





SafeTechNC Webinar

September 26, 2023

Turning Down the Dial on Wireless Radiation in NC's Schools: The Science, Symptoms, Solutions, and the Legal Imperative to Protect our Children

by: <u>Kent Chamberlin, PhD</u> Professor & Chair Emeritus Fulbright Distinguished Chair Dept. of Electrical & Computer Engineering University of New Hampshire <u>International Commission on the Biological</u> <u>Effects of Electromagnetic Radiation</u>

Vice Chair

Conflict-of-Interest Statement

- My position at the time I joined the New Hampshire State Commission was Professor & Chair of the Dept. of ECE at UNH
- Since leaving the university, I am working as a founder in a high-tech startup
- My bias was and is generally in favor of technological developments
 - I also served on the InterOperability Laboratory Advisory Board, which is an international evaluator of wireless technologies
 - Was active in Project 54, addressing the communications needs of police and first responders
 - I am serving as Chair of the Virtual Learning Academy Charter School Board of Trustees and have served on other educational boards
- I served on the New Hampshire Commission without any compensation, including travel expenses
- Because of my service on the Commission, I am asked to present to various groups, including your group, none of which involve compensation
- I present to you today as a fellow citizen, with no realized or expected financial rewards

NH Commission on the Health and Environmental Impacts of 5G and Wireless Technology

- The Commission was convened through bipartisan legislation that was passed by both houses of the legislature and signed by the Governor
 - This is the first legislation passed in the United States calling for the formation of a state commission to explore the health effects of microwave radiation
- The 13 Commission members had backgrounds that included medicine, physics, toxicology, electromagnetics, epidemiology, biostatistics, occupational health, public health policy, business, and law

Some of the Questions Posed to the Commission

- Why does the insurance industry recognize wireless radiation as a risk, but will not insure for damages caused by it?
- Why have the many hundreds of peerreviewed studies showing harm from wireless radiation been ignored by the FCC?
- Why are FCC guidelines based solely on thermal effects, when non-thermal effects have been documented?
- Why did the World Health Organization classify wireless radiation as a possible carcinogen, and why is that fact being ignored by the FCC?

Sources of Information for the Findings of the Commission

- Peer-reviewed and Commission-vetted, publications
- Regulatory agencies (FCC, FDA, EPA).
 - They were invited to meet with the commission, but they did not, nor did they provide sufficient answers our questions.
- Outside experts: all presenters except one provided clear evidence that wireless radiation poses a threat to human health and the environment
 - The presenter who did not acknowledge those risks was the presenter from the telecommunications industry; he was also the only person paid to present

Outcome of Peer-Reviewed Literature Review

- We identified hundreds of top-tier publications that showed harm from low-level wireless radiation exposure.
- <u>As of 2020</u>, the vast majority of peerreviewed publications showed harm from exposure.
 - 240 out of 261 (91%) of studies showed free radical (oxidative damage) effects resulting from low-level RFR exposure
 - The International Agency for Research on Cancer (IARC) has identified oxidative stress (which can lead to genotoxicity and carcinogenicity) as a common characteristic of several human carcinogens

Oxidative Effects, Primary Mechanism for Wireless Radiation Harm

- As noted on the previous slide, the primary mechanism by which exposure causes harm are oxidative changes, which can lead to an increase in free radicals. Those free radicals can lead to chronic inflammation and a host of adverse outcomes including:
 - <u>Neurodegenerative disease (Alzheimer's)</u>
 - <u>Cancer</u>
 - Cardiovascular disease
 - **Diabetes**
 - <u>Chromosome damage</u>
 - <u>Neuronal DNA damage</u>
 - <u>Neuropsychiatric effects</u>
 - <u>Sperm damage</u>

Assessing How the Current FCC Exposure Guidelines Were Set

- Current limits were set in the 1980s and were based on short-term (around an hour) behavioral studies on 8 rats and 5 monkeys (<u>reference</u>)
 - The assumption with these limits is that if a radio signal is not strong enough to warm tissues, it will not cause harm
 - The animals were food-deprived, and their task was to press a lever to receive food pellets
 - The animals were exposed to increasing levels of radiation until they could no longer perform their task; that level was designated as the upper exposure limit
 - An arbitrary "safety factor" of 50 was then applied to that number to come up with a radiation threshold for the general public



Recap of How FCC Guidelines Were Set The FCC radiation guidelines currently being used today for **lifetime** exposures are based on:

- Studies lasting an hour or less
- A single endpoint attributed to heating effect
- A small sampling of animals (8 rats and 5 monkeys)
- An arbitrary "safety factor"

Captured Agency:

How the Federal Communications Commission Is Dominated by the Industries It Presumably Regulates



What Role Do Regulatory Agencies Play?

"Industry controls the FCC through a soup-tonuts stranglehold that extends from its wellplaced campaign spending in Congress through its control of the FCC's Congressional oversight committees to its persistent agency lobbying."

https://ethics.harvard.edu/files/center-forethics/files/capturedagency_alster.pdf

www.ethics.harvard.edu

Conclusions Reached by the Commission

Final Report submitted in November 2020.

- Wireless radiation, which includes 5G, poses a significant threat to human health and the environment
- Electro Hypersensitivity (EHS) is an illness caused by wireless radiation
- This is not solely a scientific issue, it is a political/economic issue

Concluding Remarks



- A formal state commission of unbiased experts, formed through bipartisan legislation, concluded that low-level wireless radiation exposure is harmful to human health and the environment
- There is a lot that can be done to reduce exposures, and efforts to do so should be aggressively pursued
 - Migration to fiber connections and wired connections is a good start
- Those in a position to do so are strongly encouraged to enact protections against all forms of wireless radiation

Appendix

The slides that follow are slides that have been used in earlier presentations, and they are made available in this appendix because they contain information that is relevant but could not be shown in this presentation because of time constraints.

Example of Long-Term, Very-Low Exposure





Left side of tree: 3380 μ W/m² (0.03% of ICNIRP/FCC limit) Right side of tree: 500 μ W/m² (0.005% of ICNIRP/FCC limit)

No. 14 from Group 1 (Table 4), Norway Maple Tree (Acer platanoides), Hallstadt, Königshofstraße/Friedhof (2008–2019)

Death Rates from Cancer versus Distance People Live from Cell Tower Transmitter



- <u>Peer-reviewed article</u>: <u>Mortality by neoplasia [cancer] and cellular telephone base</u> stations in the Belo Horizonte municipality, Minas Gerais State, Brazil
 - Explored the relationship between cancer mortality rates and the distance people lived from a cell tower
 - Study investigated a large number of cancer deaths (7,191) and a large number of cell towers (856)
 - Performed during a time when few people had personal electronic devices (1996-2006)
 - Results of study revealed the effects of living near a cell tower
 - The maximum exposure level measured during the study was 407.8 mW/m² which is less than 5% of the ICNIRP/FCC guidelines

Key Finding from the Article Referenced on Previous Slide





Distance From Cell Tower (meters)

Epidemiology for People Living Near Cell Towers



- Meta study of **38** previous studies: Evidence for a health risk by RF on humans living around mobile phone base stations: from radiofrequency sickness to cancer
 - 73.6% of studies showed effects of radiofrequency sickness
 - 76.9% of studies showed increased cancer rates
 - 75% of studies showed changes in biochemical parameters
 - Studies also showed negative impacts on animals and trees.
 - A distance of 500 meters from a cell tower appears to be a "reasonable" cutoff distance for adverse health effects.

Commission Recommendations (abbreviated)



- Issue a resolution to US Congress to require the FCC to commission an independent health study and review of exposure limits.
- Engage agencies such as the EPA to develop wireless-radiation safety limits that will protect the trees, plants, birds, insects, pollinators and people.
- Require setbacks for new wireless antennas from residences, businesses, and schools (500 meters).
- Establish wireless-radiation free zones in commercial/public buildings.
- Require health agencies to educate on minimizing wireless-radiation exposure with multimedia public service announcements especially for pregnant women and babies.

Ways to Lower Wireless Radiation Exposure

- Use of wired connections wherever possible
- Site cell towers away from people (NH Commission recommendation)
- Switching to low-emission routers and other devices
- Modifications to cellphone and cellphone usage

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Schools and Cell Tower Setback Examples

Many communities have policies, ordinances or zoning that ensures cellular antennas are restricted to a specific minimum distance from schools. <u>Copake, New York</u>: No telecommunication facility or tower ... shall be located "Closer than 1,500 feet horizontally to any structure existing at the time of application which is used as a primary or secondary residence; to the property of any school (both public and private); to any church; or to any other public building."

Palo Alto, California: Be it resolved: "That the Board supports the City of Palo Alto ("CPA") immediately establishing local municipal zoning setback rules of 1500 feet or more from an operating wireless transmitter and a school site"

Shelburne, Massachusetts: "All new CRS [communications radio service] facilities shall be at least a distance of 3000 feet from the property line of any school." "All new CRS facilities shall be at least a distance of 1500 feet from any residential structure."

Walnut City, California: "Telecommunication towers and antennas shall not be located within one thousand five hundred feet of any school (nursery, elementary, junior high and high school), trail, park or outdoor recreation area, sporting venues and residential zones"

Bar Harbor, Maine: "No [communications] facility shall be located within 1,500 feet of a municipal school, private compulsory school or child-care center as defined in this chapter, at the time of application."

Sallisaw, Oklahoma: No commercial wireless telecommunications towers within 1,500 of homes

Stockbridge, Massachusetts: No personal wireless service facility shall be located "Within 1000 feet horizontally from any school buildings, playgrounds and athletic fields; and within 600 feet horizontally from any residential structure."

Cybersecurity



- Security breaches are real, and wireless connections are inherently vulnerable to hacking
 - The NotPetya attack in 2017 [which] caused \$10 billion in corporate losses (WITA)
- 5G is more vulnerable than 4G
 - 5G uses short-range, low-cost and small-cell physical antennas within the geographic area of coverage. Each antenna can become a single point of control. Botnet and denial of service (DDoS) type attacks can bring down whole portions of the network simply by overloading a single node (Forbes)

The world's hackers (good and bad) are already turning to the 5G ecosystem, as the just concluded DEFCON 2019 (the annual ethical 'hacker Olympics') illustrated. The targets of this year's hacker villages included key parts of the 5G ecosystem such as: *aviation, automobiles, infrastructure control systems, privacy, retail call centers and help desks, hardware in general, drones, IoT, and voting machines* (Tom Wheeler) Insurance Companies Won't Insure Against RFR • *The Nation* has not been able to find a single insurance company willing to sell a productliability policy that covered cell-phone radiation. "Why would we want to do that?" one executive chuckled before pointing to more than two dozen lawsuits outstanding against wireless companies, demanding a total of \$1.9 billion in damages. Some judges have affirmed such lawsuits, including a judge in Italy who refused to allow industryfunded research as evidence.

U.S. Alzheimer's Death Rate (per 100,000 people)



https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf

Age-adjusted prevalence of diagnosed diabetes among adults aged 20 years or older, United States, 2004, 2012, and 2019



Data sources: US Diabetes Surveillance System; Behavioral Risk Factor Surveillance System.

https://www.cdc.gov/diabetes/data/statistics-report/diagnosed-diabetes.html

<u>Article Title</u>: Radiofrequency radiation injures trees around mobile phone base stations <u>Quote from article</u>: "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."

Waldmann-Selsam C Balmori-de la Puente, A Breunig H et al., Science of the Total Environment (2016) 572 554-569, DOI: 10.1016/j.scitotenv.2016.08.045

https://www.sciencedirect.com/science/article/pii/S0048969716317375?casa_token=MQA3pRiHm0IAAAAA :Dyxz-gx8Lsdf2aWs9kbmQb7E8Hne11dbc_oUABdB8VgEsLGopSgtz7LubafACe_QQJAWy8RR7w <u>Article Title</u>: Electromagnetic radiation as an emerging driver factor for the decline of insects

<u>Quote from article</u>: "The extent that anthropogenic electromagnetic radiation represents a significant threat to insect pollinators is unresolved and plausible."

Alfonso Balmori, Science of The Total Environment, Volume 767, 2021, 144913, ISSN 0048-9697, <u>https://doi.org/10.1016/j.scitotenv.2020.144913</u>



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Characteristics of Wireless Signals



• What is meant by "wireless" radiation?

High-frequency devices that transmit digital information fall into this category. These devices include: cellphones, cell towers, Bluetooth, baby monitors, smart meters, cordless phones, Wi-Fi (wireless routers) and IoT devices

Wireless (digital) signals send information in bursts (packets). Each spike (burst) in the plot below represents a time interval when a packet of information is being sent. An expanded view of four packet intervals would look something like the plot on the right:





Notes:

1 Hz = 1 cycle/second 1 MHz = 1,000,000 Hz 1 GHz = 1,000,000,000 Hz

1 mWatt = 0.001 Watt

• What are the differences between signals from different wireless devices?

They are all transmitted in high frequency bands (300 MHz to 6 GHz) but frequency varies from device to device

- 5G will extend the upper frequency to around 86 GHz Different device types use different protocols to transmit digital information
 - Generally, devices of the same type (such as cellphone and cell tower) use the same protocol when communicating. Because of this, cellphones and cell towers radiate the same types of signals, although at different powers and different periods of time.

Different device types transmit at different power levels

- Bluetooth & Wi-Fi (up to 100 mWatts)
- Smart Meter (\leq 1 Watt)
- Cellphone (600 mWatts 3 Watts)
- Cell Tower (typically 10 Watts, but can go as high as 50 Watts)

Radiation from all these devices can harm health



What Do Antennas Do to a Cellphone Signal?

An antenna can focus signal energy in a particular direction, just like a flashlight can focus light in a particular direction; it enables the signal to be concentrated in the direction of the user.

An antenna does not change the frequency or information contained in a signal.



Example: top-view of 3 directional antennas (horizontal, or azimuthal, pattern)



Example: side-view of directional antenna (vertical, or elevation, pattern)



Commonly-Asked Questions

• How does power density from an antenna vary with distance? Power density varies as inverse square (Power Density = P_0/R^2)



As reference, assume power density at 1 meter is 1 mW/m²



In this case, distance is equal to fabric thickness (0.2 mm), so $P = > kW/m^2$



If phone is moved to a distance of 0.5 m, $P = 4 \text{ mW/m}^2$



Definitely <u>not</u> a good idea!

What Power Density Is Needed for Cellphone Reception?

(calculated for highest required power density; 2100 MHz)

Notes:

1 μWatt = 1 micro-Watt = 0.000001 Watt

1 nWatt = 1 nano-Watt = 0.00000001 Watt

1 pWatt = 1 pico-Watt = 0.00000000001 Watt

Great Signal (4 to 5 bars)

-50 to -79 dBm or 6.16 to 0.0078 $\mu W/m^2$ or one-millionth of FCC limit

Good Signal (3 to 4 bars)

-80 to -89 dBm or 6.16 to 0.775 nW/m^2 or one-billionth of FCC limit

Average Signal (2 to 3 bars)

-90 to -99 dBm or 616 to 77.5 pW/m² or 0.1 billionths of FCC limit

Poor Signal (1 to 2 bars)

-100 to -109 dBm or 61.6 to 7.75 pW/m^2 or 0.01 billionths of FCC limit

Very Poor Signal (0 to 1 bars)

-110 to -120 dBm or 6.16 to 0.775 pW/m^2 or one-trillionth of FCC limit

How Do FCC Limits Compare Internationally?



The above limits are for 900 MHz; USA limits increase to 10,000 mW/m² at higher frequencies. These limits do not consider modulation.

Frank M. Clegg, Margaret Sears, Margaret Friesen, Theodora Scarato, Rob Metzinger, Cindy Russell, Alex Stadtner, Anthony B. Miller, Building science and radiofrequency radiation: What makes smart and healthy buildings, Building and Environment, Volume 176, 2020, 106324, ISSN 0360-1323, https://doi.org/10.1016/j.buildenv.2019.106324

Electromagnetic-Sensitivity Is recognized by the ADA

By the Center for Electrosmog Prevention, 2019

 The following ADA Accommodations Request Packet may be used by ES (electrosensitivity) sufferers to apply for reasonable accommodations to help avoid RF radiation from "small cells" and wifi *in public government areas*, related to accessibility or any other <u>Title II</u> application. "<u>Title II of</u> <u>the Americans with Disabilities Act</u> applies to State and Local Governments.

Electromagnetic-Sensitivity Is Recognized by Medicare

Medicare Accepted ICD-10 codes

•Billable - W90.0XXA Exposure to radiofrequency, initial encounter

•Billable - W90.0XXD Exposure to radiofrequency, subsequent encounter

•Billable - W90.0XXS Exposure to radiofrequency, sequela

- •Billable W90.1XXA Exposure to infrared radiation, initial encounter
- •Billable W90.1XXD Exposure to infrared radiation, subsequent encounter
- •Billable W90.1XXS Exposure to infrared radiation, sequela
- •Billable W90.2XXA Exposure to laser radiation, initial encounter
- •Billable W90.2XXD Exposure to laser radiation, subsequent encounter
- •Billable W90.2XXS Exposure to laser radiation, sequela
- •Billable W90.8XXA Exposure to other nonionizing radiation, initial encounter
- •Billable W90.8XXD Exposure to other nonionizing radiation, subsequent encounter
- •Billable W90.8XXS Exposure to other nonionizing radiation, sequela

Harvard Report Shows Wireless Industry Using a Playbook Similar to the One Used by **Big Tobacco**

- To ensure its access on Capitol Hill, the wireless industry made \$26 million in campaign contributions in 2016, <u>according to the Center for Responsive Politics</u>, and spent \$87 million on lobbying in 2017.
- The playbook's key insight is that an industry doesn't have to win the scientific argument about safety; it only has to keep the argument going.
 - As recently as 1998, even as evidence of tobacco toxicity grew overwhelming, cigarette maker Phillip Morris was writing newspaper advertorials insisting there was no proof smoking caused cancer: page 20 of Harvard Report

CTIA Sues Berkeley, CA Over Ordinance Requiring Retailers to Warn Cellphone Users

Berkeley Ordinance: "To assure safety, the Federal Government requires that cell phones meet radio frequency (RF) exposure guidelines. If you carry or use your phone in a pants or shirt pocket or tucked into a bra when the phone is ON and connected to a wireless network, you may exceed the federal guidelines for exposure to RF radiation. This potential harm is greater for children. Refer to the instructions in your phone or user manual for information about how to use your phone safely."

Similar information is contained in all cellphones or in their manuals -For iPhone, go to Settings/General/Legal & Regulatory/RF Exposure

A federal judge <u>ruled in favor</u> of a wireless communication trade group five years after they claimed the city of Berkeley's law that required retailers to warn customers about cellphone radiation violated their First Amendment rights. *July, 26, 2021*

Verizon Acknowledges the Risks of Wireless Radiation to its Shareholders

From page 17 of Verizon's 2022 10-K Report:

 "...our wireless business also faces personal injury and wrongful death lawsuits relating to alleged health effects of wireless phones or radio frequency transmitters. We may incur significant expenses in defending these lawsuits. In addition, we may be required to pay significant awards or settlements."



"Doubt is our product since it is the best means of competing with the "body of fact" that exists in the minds of the general public. It is also the means of establishing a controversy." Tobacco executive (22) in Doubt is Our Product by David Michaels

"Doubt is our product"

• Carlo's October 7, 1999, letters to wireless-industry CEOs are the smoking-gun equivalent of the November 12, 1982, memo that M.B. Glaser, Exxon's manager of environmental-affairs programs, sent to company executives explaining that burning oil, gas, and coal could raise global temperatures by a destabilizing 3 degrees Celsius by 2100. For the tobacco industry, Carlo's letters are akin to the 1969 proposal that a Brown & Williamson executive wrote for countering anti-tobacco advocates. "Doubt is our product," the memo declared. "It is also the means of establishing a controversy...at the public level."

Wireless Communications in General, and 5G in Particular, Is Not "Green"

- The digital informationcommunication-technologies (ICT) industry already emits three percent of global greenhouse gases (GHGs), making its footprint much higher than aviation's two percent of global GHG emissions (link)
- 5G is "set to carry many more bits over more cell sites powered by energy-hungry Massive MIMO antennas, so 5G-era operators could face up to 2-3 times higher energy costs versus 4G" (link)



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Insurance Companies Won't Insure Against RFR

 The Nation has not been able to find a single insurance company willing to sell a product-liability policy that covered cell-phone radiation. "Why would we want to do that?" one executive chuckled before pointing to more than two dozen lawsuits outstanding against wireless companies, demanding a total of \$1.9 billion in damages. Some judges have affirmed such lawsuits, including a judge in Italy who refused to allow industry-funded research as evidence. Property Values Decrease near Cell Towers

- "Cellphone towers bring extra tax revenue and better reception to a section of the city, but many are skeptical because of the potential health risks and the <u>impact on property values</u>. Increasing numbers of people don't want to live near cell towers. In some areas with new towers, property values have decreased by up to 20%."
- "If your home is near a cell antenna, the value of your property is going down at least 4 percent. Depending on the size of the tower and the proximity, it is going down 10 percent." <u>Andrew</u> <u>Campanelli</u>
- <u>The Impact of Cell Phone Towers on House Prices</u> <u>in Residential Neighborhoods</u> study found that buyers would pay as much as 20 percent less, as determined at that time by an opinion survey in addition to a sales price analysis.

<u>Note</u>: the studies linked above are not from peer-reviewed journals

<u>Article Title</u>: Low intensity microwave radiation induced oxidative stress, inflammatory response and DNA damage in rat brains <u>Quote from article</u>: "In conclusion, the present study suggests that low intensity microwave radiation induces oxidative stress, inflammatory response and DNA damage in the brain by exerting a frequency dependent effect."

Megha K, Deshmukh P, Banerjee B, et al., NeuroToxicology (2015) 51 158-165,

https://DOI: 10.1016/j.neuro.2015.10.009

Article Title: Exposure to non-ionizing electromagnetic fields emitted from mobile phones induced DNA damage in human ear canal hair follicle cells <u>Quote from article</u>: "Results of the study showed that DNA damage indicators were higher in the RFR exposure groups than in the control subjects. In addition, DNA damage increased with the daily duration of exposure."

Mehmet Akdag, Suleyman Dasdag, Fazile Canturk & Mehmet Zulkuf Akdag (2018), Electromagnetic Biology and Medicine, 37:2, 66-75, DOI: <u>10.1080/15368378.2018.1463246</u> Article Title: Exposure to Global System for Mobile Communication (GSM) Cellular Phone Radiofrequency Alters Gene Expression, Proliferation, and Morphology of Human Skin Fibroblasts <u>Quote from article</u>: "These findings show that these electromagnetic fields have significant biological effects on human skin fibroblasts."

Stefania Pacini, Marco Ruggiero, Iacopo Sardi, Stefano Aterini, Franca Gulisano, and Massimo Gulisano, Oncology Research, 2002, Vol. 13, pp. 19–24

DOI: 10.3727/096504002108747926

https://pubmed.ncbi.nlm.nih.gov/12201670/

Article Title: Radiation and Male Fertility

Quote from article: "From currently available studies it is clear that radiofrequency electromagnetic fields (RF-EMF) have deleterious effects on sperm parameters (like sperm count, morphology, motility), affects the role of kinases in cellular metabolism and the endocrine system, and produces genotoxicity, genomic instability and oxidative stress."

Kesari et al., Reproductive Biology and Endocrinology https://doi.org/10.1186/s12958-018-0431-1, (2018) Article Title: Association of Exposure to Radio-Frequency Electromagnetic Field Radiation (RF-EMFR) Generated by Mobile Phone Base Stations with Glycated Hemoglobin (HbA1c) and Risk of Type 2 Diabetes Mellitus <u>Quote from article</u>: "The findings of this study show that the students who were exposed to high RF-EMF had significantly higher HbA1c than the students who were exposed to low RF-EMF."

Meo SA, Alsubaie Y, Almubarak Z, Almutawa H, AlQasem Y, Hasanato RM., Int J Environ Res Public Health. 2015;12(11):14519-14528, Nov 13, 2015 doi:10.3390/ijerph121114519

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4661664/

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https://www.sciencedirect.com/science/article/pii/S0048969716317375?casa_token=MQA3pRiHm0IAAAAA :Dyxz-gx8Lsdf2aWs9kbmQb7E8Hne11dbc_oUABdB8VgEsLGopSgtz7LubafACe_QQJAWy8RR7w <u>Article Title</u>: Electromagnetic radiation as an emerging driver factor for the decline of insects

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