

ElectroSensitivity UK

www.es-uk.info

Electrosensitivity? What's that?

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Electrosensitivity (ES) is a condition which can develop when people are exposed to things like mobile phones, mobile phone masts, powerlines, substations, computers, WiFi wireless networks, domestic wiring, DECT cordless phones and other household appliances.



What are the symptoms of ES?

Electromagnetic fields (EMFs) are produced by electrical and wireless appliances in homes and workplaces and outside in our everyday environment. These EMFs are what can provoke ES. The most common symptoms are head/ear pain when using a mobile phone, redness and burning on the face or arms when using a computer or headaches and sleep disruption when living near a mobile phone mast, sleeplessness, lethargy, even miscarriages and depression living near powerlines. Other symptoms include skin tingling, burning sensations, concentration and memory problems, muscle and joint pains, cardiac palpitations, fatigue, irritability and erratic high blood pressure.

Unfortunately, ES is usually progressive and over time the sufferer may become sensitive to a wider range of frequencies and/or their reactions may become more severe, or they may begin to react to chemicals or develop food allergies.

When, because of EMFs around you, you can no longer go to work, use a computer, watch television, go to the shops, go out in a car, or even use a telephone, your lifestyle becomes very restricted. Often family, friends, GPs do not believe your symptoms can be caused by the modern technology we all take for granted. They suggest it is 'all in the mind' and your GP may even refer you to a psychiatrist. It is hard for the sufferer not to believe they are indeed going mad.

Who develops ES? What happens to them?

Anyone can develop electrical sensitivity, at any age, it is impossible to predict. We estimate that about 5% of the UK population suffer quite badly from electrical sensitivity. That is more than 2,000,000 people. Increasingly, it is our children who are being made to suffer.

Many adults lose their jobs when they can no longer tolerate modern work environments. Some have to move home, though getting away from substations and mobile phone masts is not an easy task. A few become so sensitive that they have to live without electricity altogether. Social isolation and lack of access to basic services can become a major problem. GPs and other medical professionals have no training in recognising or treating ES. So many schools have installed WiFi that many of our children are developing behavioural and learning problems that are robbing them of their education, and may be disrupting the education of others. Internet access can easily be achieved with wired networks. Our children can have modern technology without the health side effects of WiFi.

Are powerlines, substations, mobile and cordless phones, phone masts and WiFi networks safe?

Hundreds of scientific studies show increased risk of cancer, depression, Alzheimer's disease, leukaemia, brain tumours, fertility problems, miscarriages and damage to DNA as a result of exposure to EMFs from powerlines, masts, mobile and DECT phones.

Why doesn't the government do something?

The government follows outdated advice that only protects the general public from acute effects such as electric shocks and being cooked. The exposure guidelines are not meant to protect us from the chronic effects such as those listed above. The government advised by the HPA, seems to be influenced more by commercial interests and tax revenues than the wellbeing of those who are sensitive to environmental pollutants.

What is being done about ES?

In Sweden, ES is treated as a disability. People with ES can get grants to adapt and shield their homes. Employers make changes to the work environment for employees with ES. Mobile phone-free zones have been introduced on the Stockholm and Salzburg public transport systems. In America houses cannot be built close to powerlines.

There is unfortunately widespread ignorance of ES among GPs and public bodies in the UK, despite the evidence, because of the reluctance to question official policy and the influence of commercial interests.

Where does ES-UK come in?

The aims of the ES-UK charity are:

- To promote and protect the physical and mental health of sufferers of electrosensitivity in the United Kingdom through the provision of support, education and practical advice.
- To advance the education of the general public in all areas relating to electrosensitivity.

ES-UK is independent of Government and commercial interests. Our Trustees are people who have had experienced the problems of living with electrical hypersensitivity or who have supported people suffering from this disability for many years.

What does ES-UK do?

- ES-UK runs a helpline to support people with ES, their friends and family, to ensure there is a sympathetic ear to hear individual's experiences and to offer information and practical help, where possible.
- We have information on ES, what it is, and what you can do about it, to enable you to improve your health and persuade others, including your medical contacts, of the reality of your condition.
- We maintain an up to date library of scientific research into ES.
- We have an interactive forum on the website for those people who can use computers, to share experiences and what has helped.
- We send out a bi-monthly newsletter keeping people informed about people's experiences, tips from sufferers about what helps them; information about ES in the workplace and at home; national and international news including new research.
- We do our best to encourage changes in medical opinion about ES, and to lobby for political change re: exposures, appropriate housing, work adaptations and benefits.

Contact

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ES-UK is an independent charity Registered No. 1103018

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