memoriam to the great Swedish researcher and courageous man, Örjan Hallberg. Authors have not a conflict of interest to declare.

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Biosystem & Ecosystem; The Dangers of Electromagnetic Smog,
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The Dangers of Electromagnetic Smog

Andrew Goldsworthy, August 2007

Weak non-ionising electromagnetic radiation in the environment can be linked to more 'modern illnesses' than even the pessimists thought possible. Modern science can now begin to explain how.

Abstract

Weak electromagnetic radiation removes structurally important calcium (and possibly magnesium) ions from cell membranes, making them weaker and more prone to transient pore formation. This makes them leaky to even large molecules. Prolonged exposure to mobile phone radiation causes serious damage to the DNA in living cells, probably because of digestive enzymes leaking from lysosomes. This may be responsible for the reduction in sperm quantity and quality found in recent studies of people using mobile phones for more than a few hours a day. We might also expect it lead to an increase in the incidence of cancer, but this may not become apparent for many years. Electromagnetic exposure also increases the permeability of the blood-brain barrier to large molecules and allows potentially damaging substances to enter the brain from the bloodstream. The blood-brain barrier is characterised by having cells joined by 'tight junctions', where the gaps between the cells are sealed by impermeable materials. Equivalent layers of cells with tight junctions cover all of our body surfaces and a similar increase in their permeability could allow the entry of a wide range of potential toxins, allergens and carcinogens from the environment. There is evidence that this increase in permeability is mediated by the loss of calcium from cell membranes and should also be enhanced by electromagnetic exposure. This effect can link the current rise in the incidence of multiple chemical sensitivities, various allergy-related diseases and skin cancer to the electromagnetic environment. Electrosensitive individuals can be thought of as people who have abnormally weak permeability barriers that are more easily compromised by electromagnetically-induced calcium or magnesium loss. In general, the symptoms resemble those of hypocalcaemia and hypomagnesaemia, which suggests a common aetiology based on a reduction in membrane stability. Low concentrations of either calcium or magnesium ions in the blood may be predisposing factors, but once the condition is established, it can be progressive with increasing exposure to radiation. It then appears to be irreversible.

Introduction

Nearly all of us are exposed to weak non-ionising electromagnetic radiation from all sorts of electrical appliances and even the wiring in our own homes. If we could see it, it would look like a fog over almost everything, with particularly dense patches around people using mobile phones and DECT cordless phones. There would be other dense patches hovering permanently over their base stations and Wi-Fi routers. People have dubbed this

'electromagnetic smog' and, like real smog, it can have serious effects on our health. Electrosensitive people have known this for a long time because they experience pain and other symptoms when they are exposed to the denser patches. However, the dangers go well beyond that. Many people have attributed the recent rise in the incidence of a large number of medical conditions such as asthma, other allergies, various cancers, diabetes and multiple sclerosis to electromagnetic exposure. However, until very recently no one has been able explain just how this could happen, but we are now learning about the likely mechanisms and just how serious the situation is.

Calcium loss makes cell membranes porous

The most important factor giving adverse health effects from electromagnetic exposure seems to be the electromagnetically-induced loss of calcium ions (electrically charged calcium atoms) from cell membranes. We have known for over thirty years that weak electromagnetic fields remove calcium ions from the surfaces of cell membranes (Bawin et al. 1975.; Blackman et al. 1982; Blackman 1990). In theory, magnesium ions can be removed by a similar mechanism (See Goldsworthy 2006). However, divalent ions (ions with a double charge) such as calcium are important in maintaining membrane stability (Steck et al. 1970; Lew et al. 1988; Ha 2001) and their loss would make the membranes more prone to the formation of transient pores and increase their general permeability to a wide range of materials.

Pore formation can have many biological effects

Spontaneous pore formation has already been reported in stationary artificial phospholipid membranes exposed to DC fields (Melikov et al. 2001) and we would expect an even greater effect on the membranes of living cells, which are routinely subjected to stresses and strains from being adjacent to moving cytoplasm. If these membranes were in addition suffering from electromagnetically-induced calcium depletion, we would expect pore formation to be more frequent and give rise to larger pores that are slower to heal. In this way, exposure to weak non-ionising radiation would give a non-specific increase in membrane permeability. Such an increase can explain a large number of non-thermal biological effects of electromagnetic fields, ranging from changes in the growth rate of plants to accelerated rates of healing and changes in gene expression in animals (See Goldsworthy 2006; 2007). However, it can also cause serious damage.

Mobile phone radiation can damage DNA

Low-level, non-thermal (i.e. not strong enough to generate significant heat) microwave radiation similar to that from mobile phones has been shown to do serious damage to the DNA in cultures of living cells. Lai and Singh (1995) were the first to show this in rat brain cells, but many other workers have since confirmed it. The most comprehensive study on this was the Reflex Project sponsored by the European Commission and replicated in laboratories in several European countries. They found that radiation from GSM mobile phone handsets caused both single and double stranded breaks in the DNA of cultured human and animal cells. Not all cell types were equally affected and some seemed not to be affected at all (Reflex Report 2004). The degree of damage depended on the duration of

the exposure. With human fibroblasts, it reached a maximum at around 16 hours. Intermittent exposure (5 minutes on, ten minutes off) was considerably more damaging than continuous exposure, thus emphasising its non-thermal nature. (Diem et al. 2005). Because of the high stability of DNA molecules, the only plausible mechanism for this so far is the release of DNAase and possibly other digestive through the membranes of lysosomes (organelles that digest waste) that had been perforated or ruptured by the radiation. If this is correct, there is likely to be considerable collateral damage to other cellular systems.

If similar DNA fragmentation were to occur in the whole organism, we would expect a more or less immediate reduction in male fertility as developing sperm become damaged, an increased risk of cancer, which (by analogy with tobacco and asbestos) may take several years to appear, and genetic mutations that will appear in future generations. It would be unwise to assume that exposures of less than 16 hours are necessarily safe, since covert DNA damage to give aberrant cells could occur long before it becomes obvious under the microscope. Claims made by the mobile phone industry that their devices are safe because not all cells are affected are rather like clutching at straws, since very few genetically aberrant cells are needed to initiate a tumour.

Mobile phones can reduce fertility

We might expect DNA damage to result in a loss of fertility. Recent studies have shown significant reductions in sperm motility, viability and quantity in men using mobile phones for more than a few hours a day (Fejes et al. 2005; Agarwal et al. 2006; Agarwal et al. 2007) so it is advisable to keep your mobile calls to a minimum. Since similar experiments have not yet been performed with mobile phone base stations, it would be premature to assume that they are necessarily safe, particularly since living near one will involve a considerably longer exposure.

Electromagnetic exposure disrupts tight junction barriers

We might expect radiation that is strong enough to disrupt lysosomes also to be strong enough to disrupt the outer membranes of cells so that these too are made more permeable to large molecules. The effects of this would be most serious in the cells of the various barriers within our bodies that prevent the passage of unwanted substances. These are characterised by cells joined by 'tight junctions', in which the gaps between the cells are sealed with impermeable materials to prevent leakage around their sides. One such barrier is the blood-brain barrier, which normally prevents unwanted substances in the bloodstream from entering the brain. We know that the radiation from mobile phones can increase the permeability of this barrier even to protein molecules as large as albumin (Persson et al. 1997) and this increase in permeability can damage the neurones beneath (Salford et al. 2003).

Calcium ions control barrier tightness

The loss in tightness of the blood-brain barrier could be due to an increase in membrane leakiness as proposed by Goldsworthy (2006; 2007) and/or to a disruption of the tight

junctions themselves, either of which could be triggered by an electromagnetically-induced loss of calcium from their membranes. The central role of membrane-bound calcium in controlling the 'tightness' of these layers is supported by an observation by Chu et al. (2001). They found that either low levels of external calcium or the addition of EGTA (a substance that removes calcium ions from surfaces) caused massive increases in the electrical conductance and permeability to virus particles of respiratory epithelia, which also has tight junctions.

We have many other tight junction barriers

There is a protective layer in the skin in the *stratum granulosum*, which is the outermost layer of living skin cells, in which the cells are connected by tight junctions (Borgens et al. 1989; Furuse et al. 2002). In addition to this, virtually all of our other body surfaces are protected by cells with tight junctions, including the nasal mucosa (Hussar et al. 2002), the lungs (Weiss et al. 2003) and the lining of the gut (Arrieta et al. 2006). A similar electromagnetically-induced increase in the permeability of any of these would allow the more rapid entry into the body of a whole range of foreign materials, including allergens, toxins and carcinogens.

Loss of tightness can exacerbate many illnesses

Electromagnetically induced losses of barrier tightness at our body surfaces can explain how the general increase in public exposure to electromagnetic fields may be responsible for our ever-increasing susceptibility to various allergies, multiple chemical sensitivities, asthma, skin rashes and bowel cancer to name just a few. In addition, a non-specific increase in the permeability of the gut has been linked to type-1 diabetes, Crohns disease, celiac disease, multiple sclerosis, irritable bowel syndrome and a range of others (Arrieta et al. 2006). The list is truly horrendous and points to a very real need to reduce our exposure to non-ionising radiation.

Electrosensitivity

Electrosensitivity (sometimes called electromagnetic hypersensitivity) is a condition in which some people experience a wide range of unpleasant symptoms when exposed to weak non-ionising radiation. Only a small proportion of the population is electrosensitive (currently estimated at around three percent) and an even smaller proportion is so badly affected that they can instantly tell whether a device is switched on or off. At the other end of the scale, there are people who may be electrosensitive but do not know it because they are chronically exposed to electromagnetic fields and accept their symptoms (headaches, pins and needles, numbness, fatigue, irritability and many others.) as being perfectly normal. Electrosensitivity is in effect a continuum and there is no clear cut-off point.

Causes and symptoms of electrosensitivity

The cause of the condition is uncertain and not everyone shows the same symptoms, but they seem to be characterised by having skins that have an unusually high electrical

conductance (Eltiti *et al.* 2007). This is consistent with them having a *stratum granulosum* which is abnormally leaky, and may account for the high incidence of allergies and chemical sensitivities commonly found in this group. One explanation for this is that they normally have asymptomatic low levels of calcium and/or magnesium in their blood, which gives low concentrations of these ions on their cell membranes. This means that less has to be removed by electromagnetic exposure to produce biological effects; hence their greater sensitivity.

The range of electromagnetically-induced symptoms reported by electrosensitives, which includes skin disorders, various paresthesias (pins and needles, numbness, burning sensations) fatigue, muscle cramps, cardiac arrhythmia, and gastro-intestinal problems are remarkably similar to those from hypocalcaemia (low blood calcium) (http://tinyurl.com/2dwwps) and hypomagnesaemia (low blood magnesium) (http://tinyurl.com/3ceevs). This suggests that they share a common aetiology, that being that there are inadequate concentrations of these divalent ions on the cell membranes to maintain stability, which promotes poration and gives rise to an unregulated flow of materials across them. If a patient reporting symptoms of electrosensitivity is diagnosed as having sub-clinical low levels of either of these ions in the blood, and if caught at an early stage, it may be possible to mitigate the effects of electromagnetic exposure by conventional treatment for hypocalcaemia and/or hypomagnesaemia.

Unfortunately, it does not end there. When electrosensitive people to are subjected to further exposure to electromagnetic fields, it seems to do permanent damage. This could be due to DNA or other cellular damage from ruptured lysosomes. The affected cells may then not function properly and become incapable of protecting themselves fully from further damage. This could include an ever-increasing loss of their ability to form adequate tight junction barriers, so making the victim progressively more sensitive to the radiation. It is important, therefore, to protect electrosensitive people from further electromagnetic exposure, but sadly, there is no Government provision for this in the UK because the condition is not officially recognised.

Postscript

Virtually all of the observations cited above came originally from peer-reviewed journals. I obtained them in my retirement by piecing together the findings from many scientific papers, often on unrelated topics, for which I thank the Library at Imperial College. However, there has been very little research specifically directed at discovering, either the full range of the adverse health effects of electromagnetic exposure or of the mechanisms by which they occur. I hope that the time for this will soon come. In the meantime, if you would like to learn more about electromagnetic fields and how to avoid them, visit www.powerwatch.org.uk. If you want to know more about electrosensitivity, visit www.es-uk.info.

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Biosystem & Ecosystem; Impacts of radio-frequency electromagnetic field (RF-EMF) from cell phone towers and wireless devices on biosystem and ecosystem – a review. Biology and Medicine. (S. Sivani et al); 2012

eISSN: 09748369

Impacts of radio-frequency electromagnetic field (RF-EMF) from cell phone towers and wireless devices on biosystem and ecosystem – a review

Biology and Medicine

Review Article

BIOLOGY AND MEDICINE
www.biolmedonline.com

Volume 4, Issue 4, Pages 202–216, 2012

Review Article *Biology and Medicine, 4 (4): 202–216, 2012*

www.biolmedonline.com

Impacts of radio-frequency electromagnetic field (RF-EMF) from cell phone towers and wireless devices on biosystem and ecosystem – a review

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Accepted: 3rd Dec 2012, Published: 6th Jan 2013

Abstract
This paper summarizes the effect of radio-frequency electromagnetic field (RF-EMF) from cell towers and wireless devices on the biosphere. Based on current available literature, it is justified to conclude that RF-EMF radiation exposure can change neurotransmitter functions, blood-brain barrier, morphology, electrophysiology, cellular metabolism, calcium efflux, and gene and protein expression in certain types of cells even at lower intensities. The biological consequences of such changes remain unclear. Short-term studies on the impacts of RF-EMF on frogs, honey bees, house sparrows, bats, and even humans are scarce and long-term studies are non-existent in India. Identification of the frequency, intensity, and duration of non-ionizing electromagnetic fields causing damage to the biosystem and ecosystem would evolve strategies for mitigation and would enable the proper use of wireless technologies to enjoy its immense benefits, while ensuring one's health and that of the environment.

Keywords: Radio-frequency electromagnetic field; cell phone tower; power density; SAR; non-ionizing radiation; non-thermal.

Introduction

There has been an unprecedented growth in the global communication industry in recent years which has resulted in a dramatic increase in the number of wireless devices. Mobile services were launched in India in 1995 and it is one of the fastest growing mobile telephony industries in the world. According to the Telecom Regulatory Authority of India (TRAI, 2012), the composition of telephone subscribers using wireless form of communication in urban area is 63.27% and rural area is 33.20%. By 2013, it is estimated that more than one billion people will be having cell phone connection in India. This has led to the mushrooming of supporting infrastructure in the form of cell towers which provide the link to and from the mobile phone. With no regulation on the placement of cell towers, they are being placed haphazardly closer to schools, creches, public playgrounds, on commercial buildings, hospitals, college campuses, and terraces of densely populated urban residential areas. Hence, the public is being exposed to continuous, low intensity radiations from these towers. Since the electromagnetic radiations, also known as electrosmog cannot be seen, smelt or felt, one would not realize their potential harm over long periods of exposure until they manifest in the form of biological disorders. Various studies have shown the ill-effects of radio-frequency electromagnetic field (RF-EMF) on bees, fruit flies, frogs, birds, bats, and humans, but the long-term studies of such exposures are inconclusive and scarce, and almost non-existent in India (MOEF, 2010; DoT, 2010). In 2011, International Agency for Research on Cancer (IARC), part of WHO, designated RF-EMF from cell phones as a "possible human carcinogen" Class 2B (WHO, 2011). Cancer, diabetes, asthma, infectious diseases, infertility, neurodegenerative disorders, and even suicides are on the rise in India. This invisible health hazard pollution (IHHP) is a relatively new environmental threat.

Electromagnetic radiation, in the form of waves of electric and magnetic energy, have been circulating together through space. The electromagnetic spectrum includes radio waves, microwaves, infrared rays, light rays, ultraviolet rays, X-rays, and gamma rays (ARPANSA, 2011;

FCC, 1999). The electromagnetic radiations are of two types, one being ionizing radiations such as X-rays and gamma rays, and the other being non-ionizing radiations such as electric and magnetic fields, radio waves, radio-frequency band which includes microwaves, infrared, ultraviolet, and visible radiation (Figure 1). The biological effects of RF-EMF at molecular level induce thermal and non-thermal damage, which may be due to dielectric heating leading to protein denaturation, polar molecular agitation, cellular response through molecular cascades and heat shock proteins, and changes in enzyme kinetics in cells (Instituto Edumed, 2010). The three major physical parameters of RF-EMF radiations is frequency, intensity, and exposure duration. Although the non-ionizing radiations are considered less dangerous than ionizing radiation, over-exposure can cause health hazards (FCC, 1999).

Electromagnetic Spectrum and RF-EMF Radiation

The RF-EMF radiations fall in the range of 10 MHz–300 GHz. Cell phone technology uses frequencies mainly between 800 MHz and 3 GHz and cell tower antenna uses a frequency of 900 or 1800 MHz, pulsed at low frequencies, generally known as microwaves (300 MHz–300 GHz).

Power Density and Specific Absorption Rate (SAR)

Variables used in the measurement of these radiations are power density, measured in watts per meter squared (W/m^2) and specific absorption rate (SAR). The term used to describe the absorption of RF-EMF radiation in the body is SAR, which is the rate of energy that is actually absorbed by a unit of tissue, expressed in watts per kilogram (W/kg) of tissue. The SAR measurements are averaged either over the whole body or over a small volume of tissue, typically between 1 and 10 g of tissue. SAR was set with the help of a phantom, known as specific anthropomorphic mannequin (SAM) derived from the size and dimensions of the 90th percentile large adult male reported in a 1988 US Army study who is 6 feet 2 inches and weighed 200 pounds (Davis, 2010). SAR is set at 1.6 W/kg averaged over 1 g of body tissue in the US and Canada and 2 W/kg averaged over 10 g of body tissue in countries adopting the ICNIRP guidelines. The SAR is used to quantify energy absorption to fields typically between 100 kHz and 10 GHz and encompasses radio-frequency radiation from devices such as cellular phones up through diagnostic magnetic resonance imaging (MRI). The biological effects depend on how much of the energy

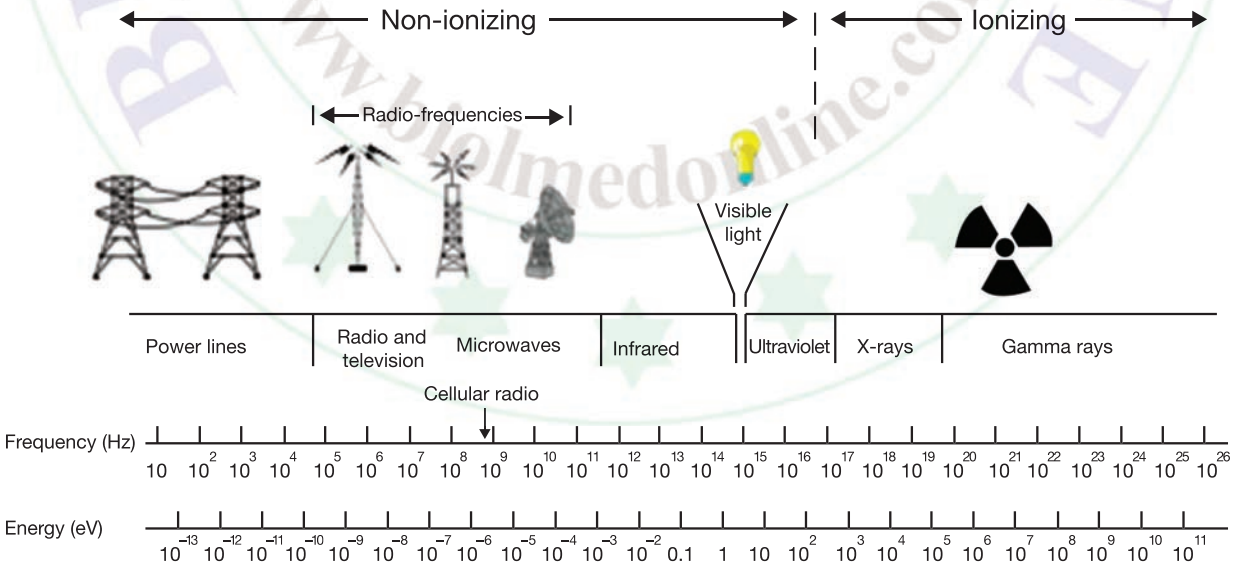


Figure 1: Electromagnetic spectrum from the Federal Communications Commission (FCC), OET Bulletin 56, 1999.

is absorbed in the body of a living organism, not just what exists in space. Absorption of RF-EMF radiations depend on frequency of transmission, power density, distance from the radiating source and the organism's size, shape, mineral, and water content. Exposure will be lower from towers under most circumstances than from cell phones because the transmitter is placed directly against the head during cell phone use whereas proximity to a cell tower will be an ambient exposure at a distance (Levitt and Lai, 2010). Exposure guidelines for RF protection had adopted the value of 4 W/kg averaged over the whole body (SARWB) as the threshold for the induction of adverse thermal effects associated with an increase of the body core temperature of about 1°C in animal experiments. This standard is set by International Commission on Non-ionizing Radiation Protection (ICNIRP), national Radiological Protection Board (NRPB), and Institute of Electrical and Electronics Engineers (IEEE) (Barnes and Greenebaum, 2007).

Cell Phones and Cell Tower Standards in India

India has adopted ICNIRP guidelines as the standard for safety limits of exposure to radio-frequency energy produced by mobile handsets for general public as follows: whole-body average SAR of 0.08 W/kg, localized SAR for head and trunk of 2 W/kg, and localized SAR for limbs 4 W/kg. The basic restrictions/proper limits for power density specified in ICNIRP guidelines for safe frequencies between 400 and 2000 MHz, adopted in India, for occupational exposure is 22.5 W/m^2, and general public is 4.5 W/m^2 for 900 MHz (ICNIRP, 1998).

Antennas of cell tower transmit in the frequency range of 869–890 MHz for CDMA, 935–960 MHz for GSM-900, 1805–1880 MHz for GSM-1800, and 2110–2170 MHz for 3G. Wi-Fi frequency range is 2.4 GHz, WiMAX is 2.5–3.3 GHz, and 4G LTE is 2.99 GHz. The antennas for cellular transmissions are typically located on towers mounted on terraces of houses, apartments or other elevated structures including rooftops and the sides of buildings, and also as a freestanding tower. Typical heights for cell towers are 50–200 feet. Sector antennas for 2G and 3G transmission, broader sector antennas for 4G transmission, and parabolic microwave antennas for point-to-point communications are used in urban and suburban areas (Table 1). There are different types of base stations used by operators in India and they include the macro cell, micro cell, or pico cell. Categorization is based on the purpose of the site rather than in terms of technical constraints such as radiated power or antenna height. In India, macro cellular base station provide the main infrastructure for a mobile phone network and their antennas are mounted at sufficient height to give them a clear view over the surrounding geographical area. The maximum power for individual macro cellular base station transmitter is 20 W. According to FCC (1999), depending on the cell tower height, the majority of cellular base stations in urban and suburban areas operate at an effective radiated power (ERP) of 100 W per channel or less. ERP is a quantity that takes into consideration transmitter power and antenna directivity. An ERP of 100 W corresponds to an actual radiated power of about 5–10 W, depending on the type of antenna used. In urban areas, an ERP of 10 W per channel (corresponding to a radiated power of 0.5–1 W) or less is commonly used. In India, cell tower sites transmit hundreds of watts of power with antenna gain of 50, so ERP sometimes equals 5000 W (Kumar, 2010).

For installation of mobile towers, the standing advisory committee on radio frequency

Table 1: Radio-frequency sources in India.

RF source	Operating frequency	Transmission powers	Numbers
AM towers	540–1600 kHz	100 KW	197 towers
FM towers	88–108 MHz	10 KW	503 towers
TV towers	180–220 MHz	40 KW	1201 towers
Cell towers	800, 900, 1800 MHz	20 W	5.4 lakh towers
Mobile phones	GSM-1800/CDMA GSM-900	1 W 2 W	800+ million
Wi-Fi	2.4–2.5 GHz	10–100 mW	Wi-Fi hot spots

allocations (SACFA) clearances are issued by the wireless monitoring organization, Department of Telecommunications (DoT), after getting no objection from defence and airport authority considering aviation hazards, obstruction to line of sight of existing/planned networks and interferences. In many metros in India, there is no restriction on the location of the towers leading to a situation of overlapping of towers, where even more than 30 cell towers can be seen within 1 km^2.

As mobile technology progresses, the data demands on mobile network increases, coupled with lower costs, their use has increased dramatically and the overall levels of exposure of the population as a whole has increased drastically. Table 2 gives the reference levels for general public exposure adopted by various countries and organizations.

Impacts on Biosystem and Ecosystem

Every living being is tuned into the earth's electromagnetism and uses it for various purposes. A natural mineral magnetite, which is found in living tissues, seems to play an important role. These magnetite crystals are found in bacteria, protozoa, teeth of sea mollusks, fish and sea mammals, eye and beak of birds, and in humans. They are also found in the ethmoid bone above the eye and sinuses and blood-brain barrier (Warnke, 2007). Migratory birds rarely get lost, but sometimes there are disruptions due to storms and magnetic disturbances caused by man (Kirschvink *et al.*, 2001). The traditional and most effective approach to study cause–effect relationships in biological sciences is by experimentation with cells and organisms. The areas of enquiry and experimentation of in vitro studies include genotoxicity, cancer-related gene and protein expression, cell proliferation and differentiation, and apoptosis and in vivo studies include thermal effects, animal behavior, brain biochemistry, neuropathology, teratogenicity, reproduction and development, immune function, blood-brain barrier, visual auditory systems and effects on genetic material, cell function, and biochemistry (Repacholi and Cardis, 2002). In human health studies, concerns have been expressed about the possible interactions of RF-EMF with several human organ systems such as nervous, circulatory, reproductive, and endocrine systems. In order to reveal the global effects of RF-EMF on gene and protein expression, transcriptomics,

Table 2: Reference levels for the general public.

Country/organization \ Standards	Power density (W/m^2)	
	900 MHz	1800 MHz
ICNIRP, 1998, adopted by India	4.5	9
FCC, 1999	6	10
IEEE, USA, 1999	6	12
Australia	2	2
Belgium	1.1	2.4
Italy	1	1
Israel	x	1
New Zealand	x	0.5
China	x	0.4
Russia	x	0.2
Hungary	0.1	0.1
Toronto Board of Health, Canada, 1999	0.06	0.1
Switzerland	0.04	0.1
France	x	0.1
Germany, ECOLOG, 1998	x	0.09
Austria's precautionary limit	0.001	0.001

and proteomics as high-throughput screening techniques (HTSTs), were eventually employed in EMF research with an intention to screen potential EMF responsive genes and/or proteins without any bias (Nylund and Leszczynski, 2004). The safety standards set by ICNIRP, adopted by India, has only taken into account the short-term effects and not against the biological effects from long-term, non-thermal, low-level microwave exposure from mobile phones, cell phone towers, and many other wireless devices.

Current Research

Various studies have shown that even at low levels of this radiation, there is evidence of damage to cell tissue and DNA, and it has been linked to brain tumors, cancer, suppressed immune function, neuroendocrine disruption, chronic fatigue syndrome, and depression (Rogers, 2002; Milham, 2010). Oncogenesis studies at molecular and cellular levels due to RF-EMF radiations are considered particularly important (Marino and Carrubba, 2009). Orientation, navigation, and homing are critical traits expressed by organisms ranging from bacteria through higher vertebrates. Across many species and groups of organisms, compelling evidence exists that the physical basis of this response is tiny crystals of single-domain magnetite (Fe_3O_4) (Kirschvink *et al.*, 2001). All magnetic field sensitivity in living organisms, including elasmobranch fishes, is the result of a highly evolved, finely-tuned sensory system based on single-domain, ferromagnetic crystals. Animals that depend on the natural electrical, magnetic, and electromagnetic fields for their orientation and navigation through earth's atmosphere are confused by the much stronger and constantly changing artificial fields created by technology and fail to navigate back to their home environments (Warnke, 2007).

Studies on Plants

Tops of trees tend to dry up when they directly face the cell tower antennas and they seem to be most vulnerable if they have their roots close to the water (Belyavskaya, 2004). They also have a gloomy and unhealthy appearance, possible growth delays, and a higher tendency to contract plagues and illnesses. According to Levitt (2010), trees, algae, and other vegetation may also be affected by RF-EMF. Some studies have found both growth stimulation and dieback. The browning of tree tops is often observed near cell towers, especially when water is near their root base. The tree tops are known as RF waveguides. In fact, military applications utilize this capability in trees for low-flying weapon systems. In an observational study, it was found that the output of most fruit-bearing trees reduced drastically from 100% to <5% after 2.5 years of cell tower installation in a farm facing four cell towers in Gurgaon–Delhi Toll Naka (Kumar and Kumar, 2009).

Studies on Insects

Monarch butterflies and locusts migrate great distances using their antennae to sense air currents and earths electromagnetic fields. Moths are drawn to light frequencies. Ants, with the help of their antennas are adept at electrical transmission and found to respond to frequencies as low as 9 MHz. Flying ants are very sensitive to electromagnetic fields (Warnke, 2007).

Bees have clusters of magnetite in the abdominal areas. Colony collapse disorder (CCD) was observed in beehives exposed to 900 MHz for 10 minutes, with sudden disappearance of a hive's inhabitants, leaving only queen, eggs, and a few immature workers behind. With navigational skills affected, worker bees stopped coming to the hives after 10 days and egg production in queen bees dropped drastically to 100 eggs/day compared to 350 eggs (Sharma and Kumar, 2010). Radiation affects the pollinators, honeybees, whose numbers have recently been declining due to CCD by 60% at US West Coast apiaries and 70% along the East Coast (Cane and Tepedino, 2001). CCD is being documented in Greece, Italy, Germany, Portugal, Spain, and Switzerland. Studies performed in Europe documented navigational disorientation, lower honey production, and decreased bee survivorship (Kimmel *et al.*, 2007). EMFs from telecommunication infrastructure interfere with bees' biological clocks that enable them to compensate properly for the sun's movements, as a result of which, may fly in the wrong direction when attempting to return to the hive (Rubin *et al.*, 2006). Bee colonies irradiated with digital enhanced cordless communications (DECT) phones and mobile handsets had a dramatic impact on the behavior of the bees, namely by inducing the worker

piping signal. In natural conditions, worker piping either announces the swarming process of the bee colony or is a signal of a disturbed bee colony (Favre, 2011).

A study by the University of Athens on fruit flies exposed to 6 minutes of 900 MHz pulsed radiation for 5 days showed reduction in reproductive capacity (Panagopoulos *et al.*, 2004). Likewise in 2007, in both 900 and 1800 MHz, similar changes in reproductive capacity with no significant difference between the two frequencies were observed (Panagopoulos *et al.*, 2007). In a third study, it was found it was due degeneration of large numbers of egg chambers after DNA fragmentation (Panagopoulos *et al.*, 2010). When *Drosophila melanogaster* adult insects were exposed to the radiation of a GSM 900/1800 mobile phone antenna at different distances ranging from 0 to 100 cm, these radiations decreased the reproductive capacity by cell death induction at all distances tested (Levengood, 1969).

Studies on Amphibians and Reptiles

Salamanders and turtles have navigational abilities based on magnetic sensing as well as smell. Many species of frogs have disappeared all over the world in the last 3–5 years. Amphibians can be especially sensitive because their skin is always moist, and they live close to, or in water, which conducts electricity easily (Hotary and Robinson, 1994). Toads when exposed to 1425 MHz at a power density of 0.6 mW/cm^2 developed arrhythmia (Levitina, 1966). Increased mortality and induced deformities were noted in frog tadpoles (*Rana temporaria*) (Levengood, 1969). It was observed that experimental tadpoles developed more slowly, less synchronously than control tadpoles, remain at the early stages for a longer time, developed allergies and that EMF causes changes in the blood counts (Grefner *et al.*, 1998). In a two-month study in Spain in common frog tadpoles on the effects of mobile phone mast located at a distance of 140 m noted low coordination of movements, an asynchronous growth, resulting in both big and small tadpoles, and a high mortality (90%) in exposed group. For the unexposed group in Faraday cage, the coordination of movements was normal, the development was synchronous, and a mortality of 4.2% was obtained (Balmori, 2009). In the eggs and embryos of *Rana sylvatica* and *Ambystoma maculatum* abnormalities at several developmental stages were noted such as microcephalia, scoliosis, edema, and retarded growth. Tadpoles developed severe leg malformations and extra legs, as well as a pronounced alteration of histogenesis which took the form of subepidermal blistering and edema. Effects were noted in reproduction, circulatory, and central nervous system, general health and well being (Balmori, 2010; Balmori, 2005).

Studies on Birds

A study by the Centre for Environment and Vocational Studies of Punjab University noted that embryos of 50 eggs of house sparrows were damaged after being exposed to mobile tower radiation for 5–30 minutes (MOEF, 2010). Observed changes included reproductive and coordination problems and aggressiveness. Tower-emitted microwave radiation affected bird breeding, nesting, and roosting in Valladolid, Spain (US Fish & Wildlife Service, 2009). House sparrows, white storks, rock doves, magpies, collared doves exhibited nest and site abandonment, plumage deterioration (lack of shine, beardless rachis, etc.), locomotion problems, and even death among some birds. No symptoms were observed prior to construction of the cell phone towers. According to Balmori, plumage deterioration and damaged feather are the first signs of weakening, illnesses, or stress in birds. The disappearance of insects, leading to lack of food, could have an influence on bird's weakening, especially at the first stages in young bird's life. In chick embryos exposed to ELF pulsed EMR, a potent teratogenic effect was observed, leading to microphthalmia, abnormal trunkal torsion, and malformations on the neural tube (Lahijani and Ghafoori, 2000).

White storks were heavily impacted by the tower radiation during the 2002–2004 nesting season in Spain. Evidence of a connection between sparrow decline in UK and the introduction of phone mast GSM was established (Balmori, 2009). In a study in Spain, the effects of mobile phone mast has been noted in house sparrow (*Passer domesticus*), white stork (*Ciconia ciconia*), reporting problems with reproduction, circulatory, and central nervous system, general health and well-being (microwave syndrome) (Balmori, 2009). Deformities and deaths were noted in the domestic chicken embryos subjected to low-level, non-thermal radiation from the standard 915 MHz cell phone

frequency under laboratory conditions (US Fish & Wildlife Service, 2009). Neural responses of Zebra Finches to 900 MHz radiation under laboratory conditions showed that 76% of the neurons responded by 3.5 times more firings (Beason and Semm, 2002). Eye, beak, and brain tissues of birds are loaded with magnetite, sensitive to magnetic fields, interferes with navigation (Mouritsen and Ritz, 2005).

Studies on Mammals

In a survey of two berry farms in similar habitats in Western Massachusetts (Doyon, 2008), one with no cell phone towers, there were abundant signs of wildlife, migrating and resident birds, bats, small and large mammals, and insects including bees and the other farm with a cell-phone tower located adjacent to the berry patch, virtually no signs of wildlife, tracks, scat, or feathers were noted. The berries on bushes were uneaten by birds and insects and the berries that fell to the ground were uneaten by animals. Whole body irradiation of 20 rats and 15 rabbits at 9.3 GHz for 20 minutes revealed statistically significant changes in cardiac activity (Repacholi *et al.*, 1998). Bradycardia developed in 30% of the cases. Separate ventricular extra systoles also developed. In a study on cows and calves on the effects of exposure from mobile phone base stations, it was noted that 32% of calves developed nuclear cataracts, 3.6% severely. Oxidative stress was increased in the eyes with cataracts, and there was an association between oxidative stress and the distance to the nearest mast (Hässig *et al.*, 2009). It was found that at a GSM signal of 915 MHz, all standard modulations included, output power level in pulses 2 W, specific absorption rate (SAR) 0.4 mW/g exposure for 2 hours, 11 genes were up-regulated and one down-regulated, hence affected expression of genes in rat brain cells (Belyaev *et al.*, 2006). The induced genes encode proteins with diverse functions including neurotransmitter regulation, blood-brain barrier (BBB), and melatonin production.

When rats were exposed for 2 hours a day for 45 days at 0.21 mW/cm^2 power density SAR (0.038 W/kg), a significant decrease in melatonin and increase in both creatine kinase and caspase 3 was found (Kesari *et al.*, 2011). This shows that chronic exposure to these radiations may be an indication of possible tumor promotion. A study on pregnant rats and brains of fetal rats was carried out after irradiating them with different intensities of microwave radiation from cellular phones for 20 days three times a day. Superoxide dismutase (SOD), glutathione peroxidase (GSH-Px), malondialdehyde (MDA), noradrenaline (NE), dopamine (DA), and 5-hydroxyindoleacetic acid (5-HIAA) in the brain were assayed. The significant content differences of noradrenaline and dopamine were found in fetal rat brains (Jing *et al.*, 2012). A study in rabbits exposed to continuous wave and pulsed power at 5.5 GHz found acute effects in the eyes, where lens opacities developed within 4 days (Birenbaum *et al.*, 1969).

Behavioral tasks, including the morris water maze (MWM), radial arm maze, and object recognition task have been extensively used to test cognitive impairment following exposure of rodents to mobile phone radiation (GSM 900 MHz) on various frequencies and SAR values (Fragopoulou *et al.*, 2010). Exposed animals in most of the cases revealed defects in their working memory possibly due to cholinergic pathway distraction. Mobile phone RF-EMF exposure significantly altered the passive avoidance behavior and hippocampal morphology in rats (Narayanan *et al.*, 2010).

With regards to DNA damage or cell death induction due to microwave exposure, in a series of early experiments, rats were exposed to pulsed and continuous-wave 2450 MHz radiation for 2 hours at an average power density of 2 mW/cm^2 and their brain cells were subsequently examined for DNA breaks by comet assay. The authors found a dose-dependent (0.6 and 1.2 W/kg whole body SAR) increase in DNA single-strand and double-strand breaks, 4 hours after the exposure to either the pulsed or the continuous-wave radiation. The same authors found that melatonin and PBN (N-tert-butyl-alpha-phenylnitrone) both known free radical scavengers, block the above effect of DNA damage by the microwave radiation (Lai and Singh, 1995, 1996, 1997). Death in domestic animals like hamsters and guinea pigs were noted (Balmori, 2003). Bats use electromagnetic sensors in different frequencies. Since 1998, a study on a free-tailed bat colony, having *Tadarida teniotis* and *Pipistrellus pipistrellus* has been carried out in Spain and a decrease in number of bats were noted with several phone masts 80 m from the colony. A dead specimen of *Myotis myotis* was found near a small antenna in the city centre (Balmori, 2009).

The most affected of the species are bees, birds, and bats and without these pollinators visiting flowers, 33% of fruits and vegetables would not exist, and as the number of pollinators decline, the agricultural crops will fall short and the price of groceries will go up (Kevan and Phillips, 2001).

Studies on Humans

The exposure to continuous RF-EMF radiation poses a greater risk to children, particularly due to their thinner skulls and rapid rate of growth. Also at risk are the elderly, the frail, and pregnant women (Cherry, 2001). DNA damage via free radical formation inside cells has also been recorded (Lai and Singh, 1996). Free radicals kill cells by damaging macromolecules such as DNA, protein, and membrane are carcinogenic. In fact, EMR enhances free radical activity. Single- and double-strand DNA breaks are seen in rat brain cells after acute exposure to radio-frequency electromagnetic radiation. Kane (2001) denotes that RF-EMF radiations lead to tissue damage, DNA damage, or chromosome mutations. In 2008, the Austrian Department of Health found a higher risk of cancer among people living within 200 m of a mobile phone base station and that cancer risk rose with increasing exposure, reaching 8.5 times the norm for people most exposed. From a study on in vitro cell response to mobile phone radiation (900 MHz GSM signal) using two variants of human endothelial cell line, it was suggested that the cell response to mobile phone radiation might be genome- and proteome-dependent. Therefore, it is likely that different types of cells and from different species might respond differently to mobile phone radiation or might have different sensitivity to this weak stimulus (Nylund and Leszczynski, 2006).

The results of the Interphone, an international case–control study to assess the brain tumor risk in relation to mobile telephone use, reveals no overall increase in risk of glioma or meningioma but there were suggestions of an increased risk of glioma at the highest exposure levels (30 minutes per day of cell phone use for 8–10 years) and ipsilateral exposures (ICNIRP, 2011). Children and young adults were excluded from the study and a separate study called Mobi-Kids is underway. According to Santini *et al.* (2002), comparisons of complaints in relation with distance from base station show significant increase as compared to people living greater than 300 m or not exposed to base station, till 300 m for tiredness, 200 m for headache, sleep disturbance, and discomfort, and 100 m for irritability, depression, loss of memory, dizziness, and libido decrease. Women significantly more often than men complained of headache, nausea, loss of appetite, sleep disturbance, depression, discomfort, and visual perturbations (Santini *et al.*, 2002). According to Oberfeld *et al.* (2004) in Spain, a follow-up study found that the most exposed people had a higher incidence of fatigue, irritability, headaches, nausea, loss of appetite, sleeping disorders, depression, discomfort, difficulties concentrating, memory loss, visual disorders, dizziness, and cardiovascular problems. Women are more at risk as they tend to spend more time at home and are exposed to radiation continuously. The authors recommended a maximum exposure of 0.0001 $\mu W/cm^2$ or 0.000001 W/m^2. There was prevalence of neuropsychiatric complaints among people living near base stations (Abdel-Rassoul *et al.*, 2007). Urban electromagnetic contamination (electrosmog) 900 and 1800 MHz pulsated waves interfere in the nervous system of living beings (Hyland, 2000). Growing amounts of published research show adverse effects on both humans and wildlife far below a thermal threshold, usually referred to as “non-thermal effects”, especially under conditions of long-term, low-level exposure (Levitt and Lai, 2010).

Australian research conducted by De Iuliis *et al.* (2009) by subjecting in vitro samples of human spermatozoa to radio-frequency radiation at 1.8 GHz and SAR of 0.4–27.5 W/kg showed a correlation between increasing SAR and decreased motility and vitality in sperm, increased oxidative stress and 8-Oxo-2′-deoxyguanosine markers, stimulating DNA base adduct formation and increased DNA fragmentation. GSM mobile phone exposure can activate cellular stress response in both humans and animal cells and cause the cells to produce heat shock proteins (HSP27 and HSP70) (Leszczynski, 2002). HSPs inhibit natural programmed cell death (apoptosis), whereby cells that should have committed suicide continue to live. Recent studies have shown that these HSPs inhibit apoptosis in cancer cells. In several cases, melatonin hormone which controls the daily biological cycle and has an oncostatic action, produced by the epiphysis (pineal gland) in mammals, mainly during the night, is found to reduce the action of EMR exposure, but the synthesis of melatonin itself seems to be reduced

by EMR (Panagopoulos *et al.*, 2008). In a study to observe the effects of melatonin in hormone balance in a diabetic, it was found that melatonin caused reduction in serum insulin, serum cortisol, serum ACTH, and serum TSH levels while increase in serum gastrin level. Of the biochemical parameters, melatonin caused reductions in TLC, LDLC, and FBS while increase in HDLC. It also caused reduction in neutrophil and increase in lymphocyte count in a diabetic with increase in faecal fat excretion (Mitra and Bhattacharya, 2008).

RF-EMR produces DNA damage via free radical formation inside cells. Free radicals kill cells by damaging macromolecules such as DNA, protein, and membrane, also shown to be carcinogenic. EMR enhances free radical activity. EMR interferes with navigational equipments, lifeline electronic gadgets in hospitals, and affects patients with pacemakers. A short-term exposure (15 and 30 minutes) to RFR (900 MHz) from a mobile phone caused a significant increase in DNA single strand breaks in human hair root cells located around the ear which is used for the phone calls (Çam and Seyhan, 2012). Various in vitro studies have shown that 1800 MHz RF-EMF radiation could cause oxidative damage to mtDNA in primary cultured neurons. Oxidative damage to mtDNA may account for the neurotoxicity of RF radiation in the brain (Xu *et al.*, 2010).

Studies carried out on the RF levels in North India, particularly at the mobile tower sites at Delhi have shown that people in Indian cities are exposed to dangerously high levels of EMF pollution (Tanwar, 2006). An independent study was commissioned by the Cellular Operators Association of India (COAI) and Association of Unified Telecom Service Providers of India (AUSPI) as a proactive measure stemming from the concern for the public health and safety issues on electromagnetic radiation measurement at New Delhi showed compliance with ICNIRP standards. 180 areas were studied across the capital to understand the extent of RF-EMF radiations emitting from the mobile towers, revealed that the readings were 100 times below international safety guidelines. The study measured cumulative emissions within the 800–2000 MHz band of frequency (which includes both GSM and CDMA technologies) across in the nation's capital using carefully calibrated equipment, as per the DoT prescribed procedure in line with the ICNIRP specifications. In a similar, but independent case study in Mumbai, it was found that people living within 50–300 m radius are in the high radiation zone and are more prone to ill-effects of electromagnetic radiation. Four cases of cancer were found in three consecutive floors (6th, 7th, 8th) directly facing and at similar height as four mobile phone towers placed at the roof of the opposite building (Kumar, 2010). According to the Seletun Scientific Statement (2011), low-intensity (non-thermal) bioeffects and adverse health effects are demonstrated at levels significantly below existing exposure standards. ICNIRP/WHO and IEEE/FCC public safety limits are inadequate and obsolete with respect to prolonged, low-intensity exposures (New International EMF Alliance, 2011). New, biologically-based public exposure standards are urgently needed to protect public health world-wide. EMR exposures should be reduced now rather than waiting for proof of harm before acting (Fragopoulou *et al.*, 2010).

Electrohypersensitivity (EHS) and Electromagnetic Field Intolerance (EFI) Syndrome

Electrosensitivity of people is now recognized as a physical impairment by government health authorities in the United Kingdom and Sweden. The UK Health Protection Agency (HPA) recognized that people can suffer nausea, headaches, and muscle pains when exposed to electromagnetic fields from mobile phones, electricity pylons, and computer screens. A case study in Sweden, one of the first countries where mobile technology was introduced approximately 15 years ago, shows that 250,000 Swedes are allergic to mobile phone radiation. Sweden has now recognized EHS as a physical degradation and EHS sufferers are entitled to have metal shielding installed in their homes free of charge from the local government (Kumar, 2010; Johansson, 2010).

Belpomme (2011) in his presentation at the 8th National Congress on Electrosmog in Berne in 2011 elaborates on the dangers of wireless technology and the diagnostics and treatment of the electromagnetic field intolerance (EFI) Syndrome. In his study from 2008 to 2011, the patients with EHS were investigated with a pulse equilibrium brain scan, dosage of histamine in the blood, dosage of the heat shock proteins HSP70 and HSP27, and appearance and disappearance of symptoms on exposure to an electromagnetic field source. Diagnosis of fatigue and depression were noted. The physiological changes such as vitamin D deficiency, decrease in heat

shock proteins, increase in histamines, increase in biomarker of the opening of blood-brain barrier, protein S100P, decrease in urinary melatonin, and increase in blood anti-myelin proteins were noted in the electrosensitives. Around 50% of the patients in the study had used a mobile phone for more than one hour per day during several years and his findings were similar to the figures published by Hardell's study (2007) dealing with the cancer occurrences and electromagnetic fields.

Future Challenges and Solutions

Research into the advantages of radio-frequency energies seen in tissue heating in benign prostatic hyperplasia (BPH), electrical therapy for cardiac arrhythmia, radio-frequency ablation, use of 41.5–44.5°C temperature to kill tumors, shortwave and microwave diathermy for musculoskeletal injuries, and microwave oven used in food preparation are all carried out under controlled conditions. But effects, if any, from RF-EMF radiations released into the environment over a long period of time in densely populated areas where people are continuously exposed to them will show in years to come. According to Osepchuk (1983), frequencies used in industrial, scientific, and medical heating processes are 27.12, 40.68, 433, 915, 2450, and 5800 MHz. Out of which, for diathermy, frequencies used are 27.12, 915, and 2450 MHz in US and 433 MHz is authorized in Europe. According to Kasevich (2000), "the physics of electromagnetic waves and their interactions with material and biological systems is based on the concept that the electromagnetic wave is a force field which exerts a mechanical torque, pressure or force on electrically charged molecules. All living things contain these dielectric properties. The thermal effects produced by absorption of electromagnetic energy are the direct result of water molecules acted upon by the oscillating electric field, rubbing against each other to produce electric heat (thermal effects)". Research work on electromagnetic bioeffects in humans and animals in the non-thermal range is continuing where effects are noted even at intensities lower than 1 mW/m^2 (0.001 W/m^2 or 1000 μW/m^2, 0.0001 mW/cm^2 or 0.1 μW/cm^2).

According to Levitt (2007), adverse outcomes of pregnancy can be mutagenic, teratogenic, oncogenic or carcinogenic, and ionizing radiations can cause all three. In animal studies, non-ionizing radiation was also found to be teratogenic and oncogenic, and likely mutagenic, but it is unclear if these observations were due to heating affect, non-thermal affects or both. Trees, plants, soil, grass, and shrubs have the ability to absorb electromagnetic wave energy over a very broad range of wavelengths. According to the resonance concept, human beings can act as receiving antennas for some frequencies, where the absorbed energy is maximized in some areas of the body, like the brain (Levitt, 2007).

In the Bioinitiative Report, a document prepared by 14 international experts in a nine-month project, in which over 2000 scientific studies were reviewed, Sage (2007) came to a conclusion that there may be no lower limit that may be safe, and there was a need for biologically-based limits (1 mW/m^2 or 0.001 W/m^2) and children are at most risk. Safety limits suggested are 0.001 W/m^2 for outdoor cumulative radio-frequency exposure and 0.0001 W/m^2 for indoor, cumulative radio-frequency exposure. According to Blank (2012), there is a need for a realistic biological standard to replace the thermal (SAR) standard. The precautionary approaches includes prudence avoidance for public and ALARA, which stands for "as low as reasonably attainable" for regulatory agencies.

According to Havas (2006), several disorders, including asthma, ADD/ADHD, diabetes, multiple sclerosis, chronic fatigue, fibromyalgia, are increasing at an alarming rate, as is electromagnetic pollution in the form of dirty electricity, ground current, and radio-frequency radiation from wireless devices and the connection between electromagnetic pollution and these disorders needs to be investigated and the percentage of people sensitive to this form of energy needs to be determined. According to Milham (2010), 20th century epidemic of the so-called diseases of civilization, including cardiovascular disease, cancer, diabetes, and also suicides, was caused by electrification and the unique biological responses we have to it and that our evolutionary balance, developed over the millennia has been severely disturbed and disrupted by man-made EMFs.

Conclusion

The Department of Telecommunication (DoT) in India has set new norms for cell phone towers with effect from September 1, 2012 (The Hindu, 2012). Exposure standards for RF-EMF radiation has been reduced to one-tenth of the existing level and SAR from 2 to 1.6 W/kg. This came after the Ministry of Environment and Forests

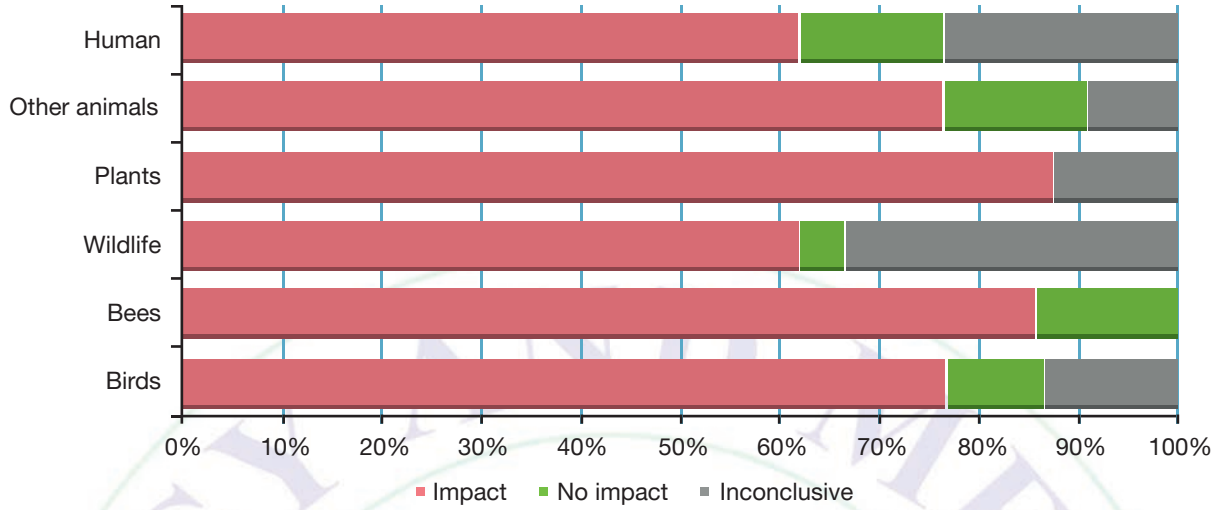


Figure 2: Percentage of studies that reported harmful effect of EMR in various groups of organisms (n = 919), MOEF Report (2010).

(MOEF) set up an Inter-Ministerial Committee (IMC) to study the effects of RF-EMF radiations on wildlife (Figure 2) and concluded that out of the 919 research papers collected on birds, bees, plants, other animals, and humans, 593 showed impacts, 180 showed no impacts, and 196 were inconclusive studies. They conclude that there are no long-term data available on the environmental impacts of RF-EMF radiations in India. The population of India is increasing as well as the cell phone subscribers and the cell towers as supporting infrastructure. Hence, there is an urgent need to fill the gaps and do further research in this field with emphasis on the effects of early life and prenatal RF-EMF radiation exposure in animals, dosimetry studies, cellular studies using more sensitive methods, and human epidemiological studies, especially on children and young adults on behavioral and neurological disorders and cancer. Meanwhile, one can take the precautionary principle approach and reduce RF-EMF radiation effects of cell phone towers by relocating towers away from densely populated areas, increasing height of towers or changing the direction of the antenna.

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BIOLOGY AND MEDICINE
BM
www.biolmedonline.com

5G; 5G wireless telecommunications expansion: Public health and environmental implications, Environmental Research.
(Dr. Cindy Russell MD.); 2018

Environmental Research 165 (2018) 484–495

Contents lists available at ScienceDirect

Environmental Research

journal homepage: www.elsevier.com/locate/envres

5 G wireless telecommunications expansion: Public health and environmental implications☆

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ARTICLE INFO

Keywords:
Wireless technology
Public health
Radiofrequency radiation
Environmental pollution

ABSTRACT

The popularity, widespread use and increasing dependency on wireless technologies has spawned a telecommunications industrial revolution with increasing public exposure to broader and higher frequencies of the electromagnetic spectrum to transmit data through a variety of devices and infrastructure. On the horizon, a new generation of even shorter high frequency 5G wavelengths is being proposed to power the Internet of Things (IoT). The IoT promises us convenient and easy lifestyles with a massive 5G interconnected telecommunications network, however, the expansion of broadband with shorter wavelength radiofrequency radiation highlights the concern that health and safety issues remain unknown. Controversy continues with regards to harm from current 2G, 3G and 4G wireless technologies. 5G technologies are far less studied for human or environmental effects.

It is argued that the addition of this added high frequency 5G radiation to an already complex mix of lower frequencies, will contribute to a negative public health outcome both from both physical and mental health perspectives.

Radiofrequency radiation (RF) is increasingly being recognized as a new form of environmental pollution. Like other common toxic exposures, the effects of radiofrequency electromagnetic radiation (RF EMR) will be problematic if not impossible to sort out epidemiologically as there no longer remains an unexposed control group. This is especially important considering these effects are likely magnified by synergistic toxic exposures and other common health risk behaviors. Effects can also be non-linear. Because this is the first generation to have cradle-to-grave lifespan exposure to this level of man-made microwave (RF EMR) radiofrequencies, it will be years or decades before the true health consequences are known. Precaution in the roll out of this new technology is strongly indicated.

This article will review relevant electromagnetic frequencies, exposure standards and current scientific literature on the health implications of 2G, 3G, 4G exposure, including some of the available literature on 5G frequencies. The question of what constitutes a public health issue will be raised, as well as the need for a precautionary approach in advancing new wireless technologies.

1. Introduction

The adoption of new 5G technology promises to give the public a transformative communication network with an explosion of speed, volume of data and number of devices with unlimited computing instantly to anyone in the world. High tech companies are already marketing the Internet of Things to businesses, healthcare systems, schools and the public. The promise to connect our phones and appliances, will virtually eliminate many day-to-day household and business functions including driving. This will, according to industry, create a superior, connected society and unprecedented economic growth. What is missing in this discussion is the maturing literature on adverse biological, physiological, and psychological health effects of the 2G, 3G, and 4G radiofrequencies we are already exposed to, in addition to indications from the scientific literature that 5G frequencies could also be hazardous.

Many important but unanswered questions merit serious consideration. Is the widespread deployment of this pervasive higher frequency small cell distributed antennae system in our cities and on our homes safe for humans and the environment? Will it add to the burden of chronic disease that costs our nation, according to the CDC, an estimated 2.3 trillion dollars annually (CDC, 2017)? Are we already digitally over connected, shrinking our gray matter and becoming a dysfunctional addicted nation because of it (Weng et al., 2012)? How

☆ The author has read and approved the paper and it has not been published previously nor is it being considered by any other peer-reviewed journal. The author has no conflicts of interest. There was no financial support for the research, design, analysis, interpretation or writing of this article nor for the decision to publish this article.

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https://doi.org/10.1016/j.envres.2018.01.016
Received 3 October 2017; Accepted 16 January 2018
Available online 11 April 2018
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will this affect our privacy, cyber security and the security of our medical records? Will physicians be able to recognize the emerging adverse health effects of new millimeter technology let alone that of current wireless devices? These important questions have not been addressed, yet industry and government policy have already moved forward with advertising, manufacturing and legislating the adoption of these new technologies.

2. Methods

A review of the literature was performed which included health effects of wireless technologies, controversies related to radiofrequency health effects, telecommunications 5G innovations and specifications for wireless technology as well as related policies affecting public health.

3. Results

3.1. Controversy persists as evidence of harm increases

The controversy over health effects of radiofrequency electromagnetic radiation (RF EMR) from commonly used wireless devices such as cell phones, cordless phones, WiFi routers and cell tower infrastructure remains problematic. RF research in the U.S. is poorly funded and even when a study is robust it never seems to answer the question of long term safety or provide appropriate precautionary limits. (Wyde, 2016). In 2011 the International Agency on Research on Cancer (IARC) listed non-ionizing radiofrequency radiation from cell phones and other wireless devices in Group 2B: Possibly carcinogenic to humans, based on a thorough analysis of current scientific evidence (IARC, 2011; IARC, 2017). Some researchers feel this listing should be changed to a Group 2A: Probably carcinogenic to humans or to Group 1: Carcinogenic to humans classification (Morgan et al., 2015; Sage and Carpenter, 2012). This is based on the recent National Toxicology Program Carcinogenicity Studies of Cell Phone Radiofrequency Radiation that report a significant increase in heart and brain tumors with RF-EMR exposure (Wyde, 2016). This is in addition to the abundance of basic scientific studies that show a clear health risk associated with exposure to radiofrequencies, especially with long term exposure (Hardell et al., 2013a, 2013b; Adams et al.al., 2014; Bortkiewicz et al., 2017; Carlberg and Hardell, 2017; Hassanshahi et al., 2017; Liu et al., 2014; Levitt and Lai, 2010). Many of these studies demonstrate effects well below the heat threshold of current safety standards (Wyde, 2016; IARC, 2011; Sage and Carpenter, 2012; EPA, 1992; Esmekaya et al., 2011; Grigoriev et al., 2010; Belyaev, 2005; Yu and Yao, 2010). Radiofrequencies are absorbed by and pass through living systems that contain water. Pregnant women and children are more vulnerable to developmental harm from microwave radiation due to immature organ systems (Birks et al., 2017; Othman et al., 2017a, 2017b). Research also shows children absorb more microwave radiation per body weight than an adult, however, standards were developed for adult bodies (Morgan et al., 2014).

3.1.1. Industry bias and scientific results

Industry continues to state that the weight of evidence regarding harm from RF-EMR is inconclusive. Studies that review the sources of funding and scientific bias regarding cell phones and brain cancer indicate otherwise. Huss et al. (2007) performed a systematic review regarding the association of cell phone use and brain tumors in relation to funding. He found that industry studies showed a positive association 33% of the time, whereas non-industry studies showed an 82% association. In addition, they discovered that none of the 31 peer reviewed journals listed conflicts of interest for the authors.

Myung et al. (2009) performed a meta-analysis and found that there was a small but significant elevation in brain tumors with long term cell phone use when high quality studies were examined. He noted Hardell's research to be more robust, as “all of the studies by Hardell et al. used blinding to the status of patient cases or controls at the interview and were categorized as having a high methodologic quality when assessed based on the NOS, whereas most of the INTERPHONE-related studies and studies by other groups did not use blinding and were thus categorized as having low methodologic quality”. Prasad et al. (2017) investigated the results of 22 case-controlled studies which showed an increased risk of brain tumor with long-term exposure to mobile phone radiation while industry-funded research tended to underestimate the risk.

An analysis of the Interphone study by Morgan (2009) noted eleven design flaws, including1) selection bias, 2) insufficient latency time, 3) definition of 'regular' cellphone user, 4) exclusion of young adults and children, 5) no cosideration for cell phone exposure in rural areas where they would be radiating at higher power levels, 6) exposure to other transmitting sources are excluded, 7) exclusion of brain tumor types, 8) recall accuracy of cellphone use, and 9) funding bias.

In the first court case to award damages to a plaintiff for a brain tumor caused by cell phones, an Italian court excluded cancer-based studies related to cellphones that had been financed by telecommunications companies., according to a news articles (Williams, 2017).

3.2. Current Federal Communications Commission (FCC) radiofrequency guidelines

Physicists and engineers point out that non-ionizing radiofrequency radiation, which we use in modern telecommunications today, has too low an energy unit per photon to move electrons in an atom, causing ionization, as seen with radiation from X-rays and radioactive materials (WHO, 1981). They argue that heat is the only measure of harm which is meaningful with regards to health and safety of RF EMR. Scientists, however, have elucidated other mechanisms whereby cellular functioning can be disrupted by non-thermal exposures to radiofrequency radiation.

Current FCC Guidelines for non-ionizing radiation exposure were developed over two decades ago and are based on heating of tissues over short exposure periods (6 min for occupational/controlled and 30 min for public/uncontrolled exposure) (FCC, 1997, 2015; FCC, 2013). There are no long term exposure guidelines, nor are there guidelines for low level, non-thermal or biological effects considered in the International Commission on Non-Ionizing Radiation Protection (ICNIRP) standards which are the basis for standards used worldwide (ICNIRP, 2009; Hardell, 2017).

With the passage of the federal Telecommunication Act of 1996 responsibility for safety of non-ionizing radiation was passed from the EPA to the FCC (1996). At the time, the EPA was preparing recommendations for long term exposure which were not included in the FCC guidelines (EPA, 1981; EPA, 1992). In a 1993 scientific conference sponsored by the US EPA Office of Air and Radiation and the Office of Research and Development, the EPA discussed its concerns about public RF exposure and the need for additional research. The report noted health issues that remained unsolved including “potential effects of long term, low level exposure; and biophysical mechanisms.” (EPA, 1993).

A World Health Organization summary of Environmental Health Criteria from a Warsaw conference in 1973 stated “More data on the relationship between biological and health effects and the frequency and mode of generation of the radiation, particularly in complex modulations, are needed.” They further state, “Prevention of potential hazards is a more efficient and economical way of achieving control than belated efforts to reduce existing levels.” (WHO, 1981).

Sage and Carpenter, among others, note that for adequate public health protection a biological safety standard is needed that considers current research indicating cellular harm, long term effects of constant exposure and effects on vulnerable populations (Sage and Carpenter,

2012; Blank et al., 2015). FCC recommendations have not been updated to include current literature on cellular affects at levels below FCC guidelines or effects of long term exposure (EPA Letter, 2002). It is notable that Section 704 of the 1996 Telecommunications Act specifies the following: "Section 704(a) of the 1996 Act expressly preempts state and local government regulation of the placement, construction, and modification of personal wireless service facilities on the basis of the environmental effects of radio frequency emissions to the extent that such facilities comply with the FCC's regulations concerning such emissions (FCC, 1996). This policy directly contradicts current evidence of harm.

3.2.1. FCC guidelines and specific absorption rate

In 1985, the FCC adopted thermal guidelines to be used for evaluating human exposure to radiofrequency (RF) emissions, incorporating electric and magnetic field strength and power density limits for Maximum Permissible Exposure (MPE) for transmitters operating at frequencies between 300 kHz and 100 GHz. These were updated in 1996. Limits are defined by either Specific Absorption Rate (SAR) or power density (PD). SAR is a measure of heat absorption in the body expressed in watts per kilogram and is typically used for near field exposure to cell phones and wireless devices. For the general population the SAR limit in the U.S. is 0.08 W/kg as averaged over the whole-body and for localized heating (typically for cell phones) the SAR limit should not exceed 1.6 W/kg as averaged over any 1 g of tissue. These SAR standards apply at operating frequencies between 100 kHz and 6 GHz (ICNIRP, 2009). This guideline gives a heating safety factor of 50 (ICNIRP, 2009; Hardell, 2017).

The closer the device is to the body, the higher the absorption of radiation and heat generated, thus in manufacturers device information inserts, the SAR is usually listed with safety recommendations for limiting close proximity to the body. The recommendation for devices such as tablets and portable laptop computers in FCC documents Page 5 states "For purposes of RF exposure evaluation, a mobile device is defined as a transmitting device designed to be used in other than fixed locations and to be generally used in such a way that a separation distance of at least 20 cm is normally maintained between the transmitter's radiating structures and the body of the user or nearby persons." (FCC, 1997).

For cell phones, the distance from the head to comply with SAR standards varies between different phones and manufacturers. Usually a minimum separation of millimeters from the head is noted in the manufactures literature. For example, the Samsung model SM-G920A insert states "Body-worn SAR testing has been carried out at a separation distance of 1.5 cm. To meet RF exposure guidelines during body-worn operation, the device should be positioned at least this distance away from the body." (Samsung SAR) Although implantable medical devices are now shielded from external RF EMR to prevent interference, manufactures may still include safety information. Samsung notes, "A minimum separation of six (6) inches should be maintained between a handheld wireless mobile device and an implantable medical device, such as a pacemaker or implantable cardioverter defibrillator, to avoid potential interference with the device." (Samsung Guide).

3.2.2. Higher frequency radiation FCC measurement standards: 6–100 Ghz

For higher frequencies energy is measured as power per unit area or power density (PD). Power density is typically expressed in terms of watts per square meter (W/m^2) or milliwatts per square centimeter meter (mW/cm^2). The conversion is 10 $W/m = 1\ mW/cm^2$. It is also expressed as microwatts per square centimeter ($\mu W/cm^2$) for lower power measurements ($1\ mW/cm^2 = 1000\ \mu W/m^2$) (SLAC, 2015). Power density limits vary with frequency but at cell phone frequencies of 1500 MHz the FCC limit is 1 mW/cm^2 (or 1000 $\mu W/m^2$) in the U.S. (Madjar, 2016). The FCC notes in the OET Bulletin 65, that "devices that operate above 6 GHz (*e.g.,* millimeter-wave devices) localized SAR is not an appropriate means for evaluating exposure. At these higher frequencies, exposure from portable devices should be evaluated in terms of power density MPE limits instead of SAR." (FCC, 1997).

3.2.3. EMR frequencies

Wireless communication uses electromagnetic frequencies to carry data through the air. Typically, this includes both a carrier wave and an operating wave. Frequency is measured in cycles per second. 1 Hz (Hz) is one cycle per second. A Kilohertz (KHz) is 1000 cycles per second, a Megahertz (MHz) is a million cycles per second and a Gigahertz (GHz) pulses at a billion cycles per second. The typical 2.4 GHz Wi-Fi pulses at 2.4 billion cycles per second. Broadband was introduced in the 2000's as a high capacity transmission technology that allows a wide band of radio frequencies to operate simultaneously. This multiple frequency technology can be delivered with copper wires, fiberoptic, cables or through wireless transmission (Chiou, 2005; Goleniewski, 2001). In order to carry data at faster speeds, each new generation of telecommunications uses higher frequency radio waves. The higher frequencies used for new technology are added to the existing frequencies of older technology (Chávez-Santiago et al., 2015; 5G Vision EU). This creates an increasing mix of electromagnetic frequency exposures.

3.2.4. The electromagnetic spectrum and wireless devices

Radio frequency (RF) comprises a continuum of the electromagnetic spectrum wavelengths below visible and infrared light from about 3 kHz to 300 GHz. The wavelengths in the radio frequency range in size from hundreds of meters to fractions of a a centimeter.

Radio communications operate with long waves that are a meter to many kilometers wide. These are in the 3 Hz to 300 MHz band. AM Radio operates from 540 to 1600 kHz. FM Radio operates from 76 to 108 MHz. Long radio communication wavelengths are also known as groundwaves and can follow the earths contours beyond the horizon an thus transmit far distances.

Microwave radio frequencies are 300 MHz to 300 GHz. Higher frequency and shorter wavelength radio frequencies (microwaves) are now widely used in modern digital communications. First generation (1G) to Fourth generation (4G) radio frequency wavelengths are centimeters to a meter in width and were first used in military communications decades ago. These shorter wavelengths transmit information in a straight line of sight path but for shorter distances. Cell towers thus can transmit dozens of miles away versus typical radio communication towers that can transmit for 100's of miles, depending on the power output, height of the tower, weather and topography. New proposed 5G small cells, with millimeter waves, will transmit only 300 m.

As telecommunication has advanced, the frequencies used have shorter wavelengths and faster data transfer. More data channels can be compressed into the shorter frequency bands enabling more data to be transferred simultaneously. This means more data at faster speeds. Older cell phones and cordless DECT phones use 900 and 1800 MHz wavelengths. Today almost all newer wireless devices use a small range of frequencies clustered near 2.4 GHz, *i.e.* Cell phones, cordless phones, Wi-Fi routers, and Bluetooth. This is the same frequency as microwave ovens but with much less power. To eliminate interference from multiple devices, 5.0 GHz frequencies have been introduced into newer wireless devices. Smart meters operate with both a 900 and 2.4 GHz signals.

Proposed fifth generation (5G) technologies will use frequencies between 30 and 100 GHz which are shorter millimeter wavelengths (1–10 mm) (Nordrum, 2017). This technology is said to carry wireless data 10 times faster than 4G with 1000 times the data.

3.2.5. Generational cell phone frequencies

1G - Analog- Advanced Mobile Phone Service (AMPS) was commercially introduced in the 1980's and operated with voice only at 800 MHz with a continuous wave signal.

2G - Global System for Mobile Communications (GSM) and Code Division Multiple Access (CDMA), are variants of 2G systems,

introduced in 1990's providing text messaging, multimedia messaging and internet access. These were used in the first digital cell phones. Frequencies are a combination of 850 and 1900 or 900 and 1800 MHz.

3G - Universal Mobile Telecommunications Service (UMTS)- Introduced in 1998 with broadband features providing data transfer, mobile internet and video calling. There are dozens of frequency bands available in the 800–900 MHz range and the 1700–2100 MHz range depending on the carrier.

4G - Long Term Evolution (LTE) –Was released in 2008 with higher frequency broadband supporting faster web access, gaming, video conferencing, and HD Mobile TV. These frequencies are in the 700 MHz, 1700/2100 MHz and the 2500–2690 MHz range.

5G- Device-to-Device Communication, Proposed for expansion of the Internet of Things (IoT). Uses wavelengths from 30 to 100 GHz and possibly up to 300 GHz.

3.3. The science of biological harm from non-ionizing radiation

A growing body of scientific literature documents evidence of non-thermal cellular damage from non-ionizing wireless radiation used in telecommunications. This RF EMR has been shown to cause an array of adverse effects on DNA integrity, cellular membranes, gene expression, protein synthesis, neuronal function, the blood brain barrier, melatonin production, sperm damage and immune dysfunction (Dasdag et al., 2015a; Dasdag et al., 2015a, 2015b; La Vignera et al.al., 2012; Levine et al.al., 2017). Human health effects associated with wireless radiation include infertility, neurodegenerative changes and brain cancer (Wyde, 2016; IARC, 2011) (; Sage and Carpenter, 2012; Kim et al., 2017; Kesari et al., 2011; Kesari et al., 2012a, 2012b; Zhang et al., 2016; Agarwal et al., 2011, 2008; Al-Quzwini et al., 2016; Banik, 2003; Consales, 2012; D'Andrea and Chalfin, 2000; Desai et al., 2009: Prasad et al., 2017). In addition, electrosensitivity to wireless and electrical devices is being increasingly recognized by scientists and physicians (Hojo et al., 2016; Singh and Kapoor, 2014; Belpomme et al., 2015). A biologically based standard has been recommended with a scientific benchmark to a "lowest observable effect level" for RF EMR at 0.003 uW/cm^2 (Sage and Carpenter, 2012). There is also growing evidence of harm to trees, wildlife and other biosystems (Sivani and Sudarsanam, 2013).

3.3.1. Oxidation mechanism of cellular harm

A well-studied potential mechanism of harm from radiofrequency radiation is one of cellular oxidation. Healthy biological systems require a balance of oxidation and antioxidation to fight infection and prevent disease (44, 45, 46). A review of the literature by Yakymenko et al. (2016) confirmed that in 93 of 100 studies, non-ionizing radiofrequency radiation caused a cellular stress response with excessive reactive oxygen species. He concluded, "oxidative stress induced by RFR exposure should be recognized as one of the primary mechanisms of the biological activity of this kind of radiation."

Reactive oxygen species (ROS) are a normal part of cellular processes and cell signaling. Overproduction of ROS that is not balanced with either endogenous antioxidants (superoxide dismutase (SOD), catalase (CAT), glutathione peroxidase (GPx), glutathione (GSH), melatonin), or exogenous antioxidants (Vitamin C, Vitamin E, carotenoids, polyphenols) allows the formation of free radicals that oxidize and damage DNA, proteins, membrane lipids and mitochondria. Mitochondrial DNA is more susceptible to DNA damage than nuclear DNA as it lacks histones, has a reduced ability to repair DNA, and is not protected from mitochondrial reactive oxygen species (Görlach et al., 2015). Excess ROS have been associated with exposure to toxic chemicals, pesticides and metals (Abdollahi et al., 2004; Sharma et al., 2014: Drechsel and Patel, 2008). Oxidative damage from ROS has been increasing linked to the development and/or exacerbation of a number of chronic diseases and cancer (Thannickal and Fanburg, 2000; Valko et al., 2006; Bouayed and BohnBohn, 2010; Görlach et al., 2015; Alfadda and Sallam, 2012).

3.3.2. Electrosensitivity

An increasing number of people are reporting a variety of symptoms with exposure to wireless devices and infrastructure, including headaches, insomnia, dizziness, nausea, lack of concentration, heart palpitations and depression. These are now recognized as signs of electrosensitivity or electromagnetic hypersensitivity. A personal communication and case history was recently described by Dr. Scott Eberle, a hospice physician who, after an inciting event, became electrosensitive, and discovered his continuing physical symptoms were due to wireless radiation from his computer and cell phone. (Eberle, 2014; Eberle, 2014, 2017). Reports of electrosensitivity with these non-specific but sometimes debilitating symptoms have incidences from 1.5% of the population in Sweden to 13.3% of the population in Taiwan (Hedendahl et al., 2015).

The United States Access Board recognizes "that multiple chemical sensitivities and electromagnetic sensitivities may be considered disabilities under the ADA if they so severely impair the neurological, respiratory or other functions of an individual that it substantially limits one or more of the individual's major life activities." (ADA, 2014).

It is notable that these same symptoms were described in military personnel working near radar communications systems. A 1981 NASA report, "Electromagnetic Field Interactions: Observed Effects and Theories", described microwave sickness with a host of symptoms recorded, including headaches, eyestrain, fatigue, dizziness, disturbed sleep at night, sleepiness in daytime, moodiness, irritability, unsociability, hypochondriac reactions, feelings of fear, nervous tension, mental depression, memory impairment, pulling sensation in the scalp and brow, loss of hair, pain in muscles and heart region, breathing difficulties, and increased perspiration of extremities (NASA, 1981).

3.4. 5G technology would be a mix of microwave frequencies

The vision of the next generation of communications technology, 5G, is to have instantaneous delivery of large volumes of multimedia content over a seamless wireless connection anywhere at any time (Chávez-Santiago et al., 2015; Greenemeier, 2015). To do this, new high frequency, faster delivery bands and a wider spectral bandwidth would need to be allocated in the 6–100 GHz range. Because the shorter frequencies transmit across short distances (hundreds of meters), a dense network of cellular antennas would need to be deployed throughout cities and neighborhoods, including extensive battery backup systems.

This system proposes to be additive with a blended architecture. Plans are in the works to adopt underused licensed frequencies throughout the spectrum. It will be a network of networks, with multiple layers of frequencies, multiple devices, and multiple user interactions (Jacobfeuerborn, 2015). Small cell deployments can be used as high capacity Wi-Fi hotspots forming an outdoor mesh network with an intergenerational mix of communications networks with 5G added later. It is not a completely new technology which will be deployed, according to Chavez-Santiago et al. (2015), but a spectrum-usage combination. "5G

3.4.1. 5G deployment by 2020

The start of commercial deployment of 5G systems is expected in 2020 with rapid expansion thereafter" to support more than one thousand times today's mobile traffic volume" (Chávez-Santiago et al., 2015).

The development of this technology has been underway for several years with research and development funding from many sources. Public, private and academic partnerships have been developed to advance this initiative. There is a race for R&D with significant resources invested with expected much higher return on investment. In 2012, the University of Surrey in the United Kingdom secured £35 million in funding for the 5G Innovation Centre, 5GIC, which offers testing facilities to mobile operators developing spectrum technologies. This year

they announced their first 5G digital gaming initiative (University of Surrey, 2017). 5G Americas are planning to boost development of broadband technologies in Latin America as well (FCC Letter, 2016; 5G Americas, 2017).

3.4.2. Are there downsides to 5G telecommunications technology?

Industry papers discussing 5G, talk about markets, business models, and start-ups. New white papers have focused on needs for public safety, emergency response and earthquake preparedness. How much benefit will there really be for adding all this hyper-connecting technology compared to public health and environmental consequences? A more thorough investigation is needed with all the downsides included in the analysis, including E-Waste, global climate change, toxics emissions, occupational safety, privacy, security, public safety from widespread battery backup systems, and most critically, direct human health and environmental risks. We already have 911 and satellite communications for emergencies. If this technology is adopted we will lose our critical copper landline wires that are safer, more secure, and require no battery backups. Regulations regarding cost, access and usage of this widespread internet system have yet to be determined. Health and psychosocial effects are largely absent from business discussions.

3.4.3. More antennas and more frequencies are needed for a seamless connection

5G millimeter waves (MMW) are extremely high-frequency (30–300 GHz) electromagnetic radiation. In general, the longer the wavelength the longer it travels and the farther apart broadcast stations are placed.The 5G short higher frequency millimeter wavelengths travel shorter distances (a few hundred meters) thus to achieve a seamless integrated wireless system the “small cell” antenna are proposed to be placed about every 250 m. The exact frequencies of MMW desired for the next-generation of high-speed wireless technologies are not yet configured but industry letters to the FCC seek to open all the frequencies up to 100 GHz, with some suggesting even higher frequencies (FCC Letter 5G Americas). These MMW frequencies will be mixed with current longer microwave frequencies to achieve integration of systems. At higher power densities, cell tower studies show that symptoms of electrosensitivity occur within about 300 m of a cell tower (Santini et al., 2002; Zothansiama et al., 2017). The added frequencies and close proximity of small cell antenna in this dense network are a valid concern for residents. MMW are absorbed by anything with water such as foliage thus causing attenuation of the signals and making connections with the system line of sight only (Rappaport and Deng, 2015). Millimeter waves also do not penetrate walls. This has been a problem for designers, who are still trying to figure out a solution.

3.4.4. FCC exposure limits for 5G millimeter waves

SAR levels are used for cell phones, tablets and other handheld wireless devices to determine regulatory compliance. For millimeter wavelength devices and infrastructure power density above 6 GHz (FCC) and above 10 GHz (ICNIRP) needs to be measured with power density (FCC, 1997; Wu et al., 2015a) This is due to the higher energy absorption in a shallow area that causes heating more rapidly resulting in much higher SAR levels. The FCC maximum permissible exposure (MPE) in terms of power density for frequencies between 1.5 and 100 GHz is 10 mW/cm^2 over a 30 min period (FCC, 1997; Romanenko et al., 2014). Heat generated is a concern in handheld devices for 5G but is still considered the only valid measure of harm, no biological cellular alterations are considered (Wu et al., 2015a).

3.4.5. Studies on millimeter wavelenghts

Millimeter waves (MMW) are absorbed by water in living plants, bacteria, insects and human skin with variable effects. Because of shallow penetration of MMW, the eyes and skin are of primary concern. Bacterial effects have also been examined with evidence of antibiotic resistance caused by MMW. In humans, the penetration depth of more than 90% of the transmitted power is absorbed in the epidermal and dermal layers (Wu et al., 2015a). Because the depth is so superficial, higher heating occurs more quickly with less dissipation. Many biological responses to MMW irradiation can be initiated within the skin (Isaac et al., 2012; Ziskin, 2013; Gandhi and Riazi, 1986). Systemic signaling in the skin can result in physiological effects on the nervous system, heart, and immune system mediated through neuroendocrine mechanisms (Pakhomov et al., 1998). Currently MMW is used for some high speed wireless networks (Sundeep et al., 2012) and radar sensors for car navigation (Menzel, and Moebius, 2012). Considering planned ubiquitous and continuous MMW exposure there is a need to understand any potentially negative health effects of these frequencies (National Research Council US, 1983; Liu et al., 2014; Drean et al., 2013; Mahamoud et al., 2016; Nelson et al., 2000).

3.4.5.1. Skin effects. Numerous experimental studies have shown that surface effects of low intensity MMW can be quite substantial, inducing a number of biological changes, even at non thermal levels, including cell membrane effects (Feldman et al., 2009; Ramundo-Orlando et al., 2009; Feldman et al., 2008; Millenbaugh et al., 2006; Enin et al., 1992; Ramundo-Orlando, 2012; Ziskin, 2013; Hayut et al., 2014; Ney and Abdulhalim, 2011; Chernyakov et al., 1989). There are MMW studies showing both beneficial and adverse effects, depending on frequency, modulation, power density, polarization, and exposure time (Belyaev et al., 2000). MMW has been used for many years as a non-invasive therapeutic modality in complementary medicine in many Eastern European countries for pain therapy (Taras et al., 2006) with some evidence that short term application of certain frequencies stimulate release of endogenous opioids in the skin (Ziskin, 2013). For a contrary purpose, the military are using 95 GHz MMW for non-lethal active denial systems (Gross, 2010). It appears that the 95 GHz MMW range affects the cutaneous nociceptors and act as a threatening stimulus without heating or thermal damage (LeVine, 2009). The mechanism has not been fully elucidated but researchers have proposed the sweat glands as a target. Feldman et al. (2008; 2009) demonstrated that the sweat ducts in human skin are helically shaped tubes, filled with a conductive aqueous solution. Their research indicates that sweat ducts in the skin could behave as antennas and thus respond to millimeter waves.

3.4.5.2. Ocular effects. There is particular concern for 5G applications as the eyes would also receive significant radiation especially for near field exposures. Cataracts remain the leading cause of blindness in the world, and are a societal burden due to the high incidence, cost and consequences to quality of life (CDC, 2015). NIH statistics from 2010 show there is a 17.11% overall prevalence of cataracts over age 40 (NIH NEH, 2010) and a steady rise in cataract surgeries (Gollogly et al., 2013). An eight-year study showed the total Medicare costs for cataract surgery alone was approximately 3.6 billion, which is 60% of all eye care costs (Ellwein and Urato, 2002). Well established risk factors in the development of cataracts are age, smoking, diabetes, and UVB exposure. Research is pointing towards oxidative damage as a general mechanism for age related cataracts (Spector, 1995; Ye et al., 2001; Abraham et al., 2006). Microwave radiation is also a known cause of cataracts with heat being an undisputed mechanism. The eyes lack sufficient blood flow to dissipate heat effectively. There is some evidence that repeated low level exposures to microwave radiation could cause cataracts but researchers agree that more studies are needed (Vignal et al., 2009; Carpenter and Van Ummeren, 1968; Moss et al., 1977; Foster et al., 1986; Van Umersen and Cogan, 1976; Riva et al., 2005; Ryzhov et al., 1991; Drean et al., 2013; Morgan et al., 2015).

Frey (1985) elucidates the reasons why the earlier Appleton and McCrossan study found no cataractogenesis from microwave exposure after reviewing their data. He found 3 major flaws in the study design and interpretation. These were 1) the exposed group likely included

people with little or no exposure 2) control group consisted of people working with equipment known to cause eye damage 3) they never performed a statistical analysis on their data. Nevertheless, their study was held up as proof there were no harmful effects from radiofrequency radiation. Frey notes the need to critically review negative studies as this contributes to the distortion and distrust of science.

Lipman et al. (1988) noted that microwaves most commonly cause anterior and/or posterior subcapsular lenticular opacities both in experimental animals, epidemiologic studies and case reports. They indicate that cataract formation is related to the power of the microwave radiation and duration of exposure. Lipman concludes that until further definitive research is conducted on the mechanisms of injury and protective measures identified, mechanical shielding is recommended to minimize the possibility of development of radiation-induced cataracts.

Cutz (1989) in his publication "Effects of microwave radiation on the eye: The occupational health perspective", looked at occupational exposure to RF EMR noting that eye effects from microwave radiation can be thermal or non-thermal and that lens opacities can be generated experimentally in animals with relatively high intensity RF EMR (power density above 100 mW/cm^2). He states that for lower intensities cumulative exposures may cause damage. He also reported that microwaves caused degeneration of retinal nerve endings. Long term effects were not determined, pointing to the need for additional research.

Kues and Monhan (1992) at John Hopkins University, researched the effects of low-level microwave radiation on the primate eye using 1.25 and 2.45 GHz wavelengths for 4 h daily for 3 consecutive days. They identified damaging ocular effects including corneal lesions, increased vascular permeability and degeneration of photoreceptors in the retina. They found that pulsed microwave exposure produced abnormalities at lower power densities than continuous wave exposure. These were relatively short exposure periods.

Prost et al. (1994) was one of the first to study the effects of millimeter microwave radiation on the eye. He noted that microwaves of different wavelengths have been implicated in the development of cataracts. His research found that low power millimeter waves produced lens opacity in rats over a 58-day period (10 mW/cm2), indicating MMW is a predisposing factor for cataracts.

Bormusov et al. (2008) examined the non-thermal effects of high frequency radiation from cell phones and other wireless devices on lens epithelium. They found both reversible and irreversible ocular changes and notes that the effects they saw with short term exposure at low levels could translate to similar effects with cataracts over a 10–20 year period of cumulative exposure. They state "It is recommended to use cell phones from a distance to minimize exposure, thus reducing any potential harmful effects of cell phone use on the lens."

Yu and Yao (2010) reviewed literature on microwave radiation and induction of cataracts. Reports of non-thermal biologic effects of microwave radiation include alteration of cell proliferation and apoptosis, inhibition of gap junctional intercellular communication, stress response and genetic instability. They concluded that further *in vivo* studies are needed.

Shawaf (2015) reported on an acute bilateral cataract development in a healthy young radar worker due to accidental high power microwave exposure. He notes "there are also non-thermal effects of microwave energy on the eye including pressure waves and physical stretching, deformation, and tearing of the membranes of the lens cells."

In a 2014 publication in the Institute of Electrical and Electronics Engineers journal, IEEE Transactions on Microwave Theory and Techniques, Sasaki et al. (2014) reported their *in vivo* rabbit experiments for operating frequencies ranging from 24.5 to 95 GHz, measuring temperature elevation. Their studies suggest that corneal damage occurred at an incident power density of 300 mW/cm^2. They conclude that ocular heating should be the basis for safety guidelines for near field exposure. It is mentioned however that only a few experimental studies in the miilimeter wavelengths were used to determine the current exposure guideline limits.

In another IEEE publication looking at MMW health effects, Wu et al. (2015b) support current standards of safety based on heat but point out that the MMW research on biological effects is sparse relative to that of longer microwave frequencies. They advise that additional studies may be needed to examine the potential biological effects of MMW radiation in order to develop appropriate consumer guidelines, especially where antennas are located close to the body.

From the available literature it appears that microwave frequencies including MMW proposed for 5G can have non-thermal biological effects on the lens of the eye. 5G deployment will add shorter wavelengths to longer wavelengths which have not been adequately tested for long term exposure. With the expected rise of wearable ocular digital technology devices such as virtual reality for gaming, entertainment, the social sciences and healthcare, there will be significantly more exposure to microwave radiation very close to the orbit. Current safety guidelines are based on heat measurements. The paucity of current literature on ocular effects of millimeter wavelengths highlights the need for much more independent research and precaution moving forward to prevent an epidemic of ocular pathology.

3.4.5.3. Review of effects. In a very thorough review article, Pakhomov et al. (1998) looked at the biological effects of MMW. He examined dozens of studies and cites research demonstrating profound effects of MMW on all biological systems including cells, bacteria, yeast, animals and humans. Some effects were clearly thermal, however, many of the studies showed non-thermal biological effects at low intensities. Both negative and positive responses were seen depending on frequency, power, resonance and exposure time. Researchers found at times even small difference in frequencies could have very different biological effects.

Pakhomov summarized the studies and included effects on heart rate variability, teratogenicity, and bacterial growth alterations with antibiotic resistance. Chernyakov et al. (1989) induced heart rate changes in anesthetized frogs by microwave irradiation of remote skin areas. Complete denervation of the heart did not prevent the reaction. This suggested a reflex mechanism of the MMW action involving certain peripheral receptors. Potekhina et al. (1992) found certain frequencies from 53 to 78 GHz band continuous wave changed the natural heart rate variability in anesthetized rats. He showed that some frequencies had no effect (61 or 75 GH) while other frequencies (55 and 73 GHz) caused pronounced arrhythmia. There was no change in skin or whole body temperature.

One study of MMW teratogenic effects was performed in Drosophila flies by Belyaev et al. (1990). Embryos were exposed to 3 different GHz frequencies for 4–4.5 h at 0.1 mW/cm^2. He found that irradiation at 46.35 GHz, but not at 46.42 or 46.50 GHz, caused marked effects including an increase in morphological abnormalities and decreased survival. It was felt the MMW disturbed DNA-protein interactions at that particular frequency. Bulgakova et al. (1996) in studies with 14 different antibiotics showed how MMW exposure of the bacterium *S. aureus* affects its sensitivity to antibiotics with different mechanisms of action. The MMW increased or decreased antibiotic sensitivity depending on the antibiotic concentration.

Pakhomov warned that there was a possibility of significant bioeffects of millimeter wave technology at current safety standards and more study was needed. He called for replication of studies especially long term effects of MMW.

Pakhomov concluded that the effects were not necessarily linear as different individuals may react differently, there were unknown and uncontrolled factors affecting sensitivities, and electrosensitivity to millimeters may be real with 30 to 80% of test subjects able to feel low intensity millimeter wave radiation.

3.4.5.4. Immune system. Kolomytseva et al. (2002), looked at the function of peripheral blood neutrophils under whole-body exposure

of healthy mice to low-intensity extremely high-frequency electromagnetic radiation (EHF EMR, 42.0 GHz, 0.15 mW/cm^2, 20 min daily). The study showed 50% suppression of phagocytic activity of neutrophils after a single exposure to MMW radiation with the authors noting a profound effect on nonspecific immunity.

Lushnikov et al. (2003) investigated cell-mediated immunity and nonspecific inflammatory response in mice exposed to low-intensity extremely high-frequency electromagnetic radiation (EHF EMR, 42.0 GHz, 0.1 mW/cm2, 20 min daily). They found that MMW radiation reduced both immune and nonspecific inflammatory responses (130). Other research by the same group corroborated an anti-inflammatory effect of MMW that appeared mediated by the immune neuro-endocrine system. This could explain some of the reported beneficial effects. Long term exposure was not mentioned.

Gapeev et al. (2003) showed for the first time that low-intensity extremely high- frequency MMH electromagnetic radiation *in vivo* causes effects on spatial organization of chromatin in cells of lymphoid organs. Chromatin is a complex of DNA and proteins that forms chromosomes within the nucleus of eukaryotic cells. He exposed mice to a single whole-body exposure for 20 min at 42.0 GHz and 0.15 mW/cm^2. He suggests that the effects were due to involvement of the neuroendocrine and central nervous systems.

3.4.5.5. Tumor suppression. Makar et al. (2005) showed that MMW irradiation at 42.2 GHz can up-regulate natural killer (NK) cell functions with short exposures. An increase in TNF-alpha was also identified. Logani et al. (2006) investigated inhibition of tumor growth transplants with short 30 min pretreatment with MMW. They found a reduction in tumor metastasis by MMWs mediated through activation of NK cells. Long term exposure was not investigated.

3.4.5.6. Gene expression. Chen et al. (2008) found upregulation of some genes in human keratinocytes with MMW exposure at low power density (1.0 mW/cm^2 millimeter).

Habauzit et al. (2014) looked at gene expression in keratinocytes with 60 GHz exposure at the upper limit of current guidelines and concluded, “In our experimental design, the high number of modified genes (665) shows that the ICNIRP current limit is probably too permissive to prevent biological response.”

3.4.5.7. Bacterial antibiotic resistance. Bulgakova et al. (1996) irradiated staphylococcus cultures with different frequencies of MMW with non-thermal intensities with short exposure periods (minutes). He found changes in bacterial sensitivities developed in 5 of 14 antibiotics used in sublethal concentrations with both suppression and stimulation of growth.

Shcheglov et al. (2002) examined MMW on *E. coli* cells at various cell densities and frequencies. His work suggests that cell-to-cell communication may be involved in bacterial responses to weak EMF.

Isakhanian and Trchunian (2005) irradiated water and buffer solution with low intensity MMW and found that the irradiated water had a bactericidal effect that disappeared after repeated exposure and the buffer solution increased growth of bacteria. They concluded this was due to membranotrophic effects. Repeated irradiation reversed the bactericidal effects indicating that a compensatory mechanism was involved.

Torgomyan and Trchounian (2013) reviewed research on the mechanisms of bactericidal and antibiotic resistance after exposure to low intensity MMW. They suggest that alterations in water structure, cell membrane or the genome leading to changes in metabolic pathways could account for these effects. The importance of this research is emphasized in light of ongoing concerns about bacterial resistance to antibiotics.

Soghomonyan et al. (2016) found that MMW affected growth and antibiotic sensitivity of *E. coli* and many other bacteria via non-thermal mechanisms. This may lead to antibiotic resistance.

3.5. Data gaps need to be closed before launching 5G millimeter devices

5G technology with its diverse blend of frequencies and densely packed cell antenna network will substantially increase exposure to electromagnetic radiation. Significant data gaps exist for research into both MMW and mixed frequencies for biological effects, long term exposure and vulnerable populations (children, pregnant women, chronically ill). Considering current peer reviewed science, predictable harm to life forms within the mixed frequency mesh networks with negative consequences appears likely over time. For electrosensitive individuals, it will add to their physical symptoms and isolation, with significant reduction in non-exposed safe havens. There is an urgent need for independent studies to guide development of effective public health standards and policies.

3.6. Technology addiction: overuse and over-connection

Overuse of technology and mental health is another related but no less important issue. Physicians, social scientists and educators are concerned with the over-connection to technology, especially in children and adolescents. Psychiatrists have reported an increase in technology addiction, cyberbullying, depression, insomnia, loss of empathy and impaired social-emotional learning in their young patients. Internet game disorder has been found to have psychological and neural effects similar to other types of impulse control disorders and addictions which are both substance and non-substance-related (Chi et al., 2016; Király et al., 2017; Meng et al., 2015; Sanchez-Carbonell et al., 2008; Tamura,Tamura et al., 2017; Feng et al., 2017) Lack of outdoor play and psychological well-being for young children is also of growing concern (Xu et al., 2016). We should begin to question the supposed benefits versus the true risks of a hyper-connected society.

3.7. What is public health?

There are many definitions of public health but one succinct definition is, “Public health is what we, as a society, do collectively to assure the conditions for people to be healthy.” (Upshur, 2015). Public health involves the science and art of preventing and controlling disease, promoting health, monitoring populations for health assessments, identifying causes, identifying effective interventions and assuring equity in populations and communities (APHA, 2017; CDCCDC, 2017).

Public health involves an ever widening range of topics. John R. Goldsmith, MD, MPH, a pioneer in public health, wrote a seminal article in 1997 called “From Sanitation to Cellphones: Participants and Principles Involved in Environmental Health Protection” (Goldsmith, 1997a, 1997b). This work details the history of public health over his decades working in this field. He describes four phases of public health issues: sanitation (prior to 1914), industrialization (1915–1950), emissions constraints (1951–1995) and then globalization (1996 on). He notes three common principles of public health which apply through all those phases, 1) The need for regulation by government 2) Need for a market by which protection of environmental health is economically attractive compared to alternatives and 3) Social acceptability, with cultural norms endorsing protective versus risk generating behavior.

3.7.1. Wireless technologies: a question of public health

A growing number of scientists have articulated the need to recognize that the increase in wireless technologies is a serious emerging and neglected public health threat. (Blank et al., 2015; Goldsmith, 1997a, 1997b; Sage and Carpenter, 2012). In a recent poll, public health scientists were asked what they consider to be emerging public health issues (Bernier, 2017). Responses included issues such as racism, bullying, gun violence, gang violence, adult obesity and climate change. They were also asked what defines a public health issue. The open forum identified the following criteria.

1. The health impacts are preventable and modifiable.
2. There is a high prevalence of a risk factor.
3. There is an increase in incidence and prevalence.
4. There is an economic impact.
5. There is disability, morbidity and mortality.
6. It can affect a large population.
7. A collaborative effort is needed to solve it.
8. The problem can be recognized unencumbered by lack of funding, cultural norms, or politics.

For wireless technology to be considered a public health issue in this regard there would need to be broad recognition and consensus that wireless technology could cause or contribute to diseases such as brain cancer, neurodegeneration, developmental defects, infertility, electrosensitivity and addiction. The cost and burden could then be calculated. Wireless technology could fulfill the other criteria in that there is an unprecedented high prevalence in the use of wireless devices, it can affect the population as a whole, and will require collaborative action to solve. The biggest obstacles appear to be of a cultural, economic and political nature along with a noted lack of funding in the U.S. for independent scientific research on health effects of RF EMR that is free of industry influence or bias. As with tobacco, the science was denied and doubt created until overwhelming research and evidence of harm decades later shifted the debate and protective regulations followed. Chemical companies followed tobacco with similar methods to dismiss and manipulate science that was not in their favor (Michaels, 2008).

4. Conclusion

Although 5G technology may have many unimagined uses and benefits, it is also increasingly clear that significant negative consequences to human health and ecosystems could occur if it is widely adopted. Current radiofrequncy radiation wavelengths we are exposed to appear to act as a toxin to biological systems. A moratorium on the deployment of 5G is warranted, along with development of independent health and environmental advisory boards that include independent scientists who research biological effects and exposure levels of radiofrequency radiation. Sound regulatory policy regarding current and future telecommunications initiative will require more careful assessment of risks to human health, environmental health, public safety, privacy, security and social consequences. Public health regulations need to be updated to match appropriate independent science with the adoption of biologically based exposure standards prior to further deployment of 4G or 5G technology.

Considering the current science, lack of relevant exposure standards based on known biological effects and data gaps in research, we need to reduce our exposure to RF EMR where ever technically feasible. Laws or policies which restrict the full integrity of science and the scientific community with regards to health and environmental effects of wireless technologies or other toxic exposures should be changed to enable unbiased, objective and precautionary science to drive necessary public policies and regulation. Climate change, fracking, toxic emissions and microwave radiation from wireless devices all have something in common with smoking. There is much denial and confusion about health and environmental risks, along with industry insistence for absolute proof before regulatory action occurs (Frentzel-Beyme, 1994; MichaelsMichaels, 2008). There are many lessons we have not learned with the introduction of novel substances, which later became precarious environmental pollutants by not heeding warning signs from scientists (Gee, 2009). The threats of these common pollutants continue to weigh heavily on the health and wellbeing of our nation. We now accept them as the price of progress. If we do not take precautions but wait for unquestioned proof of harm will it be too late at that point for some or all of us?

Acknowledgements

I wish to thank David Smernoff, Ph.D. and Joel Moskowitz, Ph.D. for their help with editing and proof reading this article.

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5G; We Have No Reason to Believe 5G is Safe,
Dr. Joel Moskowitz PhD., Scientific American; 2019

SCIENTIFIC AMERICAN.

We Have No Reason to Believe 5G is Safe

The technology is coming, but contrary to what some people say, there could be health risks

By Joel M. Moskowitz on October 17, 2019



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The telecommunications industry and their experts have accused many scientists who have researched the effects of cell phone radiation of "fear mongering" over the advent of wireless technology's 5G. Since much of our research is publicly-funded, we believe it is our ethical responsibility to inform the public about what the peer-reviewed scientific literature tells us about the health risks from wireless radiation.

The chairman of the Federal Communications Commission (FCC) recently announced through a press release that the commission will soon reaffirm the radio frequency radiation (RFR) exposure limits that the FCC adopted in the late 1990s. These limits are based upon a behavioral change in rats exposed to microwave radiation and were designed to protect us from short-term heating risks due to RFR exposure.

Yet, since the FCC adopted these limits based largely on research from the 1980s, the preponderance of peer-reviewed research, more than 500 studies, have found harmful biologic or health effects from exposure to RFR at intensities too low to cause significant heating.

Citing this large body of research, more than 240 scientists who have published peer-reviewed research on the biologic and health effects of nonionizing electromagnetic fields (EMF) signed the

International EMF Scientist Appeal, which calls for stronger exposure limits. The appeal makes the following assertions:

"Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans. Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plant and animal life."

The scientists who signed this appeal arguably constitute the majority of experts on the effects of nonionizing radiation. They have published more than 2,000 papers and letters on EMF in professional journals.

The FCC's RFR exposure limits regulate the intensity of exposure, taking into account the frequency of the carrier waves, but ignore the signaling properties of the RFR. Along with the patterning and duration of exposures, certain characteristics of the signal (e.g., pulsing, polarization) increase the biologic and health impacts of the exposure. New exposure limits are needed which account for these differential effects. Moreover, these limits should be based on a biological effect, not a change in a laboratory rat's behavior.

The World Health Organization's International Agency for Research on Cancer (IARC) classified RFR as "possibly carcinogenic to humans" in 2011. Last year, a $30 million study conducted by the U.S. National Toxicology Program (NTP) found "clear evidence" that two years of exposure to cell phone RFR increased cancer in male rats and damaged DNA in rats and mice of both sexes. The Ramazzini Institute in Italy replicated the key finding of the NTP using a different carrier frequency and much weaker exposure to cell phone radiation over the life of the rats.

Based upon the research published since 2011, including human and animal studies and mechanistic data, the IARC has recently prioritized RFR to be reviewed again in the next five years. Since many EMF scientists believe we now have sufficient evidence to consider RFR as either a probable or known human carcinogen, the IARC will likely upgrade the carcinogenic potential of RFR in the near future.

Nonetheless, without conducting a formal risk assessment or a systematic review of the research on RFR health effects, the FDA recently reaffirmed the FCC's 1996 exposure limits in a letter to the FCC, stating that the agency had "concluded that no changes to the current standards are warranted at this time," and that "NTP's experimental findings should not be applied to human cell phone usage." The letter stated that "the available scientific evidence to date does not support adverse health effects in humans due to exposures at or under the current limits."

The latest cellular technology, 5G, will employ millimeter waves for the first time in addition to microwaves that have been in use for older cellular technologies, 2G through 4G. Given limited reach, 5G will require cell antennas every 100 to 200 meters, exposing many people to millimeter wave radiation. 5G also employs new technologies (e.g., active antennas capable of beam-forming; phased arrays; massive inputs and outputs, known as MIMO) which pose unique challenges for measuring exposures.

Millimeter waves are mostly absorbed within a few millimeters of human skin and in the surface layers of the cornea. Short-term exposure can have adverse physiological effects in the peripheral nervous system, the immune system and the cardiovascular system. The research suggests that long-term exposure may pose health risks to the skin (e.g., melanoma), the eyes (e.g., ocular melanoma) and the testes (e.g., sterility).

Since 5G is a new technology, there is no research on health effects, so we are "flying blind" to quote a U.S. senator. However, we have considerable evidence about the harmful effects of 2G and 3G. Little is known about the effects of exposure to 4G, a 10-year-old technology, because governments have been remiss in funding this research. Meanwhile, we are seeing increases in certain types of head and neck tumors in tumor registries, which may be at least partially attributable to the proliferation of cell phone radiation. These increases are consistent with results from case-control studies of tumor risk in heavy cell phone users.

5G will not replace 4G; it will accompany 4G for the near future and possibly over the long term. If there are synergistic effects from simultaneous exposures to multiple types of RFR, our overall risk of harm from RFR may increase substantially. Cancer is not the only risk as there is considerable evidence that RFR causes neurological disorders and reproductive harm, likely due to oxidative stress.

As a society, should we invest hundreds of billions of dollars deploying 5G, a cellular technology that requires the installation of 800,000 or more new cell antenna sites in the U.S. close to where we live, work and play?

Instead, we should support the recommendations of the 250 scientists and medical doctors who signed the 5G Appeal that calls for an immediate moratorium on the deployment of 5G and demand that our government fund the research needed to adopt biologically based exposure limits that protect our health and safety.

The views expressed are those of the author(s) and are not necessarily those of Scientific American.

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https://blogs.scientificamerican.com/observations/we-have-no-reason-to-believe-5g-is-safe/

5G-Millimeter Waves; Nonthermal Effects of Extremely High-Frequency Microwaves on Chromatin Conformation in Cells in vitro—Dependence on Physical, Physiological, and Genetic Factors. IEEExPlore. (Belyaev et al); 2000

Nonthermal Effects of Extremely High-Frequency Microwaves on Chromatin Conformation in Cells *in vitro*—Dependence on Physical, Physiological, and Genetic Factors

Igor Y. Belyaev, Victor S. Shcheglov, Eugene D. Alipov, and Vadim D. Ushakov

***Abstract*—There is a substantial number of studies showing biological effects of microwaves of extremely high-frequency range [i.e., millimeter waves (MMWs)] at nonthermal intensities, but poor reproducibility was reported in few replication studies. One possible explanation could be the dependence of the MMW effects on some parameters, which were not controlled in replications. We studied MMW effects on chromatin conformation in *Escherichia coli* (*E. coli*) cells and rat thymocytes. Strong dependence of MMW effects on frequency and polarization was observed at nonthermal power densities. Several other factors were important, such as the genotype of a strain under study, growth stage of the bacterial cultures, and time between exposure to microwaves and recording of the effect. MMW effects were dependent on cell density during exposure. This finding suggested an interaction of microwaves with cell-to-cell communication. Such dependence on several genetic, physiological, and physical variables might be a reason why, in some studies, the authors failed to reproduce the original data of others.**

***Index Terms*—Biological applications of electromagnetic radiation, biomedical effects of electromagnetic radiation, genetics, polarization.**

I. Introduction

MICROWAVES in the frequency range of 30–300 GHz are often called millimeter waves (MMWs) because the wavelength in vacuum belongs to the interval of 1–10 mm. The biological effects of MMWs have been studied for over 20 years starting with investigations of Webb [1], Vilenskaya *et al.* [2], Devyatkov [3], and Gründler *et al.* [4]–[9]. Several reviews were devoted to the effects of MMWs [7], [10]–[14]. The most recent review summarized more than 100 MMW investigations in biology and medicine and indicated several problems in this field of research [14]. One of them is the question about so-called nonthermal effects.

Due to the efficient absorption of MMWs in water solutions and biological tissues, significant variations in specific absorption rate (SAR) is observed through an irradiated sample. Khizhnyak and Ziskin [15] found specific microoscillations of temperature in irradiated water solutions. Such phenomena were supposed to explain at least some bioeffects of MMWs. MMW irradiation of thin layers results in significant heating at power density (PD) above 1 mW/cm^2. MMW bioeffects at this and higher levels are usually attributed to induced heating. Nevertheless, the observed MMW effects were not always explained by heating, even at the thermal levels of exposure [16].

The well-known example for nonthermal effects of MMWs is the study of Gründler *et al.* [4]–[9]. For over ten years, this group consistently reported the resonance effects of MMWs on the growth of yeast cells. Different exposure systems and analytical facilities were used, leading to the same conclusions about resonance response of yeast cells to nonthermal MMWs. Sophisticated system for image processing recognition was used, which allowed a very precise analysis of the cell cycle in individual cells. The effects were observed at PD of 10^{-12} W/cm^2 and could not be explained by heating [9].

Despite of a variety of reported MMW bioeffects, only a few independent replications were performed [17]–[19]. The apparent conclusion of these replications is that the original data on MMW effects are poorly reproduced in independent experiments.

Significant effects of nonthermal MMWs on the chromatin conformational state (CCS) in *Escherichia coli* (*E. coli*) cells and thymocytes of rats have been observed by our group [20]–[30]. MMW effects on CCS were dependent on several physical, physiological, and genetic parameters. The data suggested that a number of variables should be controlled in original experiments and in replication studies. In this paper, we describe the dependence of MMW effects on all these parameters based mainly on the data obtained by our group and in comparison with the recently published data of others.

II. AVTD Technique

The main body of results analyzed in this paper was obtained with the method of anomalous viscosity time dependence (AVTD). This technique is based on the radial migration of high molecular weight DNA–protein complexes such as nucleoids in rotary viscometer [31]. The physical model of AVTD was developed by Kryuchkov *et al.* [32] based on the theory

Manuscript received November 10, 1999; revised May 3, 2000. This work was supported by the Swedish Council for Work Life Research and by the Swedish Radiation Protection Institute.

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Publisher Item Identifier S 0018-9480(00)09714-3.

0018–9480/00$10.00 © 2000 IEEE

of radial migration [33]–[35]. The changes in AVTD were observed in *E. coli* cells of several strains and rat thymocytes after exposure to microwaves *in vitro* [20]–[30]. The AVTD changes have been also observed upon treatment of cells with DNA/chromatin-specific chemicals such as ethidium bromide (EtBr) and etoposide VP-16 [28], [36], [37]. Several experimental observations have suggested that an increase in AVTD in response to MMWs is caused by relaxation of DNA domains and, consequently, decrease in AVTD is caused by chromatin condensation. Single-cell gel electrophoresis confirmed this suggestion [38].

III. Frequency and Power Dependencies of MMW Effects

Effects of low-intensity microwaves on repair of radiation-induced DNA breaks were studied by the AVTD method in *E. coli* K12 AB1157 [20]. Significant suppression of repair was found when X-irradiated cells were exposed to microwaves within frequency ranges of 51.62–51.84 and 41.25–41.50 GHz. In both ranges, the effect had a pronounced resonance character with resonance frequencies of 51.76 and 41.32 GHz, respectively [20], [23]. The effect of microwaves did not depend on the sequence of cell exposure to X-rays and MMWs. The MMW effect could not be explained by heating. First, statistically significant suppression of repair was observed at a very low PD of 1 μW/cm^2. Second, no suppression of repair was observed upon heating of cell suspension by 5 °C. Third, the PD averaged over the exposed surface did not depend on frequency within observed resonances.

It was established that the reduction of PD resulted in significant narrowing of the resonance response of *E. coli* cells to MMW exposure [23], [28]. Ups to 15 frequencies were investigated inside each resonance range and all frequency dependencies obtained fitted well to Gaussian distribution [28]. The experimental conditions allowed determination of the resonance frequency with an error of $\pm$1 MHz. Within this error, the resonance frequency of 51.755 GHz was stable with decreasing of PD from 3×10^{-3} to 10^{-19} W/cm^2. At the same time, the half-width of the resonance decreased from almost 100 to 3 MHz. The dependence of half-width of the 51.755-GHz resonance effect on PD had the steep decrease from 3×10^{-3} to 10^{-7} W/cm^2 followed by slow decreasing from 10^{-7} to 10^{-19} W/cm^2. The question then arose: what happened in the frequency range of 51.65–51.85 GHz upon narrowing of the 51.755-GHz resonance? The cell response to MMWs at a PD of 10^{-10} W/cm^2 was studied in this frequency range [28], [29]. Three additional resonances were detected: 51.675$\pm$0.001, 51.805$\pm$0.002, and 51.835$\pm$0.005 GHz. The half-widths of all resonance including the main one, i.e., 51.755$\pm$0.001 GHz, were about 10 MHz at the PD of 10^{-10} W/cm^2. Therefore, sharp narrowing of the 51.755-GHz resonance in the PD range from 3×10^{-3} to 10^{-7} W/cm^2 was followed by an emergence of new resonances. These data were interpreted as a splitting of the main resonance 51.755 GHz [28]. Dependence of the MMW effect on PD was investigated at one of these resonances, i.e., 51.675 GHz [29]. This dependence had the shape of a "window" in the PD range from 10^{-18} to 10^{-8} W/cm^2. It is important that no MMW effect was observed at subthermal and thermal PDs. This type of PD dependence clearly indicated nonthermal mechanism of the MMW effects observed. The frequency dependencies were studied around 51.675 GHz at different PDs and this resonance frequency was shown to be stable within the range of 10^{-18}–10^{-8} W/cm^2. Along with disappearance of the 51.675-GHz resonance response at a higher PD of 10^{-6}–10^{-3} W/cm^2, a new resonance effect arose at 51.688$\pm$0.002 GHz [29]. This resonance frequency was also stable within the studied PD range. Taken together, these data strongly suggested a sharp rearrangement of resonance spectra, which was induced by MMWs of the subthermal PD range. The half-widths of three studied resonances showed rather different dependencies on the PD, changing from 2 to 3 MHz to 16 to 17 MHz (51.675 and 51.668 GHz) or from 2 to 3 MHz to 100 MHz (51.755 GHz) [28], [29].

Significant narrowing in resonance response was found when studying the growth rate in yeast cells [9] and chromatin conformation in thymocytes of rats [27]. In the study of Gründler *et al.*, the half-width decreased from 16 to 4 MHz as the PD was decreased within the range of 10^{-2}–10^{-12} W/cm^2 [9]. Based on these studies with different cell types, one may assume that narrowing of the resonance upon decease in the PD is one of the basic regularities in cell response to MMWs. On the other hand, different dependencies of a half-width on the PD may be expected for different resonance frequencies.

It was established that the dependence of the MMW effects on the PD had a linear section followed by a plateau [3]. This type of PD dependence was observed in [7], and [10]–[14]. The data obtained in experiments with *E coli* cells and rat thymocytes provided new evidence for this type of PD dependence and indicated that PD dependencies might have the shape of a "window" [22], [27]–[29]. The summary of the data on PD dependencies is given in the Table I. The position of the window varied between different resonance frequencies and depended on cell density during exposure of cells [29]. Nevertheless, window-like PD dependence was observed when studying MMW effect at different resonances. The most striking window was observed at the resonance frequency of 51.755 GHz [28]. When exposing the *E. coli* cells at the cell density of 4×10^8 cell/mL, the effect reached saturation at the PD of 10^{-18}–10^{-17} W/cm^2 and did not change up to PD of 10^{-3} W/cm^2. In these experiments, the direct measurements of PD below 10^{-7} W/cm^2 were not available and lowest PDs were obtained using calibrated attenuators. Osepchuk and Petersen [39] have suggested that MMW effects could be explained by the presence of temporal harmonics, but the body of our data did not support the hypothesis of Osepchuk and Petersen [40]. The background MMW radiation has been estimated as 10^{-21}–10^{-19} W/m^2/Hz [41]. Since the experimentally determined half-width of resonance was in the order of 1 MHz [28], background PD was estimated as 10^{-19}–10^{-17} W/cm^2 within the resonance. The MMW effects were observed at these PD in experiments with *E. coli* cells [24], [26], [28], [29]. The data suggested that the PD dependence of MMW effect might not have a threshold.

TABLE I
WINDOWS IN THE PD DEPENDENCIES OF MMW EFFECTS AS MEASURED WITH THE AVTD TECHNIQUE IN *E. COLI* AND RAT THYMOCYTES

Cells and cell density during exposure, cell/ml	Frequency, GHz	Polarisation	Window in the PD dependence, W/cm^2	Reference
Rat thymocytes, 5x10^6	41.62	linear	10^{-7}-10^{-4}	27
E. coli K12 AB1157, 4x10^7	41.32	circular	10^{-5}-2x10^{-4}	22
X-irradiated *E. coli* K12 AB1157, 4x10^7	41.32	linear	10^{-6}-2x10^{-4}	20
E. coli K12 AB1157, 4x10^7	51.675	linear	10^{-18}-10^{-8}	29
E. coli K12 AB1157, 4x10^8	51.675	linear	10^{-17}-10^{-3}	29
E. coli K12 AB1157, 4x10^7	51.668	linear	10^{-14}-3x10^{-3}	29
E. coli K12 AB1157, 4x10^8	51.668	linear	10^{-8}-10^{-2}	29
E. coli K12 AB1157, 4x10^7	51.755	linear	10^{-18}-10^{-3}	28
E. coli K12 AB1157, 4x10^8	51.755	linear	10^{-19}-10^{-3}	28
E. coli K12 AB1157, 4x10^7	51.674	linear	10^{-17}-10^{-5}	28

IV. DEPENDENCE OF MMW EFFECTS ON DURATION OF EXPOSURE AND TIME AFTER EXPOSURE

Usually, the duration of exposure was 5–10 min in experiments with *E. coli* cells and rat thymocytes at the PD of 10^{-5}–10^{-3} W/cm^2 [20], [21], [27]. In order to achieve the same effect at lower PD of 10^{-14}–10^{-17} W/cm^2, the time of exposure should be prolonged to 20–40 min. This time should be even longer, more than 1 h, at lowest PD of 10^{-19} W/cm^2 [26]. Therefore, the same MMW effect could be achieved by prolongation of exposure if the PD decreased.

The MMW effect on the CCS of *E. coli* cells depended on post-exposure time. Usually, this dependence had an initial phase of increase in the MMW effect. This phase was about 100 min [24], [26] and followed by the phase, which was close to a plateau. The plateau lasted around 100 min [26]. A trend to decrease in effect was observed at longer times up to 300 min [24]. Significant changes in AVTD were observed when rat thymocytes were lyzed in between 30–60 min after exposure to MMWs [27]. This effect nearly disappeared if the cells were incubated more than 80 min after exposure. The data suggested that there is a time window for observation of effect on the CCS, which may be dependent on cell types, cell density during exposure, duration, and PD of exposure.

V. POLARIZATION

The effects of circularly polarized (CP) MMWs were studied in *E. coli* cells at the frequencies from the two resonances identified with linearly polarized MMWs, i.e., 51.62–51.84 and 41.25–41.50 GHz. At the resonance frequency of 51.76 GHz, right-hand CP microwaves suppressed repair of X-rays induced damages as measured with AVTD [21], [23]. Left-hand CP MMWs had virtually no effect on repair, while the efficiency of linearly polarized MMWs was in between two circular polarizations. Inversion in effective circular polarization was observed at another resonance frequency, i.e., 41.32 GHz. Left-hand CP microwaves significantly suppressed repair, while right-hand polarization was almost ineffective. It is important that MMWs of the same CP affected or correspondingly did not affect cells at several tested frequencies within each resonance [22], [21], [23]. Therefore, the sign of effective CP was the attribute of the whole resonance.

In the beginning of experimentation, left- or right-hand spiral waveguides were used to produce CP MMWs [21]. The installation with spiral waveguides provided an ellipticity coefficient of 1.2±0.1. In subsequent experiments, another installation with a better ellipticity coefficient, i.e., 1.05±0.05 was used for exposure [23], [22], [29]. In this installation, CP MMWs was obtained by means of the quarter-wave mica plates. Simultaneous exposure of three different samples with linear, left- and right-hand CP MMWs was available. Stronger difference between effects of left- and right-hand CP MMWs on repair of X-rays-induced damages was observed using installation with the quarter-wave mica plates in comparison to the spiral waveguides [22]. Nevertheless, even with the ellipticity coefficient virtually equal to unity, a statistically significant, though relatively weak, effect of "ineffective" polarization was observed (Table II). This could indicate the presence of a small number of targets in corresponding (nondominant) conformation that are able to interact with MMWs at ineffective polarization. It was found that pre-irradiation of *E. coli* cells to X-rays inverted the sign of effective polarization [22], [23]. This inversion was observed for two resonances (Table II). It is important that neither resonance frequencies, nor half-widths of the resonance changed during inversion of effective CP. The effects of left-and right-hand MMWs become the same at 50 cGy [23]. At this dose, about one single stranded DNA break per haploid genome was induced and the dose was too low to damage significantly any cellular structure, except for DNA. It is known that a nucleoid in *E. coli* cells consists of the supercoiled DNA domains.

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TABLE II
EFFECTS OF MICROWAVES AT 100 μW/cm^2 ON THE CHROMATIN CONFORMATIONAL STATE OF INTACT CELLS AND ON REPAIR OF DNA DAMAGES INDUCED BY X-RAYS (20 Gy) AS MEASURED WITH AVTD. ALL EFFECTS WERE NORMALIZED TO THE EFFECT OF THAT TYPE OF CIRCULAR POLARIZATION, WHICH PRODUCED A MAXIMUM EFFECT AT THE GIVEN RESONANCE FREQUENCY. AVERAGE FROM SIX INDEPENDENT EXPERIMENTS AND STANDARD ERROR IS GIVEN. THE DATA WERE ADAPTED FROM [22]

Treatment, polarisation	Resonance 41.32 GHz			Resonance 51.76 GHz		
	Right	Linear	Left	Right	Linear	Left
MMW	1.00±0.08	0.40±0.08	0.08±0.06	0.32±0.08	0.56±0.08	1.00±0.08
MMW and X-rays	0.23±0.12	0.52±0.06	1.00±0.07	1.00±0.06	0.56±0.07	0.28±0.06
X-rays and MMW	0.09±0.09	0.5±0.1	1.0±0.1	1.00±0.04	0.7±0.1	0.24±0.06

It is believed that the majority of DNA in living cells has a right-hand helicity (B-form), but a minor part, in order of 1%, may be in the form of a left-hand helix (Z-form). Radiation-induced DNA breaks result in relaxation of DNA domains. On the other hand, supercoiling is connected with transitions between right-hand B-form to left-hand Z-form in some DNA sequences. Therefore, the data suggested that difference in biological effects of polarized MMWs was connected with DNA helicity and supercoiling of DNA domains.

The supercoiling of DNA domains is changed during the cell cycle because of elementary genetic processes such as transcription, replication, and recombination. It can also be changed by means of DNA-specific intercalators such as ethidium bromide (EtBr). Changing the supercoiling, EtBr facilitates the transition of the left-hand DNA sequences (Z-form) to the right-hand B-form. Preincubation of *E. coli* AB1157 cells with EtBr (1 μg/mL) inverted the effective polarization and right-hand MMWs at the resonance frequency of 51.755 GHz became more effective than left-hand polarization [30]. EtBr changed the supercoiling of DNA domains starting at a concentration of 1 μg/mL, as measured with the AVTD in lysates of different cell types including *E. coli* [28], [37], [38]. The data provided evidence that DNA is a target of MMW effects.

In all experiments, the effect of linear polarized MMWs was in between the effects of two circular polarizations. Unexpectedly, the same circular polarization was more effective if the cells were exposed to MMWs both before and after X-irradiation (Table II). The combined exposure of cells to MMWs at different CP resulted in nonadditive effects [24]. This nonadditivity was explained in terms that each CP stimulated transitions of certain DNA sequences into a form of a corresponding helicity, but the subsequent exposure to MMWs at another polarization might affect this process. More studies are needed to elucidate the mechanism of combined effects of CP MMWs and to characterize the target responsible for dependence of the resonance MMW effects on polarization. Nevertheless, recent investigations of 11 resonances in *E. coli* cells and two resonances in Wistar rat thymocytes indicated that one of two circular polarizations was always more effective than another one [27], [29], [42]. These data are summarized in Table III.

Obviously, the difference in effects of right- and left-hand polarizations could not be explained by heating or by mechanism dealing with "hot-spots" due to unequal SAR distribution. The data about the difference in effects of differently polarized MMWs, inversion of effective circular polarization between resonances, and after irradiation of cells with X-rays, provided clear evidence for nonthermal mechanisms of MMW effects.

VI. MODULATION

There is an experimental evidence for the role of modulation for the microwave-induced effects both *in vitro* and *in vivo* [43]–[45]. Gapeev *et al.* [46] analyzed the role of modulation for the effects of MMWs. The authors studied the respiratory burst induced by calcium ionophore A23187 and phorbol ester PMA in the peritoneal neutrophils of mice. MMWs at the PD of 50 μW/cm^2 inhibited the respiratory burst. MMW effect depended on frequency and was maximal at the frequency of 41.95 GHz. The opposite effect, stimulation of the respiratory burst, was observed upon modulation of MMWs with the frequency of 1 Hz. Only this modulation out of four tested (0.1, 1, 16, and 50 Hz) resulted in stimulation of the respiratory burst.

VII. ELECTROMAGNETIC ENVIRONMENT

Litovitz *et al.* provided evidence that the extremely low-frequency (ELF) magnetic noise of 2 μT inhibited the effects of microwaves on ornithine decarboxylase in L929 cells [45]. Usually, all electric devices were shut down during Gründler *et al.*'s experiments with yeast cells in order to decrease the electromagnetic noise (personal communication). The static magnetic field was controlled in Gründler *et al.*'s experiments and in the replications of these experiments by Gos *et al.* [19]. Background electromagnetic fields might be important for effects of MMWs on the chromatin conformation. This suggestion followed from the observation that both static magnetic field and ELF magnetic fields at low intensities affected the CCS in cells [37], [47], [48]. The changes in static magnetic fields during exposure to MMWs affected response of *E. coli* to MMWs (unpublished results of Shcheglov *et al.*). Therefore, the static magnetic field was controlled and all electric devices were shut down during our experiments with MMWs.

TABLE III
EFFECTIVE POLARIZATION IN RESONANCE RESPONSE OF *E. COLI* CELLS AND WISTAR RAT THYMOCYTES TO NONTHERMAL MMWS AS MEASURED WITH AVTD TECHNIQUE

Cells	Resonance frequency, GHz	Effective circular polarisation
E. coli K12 N99(λ,λ*imm*^{434}*bio*^{10})	41.277±0.002	Right-handed
Wistar rat thymocytes	41.303±0.001	Right-handed
E. coli K12 N99(λ)	41.305±0.001	Right-handed
E. coli K12 AB1157	41.32±0.01	Right-handed
E. coli K12 N99	41.324±0.001	Right-handed
Wistar rat thymocytes	41.61±0.01	Left-handed
E. coli K12 AB1157	51.675±0.001	Left-handed
E. coli K12 N99(λ,λ*imm*^{434}*bio*^{10})	51.723±0.001	Left-handed
E. coli K12 N99(λ)	51.740±0.001	Left-handed
E. coli K12 AB1157	51.755±0.001	Left-handed
E. coli K12 N99	51.765±0.002	Left-handed
E. coli K12 AB1157	51.805±0.002	Right-handed
E. coli K12 AB1157	51.835±0.005	Left-handed

VIII. CELL-TO-CELL INTERACTION IN RESPONSE TO MMWS

Usually, the *E. coli* cells were exposed to MMWs at the cell density of 4×10^7 cell/mL. When the cell density of exposed cells was increased to 4×10^8 cell/mL, the resonance MMW effect grew substantially [26]. Experiments were performed with different PD levels and times of exposure to MMWs at 51.76 GHz. All AVTD measurements were performed at the same cell density of 4×10^7 cell/mL. When the results for the same values of PD and exposure times were compared, the effect of MMWs increased by a factor of 4.7±0.5 on average with increase in cell density by one order of magnitude. The data suggested a cooperative nature of cell response to MMWs, which is based on cell-to-cell interaction during exposure. This suggestion was confirmed by the observed partial synchronization of cells after exposure to MMWs [26]. Due to this synchronization, cell density of the exposed cells could be either higher or lower in comparison to control level in dependence on time after exposure.

A significant MMW effect on synchronization of *Saccharomyces carlsbergensis* yeast cells were observed by Golant *et al.* [49]. Exposure to MMWs at 30 μW/cm^2 and 46 GHz was performed at the cell density of about 10^5 cell/mL. MMWs induced synchronization as measured by cell density and bud formation. This synchronization lasted more than 20 cell cycles after exposure. The authors concluded that MMWs induced cell-to-cell interaction resulting in the synchronization observed.

In recent studies with *E. coli* cells, the cooperative effect was confirmed for the resonance frequency of 51.755 GHz and found at two other resonances of 51.675 and 51.688 GHz [28], [29]. The data suggested that, within different resonances, the response of cells to MMWs might depend on the cell density during exposure. The average intercellular distance was approximately 13 μm at the cell density of 4×10^8 cells/mL. Therefore, no direct physical contact seemed to be involved in the cell-to-cell interaction. Two mechanisms were suggested to account for the cooperative nature in the resonance response to MMWs [26]. In the chemical-diffusional mechanism, the cells, which have responded to MMWs, released chemical messengers. These messengers could reach other cells via diffusion, thus causing secondary reactions. In the electromagnetic mechanism, the affected cells might be a source of a secondary irradiation. The dependence of the effect on cell density was modeled based on both mechanisms, and the electromagnetic one provided better fit to experimental data [26].

Although the dependence of the MMW effect on PD showed considerable difference between two cell densities, 4×10^7 cells/mL and 4×10^8 cells/mL, the 51.755-GHz resonance frequency did not change with changes of cell density [28]. The half-width of the resonance did not depend on cell density either. Contrary to the 51.755-GHz resonance response, the half-width of the 51.675-GHz resonance depended on the cell density [29]. The data suggested that intracellular interaction affected a subcellular target for the effects of MMWs at 51.675 GHz.

The dependence of the resonance response on cell density was studied both at stationary and logarithmic phase of growth during exposure to MMWs in the range of 10^{-18} to 3×10^{-3} W/cm^2 [50]. Relatively weak response to MMWs was observed in exponentially growing cells. Partially synchronized stationary cells were more sensitive, especially at cell densities above 10^8 cell/mL. A significant shift in the resonance frequency was observed between logarithmic and stationary phase. The data suggested that the cooperative response of cells to MMWs might be different at different phases of growth. The data indicated also that response to MMWs might not be limited by the reaction of single cells, but the cooperative reaction of the exposed cell population might be involved. Even at the highest cell densities, the cells occupied a negligible part of the exposed volume and could not change the absorption of microwaves. The significant difference in cell response at the

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different cell densities provided strong evidence for nonthermal mechanism of the MMW effects.

IX. Dependence of MMW Effects on Genotype

The effects of MMWs were studied in *E. coli* cells with different length of chromosomal DNA [25]. Bacterial chromosome was lengthened by inserting DNA of λ and $\lambda \mathrm{imm}^{434}\mathrm{bio}^{10}$ phages. Strain N99 of wild type, lysogenic strain N99(λ) and N99($\lambda, \lambda \mathrm{imm}^{434}\mathrm{bio}^{10}$) was used. Response of each strain was studied at 10–17 frequencies inside 41.24–41.37 and 51.69–51.795 GHz at 10^{-10} W/cm^2. Clear resonance response was observed for each strain in both frequency ranges (Table III). Significant shifts of both resonance frequencies were found between strains. The shifted resonances had the same amplitude and half-width as for N99 cells. Upon shifting, no changes in effective circular polarization were observed.

The shifts in resonance frequencies could not be explained by activity of additional genes inserted with the phage DNA. For example, cI and rex genes are active in lysogenic N99(λ) strain. Nevertheless, the $\lambda \mathrm{imm}^{434}\mathrm{bio}^{10}$ insertion did not contain immunity region and, therefore, the cI and rex genes. Moreover, this genome is identical to the genome of phage λ, but about 23% shorter because of bio^{10} deletion. Therefore, it was unlikely that shifts of resonances were caused by additional gene activity upon insertion of $\lambda \mathrm{imm}^{434}\mathrm{bio}^{10}$. On the other hand, the theoretical consideration based on mutual vibrations of separate domains regarding a whole nucleoid provided good correlation between experimental data and calculated shifts in resonances [25].

A detailed analysis of MMW effects in AB1157 cells at 10^{-10} W/cm^2 revealed the resonance frequency of 51.755$\pm$0.001 GHz. This value was statistically significantly different from the corresponding resonant frequency of the N99 strain, 51.765$\pm$0.002 [28]. It should be noted that both strains are considered as wild-type strains. Nevertheless, those strains were different in genotypes by several specific gene markers [20], [51]. The data suggested that strains of different origin, even being considered of wild type, may posses different resonance responses.

X. Dependence of MMW Effects on Physiological Variables

The importance of physiological parameters, which may include all conditions of cell culture growth such as aeration, the composition of the growth, and exposure media, has been previously discussed by Gründler *et al.* [7]. Recently, Lai and Singh described effects of microwaves on the rat brain cells as measured using a microgel electrophoresis assay [52]. These effects were significantly blocked by treatment of rats either with the spin-trap compound N–tert–butyl–α–phenylnitrone or with melatonin. These data indicated that radicals might be involved in effects of microwaves and provided further evidence for dependence these effects on physiological variables.

In our investigations, *E. coli* cells were exposed to CP or linearly polarized MMWs (100 μW/cm^2) at the resonance frequencies, i.e., 41.32 or 51.76 GHz [24], [26]. Both value and direction of the MMW effects strongly depended on the phase of culture growth. At the logarithmic phase of growth, MMWs at all polarizations resulted in decrease in the AVTD peaks and, contrarily, the AVTD peaks increased after MMW exposure at stationary phase of growth. Higher variability in effects was observed for the logarithmic phase and effects were more stable for the stationary phase. There was no effect at all if cells were exposed at the end of the logarithmic phase where the MMW effects changed their direction [26].

Another stage of particular interest was the beginning of the logarithmic stage, where the effect of MMWs was relatively weak. Nevertheless, only a decrease of AVTD peaks was observed in cell response at different stages of the logarithmic phase. The AVTD data were confirmed by electrophoretic analysis of proteins bound to DNA [24]. The main feature of the effect in the stationary phase was a decrease in the quantity of several DNA-bound proteins with molecular weights of 61, 59, 56, 26, and 15 kDa. The main trend was an increase in some proteins, 61, 56, 51, and 43 kDa, as AVTD peaks decreased after exposure at the logarithmic phase. Thus, the decrease in the level of proteins bound to DNA increased maximum viscosity and vice versa.

The *E. coli* cells were usually grown in Luria broth before exposure to microwaves. Prior to exposure, the cells were collected by centrifuging and suspended in an M9 buffer. In experiments under the same conditions of exposure to MMWs, we observed a dependence of the MMW effect on time between preparation of cell suspension and exposure (Shcheglov *et al.*, in preparation). The control levels of AVTD did not change. The unpublished data of Ushakov *et al.* indicated that the MMW effects correlated with the concentration of oxygen in cell suspension during exposure. This correlation might suggest that oxygen concentration should be indicated in order to improve reproducibility.

XI. Discussion

Our experimental data have revealed several regularities in the effects of the low-intensity microwaves on the chromatin conformation in cells *in vitro*: frequency dependencies of resonance type, dependence of the resonance effects on polarization, "window" dependence on PD, narrowing of the resonances, and rearrangement of frequency spectra of action with decrease in the PD. The MMW effects depended on the genotype of *E. coli* cells under study, the growth stage of the bacterial culture, the cell density, the static magnetic field during exposure, the time between microwave exposure, and recording of the effect. The experimental data provided strong support for nonthermal MMW effects, which have been discovered by Webb and Booth, Vilenskaya *et al.*, Devyatkov, and Gründler *et al.* [1]–[4]. The discussion of mechanisms and biological significance of these effects is beyond the scope of this paper. We would like just to stress that the MMW effects depend on a number of physical, physiological, and genetic parameters. Obviously, not taking into account the dependence of the MMW effects on all those parameters may lead to a negative conclusion regarding the reproducibility. In respect to reproducibility, especially important might be the observations that MMWs could inhibit or stimulate the same functions [14]. Under different conditions of exposure, MMWs either increased or decreased the growth rate

of yeast cells [4]–[9], the radiation-induced damages in mice [52], the respiratory burst in neutrophils of mice [46], and the condensation of nucleoids in *E coli* cells [24], [26]. Potentially bidirectional effects of MMWs should be taken into account to improve reproducibility.

Despite a considerable body of investigations with MMWs in biology, only a few studies were performed to replicate the original data on nonthermal MMW effects. The best-known attempt to replicate the results of Gründler *et al.* was the recent study of Gos *et al.* [19]. No MMW effect was observed in this well-described research. However, a deviation in routine protocol might account for poor reproducibility. For example, synchronized cells were used in studies of Gründler *et al.*Contrary to Gründler *et al.*'s original protocol, exponentially growing cells were used by Gos *et al.*If the MMW effects in yeast cells are dependent on stage of growth, cell density, and intercellular interactions, as described for *E. coli* cells [24], [26], [28], [29], no response might be expected within some stages of the logarithmic phase of growth. Gos *et al.*used a *S. cerevisiae* strain with the auxotrophy mutations for leucine and uracil. The wild type strain was used by Gründler *et al.*. We observed various responses to microwaves between *E. coli* cells with different genotypes, including wild-type strains of different origin. It might suggest another cause for deviations between data of Gründler *et al.* and Gos *et al.*

The number of possible variables in reproducibility of MMW effects seem to be far beyond the limits of usually controlled parameters in biological experiments. Nevertheless, successful application of MMWs in therapy of various diseases [14] provided intriguing perspective for further development of MMWs research in biology and medicine.

ACKNOWLEDGMENT

The authors thank Prof. M. Harms-Ringdahl, Stockholm University, Stockholm, Sweden, for reading the manuscript and fruitful comments.

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5G; What You Need To Know About 5G Wireless And “Small” Cells
Top 20 Facts About 5G; Environmental Health Trust

What You Need To Know About 5G Wireless And "Small" Cells

Top 20 Facts About 5G

Download a PDF of this information on a two page **EHT Factsheet on 5G and Health.** The factsheet is hyperlinked (blue text) to research and sources. It is a great resource for policymakers. Read the research on 5G and health here.

Nationwide, communities are being told by wireless companies that it is necessary to build "small cell" wireless facilities in neighborhoods ons street lights and utility poles in order to offer 5G, a new technology that will connect the Internet of Things (IoT). At the local, state, and federal level, new legislation and new zoning aim to streamline the installation of these 5G "small cell" antennas in public rights-of-way.

1. 5G "small" cell antennas are to be placed in neighborhoods everywhere.

- Street lights
- Trashcans
- Utility poles
- Bus stops
- Sides of buildings

2. The radiation from small cells is not small.

Wireless antennas emit microwaves — non-ionizing radiofrequency radiation — and essentially function as cell towers. Each installation can have over a thousand antennas that are transmitting simultaneously. Examples of how small cells are not small include:

- They increase electromagnetic radiation near homes.
- They have refrigerator-sized (and larger) equipment cabinets.
- Property values drop after a cell tower is built near homes.
- Taller and wider poles are needed for the antennas.
- Fixtures weigh hundreds of pounds.

Read the published research on 5G and health here.

NO. Small cell installations are not the size of pizza boxes.

Each installation has antennas on the top and electronics cabinets at the bottom. The electronics are housed in metal boxes – called "street furniture" by industry to make it sound warm and cozy. These cabinets can be ***larger*** than a refrigerator, so large people could fit into them. In addition, there will be various radio units, a smart meter, and potentially unseemly wires.

Most neighborhood light poles are not strong enough to hold the 5G equipment so they will be replaced by much taller wider poles with antennas and 6 ft buzzing boxes. This is called "hardening" the poles but basically it means the poles will be much wider and thicker metal. In Montgomery County as an example, neighborhood, the slim 14 ft light poles will be replaced with hefty 24 ft towers with 300 pound antennas and 6 ft buzzing boxes.

3. Millions of small cells are to be built in front yards in the name of 5G.

The Federal Communications Commission (FCC) estimates and is supporting that millions of these wireless transmitters will be built in our rights-of-way, directly in front of our homes.

4. 5G will add an extra layer — not replace — our current wireless technology.

5G will utilize current 3G and 4G wireless frequencies already in use and also add even more radiation. Higher frequency — submillimeter and millimeter waves — will be used in 5G in order to transmit data at superfast speeds.

5. Community authority is being overruled at every level.

Communities are being stripped of their right to make decisions about this new technology. "Streamlining" means almost automatic approval. Public notice and public hearings are being eliminated. Even if every homeowner on the block opposes the antennas on their street, the opposition will be disregarded with new regulations moving forward at the federal and state level.

Mayors, city officials and public officials are joining to call to halt the federal move to "streamline" the small cells rollout.

"The U.S. Conference of Mayors strongly opposes recent proposals by the Federal Communications Commission to grant communications service providers subsidized access to local public property and to dictate how local governments manage their own local rights-of-ways and public property. This unprecedented federal intrusion into local (and state) government property rights will have

substantial adverse impacts on cities and their taxpayers, including reduced funding for essential local government services, as well as an increased risk of right-of-way and other public safety hazards."

-Statement by U.S. Conference of Mayors CEO & Executive Director Tom Cochran on FCC's Order Proposing to Usurp Local Property Rights Sept. 10th, 2018 | United States Conference of Mayors

6. Cell phone companies have confirmed that 5G "small" cell towers *do not* need to be placed every hundred feet (despite industry statements that densely placed small cells *are needed* in close vicinity to homes).

Verizon's CEO, Lowell McAdam stated on camera that 4G and 5G antennas will work from 3,000 feet away on Macro Towers. This statement proves that Verizon DOES NOT need to place 5G small cells in residential areas every 500 to 1,000 feet.

"When [Verizon] went out in these 11 [5G test] markets, we tested for well over a year, so we could see every part of foliage and every storm that went through. We have now busted the myth that [5G frequencies] have to be line-of-sight — they do not. We busted the myth that foliage will shut [5G] down . . . that does not happen. And the 200 feet from a home? We are now designing the network for over 2,000 feet from transmitter to receiver, which has a huge impact on our capital need going forward. Those myths have disappeared."

-Lowell McAdam, CEO of Verizon

"[Verizon 5G] is really high frequency [28,000 MHz and 39,000 MHz], so everybody thinks it doesn't go very far, but it's a really big pipe and so that's what allows you to gain the super fast speeds . . We're 3,000 feet away from our radio node. the cool thing about this is that we did not move the radio node. . . here even 3,000 feet away, we're still getting 1,000 [Megabits per second] speeds . . . So now we've driven about 1/3 of a mile away [1,760 feet] from the radio node. we are still getting very good speeds even though we have foliage in between [800 Megabits per second]." **-Jason L., Verizon Field Engineer**

7. Scientists worldwide are calling for a halt to the 5G Roll-out.

Scientists from all over the world have issued a declaration calling for a moratorium on the increase of 5G cell antennas citing human health effects and impacts to wildlife.

"We recommend a moratorium on the roll-out of the fifth generation, 5G, for telecommunication until potential hazards for human health and the environment have been fully investigated by scientists independent from industry…RF-EMF has been proven to be harmful for humans and the environment."

— The 5G Scientific Appeal (An Appeal signed by more than 250 scientists and doctors from 35 countries)

- Read the 2017 Scientific Appeal on 5G To the European Commission
- Read the EMF Scientist Appeal published in the International Journal of Oncology.
- Read Letters From Dozens of Scientists on Health Risks of 5G

8. Cumulative daily radiation exposure is associated with serious health effects.

"Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being." **– EMF Scientific Appeal**

The public is unaware that peer reviewed, published science indicates that exposures to wireless radiation can cause cancer, alter brain development and damage sperm. Cell tower radiation is also associated with headaches, hormone changes, memory problems and sleep problems.

A review paper published in Environmental Research concludes that the current scientific evidence supports the conclusion that mobile phone and wireless radiofrequency radiation (RFR) is cancer-causing.

Most people are also unaware that wireless technology was never tested for long-term safety decades ago when the technology was first introduced. Children are more vulnerable to this radiation and that the accumulated scientific evidence shows harmful effects.

"There is a substantial body of evidence that this technology is harmful to humans and the environment. The 5G millimeter wave is known to heat the eyes, skin and testes… Of particular concern are the most vulnerable among us — the unborn,

children, the infirm, the elderly and the disabled. It is also expected that populations of bees and birds will drastically decline."

Letter from oncologist Lennart Hardell MD & Colleagues

"A growing body of scientific literature documents evidence of nonthermal cellular damage from non-ionizing wireless radiation used in telecommunications. This RF EMR has been shown to cause an array of adverse effects on DNA integrity, cellular membranes, gene expression, protein synthesis, neuronal function, the blood brain barrier, melatonin production, sperm damage and immune dysfunction". –Dr. Cindy Russell 2018 paper entitled "***5 G wireless telecommunications expansion: Public health and environmental implications."***

Read more published research studies.

9. Scientists state that wireless radiation is a human carcinogen.

Several researchers have published their opinion ***in multiple papers*** that cellular radiation- radiofrequency radiation (the type that cell towers emit) is a human carcinogen based on the current body of science. In 2018, the US National Toxicology Program study peer review scientists concluded"clear evidence of cancer" from cellular radiation exposure in the largest US animal study ever done on the issue. Examples of this published research includes:

- Miller et al., "Cancer Epidemiology Update, following the 2011 IARC Evaluation of Radiofrequency Electromagnetic Fields (Monograph 102)" Environmental Research
- Peleg M, Nativ O, Richter ED. Radio frequency radiation-related cancer: assessing causation in the occupational/military setting. Environmental Research Vol 163, 2018, pp 123–133.
- Hardell, L. and M. Carlberg. Using the Hill viewpoints from 1965 for evaluating strengths of evidence of the risk for brain tumors associated with use of mobile and cordless phones. Rev Environ Health 28:97-106, 2013.
- Evaluation of Mobile Phone and Cordless Phone Use and Glioma Risk Using the Bradford Hill Viewpoints from 1965 on Association or Causation. Carlberg M et al. Biomed Res Int. (2017)

10. Antennas near homes decrease property values.

Studies show property values drop up to 20% on homes near cell towers. Would you buy a home with a mini cell tower in the yard?

Read research studies that show decreased property value from cell towers near homes.

11. Experts state that 5G Small Cell Wireless streaming bills do not make financial sense.

The California Department of Finance rejected California's 5G small cell wireless infrastructure bill S. 649 stating that, "Finance opposes this bill… this bill goes too far by usurping city and county zoning authority for infrastructure development, and it potentially imposes reimbursable, state-mandated costs on cities and counties."

12. Microwave antennas in front yards present several worker and public safety issues.

Unions have already filed comments that workers were injured, unaware they were working near transmitting antennas. How will HVAC workers, window washers, and tree cutters be protected? The heavy large equipment cabinets mounted on poles along our sidewalks also present new hazards. Cars run into utility poles, often, what then? US Department of Labor letters and reports of cell tower health and safety issues.

13. Fiber is the solution and the safe alternative.

Worldwide, many regions are investing in wired fiber optic connections which are are safer, faster, more reliable, provide greater capacity, and are more cyber-secure. Read "Re-Inventing Wires: The Future of Landlines and Networks," by the National Institute for Science, Law & Public Policy

14. Wireless Companies warn investors of risks but neglect to inform consumers and neighbors living near towers.

Crown Castle (a company building small cell infrastructure throughout the USA) has a statement in their 2016 10-K Annual Report that says: "If radio frequency emissions from wireless handsets or equipment on our wireless infrastructure are demonstrated to cause negative health effects, potential future claims could adversely affect our operations, costs or revenues… We currently do not maintain any significant insurance with respect to these matters."

Read similar warnings from Crown Castle, Verizon and other wireless companies in their Annual Reports.

15. Antennas near our homes will affect our sleep.

Wireless radiation alters sleep patterns in replicated research in both animals and humans. For example, an animal study found an hour of exposure to RFR caused a one-hour delay for rats to drift into REM or deep sleep. Human studies have found exposure reduces REM sleep, alters the EEG signal and results in altered performance.

16. Cellular Radiation Negatively Impacts Birds and Bees

Published research finds the frequencies impact wildlife. For example studies have found that the radiation alter bird navigation and disturb honeybee colonies. Research also shows impacts on trees and plant. Research on EMF and Bees. Research on Wildlife Research on Trees

17. US Cities and Entire Countries are voting to halt 5G

Cities such as Petaluma and Mill Valley in California and Doylestown in Pennsylvania have voted and passed policies to halt 5G. Petaluma City Council voted to prohibited small cell installation on city-owned light poles and other city-owned street furniture and established a 500-foot setback from a small cell to any residence. In Mill Valley, schools are zoned as a Community Facility (which captures under the residential code) which prohibits cell towers. Thus schools are protected from 5G antennas in this City. After the Mayor said the 5G small cells would be an "aesthetic disaster" Palm Beach and other coastal communities got entirely carved out of legislation streamlining the 5G antennas.

- Read "California City blocks 5G deployments over cancer concerns"
- Read "Tiny Doylestown Borough battled Verizon over 5G and won a big settlement" and "Tiny Town Rejects Verizon Small Cells and Wins in Court"
- Read Cell tower ordinance read for first time at (Booneville) council meeting, Boonville Democrat
- Read San Rafael residents take pre-emptive strike against 5G installations
- Read "Official: Palm Beach exempt from 5G wireless law"
- Read "**Petaluma 360: Petaluma sets cell phone tower policy"**
- **Read Read "Mill Valley blocks faster, smaller cell phone towers over cancer fears"**SF Gate
- From the Urgent Ordinance from City of Mill Valley – http://cityofmillvalley.granicus.com/MetaViewer.php?view_id=2&clip_id=1290&meta_id=59943

Many countries such as China, India, Poland, Russia, Italy and Switzerland have far

more protective and stricter radiation limits than do we in the United States. These more protective radiation limits will not allow the full deployment of 5G because the increased 5G radiation would exceed these governments allowable levels of radiation. These countries are causing a lot of a headaches for the global telecommunications industry, which has in response launched large-scale public relations efforts to do away with these restrictions. However many countries are holding firm to their limits. For example, in 2018, the Swiss Parliament rejected (22 to 21 votes) loosening the limits for non-ionizing radiation.

- Read "ITU says strict electromagnetic radiation exposure limits may negatively impact 5G roll-out" Telecom Paper 7/2018
- Swisscom Mobile Advertising Campaign for 5G
- Read "Parliament rejects reform of non-ionising radiation rules" March 2018
- Read " Impact of EMF limits on 5G network roll-out" powerpoint presentation by Ericsson that states the 5G rollout is "a major problem or impossible" due to some countries precautionary RF limits.
- Read International Telecommunications Union (ITU) 2018 Report "The impact of RF-EMF exposure limits stricter than the ICNIRP or IEEE guidelines on 4G and 5G mobile network deployment" which states, "Radio frequency electromagnetic field (RF-EMF) exposure limits have become a critical concern for further deployment of wireless networks, especially in countries, regions and even specific cities where RF-EMF limits are significantly stricter than the International Commission for Non-Ionizing Radiation Protection (ICNIRP) or Institute of Electrical and Electronics Engineers (IEEE) guidelines. This problem currently affects several countries such as China, India, Poland, Russia, Italy and Switzerland, regions of Belgium or cities such as Paris.The results of the simulation indicate that where RF-EMF limits are stricter than ICNIRP or IEEE guidelines, the network capacity buildout (both 4G and 5G) might be severely constrained and might prevent addressing of the growing data traffic demand and the launching of new services on existing mobile networks."

The U.S. Conference of Mayors stated that it would sue the FCC if the commission does not change a proposed policy that would preempt local control to streamline 5G.

The National Association of Counties is also opposing the proposal, telling POLITICO it would "effectively prevent local governments from properly examining

the impact that construction, modification or installation of broadcasting facilities may have on public health, safety and welfare of the local community."

Citizens are protesting 5G across the United States and across the world. Watch news videos and learn more about the US at this link on US Bills . News reports across Europe document the opposition to 5G and as an example, citizens protested 5G implementation in Spain with a human chain in Segovia in July 2018. Read "A Human Chain Against 5G."

18. The FCC is not monitoring radiation exposures from cell installations and many cell towers are in violation of the radiation limits.

The Wall Street Journal did an investigative report in 2014 examining over 5,000 cell antennas sites and found that 1 in 10 sites violated the rules during safety audits for carriers and local municipalities "underscoring a safety lapse," yet the FCC has issued just two citations to cell carriers since 1996 because "the FCC says it lacks resources to monitor each antenna." A CBS Atlanta investigation also found radiation excesses up to 400 percent of the limit close up to the antennas on rooftop posing serious health risks especially to any worker coming on the roof.

- Read "Cellphone Boom Spurs Antenna-Safety Worries: Many Sites Violate Rules Aimed at Protecting Workers From Excessive Radio-Frequency Radiation." Wall Street Journal
- "Failure to follow cellular antenna regulations raises safety issues" CBS ATLANTA, Nov 17, 2014

19. The American Academy of Pediatrics is one of many medical organizations that is calling for federal action to protect children. For example, the American Academy of Pediatrics webpage on Cell Towers states:

"An Egyptian study confirmed concerns that living nearby mobile phone base stations increased the risk for developing:

- Headaches
- Memory problems
- Dizziness
- Depression
- Sleep problems"

In fact, the American Academy of Pediatrics (AAP), our largest organization of children's doctors, has repeatedly written the US government that current regulations on cellular radiation are outdated and non protective for children and pregnant women.

"Children are not little adults and are disproportionately impacted by all environmental exposures, including cell phone radiation. Current FCC standards do not account for the unique vulnerability and use patterns specific to pregnant women and children. 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."

–2013 AAP Letter to the FCC and FDA calling for a review of RF guidelines 8/29/2013

See a list of action and statements by medical organizations here.

20. Firefighters fought hard to oppose 5G small cells in California

The International Association of Firefighters has officially opposed cell towers on their stations since 2004 after a study found neurological damage in firefighters with antennas on their station.

In 2017, when 5G "small cells were coming to California via a 5G streamlining bill (SB649), firefighter organizations came out in strong opposition to the bill and cited the many peer-reviewed studies. They requested that 5G towers not be installed on firehouses. They were successful and SB649 was amended to exempt their stations from the deployment due to their health concerns.

KEY RESEARCH AND REPORTS

5G Frequencies Are Absorbed Into the Skin

Physicists found that the higher millimeter frequencies intended for 5G use are preferentially absorbed into the sweat duct at much higher rates than other organ tissues. Read two published studies "The Modeling of the Absorbance of the Sub-THz Radiation by Human Skin." The human skin as a sub-THz receiver – Does 5G pose a danger to it or not? Paul Ben-Ishai, PhD Lecture.

5G Frequencies Are Used As Weapons

Millimeter frequencies – used in 5G applications- have the capacity to cause a severe burning sensation in the skin and are used by the U.S. Department of Defense in crowd control guns called Active Denial Systems. The frequencies are able to cause this burning sensation due to the way the radiation frequencies are absorbed into the sweat gland.

Landmark US National Toxicology Program (NTP) Study Finds "Clear Evidence of Cancer" and DNA Damage

The NTP studies found male rats exposed for two years to cell phone radiation developed significantly increased gliomas (brain cancer) and schwann cell tumors, the very same types of tumors increased in long-term human cell phone users. NIH/ NTP presentation on DNA results states "exposure to RFR has the potential to induce measurable DNA damage under certain exposure conditions." Press Coverage, on Peer Review Report

Cell Tower Radiation is Linked To Damage in Human Blood

A published study compared people living close and far from cell antennas and found people living closer to cellular antennas had changes in blood that predicts cancer development. Read Zothansiama et al, 2017. Read a Compilation of Research on Cell Tower Radiation

TAKE ACTION

Contact local, state and federal elected officials in person.

Share this information with your friends, family and community.

Ask for government policy that reduces RFR exposure to the public.

Citizens in all states must organize and take action to halt legislation that increases cell antennas in neighborhoods.

This EHT **fact sheet has links to** to scientific resources and key facts from this page. Please download it and send it to your elected officials and community.

5G Fact sheet in Color

RESOURCES ON US POLICY

Link to Federal Legislation You Can Take Action On

Link to US States With Streamlining Bills You Can Take Action On

CRITICAL LINKS TO INFORMATION ON 5G

Whatis5g.info on the human and environmental impact of 5G

Physicians for Safe Technology

Win19.org Resources on Small Cells and 5G

My Street My Choice: Critical information and links to help residents fight 5G Small Cells.

KEY RESEARCH AND REPORTS

- Link to 5G Frequencies Are Absorbed Into the Skin
- Link to review study that states radiofrequency is a human carcinogen.
- Link to 5G Frequencies Are Used As Weapons
- Link to Landmark US National Toxicology Program (NTP) Study Finds "Clear Evidence of Cancer" and DNA Damage
- Link to Cell Tower Radiation is Linked To Damage in Human Blood
- Link to Published Scientific Review on 5G Finds Adverse Effects
- Link to Cellular Radiation Negatively Impacts Birds
- Link to Cellular Radiation Negatively Impacts Bees

CELL TOWERS

- Link to Overview of Cell Tower Health Effects
- Link to Research on Cell Towers and Health Effects
- Link to Bees, Butterflies and Wildlife
- Link to Impact of Cell Towers on Property Values
- Link to American Academy of Pediatrics on Cell Towers
- Link to Letters from Doctors on Small Cell 5G in Neighborhoods
- Link to Firefighters Oppose Cell Towers on Fire Stations
- Link to Insurance White Papers on Impact of Wireless on Health
- Link to Cell Towers at Schools

- Link to Cell Tower Companies Warn Shareholders of Risk but not People Living Near Their Towers or Using Their Products
- Link to Insurance Company Exclude Electromagnetic Fields as a Standard
- Link to Study Found Damage in Human Blood
- Link to FCC Limits are Non Protective
- Link to 5G Technology
- Link to Cell Tower Worker Safety Issues

SCIENTIFIC STUDIES

- Link to Research on 5G and Cell Tower Radiation
- Link to A 5G Wireless Future: Will it give us a smart nation or contribute to an unhealthy one?" Santa Clara Medical Association Bulletin, Cindy Russell MD, 2017
- Link to Letters by Scientists in Opposition To 5G Research on Cell Tower Radiation, 2017
- Link to Biological Effects from Exposure to Electromagnetic Radiation Emitted by Cell Tower Base Stations and Other Antenna Arrays, Levitt and Lai, 2010
- Link to Radiofrequency radiation injures trees around mobile phone base stations, Waldmann-Selsam et al., 2016
- Link to Department of Interior Letter on the Impact of Cell Towers on Migratory Birds, Willie R. Taylor Director, Office of Environmental Policy and Compliance, 2014
- Link to Anthropogenic radiofrequency electromagnetic fields as an emerging threat to wildlife orientation, Balmori, 2015
- Link to Briefing Memorandum On The Impacts from Thermal and Non-thermal Non-ionizing Radiation to Birds and Other Wildlife, Manville, 2016
- Link to Database of Worldwide International Policy To Reduce EMF
- Link to Youtube Scientific Videos on 5G

More Resources from Physicians for Safe Technology

- League of California Cities City Attorneys' Spring Conference. May 2018. BBK Law. https://www.bbklaw.com/BBK/media/Library/pdf/KARISH-2018-Cal-League-Spring-Attorney-Conference-Paper-vFINAL-c2.pdf

- Cell Tower Zoning and Placement: Navigating Recent FCC Changes 2015. Legal Rights. Cell Tower Zoning: Navigating Recent FCC Changes, National Business Institute Teleconference
- 10 Key Issues for California Cities. Omar Masry. Medium. 10 Key Issues for California Cities and Counties on the Challenges of Small Cells
- Cell Tower Landlord's Checklist: Know Your Rights Amid Mobile Carrier Mega Mergers. BBK Law.
  Cell Tower Landlord's Checklist
- League of Cities Legal Perspective on Telecommunications Law Wireless Antenna Update: Distributed Antenna Systems State and Federal Mandatory Collocation; New Regulatory and Legal Challenges
- Wireless in the Rights of Way and on Private Property. BBK.Law June 2017 Presentation. Wireless in the Rights of Public Way
- Local Authority Over Wireless Facilities in Public Rights-of-Way. April 2018. BBK Legal Letter April 24, 2018
- Cell Towers-Wireless Convenience or Environmental Hazard? (2000) Blake Levitt. She notes that Diane Feinstein did attempt to revise the 1996 Telecommunications Act.
- Biological effects from exposure to electromagnetic radiation emitted by cell tower base stations and other antenna arrays. (2010) Page 374-Biological Effects at Low intensity) Blake Levitt, Henry Lai. Environmental Reviews, 2010, 18(NA): 369-395. http://www.nrcresearchpress.com/doi/full/10.1139/A10-018#.WYUlOHeZNo4

SCIENTIFIC RESOURCES

BioInitiative 2012: A Comprehensive Report by Independent Scientists on the Science of Electromagnetic Radiation

Physicians for Safe Technology

Dr. Moskowitz, University of California at Berkeley

Dr. Lennart Hardell of Örebro University Sweden

The Baby Safe Project: EPA Recognized Awareness Program on Pregnancy and Wireless

"This is a unique situation in the history of the human kind when the whole human

population will be exposed to man-made devices emitting non-ionizing radiation that was insufficiently tested before deployment. What is and what will be the responsibility of the scientists, decision-makers and industry leaders who permit deployment of insufficiently tested technology that will affect us all? The answer is simple – no responsibility… because if any health problems will show up in the future, these will most likely take tens of years of time to manifest and, by then the persons that currently enable deployment of insufficiently tested radiation-emitting 5G technology will be retired or the proverbial 'six feet under.'"

-Dr. Darius Leszczynski, July 18th, 2018 in Assumption of Safety for 5G by Government Agencies, No Science.

5G; Millimeter-Wave Cellular Wireless Networks: Potentials and Challenges, IEEE; (2014)

INVITED PAPER

Millimeter-Wave Cellular Wireless Networks: Potentials and Challenges

Over 90% of the allocated radio spectrum falls in the millimeter-wave band (30–300 GHz). Can we make better use of this band to alleviate spectrum crowding at lower frequencies?

By Sundeep Rangan, *Senior Member IEEE*, Theodore S. Rappaport, *Fellow IEEE*, and Elza Erkip, *Fellow IEEE*

ABSTRACT | Millimeter-wave (mmW) frequencies between 30 and 300 GHz are a new frontier for cellular communication that offers the promise of orders of magnitude greater bandwidths combined with further gains via beamforming and spatial multiplexing from multielement antenna arrays. This paper surveys measurements and capacity studies to assess this technology with a focus on small cell deployments in urban environments. The conclusions are extremely encouraging; measurements in New York City at 28 and 73 GHz demonstrate that, even in an urban canyon environment, significant non-line-of-sight (NLOS) outdoor, street-level coverage is possible up to approximately 200 m from a potential low-power microcell or picocell base station. In addition, based on statistical channel models from these measurements, it is shown that mmW systems can offer more than an order of magnitude increase in capacity over current state-of-the-art 4G cellular networks at current cell densities. Cellular systems, however, will need to be significantly redesigned to fully achieve these gains. Specifically, the requirement of highly directional and adaptive transmissions, directional isolation between links, and significant possibilities of outage have strong implications on multiple access, channel structure, synchronization, and receiver design. To address these challenges, the paper discusses how various technologies including adaptive beamforming, multihop relaying, heterogeneous network architectures, and carrier aggregation can be leveraged in the mmW context.

KEYWORDS | Cellular systems; channel models; millimeter-wave radio; urban deployments; wireless propagation; 28 GHz; 3GPP LTE; 73 GHz

I. INTRODUCTION

Demand for cellular data has been growing at a staggering pace, with conservative estimates ranging from 40% to 70% year upon year increase in traffic [1]–[3]. This incredible growth implies that within the next decades, cellular networks may need to deliver as much as 1000 times the capacity relative to current levels. At the same time, as the benefits of wireless connectivity move beyond smartphones and tablets, many new devices will require wireless service—perhaps as many as 50 billion devices will be connected by 2020 in one estimate [4]. Meeting this demand will be a formidable task. Many of the requirements envisioned for what are now being called beyond fourth-generation (4G) and fifth-generation (5G) cellular systems, such as multi-gigabits per second (Gb/s) peak throughputs and tens of megabits per second (Mb/s) cell edge rates [5], are already daunting.

To address this challenge, there has been growing interest in cellular systems for the so-called millimeter-wave (mmW) bands, between 30 and 300 GHz,[1] where the available bandwidths are much wider than today's cellular networks [6]–[9]. The available spectrum at these higher

Manuscript received October 17, 2013; accepted December 26, 2013. Date of publication February 5, 2014; date of current version February 14, 2014. This work was supported by the U.S. National Science Foundation under Grants 1116589 and 1237821 as well as Samsung, Nokia Siemens Networks, Intel, Qualcomm, and InterDigital Communications.

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Digital Object Identifier: 10.1109/JPROC.2014.2299397

[1]While the mmW spectrum is defined as the band between 30 and 300 GHz, industry has loosely considered mmW to be any frequency above 10 GHz

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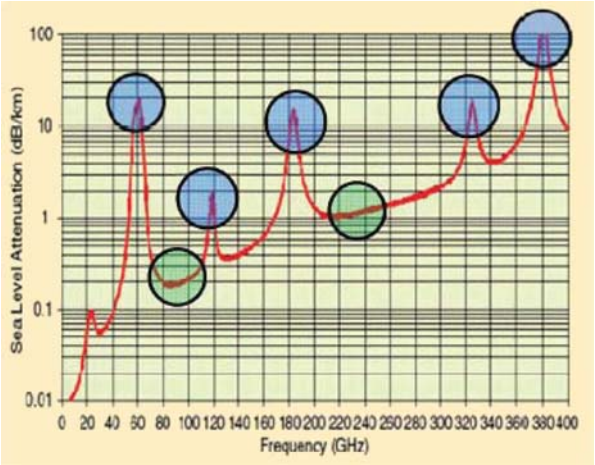


Fig. 1. ***Millimeter-wave (mmW) bands between 30 and 300 GHz offer more than 200 times the spectrum than current cellular allocations, with ample regions with sufficiently low attenuation for small outdoor cells. In bands with the green bubbles, the oxygen attenuation is only a fraction of a decibel greater than free space over distances of several hundred meters. Figure from [6].***

frequencies can be easily 200 times greater than all cellular allocations today that are largely constrained to the prime RF real estate under 3 GHz [6], [8] (see Fig. 1). Moreover, the very small wavelengths of mmW signals combined with advances in low-power complementary metal–oxide–semiconductor (CMOS) radio-frequency (RF) circuits enable large numbers ($\geq$ 32 elements) of miniaturized antennas to be placed in small dimensions. These multiple antenna systems can be used to form very high gain, electrically steerable arrays, fabricated at the base station (BS), in the skin of a cellphone, or even within a chip [6], [10]–[17]. As described in Section II-A, these advances will accelerate with the recent commercialization of 60-GHz Wi-Fi products. This tremendous potential has led to considerable recent interest in mmW cellular both in industry [7]–[9], [18], [19] and academia [20]–[26], with a growing belief that mmW bands will play a significant role in beyond 4G and 5G cellular systems [27].

Despite this activity, this interest in mmW is still very recent and the use of mmW bands remains a largely unexplored frontier for cellular communication. While every other aspect of cellular mobile technology—including processing power, memory, digital communications methods, and networking—have seen tremendous progress since digital cellular systems began some 25 years ago, the carrier frequencies of those systems remain largely the same. With today's severe shortage of spectrum, the time is thus ripe to consider unleashing the capacity in these new bands.

However, the development of cellular networks in the mmW bands faces significant technical obstacles, and the feasibility of mmW cellular communication requires careful assessment. As we will see below, while the increase in omnidirectional path loss due to the higher frequencies of mmW transmissions can be completely compensated through suitable beamforming and directional transmissions, mmW signals can be severely vulnerable to shadowing, resulting in outages and intermittent channel quality. Device power consumption to support large numbers of antennas with very wide bandwidths is also a key challenge.

The broad purpose of this paper is to survey recent results to understand how significant these challenges are, provide a realistic assessment of how mmW systems can be viable, and quantify the potential gain they can provide. We also use the insights from this evaluation to offer guidance on the research directions needed for the realization of next-generation cellular systems in the mmW space.

Since the most significant obstacle to mmW cellular is signal range for non-line-of-sight (NLOS), longer distance links, a large focus on this paper is on outdoor channel measurement studies. In particular, we survey our own measurements [26], [28]–[33] made in New York City (NYC) in both 28- and 73-GHz bands and the statistical models for the channels developed in [34]. NYC provides an excellent test case for mmW propagation studies, since it is representative of a dense, urban outdoor environment where mmW system will likely be initially targeted due to the high user density, small cell radii (typically 100–200 m) and lower mobility. At the same time, NYC is a particularly challenging setting for mmW propagation since the urban canyon topology results in a frequent lack of line-of-sight (LOS) connectivity, severe shadowing, as well as limitations on the height and placement of cells.

As we describe below, our survey of these channel propagation studies shows that, even in a dense, urban NLOS environment, significant signal strength can be detected 100–200 m from a BS with less than 1 W of transmit power. Such distances are comparable to the cell radii in current urban ultrahigh-frequency (UHF)/microwave cells and thus we conclude that mmW systems would not necessarily require greater density for such use cases. In fact, using a recent capacity analysis of ours in [34] that was based on the NYC experimental data, we show that mmW cellular systems can offer at least an order of magnitude increase in capacity relative to current state-of-the-art 4G networks with comparable cell density. For example, it is shown that a hypothetical 1-GHz bandwidth time-division duplex (TDD) mmW system could easily provide a 20-fold increase in average cell throughput in comparison to a 20 + 20-MHz long-term evolution (LTE) system. In cellular systems, where even small increases in capacity can be significant, these gains are truly remarkable.

We also show that the design of a cellular system based in the mmW range will need significant changes, more than just simply scaling the carrier frequency to reach their full potential. Most significantly, communication will

depend extensively on adaptive beamforming at a scale that far exceeds current cellular systems. We show that this reliance on highly directional transmissions has significant implications for cell search, broadcast signaling, random access, and intermittent communication. In addition, due to the particular front–end requirements in the mmW range, support of highly directional communications also has implications for multiple access and support of small packet communications.

A related consequence of highly directional transmissions is that the links become directionally isolated, with interference playing a much smaller role than in current small cell networks. One result is that many of the technologies introduced in the last decade for interference mitigation, such as coordinated multipoint, intercellular interference coordination, and interference alignment, may have limited gains in mmW systems. On the other hand, despite rich multipath and scattering, signal outage may be a larger bottleneck in delivering uniform capacity, and we discuss various alternate technologies, including multihop relaying, carrier aggregation, and heterogeneous networking, to address these issues.

II. MILLIMETER-WAVE CELLULAR NETWORKS

A. The Path to Millimeter-Wave Cellular

For this paper, mmW signals will refer to wavelengths from 1 to 10 mm, corresponding to frequencies approximately in the range of 30–300 GHz. Wireless communications in these mmW bands are not new. Indeed, the first millimeter communications were demonstrated by Bose more than 100 years ago [35]. Currently, mmW bands are widely used for satellite communications [36] and cellular backhaul [37]–[39]. More recently, mmW transmissions have been used for very high throughput wireless local area network (LANs) and personal area network (PAN) systems [6], [40]–[43] in the newly unlicensed 60-GHz bands. While these systems offer rates in excess of 1 Gb/s, the links are typically for short-range or point-to-point LOS settings.

The application of mmW bands for longer range, NLOS cellular scenarios is a new frontier, and the feasibility of such systems has been the subject of considerable debate. While mmW spectrum offers vastly greater bandwidths than current cellular allocations, there is a fear that the propagation of mmW signals is much less favorable. As we will see below, mmW signals suffer from severe shadowing, intermittent connectivity, and will have higher Doppler spreads. Given these limitations, there has been considerable skepticism that mmW bands would be viable for cellular systems that require reliable communication across longer range and NLOS paths [26], [42].

Two recent trends have encouraged a reconsideration of the viability of mmWave cellular. First, advances in CMOS RF and digital processing have enabled low-cost mmW chips suitable for commercial mobiles devices [6], [10], [33]. Significant progress has been made, in particular, in power amplifiers and free space adaptive array combining, and these technologies are likely to advance further with the growth of 60-GHz wireless LAN and PAN systems [6], [40]–[43]. In addition, due to the very small wavelengths, large arrays can now be fabricated in a small area of less than 1 or 2 cm^2. To provide path diversity from blockage by human obstructions (such as a hand holding a part of the device, or the body blocking the path to the cell), several arrays may be located throughout a mobile device.

Second, cellular networks have been evolving toward smaller radii, particularly with support for picocell and femtocell heterogeneous networks in the latest cellular standards [44]–[48]. In many dense urban areas, cell sizes are now often less than 100–200 m in radius, possibly within the range of mmW signals based on our measurements (see Section III).

In the absence of new spectrum, increasing capacity of current networks will require even greater "densification" of cells. While greater densification is likely to play a central role for cellular evolution [47]–[49], building networks beyond current densities may not be cost effective in many settings due to expenses in site acquisition, rollout, and delivering quality backhaul. Indeed, backhaul already represents 30%–50% of the operating costs by some estimates [50], [51], and that share will only grow as other parts of the network infrastructure decrease in price [50], [52], [53]. In contrast, in very high density deployments, the wide bandwidths of mmW signals may provide an alternative to cell splitting by significantly increasing the capacity of individual small cells. Backhaul may also be provided in the mmW spectrum, further reducing costs.

B. Challenges

Despite the potential of mmW cellular systems, there are a number of key challenges to realizing the vision of cellular networks in these bands.

- Range and directional communication: Friis' transmission law [54] states that the free space omnidirectional path loss grows with the square of the frequency. However, the smaller wavelength of mmW signals also enables proportionally greater antenna gain for the same physical antenna size. Consequently, the higher frequencies of mmW signals do not in themselves result in any increased free space propagation loss, provided the antenna area remains fixed and suitable directional transmissions are used. We will confirm this property from our measurements below; see, also, [55]. However, the reliance on highly directional transmissions will necessitate certain design

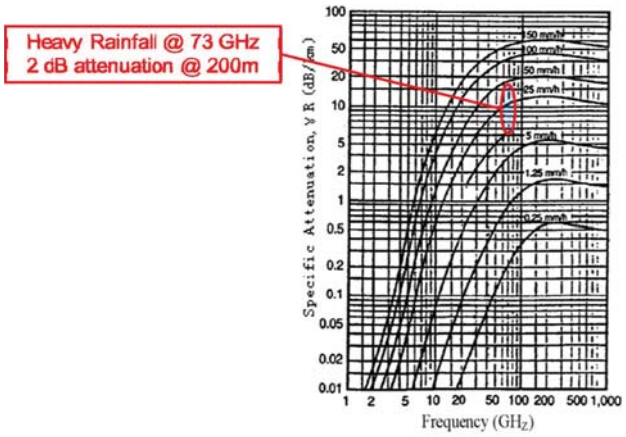


Fig. 2. *Rain fades: Even in very heavy rainfall, rain fades are typically less than 1 dB per 100 m, meaning they will have minimal impact in cellular systems with cell radii less than 200 m. Figure from [32].*

changes to current cellular systems that we discuss in Section V.

- Shadowing: A more significant concern for range is that mmW signals are extremely susceptible to shadowing. For example, materials such as brick can attenuate signals by as much as 40–80 dB [8], [30], [56]–[58] and the human body itself can result in a 20–35-dB loss [59]. On the other hand, humidity and rain fades—common problems for long-range mmW backhaul links—are not an issue in cellular systems; see Fig. 2 and [6] and [26]. Also, the human body and many outdoor materials being very reflective allow them to be important scatterers for mmW propagation [28], [30].
- Rapid channel fluctuations and intermittent connectivity: For a given mobile velocity, channel coherence time is linear in the carrier frequency [54], meaning that it will be very small in the mmW range. For example, the Doppler spread at 60 km/h at 60 GHz is over 3 kHz, hence the channel will change in the order of hundreds of microseconds, much faster than today's cellular systems. In addition, high levels of shadowing imply that the appearance of obstacles will lead to much more dramatic swings in path loss, although beamsteering may overcome this [26]. Also, mmW systems will be inherently built of small cells, meaning that relative path losses and cell association also change rapidly. From a systems perspective, this implies that connectivity will be highly intermittent and communication will need to be rapidly adaptable.
- Multiuser coordination: Current applications for mmW transmissions are generally for point-to-point links (such as cellular backhaul [60]), or LAN and PAN systems [40]–[43] with a limited number of users or MAC-layer protocols that prohibit multiple simultaneous transmissions. However, for high spatial reuse and spectral efficiency, cellular systems require simultaneous transmissions on multiple interfering links, and new mechanisms will be needed to coordinate these transmissions in mmW networks.
- Processing power consumption: A significant challenge in leveraging the gains of multiantenna, wide-bandwidth mmW systems is the power consumption in the analog-to-digital (A/D) conversion. Power consumption generally scales linearly in the sampling rate and exponentially in the number of bits per samples [6], [61], [62], making high-resolution quantization at wide bandwidths and large numbers of antennas prohibitive for low-power, low-cost devices. For example, scaling power consumption levels of even a state-of-the-art CMOS A/D converter designs such as [63] and [64] suggests that A/D converters at rates of 100 Ms/s at 12 b and 16 antennas would require more than 250 mW, a significant drain for current mobile devices. Also, efficient RF power amplification and combining will be needed for phased array antennas.

C. Deployment Models

Due to the limited range of mmW signals, most of the cellular applications for mmW systems have focused on small-cell, outdoor deployments. For example, a capacity study by Pietraski *et al.* [9], [65] considered deployments in campus- and stadium-like settings where the users could obtain relatively unobstructed connections to the mmW cells; see Fig. 3(a).

The focus in this paper will be in urban microcellular and picocellular deployments with cell radii in the range of 100–200 m, similar to current cell sizes for such deployments. Coverage in urban environments will

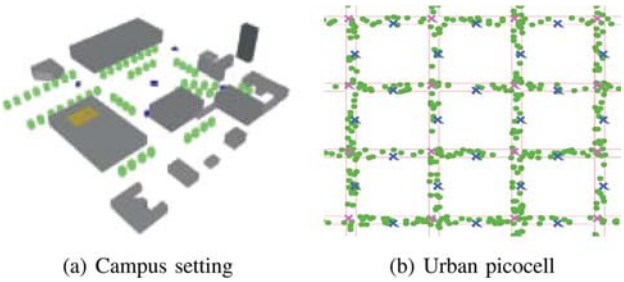


Fig. 3. *Millimeter-wave cellular use cases. (a) Outdoor coverage in a campus-like environment, as illustrated in [65]. (b) Urban microcells or picocells as illustrated in a figure detail from [66] showing mmW access points (blue and pink crosses) placed on every block on an urban grid to serve mobiles (green circles) on the streets.*

encounter NLOS propagation much more frequently than outdoor campus or stadium settings, and is thus significantly more challenging. To provide dense coverage in such scenarios, the mmW cells could be deployed, for example, in a picocellular manner on street furniture such as lampposts or sides of buildings to enable direct coverage onto the streets with minimal shadowing. Fig. 3(b) shows such a picocellular layout for an urban environment considered in [66] where one to three mmW access points were placed in each block in a city grid. Other deployments are also possible. For example, cells could be placed similar to current urban microcells on top of buildings for larger area coverage.

D. Heterogeneous Networking Aspects

Due to the inherent limitations of mmW propagation, mmW cellular systems cannot alone provide uniform, robust high capacity across a range of deployments. Millimeter-wave networks will be inherently *heterogeneous*; see Fig. 4. In fact, it is quite likely that cellular and local area networks will blur over time.

Heterogeneous networks, or HetNets, have been one of the most active research areas in cellular standards bodies in the last five years [45], [48], [67], [68], with the main focus being intercell interference coordination and load balancing. However, the introduction of mmW cells into current cellular networks will create heterogeneity in the network in many more aspects than cell size.

- Millimeter-wave and microwave/UHF: Most importantly, since mmW cells will be inherently limited in range (due to the physical limitations of antenna structures and the corresponding gain in a portable device), they will have to coexist with a conventional UHF/microwave cellular overlay for universal coverage.
- Relay versus wired access points: With large numbers of small cells, it may be impractical or expensive to run fiber connectivity to every cell. As we will discuss in Section V-C, relays (or, in a simpler from, repeaters) provide an attractive cost-effective alternative that can build on existing mmW backhaul technology and exploit the full degrees of freedom in the mmW bands.
- Short-range LOS picocells versus NLOS wide-area microcells: As described above, there may be significant differences in coverage between microcells and picocells. Microcells may offer larger range, but more diffuse NLOS coverage. In practice, both cell types will likely need to coexist [30].
- Ownership: A key challenge of mmW is indoor penetration. Reasonable coverage will require that mmW cells be placed indoors [30], [32]. Analogous to the femtocell concept [44]–[48], and neighborhood small cells [69], [70], third parties may be better suited to provide these cells, thereby creating a network with multiple operators and third-party ownership.

Such heterogeneous networks present several design issues, particularly in cell selection and networking. We discuss some of these issues in Section V-F.

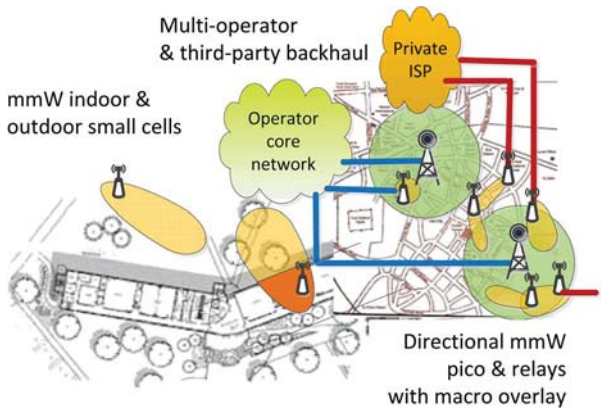


Fig. 4. ***Due to the inherent limitations of mmW propagation, mmW cellular systems will need to coexist and coordinate with conventional microwave cells. Also, to provide indoor coverage and efficiently use the spectrum, backhaul and spectrum may be shared between operators and third parties much more significantly than in current deployments.***

III. CELLULAR CHANNEL MEASUREMENTS

To assess the feasibility of mmW networks, we begin by surveying recent channel measurements of mmW signals in urban environments, particularly our wideband propagation studies in the 28- and 73-GHz bands in NYC.

A. Prior Measurements

Particularly with the development of 60-GHz LAN and PAN systems, mmW signals have been extensively characterized in indoor environments [6], [28], [42], [57], [71]–[75]. The propagation of mmW signals in outdoor settings for microcellular and picocellular networks is relatively less understood.

Due to the lack of actual measured channel data, many earlier studies [7], [9], [22], [23] have relied on either analytic models or commercial ray-tracing software with various reflection assumptions. These models generally assume that propagation will be dominated by either LOS links or links with a few strong specular reflections. As we will see below, these models may be inaccurate.

Also, measurements in local multipoint distribution systems (LMDSs) at 28 GHz—the prior system most close to mmW cellular—have been inconclusive: For example, a study [76] found 80% coverage at ranges up to 1–2 km, while Seidel [77] claimed that LOS connectivity would be required. Our own previous studies at 38 GHz [33], [78]–[81] found

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that relatively long-range links (> 750 m) could be established. However, these measurements were performed in an outdoor campus setting with much lower building density and greater opportunities for LOS connectivity than would be found in a typical urban deployment.

B. Measurements in New York City

To provide a realistic assessment of mmW propagation in urban environments, our team conducted extensive measurements of 28- and 73-GHz channels in NYC. Details of the measurements can be found in [26], [28]–[33], [81].

The 28- and 73-GHz bands were selected since they are both likely to be initial frequencies where mmW cellular systems could operate. The 28-GHz bands were previously targeted for LMDSs and are now attractive for initial deployments of mmW cellular, given their relatively lower frequency within the mmW range. However, as mmW systems become more widely deployed, these lower frequency mmW bands will likely become depleted, particularly since they must compete with existing cellular backhaul systems. Expansion to the higher bands is thus inevitable. In contrast, the E-band frequencies (71–76 GHz and 81–86 GHz) [82] have abundant spectrum and are adaptable for dense deployment, providing a major option for carrier-class wireless indoor and outdoor transmission, should the lower frequency become congested. As shown in Fig. 1, the atmospheric absorption of E-band is only slightly worse (e.g., 1 dB/km) than today's widely used lower frequency (UHF/microwave) bands.

To measure the channel characteristics in these frequencies, we emulated microcellular-type deployments where transmitters were placed on rooftops two to five stories high and measurements were then made at a number of street level locations up to 500 m from the transmitters (see Fig. 5). To characterize both the bulk path loss and the spatial structure of the channels, measurements were performed with highly directional, rotatable horn antennas [30-dBm RF output, 10° beamwidths and 24.5-dBi gain at both transmitter (TX) and receiver (RX)]. In order to obtain high time resolution, we employed a 400-Mcps (megachip per second) channel sounder (see Fig. 6). At each TX–RX location pair, the angles of the TX and RX antennas were swept across a range of values to detect discrete clusters of paths [26], [28]–[33], [81].

C. Large-Scale Path Loss Model

Using the data from [26] and [28]–[33], detailed statistical models for the channels were developed in our recent work [34], where we took the directional channel measurements and created narrowband isotropic (unity gain, omnidirectional) channel models by adding the powers received over all measurement angles, and subtracting the 49 dB of original antenna gains used in the measurements. Here, we summarize some of the main findings from [34] to help understand the potential capacity of mmW systems, and to identify the key design issues [33].



Fig. 5. *Image from [29] showing typical measurement locations in NYC at 28 GHz for which the isotropic path loss models in this paper are derived. Similar locations were used for the 73-GHz study.*

First, we summarize the path loss results. As mentioned above, range is one of the key issues facing mmW systems. Thus, critical to properly assessing mmW systems is to first determine how path loss varies with distance. Toward this end, Fig. 7 (taken from [34]) shows a scatter plot of the estimated omnidirectional path losses at different distances from the transmitter. In both 28- and 73-GHz measurements, each point was classified as either being in a NLOS or LOS situation, based on a manual classification made at the time of the measurements; see [26] and [28]–[33].

In standard urban cellular models such as [83], it is common to fit the LOS and NLOS path losses separately. Fig. 7 shows that the LOS path losses roughly follow the free space propagation based on Friis' law [54], at least for the points with distances < 100 m. For the NLOS points, Akdeniz *et al.* [34] applied a standard linear fit of the form

$$PL(d)\ [\text{dB}] = \alpha + \beta 10\log_{10}(d) + \xi, \quad \xi \sim \mathcal{N}(0, \sigma^2) \tag{1}$$

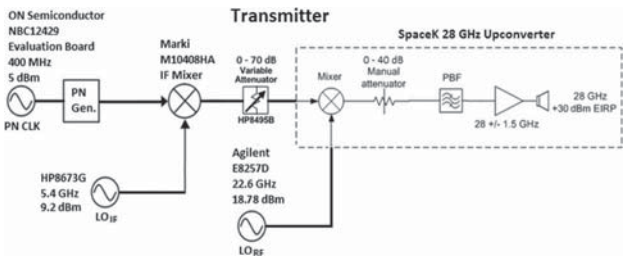


Fig. 6. *The 28-GHz channel sounder transmitter block diagram with 54.5-dBm effective isotropic radiated power (EIRP) and 800-MHz first null-to-null RF bandwidth for high temporal resolution. Figure from [29].*

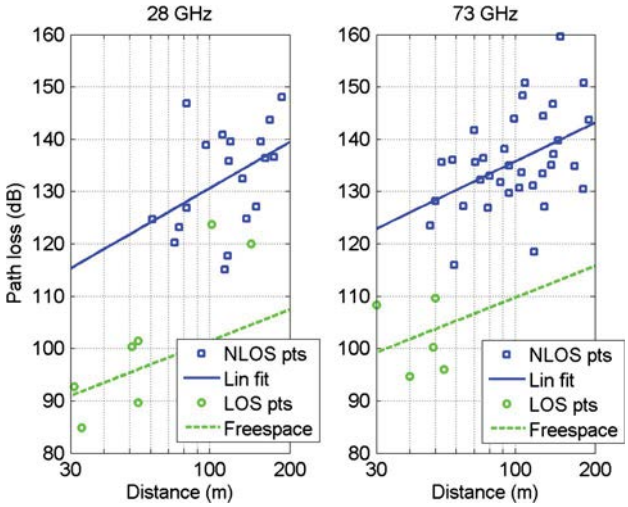


Fig. 7. *Scatter plot along with a linear fit of the estimated omnidirectional path losses as a function of the TX–RX separation for 28 and 73 GHz. Figure from [34] based on the NYC data in [26].*

where d is the distance in meters, α is the best [minimum mean square error (MMSE)] fit floating intercept point over the measured distances (30–200 m) [81], β is the slope of the best fit, and σ^2 is the lognormal shadowing variance. The parameter values for α, β, and σ are shown in Table 1 along with other parameters that are discussed below.

Note that a close-in free space reference path loss model with a fixed leverage point may also be used, which is equivalent to (1) with the constraint that $\alpha + \beta 10\log_{10}(d_0)$ has some fixed value $PL(d_0)$ for some close-in free space reference d_0. Work in [81] shows that this close-in free space model is less sensitive to perturbations in data and has valuable insights based on propagation physics for the slope parameter β (e.g., $\beta = 2$ is free space propagation and $\beta = 4$ is the asymptotic path loss exponent for a two-ray model). The close-in free space reference model has only a slightly greater (e.g., 0.5-dB larger standard deviation) fitting error. While the analysis below will not use this fixed leverage point, we point this out to caution against ascribing any physical meaning to the estimated values for α or β in (1) when a floating intercept is used.

We can compare the experimentally derived model (1) for the mmW frequencies with those used in conventional cellular systems. To this end, Fig. 8 plots the median omnidirectional path loss for the following models.

- Empirical NYC: These curves are based on the omnidirectional path loss predicted by our linear model (1) for the mmW channel with the parameters from Table 1, as derived from the directional measurements in [26].
- Free space: The theoretical free space path loss is given by Friis' law [54]. We see, for example, that at $d = 100$ m, the free space path loss is approximately 30 dB less than the omnidirectional propagation model we have developed here based on the directional measurements in [26]. Thus, many of the works such as [9], [22], and [23] that assume free space propagation may be somewhat optimistic in their capacity predictions. Also, it is interesting to point out that one of the models assumed in [7] (PLF1) is precisely free space propagation +20 dB—a correction factor that is 5–10 dB more optimistic than our experimental findings.
- 3GPP UMi: The standard 3GPP urban micro (UMi) path loss model with hexagonal deployments [83]

Table 1 Key Experimentally Derived Model Parameters Used Here and [34] Based on the NYC Data in [26]

Variable	Model	Model Parameter Values	
		28 GHz	73 GHz
Omnidirectional path loss, PL	$PL = \alpha + 10\beta\log_{10}(d) + \xi$, d in meters	$\alpha = 72.0$, $\beta = 2.92$	$\alpha = 86.6$, $\beta = 2.45$
Lognormal shadowing, ξ	$\xi \sim \mathcal{N}(0, \sigma^2)$	$\sigma = 8.7$ dB	$\sigma = 8.0$ dB
Number of clusters, K	$K \sim \max\{Poisson(\lambda), 1\}$	$\lambda = 1.8$	$\lambda = 1.9$
Cluster power fraction	See (3).	$r_\tau = 2.8$, $\zeta = 4.0$	$r_\tau = 3.0$, $\zeta = 4.0$
BS cluster rms angular spread	σ is exponentially distributed, $\mathbb{E}(\sigma) = \lambda^{-1}$	Horiz $\lambda^{-1} = 10.2°$; Vert $\lambda^{-1} = 0°$ (*)	Horiz $\lambda^{-1} = 10.5°$; Vert $\lambda^{-1} = 0°$ (*)
UE rms angular spread	σ is exponentially distributed, $\mathbb{E}(\sigma) = \lambda^{-1}$	Horiz $\lambda^{-1} = 15.5°$; Vert $\lambda^{-1} = 6.0°$	Horiz $\lambda^{-1} = 15.4°$; Vert $\lambda^{-1} = 3.5°$

Note: The model parameters are derived in [34] based on converting the directional measurements from the NYC data in [26], and assuming an isotropic (omnidirectional, unity gain) channel model with the 49 dB of antenna gains removed from the measurements.
(*) BS downtilt was fixed at 10 degree for all measurements, resulting in no measurable vertical angular spread at BS.

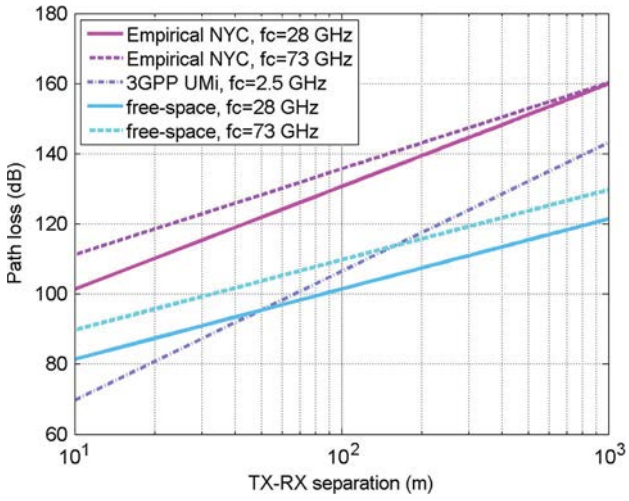


Fig. 8. *Comparison of distance-based path loss models with unity gain antennas from [34]. The curves labeled "Empirical NYC" are the experimentally derived mmW models based on the NYC data [26]. These are compared to free space propagation for the same frequencies and the 3GPP UMi model [83] for 2.5 GHz.*

is given by

$$PL(d)\ [\text{dB}] = 22.7 + 36.7\log_{10}(d) + 26\log_{10}(f_c) \quad (2)$$

where d is distance in meters and f_c is the carrier frequency in gigahertz. Fig. 8 plots this path loss model at $f_c = 2.5$ GHz. We see that our propagation models for unity gain antennas at both 28 and 73 GHz predict omnidirectional path losses that, for most of the distances, are approximately 20–25 dB higher than the 3GPP UMi model at 2.5 GHz. However, the wavelengths at 28 and 73 GHz are approximately 10–30 times smaller than at 2.5 GHz. Since, for a fixed antenna area, the beamforming gain grows with λ^{-2}, the increase in path loss can be entirely compensated by applying beamforming at either the transmitter or the receiver. In fact, the path loss can be more than compensated relative to today's cellular systems, with beamforming applied at both ends. We conclude that, barring outage events and maintaining the same physical antenna size, mmW propagation does not lead to any reduction in path loss relative to current cellular frequencies and, in fact, may be improved over today's systems. Moreover, further gains may be possible via spatial multiplexing, as we will see below.

D. Angular and Delay Spread Characteristics

The channel sounding system, with 10° beamwidth rotatable horn antennas and 400-MHz baseband signal bandwidth, enables high-resolution time and angular spread measurements. One of the key, and surprising, findings of our studies, was the presence of several distinct clusters of paths with significant angular and delay spread between the clusters. This observation provides strong evidence that—at least with the microcellular-type antennas in an urban canyon-type environment—mmW signals appear to propagate via several NLOS paths rather than a small number of LOS links. We note that these NLOS paths are arriving via reflections and scattering from different buildings and surfaces [26], [28]–[33], [78].

To illustrate the presence of multiple path clusters, the top panel of Fig. 9 shows the measured angular-of-arrival (AoA) power profile at a typical location in our 28-GHz measurements. At this location, we clearly see three angular clusters or "lobes" [31]—a common number observed over all locations. Similarly, the bottom panel shows the power delay profile, and we see that several clusters are apparent.

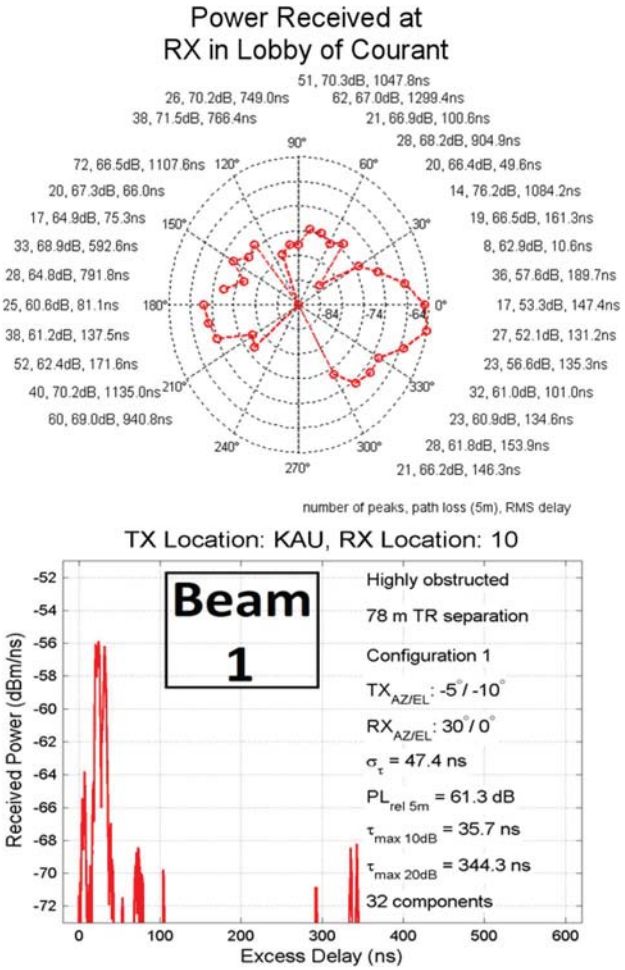


Fig. 9. *(Top) AoA power profile measured in the courtyard outside a typical building in the 28-GHz measurement campaign. (Bottom) Power delay profile at a different location. Figures from [31] and [55].*

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The presence of discrete clusters, each with relatively narrow angular and delay spread, will have certain implications for the receiver design that we discuss in Section V-E.

Akdeniz *et al.* [34] provide a detailed analysis of the statistical properties of the paths clusters, as based on the data [26], [28]–[33]. Some of the findings are as follows.

- The number of clusters is well modeled as a Poisson random variable with an average of approximately two clusters at each location. Due to the presence of multiple clusters and angular spread within clusters, many locations exhibit sufficient spatial diversity to support potentially two or even three spatial degrees of freedom. See [34] for more details.
- The angular spread (both between clusters and within clusters) occurs in the azimuth (horizontal) directions at both the transmitter and the receiver, indicating the presence of local scattering at both ends. Some vertical (elevation) angular spread is also observed at the receivers on the street, potentially from ground reflections. The root-mean-square (rms) beamspread within each cluster can vary significantly and is well modeled via an exponential distribution with similar parameters as current cellular models such as [83].
- The distribution of power among the path clusters is well modeled via a 3GPP model [83] where the fraction of powers in the K clusters are modeled as random variables $\gamma_1, \ldots, \gamma_K$ with

$$\gamma_k = \frac{\gamma'_k}{\sum_{j=1}^{K} \gamma'_j}, \qquad \gamma'_k = U_k^{r_\tau - 1} 10^{-0.1 Z_k} \tag{3}$$

where the first random variable $U_k \sim U[0,1]$ is uniformly distributed and accounts for variations in delay between the clusters (clusters arriving with higher delay tend to have less power), and the second random variable $Z_k \sim \mathcal{N}(0, \zeta^2)$ is Gaussian and accounts for lognormal variations due to difference in shadowing on different clusters. The variables r_τ and ζ are constants fit to the observed power fractions. After fitting the parameters to the data, we found that the main cluster does not have the overwhelming majority of power. Significant power is often found in the second or even third strongest clusters, even considering attenuation due to longer propagation delay [34], again indicating the possibility of spatial multiplexing gains between a single BS and user equipment (UE).

E. Outage Probability

Due to the fact that mmW signals cannot penetrate many outdoor building walls, but are able to reflect and scatter off of them, signal reception in urban environments relies on either LOS links or strong reflections and scattering from building and ground surfaces. Therefore, a key risk in mmW cellular is outage caused by shadowing when no reflective or scattering paths can be found [31], [32].

To assess this outage probability, the study [34] used data from [26] and [28]–[33] which attempted to find signals of suitable strength at a number of locations up to 500 m from the transmitter. Interestingly, the analysis showed that signals were detectable at all 30 locations in Manhattan within 175 m from the cell. However, at locations at distances greater than 175 m, most locations experienced a signal outage. Since outage is highly environmentally dependent, one cannot generalize too much from these measurements. Actual outage may be more significant if there were more local obstacles, if a human were holding the receiver in a handheld device or, of course, if mobiles were indoor. We discuss some of these potential outage effects below.

IV. CAPACITY EVALUATION AND LESSONS LEARNED

Using the experimentally derived channel models from the NYC data [26], Akdeniz *et al.* [34] provided some simple system simulations to assess the potential urban mmW cellular systems. We summarize some of the key findings in that work along with other studies to estimate the possible capacity of mmW systems and identify the main design issues.

A. System Model

Our work here and the work in [34] follow a standard cellular evaluation methodology [83] where the BSs and UEs are randomly placed according to some statistical model, and the performance metrics were then measured over a number of random realizations of the network. Since the interest is in small cell networks, we followed a BS and UE distribution similar to the 3GPP UMi model in [83] with some parameters taken from [7] and [8]. The specific parameters are shown in Table 2. Observe that we have assumed an intersite distance (ISD) of 200 m, corresponding to a cell radius of 100 m. Also, the maximum transmit powers of 20 dBm at the UE and 30 dBm were taken from [7] and [8]. These transmit powers are reasonable since current CMOS RF power amplifiers in the mmW range exhibit peak efficiencies of at least 8%–20% [6], [84], [85].

We considered a network exclusively with mmW cells. Of course, in reality, mmW systems will be deployed with an overlay of conventional larger UHF/microwave cells. Thus, an actual mmW heterogeneous network will have a higher capacity, particularly in terms of cell edge rates. We discuss some of these issues in Section V-F.

To model the beamforming, which is essential in mmW systems, we followed a conservative model, making the simplifying assumption that only single stream processing (i.e., no single-user or multiuser spatial multiplexing) was

Table 2 Default Network Parameters From [34]

Parameter	Description
BS layout and sectorization	Hexagonally arranged cell sites placed in a 2km x 2km square area with three cells per site.
UE layout	Uniformly dropped in area with average of 10 UEs per BS cell (i.e. 30 UEs per cell site).
Inter-site distance (ISD)	200 m
Carrier frequency	28 and 73 GHz
Duplex mode	TDD
Transmit power	20 dBm (uplink), 30 dBm (downlink)
Noise figure	5 dB (BS), 7 dB (UE)
BS antenna	8x8 $\lambda/2$ uniform linear array
UE antenna	4x4 $\lambda/2$ uniform linear array for 28 GHz and 8x8 array for 73 GHz.
Beamforming	Long-term beamforming without single-user or multi-user spatial multiplexing

used. Of course, intercell coordinated beamforming and multiple-input–multiple-output (MIMO) spatial multiplexing [23], [86] may offer further gains, particularly for mobiles close to the cell. Although these gains are not considered here, following [55], we considered multibeam combining that can capture energy from optimally noncoherently combining multiple spatial directions to obtain capacity results here and in [34]. However, we only considered long-term beamforming [87] to avoid tracking of small-scale fading, which may be slightly challenging at very high Doppler frequencies (e.g., bullet trains) at mmW.

Both downlink and uplink assumed proportional fair scheduling with full buffer traffic. In the uplink, it is important to recognize that different multiple-access schemes result in different capacities. If the BS allows one UE to transmit for a portion of time in the whole band, the total receive power will be limited to that offered by a single user. If multiple UEs are allowed to transmit at the same time but on different subbands, then the total receive power will be greater, which is advantageous for users that are not bandwidth limited. The simulations below thus assume that subband frequency-division multiple access (FDMA) is possible. As we discuss in Section V-B, this enables much greater capacity as well as other benefits at the MAC layer. However, realizing such multiple-access systems presents certain challenges in the baseband front–end, which are also discussed.

B. SINR and Rate Distributions

We plot signal-to-interference-plus-noise ratio (SINR) and rate distributions in Figs. 10 and 11, respectively. The distributions are plotted for both 28 and 73 GHz and for 4×4 and 8×8 arrays at the UE. The BS antenna array is held at 8×8 for all cases, although we expect future mmW

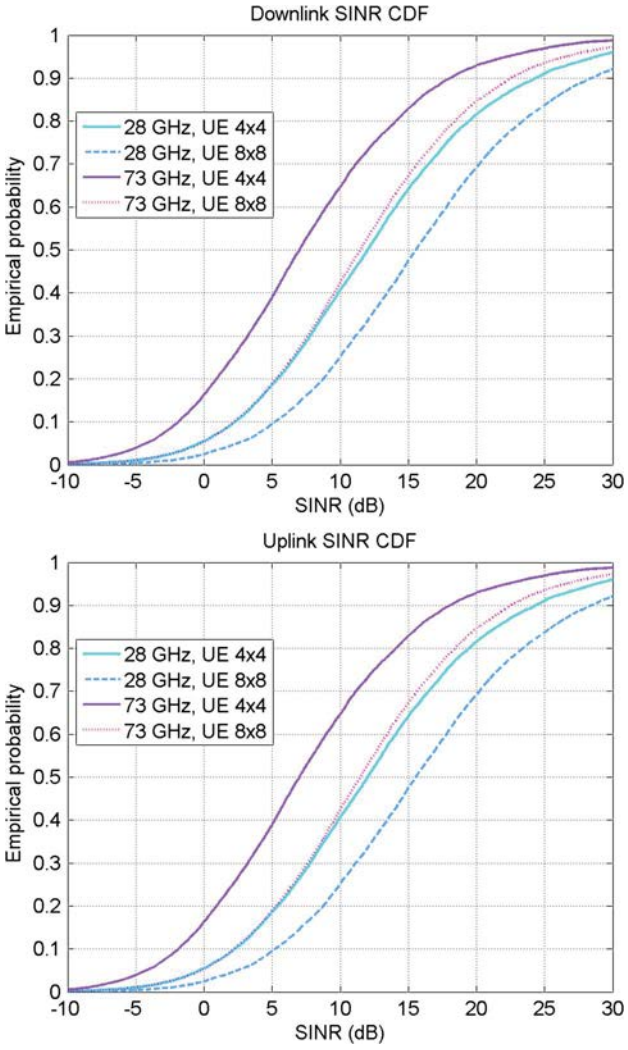


Fig. 10. *Downlink (top plot)/uplink (bottom plot) SINR CDF at 28 and 73 GHz with 4 × 4 and 8 × 8 antenna arrays at the UE. The BS antenna array is held at 8 × 8. Figure from [34] based on measurement data in [26].*

BSs to have thousands of antenna element leading to much greater gains and directionality. Some of the key statistics are listed in Table 3. More details can be found in [34].

There are two immediate conclusions we can draw from the curves. First, based on this evaluation, the sheer capacity of a potential mmW system is enormous. Cell capacities are often greater than 1 Gb/s and the users with the lowest 5% cell edge rates experience greater than 10 Mb/s. These rates would likely satisfy many of the envisioned requirements for beyond 4G systems such as [5] and [66].

Second, for the same number of antenna elements, the rates for 73 GHz are approximately half the rates for 28 GHz. However, a 4×4 $\lambda/2$-array at 28 GHz would take about the same area as an 8×8 $\lambda/2$ array at 73 GHz. Both would be roughly 1.5×1.5 cm^2, which could be easily accommodated in a handheld mobile device. In addition, we see that 73-GHz

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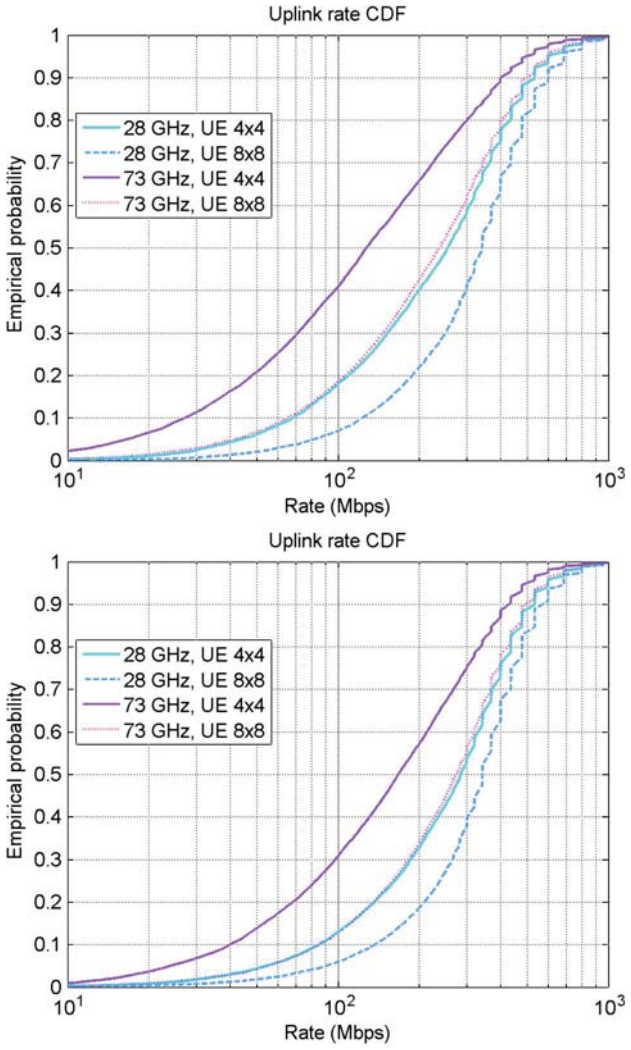


Fig. 11. ***Downlink (top plot)/uplink (bottom plot) rate CDF at 28 and 73 GHz with 4 × 4 and 8 × 8 antenna arrays at the UE. The BS antenna array is held at 8 × 8. Figure from [34] based on measurement data in [26].***

8 × 8 rate and signal-to-noise ratio (SNR) distributions are very close to the 28-GHz 4 × 4 distributions, which is reasonable since we are keeping the UE antenna size approximately constant. Thus, we can conclude that the loss from going to the higher frequencies can be made up from larger numbers of antenna elements without increasing the physical antenna area.

C. Comparison to 4G Capacity

We can compare the SINR distributions in Fig. 10 to those of a traditional cellular network. Although the SINR distribution for a cellular network in a traditional UHF or microwave band is not plotted here, the SINR distributions in Fig. 10 are actually slightly better than those found in cellular evaluation studies [83]. For example, in Fig. 10, only about 10% of the mobiles appear under 0 dB, which is a lower fraction than typical cellular deployments. We conclude that, although mmW systems have an omnidirectional path loss that is 20–25 dB worse than conventional microwave frequencies, short cell radii combined with highly directional beams are able to completely compensate for the loss, and, in fact, improve upon today's systems.

We can also compare the capacity and cell edge rates using the numbers in Table 3. The LTE capacity numbers are taken from the average of industry reported evaluations given in [83] (specifically Table 10.1.1.1-1 for the downlink and Table 1.1.1.3-1 for the uplink). The LTE evaluations include advanced techniques such as spatial-division multiple access (SDMA), although not coordinated multipoint. For the mmW capacity, we assumed 50-50 uplink–downlink (UL–DL) TDD split and a 20% control overhead in both UL and DL directions.

Under these assumptions, we see from Table 3 that the spectral efficiency of the mmW system for either the 28-GHz 4 × 4 array or the 73-GHz 8 × 8 array is roughly comparable to state-of-the art LTE systems.[2] Due to its larger bandwidth, we see in Table 3 (cell capacity) that the mmW systems offer a significant 20-fold increase of overall cell capacity. Moreover, this is a basic mmW system with no spatial multiplexing or other advanced techniques; we expect even higher gains when advanced technologies are applied to optimize the mmW system.

While the 5% cell edge rates are less dramatic, they still offer a ninefold to tenfold increase. This indicates a significant limitation of mmW systems under NLOS propagation; edge of cell users become power limited and are unable to fully exploit the increased spectrum. Thus, other features, such as the use of repeaters/relays, will be needed to achieve a more uniform performance in mmW systems in these scenarios.

D. Interference Versus Thermal Noise

A hallmark of current small cell systems in urban environments is that they are overwhelmingly interference limited, with the rate being limited by bandwidth, and not power. Our studies reveal that mmW small cell systems represent a departure from this model. For example, Fig. 12 plots the distribution of the interference-to-noise ratio (INR) for both uplink and downlink in our simulation of the mmW system at 28 GHz. We see that interference is not dominant. In fact, for the majority of mobiles, thermal noise is comparable or even larger, particularly in the downlink.

At the same time, although interference is not dominant, many of the mobiles are in a bandwidth-limited,

[2]Note that the spectral efficiency for the mmW system is quoted including the 20% overhead, but not the 50% UL–DL duplexing loss. Hence, the cell capacity in Table 3 is $C = 0.5\rho W$, where ρ is the spectral efficiency and W is the baseband bandwidth.

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Table 3 Conservative mmW and LTE Cell Capacity/Cell Edge Rate Comparison From [34] Based on Isotropic Channel Models Derived From Measurement Data in [26]

System	BW & Duplex	BS antenna	UE antenna	fc (GHz)	Spec. eff (bps/Hz)		Cell capacity (Mbps)		5% Cell edge rate (Mbps)	
					DL	UL	DL	UL	DL	UL
mmW	1 GHz TDD	8x8	4x4	28	2.25	2.38	1130	1190	17.4	21.6
		8x8	8x8	28	2.83	2.84	1420	1420	32.7	36.3
		8x8	4x4	73	1.45	1.65	730	830	6.6	9.6
		8x8	8x8	73	2.15	2.31	1080	1160	16.6	22.1
LTE	20+20 MHz FDD	2 TX, 4 RX	2	2.5	2.69	2.36	53.8	47.2	1.80	1.94

Note 1. Assumes 20% overhead and 50% UL-DL duty cycle for the mmW system
Note 2. Long-term, non-coherent beamforming are assumed at both the BS and UE in the mmW system. However, the mmW results assume no spatial multiplexing gains, whereas the LTE results from [83] include spatial multiplexing and beamforming.

rather than power-limited regime. For example, Table 3 shows that the average spectral efficiency is approximately 2.1–2.4 b/s/Hz in the uplink and downlink for 4 × 4 28-GHz or 8 × 8 73-GHz systems. We find from Table 3 that, if spatial multiplexing is not exploited, links will be bandwidth limited and not power limited, even though interference is not dominant. We conclude that, without spatial multiplexing, mmW systems would represent a new network operating point not seen in current urban cellular deployments: large numbers of mobiles would experience relatively high SINR in directionally isolated links. In a sense, mmW takes us "back to the future" when cellular was first deployed in virgin spectrum.

Of course, without exploiting, spatial multiplexing systems would not benefit from all the degrees of freedom.

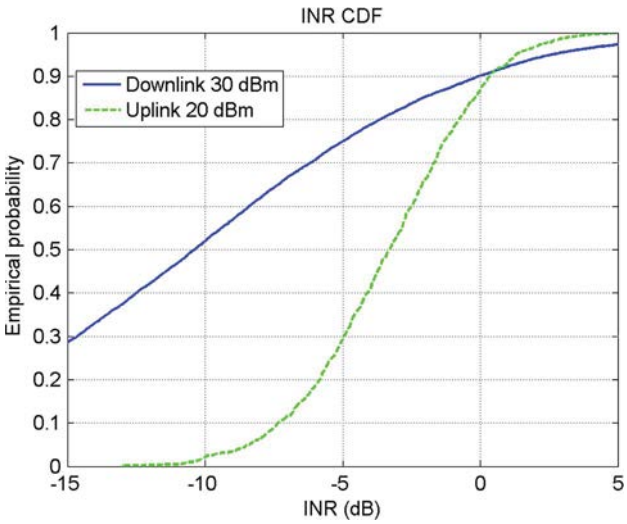


Fig. 12. *Interference-to-noise ratio in the uplink and downlink for 28 GHz with a 4 × 4 UE antenna array.*

We have not yet evaluated single-user or multiuser MIMO, but such techniques would lower the SINR per stream for the higher SINR mobiles. However, the INR distribution would not significantly change since the total transmit power would be constant. Therefore, the links would remain limited by thermal noise rather than interference.

E. Effects of Outage

As mentioned above, one of the significant risks of mmW systems is the presence of outage; the fact that there is a nonzero probability that the signal from a given BS can be too weak to be detectable.

To quantify this effect, Akdeniz *et al.* [34] estimated the capacity under various outage probability models. The simulations above assumed that at distances greater than a threshold of $T = 175$ m, the signal would not be detectable, and, hence, the link would be in outage. This assumption was based on the data we observed in [26] and [28]–[33]. However, as discussed in Section III-E, mobiles in other environments may experience outages closer to the cell, particularly if there is a lot of ground clutter or the humans themselves blocking the signal. To model this scenario, Akdeniz *et al.* [34] considered a hypothetical outage model, loosely based on [83], where there was a significant outage probability even close to the cell. For example, in this model (called a "soft outage" for reasons explained in [34]), there was approximately a 20% probability that a link to a cell would be in outage even when it was only 80 m from the cell.

Interestingly, under this more conservative outage model, the average cell capacity was not significantly reduced. However, both uplink and downlink 5% cell edge rates fell by a dramatic 50%. This reduction shows that mmW systems are robust enough that mobiles in outage to any one cell will still be able to establish a connection to another cell. On the other hand, in environments where the outages close to the cell are frequent, the gains of

mmW systems will not be nearly as uniform, with cell edge users suffering significantly.

F. Other Studies

Although our study here and in [34] was the first to use the experimentally derived omnidirectional channel models from the directional data in [26], the results in [34] roughly corroborate the findings of very high capacity from mmW systems predicted in several earlier analyses. For example, the study in [7] estimated approximately 300 Mb/s per cell throughput in a 500-MHz system. This capacity corresponds to a somewhat lower spectral efficiency than what we show here and in [34], but the study in [7] assumed only minimal beamforming at the receiver (either no beamforming or a 2×2 array) and a much larger cell radius of 250 m.

In [9], ray-tracing software is used to analyze a mmW campus network, and a median total system capacity of 32 Gb/s with five cell sites, each cell site having four cells, is found. Since the bandwidth in that study was 2 GHz, the spectral efficiency was approximately 2/5/4/2 3 = 0.8 b/s/Hz/cell. This number again is lower than our predictions, but [9] was limited to quadrature phase-shift keying (QPSK) modulation. Somewhat higher capacity numbers were found in a followup study [65] in both campus and urban environments. A later study presented in [66] predicted average spectral efficiencies of almost 1.5 b/s/Hz in a 2-GHz system in an urban grid deployment, a number only slightly lower than our value of 2.3–2.8 b/s/Hz. In all these studies, the cell edge rates compare similarly to the predicted values in [34], assuming one normalizes to the number of users in each cell.

In a different work, Akoum *et al.* [22] used a stochastic geometry analysis and predicted almost 5.4 b/s/Hz, which is almost twice our estimated spectral efficiency. However, that work assumed that all links can operate at the Shannon limit with no maximum spectral efficiency.

This comparison illustrates that, in a number of different scenarios and analysis methods, the absolute spectral efficiency and cell edge rate numbers are roughly comparable with estimates here and in [34] that used experimentally derived channel models. Thus, the broad message remains the same: under a wide variety of simulation assumptions, mmW systems can offer orders of magnitude increases in capacity and cell edge rate over state-of-the-art systems in current cellular bands.

V. KEY DESIGN ISSUES AND DIRECTIONS FOR mmW 5G

The above preliminary results show that while mmW bands offer tremendous potential for capacity, cellular systems may need to be significantly redesigned. In this section, we identify several key design issues that need to be addressed from a systems perspective if the full gains of mmW cellular systems are to be achieved.

A. Directional Transmissions and Broadcast Signaling

The most obvious implication of the above results is that the gains of the mmW system depend on highly directional transmissions. As we discussed above, directionality gains with appropriate beamforming can completely compensate for, and even further reduce, any increase in the omnidirectional path loss with frequency. Indeed, once we account for directional gains enabled by smaller wavelengths, the path loss, SNR, and rate distributions in the mmW range compare favorably with (and may improve upon) those in current cellular frequencies.

One particular challenge for relying on highly directional transmissions in cellular systems is the design of the synchronization and broadcast signals used in the initial cell search. Both BSs and mobiles may need to scan over a range of angles before these signals can be detected. This "spatial searching" may delay BS detection in handovers—a point made in a recent paper [88]. Moreover, even after a mobile has detected a BS, detection of initial random access signals from the mobile may be delayed since the BS may need to be aligned in the correct direction.

A related issue is supporting intermittent communication [say through discontinuous reception and transmission (DRX and DTX) modes] which has been essential in standards such as LTE for providing low power consumption with "always on" connectivity [89]. In order that either a mobile or a BS can quickly begin transmitting, channel state information in the form of the spatial directions will need to be maintained at the transmitter. If cells are small, even the second-order spatial statistics of the channel may change relatively fast implying that some sort of intermittent transmissions may need to be performed to track the channel state.

B. Multiple-Access and Front–End/Baseband Considerations

With small cells, the need for future spectrum/bandwidth flexibility, support for beamforming and low cost, TDD is an attractive duplexing strategy for mmW. Our analysis in Table 3 assumes TDD for mmW.

However, closely related to the issue of directional transmissions is how to support FDMA within the TDD time slots. Current cellular systems use digital processing for MIMO and beamforming. However, with the large numbers of antennas and wide bandwidths, it is simply not practical from a power or cost perspective to place high-resolution, wideband A/D converters on each antenna element in the mmW range [6]–[8]. Most commercial designs have thus assumed phased-array architectures where signals are combined either in free space or RF with phase shifters [90]–[92] or at IF [93]–[95] prior to the A/D conversion. A limitation of such architectures is that they

will forgo the support of spatial multiplexing and multiuser transmissions within the TDD time slots and require time-division multiple access (TDMA) with only one user within a time slot being scheduled at a time. In particular, FDMA transmissions within the same time slot as supported in LTE through resource blocks will not be possible; see Fig. 13.

Enabling granular allocations in frequency is one of the main hallmarks of LTE, and sacrificing this capability by restricting to TDMA scheduling will bear significant costs in mmW.

- Uplink power: Restricting to TDMA scheduling within a TDD time slot implies that the power of only UE can be received at a time. Since mobiles at the cell edge may be power limited, this reduction of power can significantly reduce capacity. For example, according to the uplink rate cumulative distribution function shown in Fig. 14, one can easily see an order of magnitude improvement when multiuser transmission is enabled by FDMA, compared to a baseline TDMA, both assuming TDD.
- Support for small packets: Supporting multiuser transmissions will also be essential to efficiently support messages with small payloads and is needed for low latency machine-to-machine communications [96]. Specifically, when only one UE can transmit or receive at a time, it must be allocated in the entire bandwidth in a TDD slot, which is extremely wasteful for small packets. As an example, in the design of [8], the transmission time interval (TTI) is 125 μs. Thus, a 1-GHz allocation at this TTI will have approximately 125 000 degrees of freedom. Such large transport blocks would be terribly inefficient, for example, for transport control protocol acknowledgment as well as other control signaling.

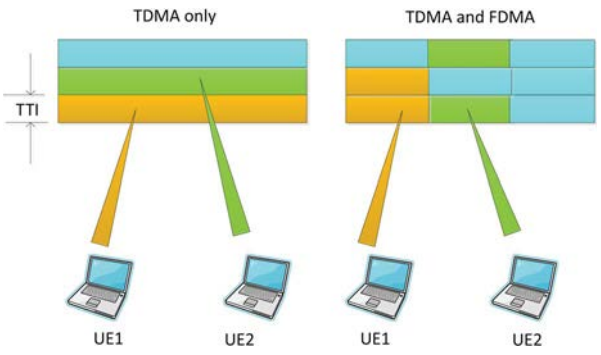


Fig. 13. ***Multiple access: Enabling FDMA (within a TDD time slot), where multiple UEs can be scheduled at a time, can offer numerous benefits in mmW systems, including improved power in the uplink, more efficient transmission of small packets, and reduced UE power consumption. A key design issue is how to support FDMA in TDD with mmW front-ends that perform beamsteering in analog.***

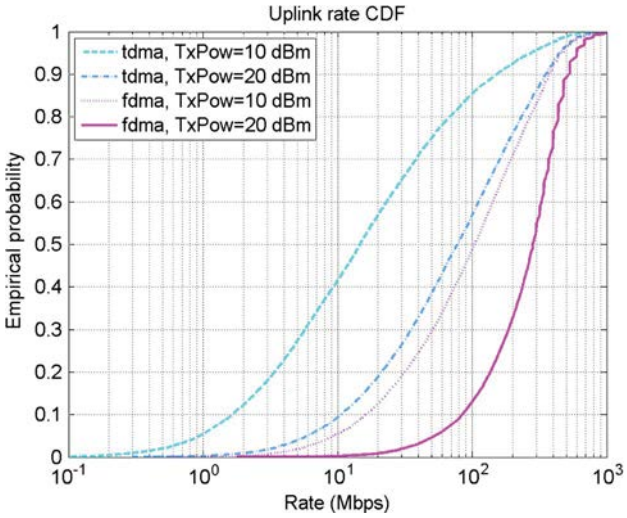


Fig. 14. ***Power loss with TDMA only: Designs that do not enable multiple users to be scheduled at the same time can suffer a significant penalty in capacity in the uplink due to loss of power. Shown here is the rate distribution comparing FDMA and TDMA scheduling using beamforming with the 28-GHz isotropic channel model.***

- Power consumption: From a power consumption perspective, it may be preferable for individual UEs to only process only a smaller portion (say 100 MHz) of the band during a time slot. Such subband allocations can reduce the power consumption of the baseband processing, which generally scales linearly in the bandwidth.

Thus, a key design issue facing 5G mmW systems is how to support multiple access while enabling low power consumption, particularly at the UE. One promising route has been the use of compressed sensing and other advanced low-bit rate technologies, suggested in [97].

In addition, one may consider other SDMA algorithms that optimally exploit a smaller number of beams. For example, each UE can still support only one digital stream, potentially on a subband for low power consumption. The BS, which would generally have somewhat higher power capacity, could support a smaller number, say K, beams. Then, to support N UEs with $K<N$, the BS can simply select the K beams to span the "best" K-dimensional subspace to capture the most energy of the N users.

C. Directional Relaying and Dynamic Duplexing

Another key design issue for mmW cellular systems is support for repeaters/relays—a feature that can be particularly valuable due to the need for range extension. In current cellular systems, relaying has been primarily used both for coverage extension and, to a lesser extent, capacity expansion when backhaul is not available [99]–[101]. Although significant research went into enabling relaying in 3GPP LTE-Advanced [102], the projected gains have been modest. In dense interference-limited environments, the

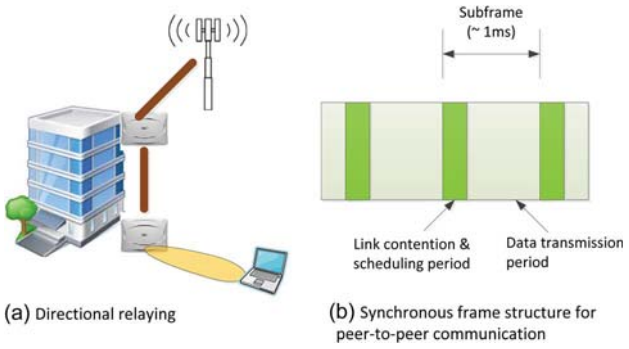


Fig. 15. ***Directional mmW relaying. (a) Multihop directional relaying can provide wireless backhaul and extend coverage of mmW signals in the presence of clutter and shadowing. (b) A synchronous peer-to-peer frame structure along the lines of [98] can enable fast coordination and resource allocation across relays, BSs, and mobiles with dynamic duplexing.***

loss in degrees of freedom with half-duplex constraints and multiple transmissions is typically not worth the increase in received power from shorter range.

With regards to relaying, mmW networks may be fundamentally different. As discussed above, one of the greatest challenges for mmW systems is that mobiles may be in outage to the closest cell, dramatically reducing the cell edge rate. In these cases, relaying may be necessary to selectively extend coverage to certain users and provide a more uniform quality of service throughout the network. Furthermore, given the inability of mmW signals to penetrate indoors, relaying would also be essential to provide seamless indoor/outdoor coverage and coverage in and around vehicles, airplanes, etc. Relaying may also be valuable for backhaul to picocells when fiber connectivity is not available [37]–[39]. Depending on the cell locations, some of these mmW links may be in the clutter and require NLOS connectivity similar to the access links; see, for example, Fig. 15(a).

In order to obtain the full advantages of relaying, cellular systems may need to be significantly redesigned. Cellular systems have traditionally followed a basic paradigm dividing networks into distinct BSs and mobiles, with relays typically being added as an afterthought. However, given the central role that relaying may play in the mmW range for both the access link and for backhaul, it may be worth investigating new peer-to-peer topologies, such as Qualcomm's FlashLinQ system [98], where there is less centralized scheduling and where frequency band and time slots are not statically preallocated to traffic in any one direction. As shown in Fig. 15(b), one may consider symmetric frame structures that are common in the uplink and downlink. The directions of the links would not necessarily need to be synchronized across the network, and a periodic contention period can be used to reassign the directions of the links as necessary. Such a design would be a significant departure from the uplink–downlink in current LTE systems, but would enable much greater flexibility for multihop networks and integrated systems for both access and backhaul.

D. An End to Interference?

As mentioned above, current cellular networks in dense urban deployments are overwhelmingly interference limited. At a high level, mitigating this interference can be seen as the driving motivation behind many of the advanced technologies introduced into cellular systems in the last decade. These techniques include coordinated multipoint, intercellular interference coordination and more forward-looking concepts such as interference alignment.

One of the striking conclusions of the above analysis is that many of these techniques may have much more limited gains in the mmW space. As we saw, for many mobiles, thermal noise is significantly larger than interference. That is, in mmW systems with appropriate beamforming, links become directionally isolated and intercellular interference is greatly reduced. This fact implies that point-to-point, rather than network, technologies may play a much larger role in achieving capacity gains in these systems.

E. Exploiting Channel Sparsity and Compressed Sensing

As described in Section II-B, one possible challenge in mmW system is the high Doppler. In general, Doppler spread is a function of the total angular dispersion, carrier frequency, and mobile velocity [54]. Thus, due to the high carrier frequencies and significant local scattering, one might initially think that the total Doppler spread in mmW systems will be high and potentially difficult to track.

However, the measurements reviewed in Section III revealed that signals generally arrive on a small number of path clusters, each with relatively small angular spread. Directional antennas will further reduce the multipath angular spread [103]. This property implies that the individually resolvable multipath components will vary very slowly, a fact confirmed directly in our experiments in [26]. This is good news.

To understand how to exploit these slow variations for tracking the channel, first observe that the narrowband channel response at any particular frequency could be described as

$$h(t) = \sum_{k=1}^{K} g_k(t) e^{2\pi i f_d \cos(\theta_k) t} \tag{4}$$

where K is the number of clusters, f_d is the maximum Doppler shift, θ_k is the central angle of arrival of the

cluster, and $g_k(t)$ is the time-varying gain of the channel related to the angular spread *within* the cluster. Since the angular spread within each cluster is small, the cluster gains $g_k(t)$ will generally be slowly varying even though the aggregate channel $h(t)$ may have much higher variations. Moreover, the angles of arrival θ_k are also typically slowly varying since they are a result of the large-scale scattering environment and do not change with small-scale mobility. This fact suggests that even though $h(t)$ may change rapidly, the parametrization (4) may enable more accurate tracking, particularly since the number of clusters K tends to be small (K is typically 1–5 in our measurements).

The parametrization (4) is fundamentally *nonlinear* and analogous to the types of models used in finite rate of innovation models [104] and compressed sensing-based channel estimation and channel sounding [105]–[108]. The extension of these methods to very wideband systems with large numbers of antennas may, therefore, have significant value.

F. Heterogeneous Networking Issues

As described in Section II-C, mmW systems cannot be deployed in a standalone manner. To provide uniform, reliable coverage, fallback to cellular systems in conventional UHF or microwave frequencies will be necessary. While support for heterogeneous networks has been a key design goal in recent cellular standards, mmW systems will push the need for support for heterogeneous networks in several new directions.

Most importantly, the heterogeneous network support in mmW will require cell selections and path switching at much faster rates than current cellular systems. Due to their vulnerability to shadowing, mmW signals to any one cell will be inherently unreliable and can rapidly change with small motions of the users or the user's environment. One avenue to explore is the use of *carrier aggregation* techniques [109], [110] where mobiles can connect to multiple BSs simultaneously. Carrier aggregation was introduced in release 10 of 3GPP LTE-Advanced primarily to increase peak throughputs. For mmW systems, carrier aggregation could provide macrodiversity, but would require support for path switching and scheduling in the network.

A second issue in the evolution of HetNets for mmW will be multioperator support. Indoor cells and cells mounted on private buildings may be better operated by a third party who would then provide roaming support for carriers from multiple subscribers. While roaming is commonly used in current networks, the time scales for mmW roaming would be much faster. In addition, with carrier aggregation, it may be desirable for a mobile to be connected to cells from different operators simultaneously.

Further complicating matters is the fact that, given the large amount of spectrum, a single operator may not be able to fully utilize the bandwidth. Thus, the model where a single operator has exclusive rights to a bandwidth may not lead to the most efficient use of the spectrum. However, support for multiple operators sharing spectrum will need much more sophisticated intercell interference coordination mechanisms, especially with directionality. Future clearing houses will provide such measurement and management for multiple carriers and their users.

VI. CONCLUSION

Millimeter systems offer tremendous potential with orders of magnitude greater spectrum and further gains from high-dimensional antenna arrays. To assess the feasibility of mmW systems, we have presented some initial propagation measurements in NYC—a challenging environment, but representative of likely initial deployments. Our measurements and capacity analysis have revealed several surprising features: Through reflections and scattering, mmW signals are potentially viable at distances of 100–200 m, even in completely NLOS settings. Moreover, with modest assumptions on beamforming, our capacity analysis has indicated that mmW systems can offer at least an order of magnitude in capacity over current state-of-the-art LTE systems, at least for outdoor coverage.

Potential mmW cellular systems may need to be significantly redesigned relative to current 4G systems to obtain the full potential of mmW bands. In particular, the heavy reliance on directional transmissions and beamforming will necessitate reconsideration of many basic procedures such as cell search, synchronization, random access, and intermittent communication. Multiple access and channelization also become tied to front–end requirements, particularly with regard to analog beamforming and A/D conversion.

In addition, directional isolation between links suggests that interference mitigation, which has been a dominant driver for new cellular technologies in the last decade, may have a less significant impact in mmW. On the other hand, technologies such as carrier aggregation and multihop relaying that have had only modest benefits in current cellular networks may play a very prominent role in the mmW space. These design issues—though stemming from carrier frequency—span all the layers of communication stack and will present a challenging, but exciting, set of research problems that can ultimately revolutionize cellular communication. ■

Acknowledgment

The authors would like to thank several students and colleagues for providing the propagation data [26], [29]–[33], [55] and capacity analysis [34] that made this research possible: M. Riza Akdeniz, Y. Azar, F. Gutierrez, D. D. Hwang, Y. Liu, R. Mayzus, G. MacCartney, S. Nie, M. K. Samimi, J. K. Schulz, S. Sun, K. Wang, G. N. Wong, and H. Zhao. This work also benefitted significantly from

discussions with authors' industrial affiliate partners in NYU WIRELESS, including Samsung, Intel, NSN, Qualcomm, and InterDigital. This work also benefitted from discussions from several researchers, including J. Andrews, G. Caire, M. Chiang, R. Heath, U. Madhow, and W. Yu, as well as the anonymous comments from the reviewers.

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