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Open letter to GP and other Medical Colleagues

Dear Colleague,

Electrosensitivity / Electromagnetic Sensitivity

This letter is probably being passed to you by one of your patients, for informational purposes. Thank you for spending a few moments to read it. I write as a medical colleague, trained at Guy's Hospital, and a Somerset GP since 1989. I have served on our Somerset Local Medical Committee, and currently am a GP Patient Safety Lead at NHS Somerset, a GP Appraiser and teacher of medical students. My particular interest is Health and Emotional Well Being, including Physician Health.

Electrosensitivity is an invisible, but very real problem for many people, and manifests in many ways. It is caused by the interaction of artificial electromagnetic fields with biological systems, both from field effects from cables and appliances, and from transmission effects from transmitting technology. Mechanisms are thought to include calcium efflux from cells, interference with the blood-brain barrier, general sympathetic upregulation, and interference with free radical pair recombination amongst others.

A number of my patients have symptoms and illnesses which have been caused by exposure to electromagnetic fields, and which have been relieved by avoidance of the same fields. Examples are a 22 year old whose headaches and tiredness were abolished and sleep pattern improved after moving her mobile phone on charge away from the bed, removing the mobile from her body space by day, and switching off other electrics; a 78 year old whose headaches so concerned me that blood tests, an MRI and neurology opinion were sought (both normal) – his symptoms disappeared after switching off his home wifi hub router and cordless phone; a 64 year old very fit man who had noticed 4 months of decreased vitality and increased irritability – both reversed after changing the wireless router to a wired one; a 40 year old and a 60 year old whose headaches disappeared (one) and migraines substantially reduced (the other) after removing cordless phones from the bedroom. Another adult has had tingling of face and muzzle area, and loss of ability to speak and think fluently when near a wifi router, whilst a child had a prolonged feverish illness for several weeks after a viral illness, which coincidentally completely resolved when transmitting wifi, baby alarm and cordless phones were removed from the house (ie failure to recover normally and rapidly from a viral illness). Diagnosis in all of these cases is mainly on history, supported in some by the use of an Electrosmog Detector.

Other symptoms that more sensitized people can develop include headaches, fatigue, poor sleep patterns, altered sensation and tingling, irritation and rashes, earaches and unsteadiness, confusion and difficulty in memory, aches and numbness, mood swings, faintness, tremors and restless legs, and other sensitivities.

I have observed all the above in patients that I have seen, and suspect that the problem is far more widespread than is recognized. Please note, the above are all short term effects – the jury will be out for some time on long term effects, though we already know the correlation between EM fields and childhood leukaemia, whilst there is increasing evidence linking dementia with EM Fields. During the Cold War microwaves were used as offensive tools to cause ill health.

Because of my interest, I have become a trustee of the charity ES-UK (www.es-uk.info). This has given me the opportunity to meet many people whose lives have become a misery because of the severity of their problems, and who have had to take all sorts of measures to avoid exposure to EM fields. I am convinced that this is very real, but under-recognized problem. Regulatory and safety levels and information provided by the Health Protection Agency and ICNIRP may be lagging the developments in research and the harms occurring. Meanwhile the Council of Europe has recommended caution in the roll-out of transmitting technologies (wifi etc), especially in schools and the World Health Organisation's International Agency for Research into Cancer has reclassified transmitting technologies as a Class 2b possible carcinogen (instead of having no potential for harm). The UK Government and industry are committed to the rollout of Smart Meters and wifi coverage without appreciating the increasing number of people affected.

There is now a considerable amount of good scientific research on the matter world wide, and the area deserves urgent investigation – however, research always lags the appearance of the problem in susceptible individuals – so we should all heed the precautionary principle advised by Sir William Stewart of the Stewart Inquiry. We are seeing a developing picture – possibly the patient who has asked you to read this is one of the “canaries” in the coal mine (Canaries were used to detect carbon monoxide, dioxide and methane, as they were affected before the miners were). The incidence is not certain, but some reports show 3-5% moderately affected, less than 1% severely – but possibly 20% slightly affected. I myself am moderately affected.

Treatment is problematic – but essentially includes avoidance of EM fields as much as possible, as well as nutritional support, and antihistamines for rashes and irritation. It will certainly be a developing field to help the many people affected.

It took a long time for adverse effects to be noted from tobacco, from lead in petrol, and from asbestos – and the relevant industries were not exactly helpful in admitting the possibility of any problems. Expect to see lots of lobbying that rubbishes the helpful factual information such as on the websites noted below – even though Michael Bevington's book alone has 828 references.

Please take your patient seriously – you may be the first doctor in your area to diagnose and support in this new field of illness – and you may have other patients who are helped – by you!

Thank you for reading this.

With good wishes,

Andrew Tresidder

Resources:

www.es-uk.info and www.powerwatch.org.uk have a good deal of useful information as does the Bristol University site from Prof Denis Henshaw www.electric-fields.bris.ac.uk

The Powerwatch Handbook by Alasdair and Jean Philips (Amazon) is recommended, as is

www.emfields.org/library/index.asp

www.electromagneticman.co.uk

www.electromagneticman.co.uk/are-you-at-risk/the-es-test

Electromagnetic Sensitivity by Michael Bevington – an excellent overview with 828 scientific references from ES-UK, BM Box ES-UK, London WC1N 3XX for £10

Dear Practice Manager,

Please can you disseminate this letter and the enclosed information to the General Practitioners at your surgery.

Enclosed is important information regarding Electro-Sensitivity (ES). This information is to help you recognize ES, and to educate and support your patients regarding causes and symptom management.
Causes of ES

ES is a condition which can develop when people are exposed to everyday levels of artificial electromagnetic fields from mobile phones, phone masts, Wi-Fi, DECT, TETRA communications systems, smart meters, power lines, computers and other electrical appliances, either on their own or in combination.

Numbers affected

ES affects 3-5% of the UK population. As technologies have increased the numbers have risen and continue to do so.

Common symptoms

Symptoms range from mild to severe. Some symptoms may be managed by avoiding exposure. Please see enclosed information for further details.

Common symptoms include: severe headaches, insomnia, cognitive dysfunction, cardiac palpitations, fatigue, skin disorders & burning sensations, digestion, tinnitus, earache, sensitivity to chemical products, muscle & joint pains, severe & mild anxiety/depression.

Recognition as a functional disability

Based on contemporary scientific research, other countries (e.g. Canada, Sweden and the USA) now recognize the functional disability caused by this condition.

The organization ES-UK provides practical information and support to sufferers. Their website www.es-uk.info also gives a list of some research references.

Yours sincerely

Is Electromagnetic-pollution making you ill?

Problems & links to solutions

Some of the symptoms affecting more and more people:

- **Sleeping difficulties - Irritability - Chronic fatigue – Allergies**
- **Muscle aches/ weakness – Headaches - Nose bleeds – Nausea Dizziness - Flu like symptoms – Tinnitus - Depression**
- **Sensitivity to chemical products - Blurred Vision**
- **Burning, itchy or tingly red skin - Short-term memory loss**
- **Inability to concentrate - Behavioural problems in children Cancer - Heart attacks & strokes – Autoimmune diseases.**

Electromagnetic Pollution within the Home

Electromagnetic pollution is associated with some of the increased cases of cancers, brain tumours, autism, childhood leukaemia and Alzheimer's. A sudden rise among children aged below 15 years who suffer brain tumours is alarming news. Other diseases are linked to Electromagnetic Fields [EMF's] and exposure can deplete our immune system.

Multiple Chemical Sensitivity is on the increase and some victims are also electrosensitive. Those who are not electro or chemically sensitive or suffering tinnitus type conditions are perhaps less inclined to take seriously the daily hell victims endure. Many experience excruciating pain and sleep deprivation and unable to escape to a safe haven. In addition, perhaps having to endure family and close friends who fail to understand their condition. Maybe believing the medic's regular diagnosis, "*It's all in the mind*" and likely refer them to psychiatrists. Neither receives training along these lines of investigation and drugs are the last thing sufferers need. Suicides are on the increase for all these reasons.

Electrosensitivity can be attributed to any electrical sources or any wireless communication devices. These include Power lines, Sub stations, Appliances, Mobile phones, Wi-Fi, Digital Cordless phones, [DECT] Baby alarms, Burglar alarms, Toys, and Smart meters.

Protests often occur over the growing number of mobile base station antennas mounted close to residential properties & schools, but symptoms attributed to exposure from electrical equipment and communication devices inside buildings can be *far greater* than those entering buildings, home, school or workplace from communication masts.

Our need to be wireless also affects neighbours, pets and wildlife in the garden. It was demonstrated that electrosmog is destructive to the honeybee. During one of our experiments, bees leaving a hive became disorientated after a DECT base station was placed 1 metre away from the hive and switched on for only 5 minutes. When switched off, the bees returned to normal activity shortly afterwards. During very long periods of pollution, other research teams found that bees never returned to the hive.

Digital Enhanced Cordless Phone [DECT]

DECT's produce powerful microwave radiation from their base units 24/7 even when not in use. DECT signals easily travel into adjacent buildings & gardens and can be physically detected by those sensitive to this damaging radiation.

Wi- Fi also called Wireless LAN [wLan]

Wi-Fi allows computers to link to the Internet wirelessly through local area networks which like DECT acts like a mobile phone mast inside the home, pulsing 24/7. Hubs can radiate microwaves even when the Wi-Fi mode is switched off.

Moreover, it is not simply a question of the power level from one device, but the total power emitted from all other units in the home, classroom, or workplace. Not forgetting transmissions from nearby cell phone, TETRA and Wi-Fi masts penetrating the building or radiation from neighbour's devices.

Digital Wireless Baby Monitors

Digital Enhanced Cordless Telecommunications [DECT] is the standard used for many baby monitors & can emit radio frequency fields of 6-volts/per metre, or twice as strong as those found 100 metres away from a mobile phone mast. For comparison, the maximum recommended 2002 Salzburg indoor level for GSM is just 0.02 volts per metre. Such monitors are certainly not safe when placed 1 metre or more from the child as some suppliers suggest. Digital technology, due to its 'pulsed' nature seems to be more harmful at lower levels of power than the older analogue technology. Wireless games [Wii and Xbox] also emit microwaves.

Understandably, babies or young children are at more risk than adults from any form of pollution, especially electro-pollution! Children have no choice; you make the choice for them. Therefore, isn't it better to play safe now than regret it later? The French Government has banned mobile phones in some public buildings and schools.

Energy-saving CFL bulbs & fluorescent tubes

The EU ban on incandescent lamps may leave hundreds of thousands of vulnerable sick & disabled people in the UK unable to safely use electric light in their homes. Light sensitivity can arise from a range of health conditions, including the genetic disorder Xeroderma Pigmentosum (XP), the auto-immune disease lupus, forms of eczema and dermatitis, photosensitivity, ME, electrosensitivity and many more. Some common symptoms are severe stinging, burning and itching of the skin, along with red rash. CFLs each contain 5 milligrams of mercury and when broken present a health hazard. Vast numbers will be dumped on landfill sites, risking the contamination of future water supplies. Decision makers are seemingly lacking knowledgeable foresight.

Wireless 'smart' meters

The plan is to replace the present electric and gas meters in every home and business in the UK with smart meters under pretext they save energy and money. In fact, costs in the USA and Australia have risen after meters were installed. Soon after wireless smart meters were installed in the USA people reported headaches, insomnia, nausea, and dizziness, glaucoma, and heart palpitations. As with the case from other EMF sources, these regular transmissions from wireless smart meters are particularly harmful and more likely to lead to DNA damage, cancer and autism. A smart move for Industry – not so smart for users.

What you can do to protect yourself and your family

Whenever possible go back to a wired connection, no wires always mean that the signal must travel through the air and in most cases this will be a microwave transmission. Does the 'convenience' of no wires make up for the threat of future serious health problems?

Electro pollution continues rising above levels which were quite unimaginable, say twenty years ago. 50Hz systems from overhead/underground cables and transformers to mains operated electrical appliances and wiring produce pollution in several ways. It includes RF radiation from radar, tetra, broadcast antennas, mobile communication systems and more.

Few people realise we have a medical profession that receives no training in this area of investigation and who simply follow Government guidelines. Most scientific organisations are supported by Government, industry or both; whistle blowers are dismissed, whilst Governments, industry and those institutions under their control find it in their own interest to ignore many thousands of scientific and medical research papers. A large number written by the world's top scientists in this field for more than five decades of research, showing all biological systems can indeed be damaged by electromagnetic fields and chemicals.

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