

## At your own risk

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This blessing of the modern age is not free from the curse of causing you harm. A wonder gadget in the form of a cell phone is fraught with some great dangers which we must know, writes Muhammad Zulqarnain Zulfi

One of the most common sights we see these days is that of people with their Cell (mobile) phones next to their ears. A boon for better communication, cell phone usage nonetheless has many health hazards. Various studies indicate that the emissions from a cell phone can be extremely harmful, causing genetic damage, tumors, memory loss, and increased blood pressure and weakening of the immune system. This is alarming information, and one has to take into account all these factors.

Though there is no evidence of cell phones causing cancer or any such illness, but the suspicion, or fear of the same is not baseless either. The electromagnetic radiation from cell phones does have a potential link to cancer. The fact that this radiation is invisible, intangible, and enters and leaves our bodies without our knowledge makes it even more intimidating.

### Possible Hazards:

Two minutes of exposure to emissions from mobile phones can disable a safety barrier in blood causing proteins and toxins to leak into the brain, could increase chances of developing Alzheimer's multiple sclerosis and Parkinson's. (Scientists at Sweden's Lund University). Scientists say exposure to the phones' low-level radiation causes red blood cells to leak hemoglobin and can lead to heart disease and kidney stones. Recent studies suggesting a link between cell-phone use and brain tumors, and the possibility that the microwaves could ignite petroleum fumes at gas stations. A cell phone unit, or communications tower, has so many of thee radiation emanating gadgets. This can be a problem for its immediate environment. Two minutes of exposure to emissions from mobile phones can disable a safety barrier in blood causing proteins and toxins to leak into the brain, could increase chances of developing Alzheimer's multiple sclerosis and Parkinson's. (Scientists at Sweden's Lund University) Scientists say exposure to the phones' low-level radiation causes red blood cells to leak hemoglobin and can lead to heart disease and kidney stones. Recent studies suggesting a link between cell-phone use and brain tumors, and the possibility that the microwaves could ignite petroleum fumes at gas stations. A cell phone unit, or communications tower, has so many of thee radiation emanating gadgets. This can be a problem for its immediate environment.

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## Specific Health Concerns

### Cancer / Tumors:

Studies have been conducted suggesting that rats that have been exposed to microwaves similar to the sort generated by mobile phones but more powerful, showed breaks in their DNA which could indicate an adverse effect. Also, mice exposed to radiation for 18 months developed brain tumors. Though of course, these studies are not concrete proof.

### Blood Pressure:

It was observed that people using cell phones were prone to high blood pressure. Again, there isn't any concrete evidence of the same. It was observed that people using cell phones were prone to high blood pressure. Again, there isn't any concrete evidence of the same.

### Pregnancy

A study at the University of Montpellier in France was carried out on 6000 chick embryos and suggested that the heavily exposed chick eggs were five times less likely to survive than the control group. This study raised questions about possible effects on pregnant women but it has not yet appeared in peer-reviewed scientific literature or been reproduced, so its findings are difficult to assess.

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### Headaches, Heating Effects, Fatigue

A study brought out that longer the people used mobile phones; the more likely they were to report symptoms such as hot ears, burning skin, headaches and fatigue. The study did not include a control group (that is people who do not use mobile phones, to make a comparison); therefore the symptoms reported could have been caused by any number of other factors in the mobile phones users' environment, such as working with computers, stress, driving or reading. A study brought out that longer the people used mobile phones; the more likely they were to report symptoms such as hot ears, burning skin, headaches and fatigue.

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--To be concluded

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