

IS ELECTROMAGNETIC RADIATION MAKING YOU SICK?

As public exposure to non-ionizing electromagnetic radiation (EMR) is increasing, people are becoming sensitive to EMR emissions. This condition is known by many different labels including Electromagnetic Hypersensitivity (EHS) and Microwave Sickness.

This guideline for differential diagnosis of unspecific stress related health problems associated with EMR exposure may serve to help you and /or your health professional recognize and treat symptoms potentially improving your quality of life.

In the last 30 days how often have you experienced the following symptoms?

SYMPTOMS	NEVER	RARELY	SOMETIMES	OFTEN	VERY OFTEN
Headaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep problems/ Fatigue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ear noises/ Tinnitus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blood Pressure Problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restlessness/Tension	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burning/Tingling Sensations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Noise Sensitivity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty Concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart Palpitations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Forgetfulness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muscle Tension	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Does symptom onset coincide with EMR exposure?

For the full diagnostic guidelines please visit

<https://www.magdahavas.com/wp-content/uploads/2012/06/Austrian-EMF-Guidelines-2012.pdf>



ASSESSMENT OF EMR EXPOSURE AT HOME AND WORK

These questions may be used to determine the relationship between symptom onset, prevalence and EMR exposures at home and work.

1. Do you use a cell phone at home or at work?

How long have you been using it (years/months)? _____

How much do you use it to make calls per day (hours/minutes)? _____

Have you noticed any relation to your health problems?

2. Do you have a cordless phone (DECT base station) at home (H) or at work (W)?

How long have you had it (years/months)? _____

How much do you use it to make calls per day (hours/minutes)? _____

Have you noticed any relation to your health problems?

3. Do you use wireless internet access (WLAN, WiMAX, UMTS) at home (H) or at work (W)?

If yes, how long have you been using it (years/months)? _____

How much do you use it per day (hours/minutes)? _____

Have you noticed any relation to your health problems?

4. Is there a cell tower (mobile phone base station) near your home (H) or your workplace (W)?

If yes, how long has it been there (years/months)? _____

At what distance is it from your home/workplace? _____

Have you noticed any relation to your health problems?

5. Are there any power lines, transformer stations or railway lines near your home (H) or your workplace (W)?

If yes, for how long are you exposed to them per day (hours/minutes)? _____

Have you noticed any relation to your health problems?

6. Do you use Bluetooth devices in your car?

If yes, how long have you been using them? _____

Have you noticed any relation to your health problems?

Think you may have symptoms? The best treatment is to prevent exposure by taking care to reduce or eliminate all sources of EMR if possible. This can be done by turning off your W-Fi, or choosing to hardwire your internet connection; using your mobile phone on SPEAKER PHONE and avoiding EMR hot spots such as locations close in proximity to cell phone towers.



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