

Cell Phone Users 240% More Prone to Brain Tumors



A new Swedish study indicates that mobile phone use can raise the risk of brain tumors. In the study, 2,200 cancer patients, and an equal number of healthy control cases, were examined for mobile phone use. Among the cancer patients, about a tenth of the nearly 1,000 with malignant brain tumors were also heavy mobile phone users. Heavy use was defined as 2,000 or more hours, or about 10 years' use at one hour per day.

Brain cancer patients also showed a significant increase in risk of tumor for the side of the head where they generally used the mobile phone. The researchers who conducted the study said that the figures demonstrate a 240% increased risk of a malignant tumor on that side of the head.

[Wired News](#) March 31, 2006

[ZDNet](#) March 31, 2006



Each cell within your body is like an antenna - an exquisitely sensitive receiver and transmitter of electro-magnetic radiation. Each cell phone tower emits its signal in "lobes" - a circular "flower petal" pattern with a limited radius that spans 360 degrees around the tower. Communication satellites and towers are everywhere continually exposing you, and your family -- 24 hours a day and 7 days a week -- to potentially dangerous low levels of radio frequency radiation. How

concerned should you be?

Dr. Mercola's Comment: Still skeptical about the dangers of using [cell phones](#)? You may want to reconsider, based on the finding of this latest study.

I have run many articles detailing the studies that expose how cell phones can wreak havoc on your brain by exposing it to harmful radiation. In addition to a Swedish study, I would also encourage you to review an article that was published in Lancet several years ago. You can review [an extensive summary of that article](#) or you can [go to the journal directly](#) and obtain the information.

Do you really want an [acoustic neuroma \(tumor\)](#) growing inside your head? If you are fortunate enough to avoid nervous system malignancies then how will you contend with the [cellular damage](#) these mobile phones cause?

I previously advised complete abstinence from cell phones, but now I recommend very cautious use to reduce your risk of damage. If you ever took physics there is a good chance that you understand that radiation decreases exponentially as you move away from an object.

So, one of the best solutions you can do is to put distance between yourself and the cell phone with a speaker phone or a hands-free device. This was also the advice given by the Swedish researchers.

Without a doubt I would highly advise purchasing a cell phone with the speaker feature and use it as much as possible. Some people prefer more privacy and for those circumstances you will want to consider using a headset.

To my utter dismay, though, very few people accept this. How do I know? I frequently see many people that are fanatic about health, and pay careful attention to their diets - yet they do not use headsets. Folks, you would be surprised to know, but this includes not only most of my staff but also many of the top health experts across the country. The problem is this: The radiation is unseen, and, therefore, assumed to be harmless. Many believe that the dangers of radiation connected with cell phone usage is still unproven. To me this is living in denial - just as many smokers did prior to the overwhelming convincing evidence that smoking does indeed cause cancer. CNet recently ran a story on the [amazing parallels between the cell phone and tobacco industries.](#)

The first step in protecting yourself is to put some distance between you and the headset. Any headset is better than no headset, so if you have one use it. I have examined this issue, though, and many experts are concerned that the radiation will travel down the headset wire to your head.

Second - Purchase an EMF reduction device that attaches to your cell phone. This also applies to your computers and TV monitors.

Third - Make a conscious effort to minimize your cell phone usage.

Last, but certainly not least - It is not the brightest idea in the world to talk on your cell phone while you are driving. A 1997 New England Journal of Medicine study showed that talking on your cell phone while driving increases your risk of death by 400 percent!!! Since car accidents are the number one cause of death for most of us, why risk it? Please understand this statistic is unrelated to having a hands-free operation; however, in my opinion, even if you aren't dialing, you are at risk because your focus and concentration is still not on the road, but on the phone call you are engaged in.

After all, you need to be careful out there on the roads, and protect yourself from all the temporarily unconscious people who refuse to heed the warning about driving and talking on their cell phones. I'm not aware of any studies on this, but I would bet there are a large number of accidents in which both parties were talking on their cell phones.

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