Safety of radiofrequency gadgets: What does the research say?

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Abstract:

Rapidly increasing use of radiofrequency (RF-EMF) emitting devices by children has increased the need for parents and professionals to know how to reduce children’s exposure. The development of myelin (the central nervous system’s electrical insulation) and some normal and abnormal electrical brain activity will be outlined to put the research being presented into context. Following each, will be a summary of what the research says about RF exposure and electrophysiology (brain electrical activity) and RF-EMF effects on myelin, and some implications.

Research on associations between cell phone use and headaches and cognition (reaction time and accuracy) will be followed by findings about mobile phone use in school.

Reducing RF-EMF exposure is rather easy by increasing one’s distance from transmitting devices. This is due to the inverse square law. Other easy ways to reduce RF exposure will be presented.

There is enough evidence of biophysiological and wellbeing effects to warrant taking steps to minimise young people’s exposure to RF-EMF.