



Approaching your GP to report electrosensitivities and seek a medical opinion of risk of harm to your health from continued exposure to non-ionising electromagnetic radiation.



Get Prepared

Medical doctors and health professionals have a duty of care. However, most health professionals may not be familiar with the health risks associated with non-ionising electromagnetic radiation (EMR) emitted from everyday sources of wireless devices and cell towers. Before your appointment, get prepared and gather credible scientific studies and information. You could choose to send your GP this information to read at least one week prior to your appointment. If you are a SEEN member ask us about the GP Info-Pack.



First Appointment

Take 1-2 printed hand-outs with you to leave with your doctor at your first appointment to solicit their attention. For example, the BioInitiative 2012 and Summary for Public and Conclusions Table 1.1 (<https://bioinitiative.org/>). Check our website for more scientific studies. State your claim of risk to your health, and discuss with your doctor the sources of wireless radiations, and your symptoms.



Ask for a Medical Opinion

Request a written medical opinion from your doctor as to whether EMR emissions are safe or not and whether your fears of risk to your health are valid. Refer to SEEN website for examples of medical opinion letters to give to your GP or use our GP Proforma and ask your doctor to complete.



Request a Follow-up appointment (if required)

Request a follow-up appointment in 2 weeks time (if required) to collect your medical opinion letter. If your GP cannot help you, ask for a referral to a specialist medical practitioner that regularly sees patients with electrosensitivities.



Follow-up Appointment

So, at your follow-up appointment, you would like to follow-up:

- A.** Your doctor's medical opinion that supports your concerns and risk of harm to your health.
- B.** Obtain a medical opinion in writing in the form of a letter (preferred outcome) OR a completed GP Proforma.
- C.** If your GP is unable to provide you with a medical opinion, or it's outside the scope of their professional practice, ask for a referral.



Medical Opinion Letter

The letter from your doctor, should ideally include their medical expert opinion to validate your claim of fear of harm and risk to your health. Remember, you are not seeking a diagnosis of Electrohypersensitivity.

The letter, should ideally include:

A brief summary of your consultation with your doctor:

- Stating your fear of harm and risk of harm to your health.
- Identifying the RF emissions source(s) in your everyday environment.
- Your health circumstances, health conditions,
- Any presenting symptoms,
- The doctor's expert medical opinion based on the credible peer reviewed scientific evidence that supports your claim
- Recommendations to mitigate the RF emissions (the Precautionary approach).



Keep all Correspondence

It is important to keep all correspondence and medical tests as evidence in the event that you wish to object to a Mobile Phone tower or small cell installation or object to other emitters (e.g. Wi-Fi in schools or workplace).

If you are following Broomhall Legal Protocol, then obtaining a medical opinion letter is a requirement. To learn more about the Broomhall Legal Protocol contact SEEN.

OUR RELATED RESOURCES:

- [InfoSheet: A guide for GP Appointments](#)
- [GP Pro-forma](#)
- [GP Info-Pack](#)
- [EMR Legal Preparation Checklist](#)
- [EHS Support Group](#)

*Some resources are available to SEEN Members only.

