

**MEMORANDUM E NOTICIAS DE PRENSA da “importante advertencia de precaución sobre o uso del teléfono móvil” realizada polo Director do Instituto Oncolóxico da Universidade de Pittsburgh e dos Programas dos Centros Oncolóxicos dos UPCM, Ronald B. Herberman, aos aproximadamente 3.000 membros de dita institución.**

Acceso ao documento en: [http://www.post-gazette.com/downloads/20080722upci\\_cellphone\\_memo.pdf](http://www.post-gazette.com/downloads/20080722upci_cellphone_memo.pdf)

## **MEMORANDUM**

**TO:** UPCI Faculty and Staff

**FROM:** Ronald B. Herberman, MD

**SUBJECT:** Important Precautionary Advice Regarding Cell Phone Use

**DATE:** July 21, 2008

Recently I have become aware of the growing body of literature linking long-term cell phone use to possible adverse health effects including cancer. Although the evidence is still controversial, I am convinced that there are sufficient data to warrant issuing an advisory to share some precautionary advice on cell phone use.

An international expert panel of pathologists, oncologists and public health specialists, recently declared that electromagnetic fields emitted by cell phones should be considered a potential human health risk<sup>1</sup>. To date, a number of countries including France, Germany and India have issued recommendations that exposure to electromagnetic fields should be limited. In addition, Toronto's Department of Public Health is advising teenagers and young children to limit their use of cell phones, to avoid potential health risks.

More definitive data that cover the health effects from prolonged cell phone use have been compiled by the World Health Organization, International Agency for Research on Cancer. However, publication has been delayed for two years. In anticipation of release of the WHO report, the following prudent and simple precautions, intended to promote precautionary efforts to reduce exposures to cell phone electromagnetic radiation, have been reviewed by UPCI experts in neuro-oncology, epidemiology, neurosurgery and the Center for Environmental Oncology

### **Practical Advice to Limit Exposure to Electromagnetic Radiation Emitted from Cell Phones**

1. Do not allow children to use a cell phone, except for emergencies. The developing organs of a fetus or child are the most likely to be sensitive to any possible effects of exposure to electromagnetic fields.
2. While communicating using your cell phone, try to keep the cell phone away from the body as much as possible. The amplitude of the electromagnetic field is one fourth the strength at a distance of two inches and fifty times lower at three feet. Whenever possible, use the speaker-phone mode or a wireless Bluetooth headset, which has less than 1/100th of the electromagnetic emission of a normal cell phone. Use of a hands-free headset may also reduce exposures.
3. Avoid using your cell phone in places, like a bus, where you can passively expose others to your phone's electromagnetic fields.
4. Avoid carrying your cell phone on your body at all times. Do not keep it near your body at night such as under the pillow or on a bedside table, particularly if pregnant. You can also put it on "flight" or "off-line" mode, which stops electromagnetic emissions.
5. If you must carry your cell phone on you, it is preferable that the keypad is positioned toward your body and the back is positioned toward the outside of your body. Depending on the thickness of the phone this may provide a minimal reduction of exposure.
6. Only use your cell phone to establish contact or for conversations lasting a few minutes, as the biological effects are directly related to the duration of exposure. For longer conversations, use a land line with a corded phone, not a cordless phone, which uses electromagnetic emitting technology similar to that of cell phones.
7. Switch sides regularly while communicating on your cell phone to spread out your exposure. Before putting your cell phone to the ear, wait until your correspondent has picked up. This limits the power of the electromagnetic field emitted near your ear and the duration of your exposure.
8. Avoid using your cell phone when the signal is weak or when moving at high speed, such as in a car or train, as this automatically increases power to a maximum as the phone repeatedly attempts to connect to a new relay antenna.
9. When possible, communicate via text messaging rather than making a call, limiting the duration of exposure and the proximity to the body.
10. Choose a device with the lowest SAR possible (SAR = Specific Absorption Rate, which is a measure of the strength of the magnetic field absorbed by the body). SAR ratings of contemporary phones by different manufacturers are available by searching for "sar ratings cell phones" on the internet.

<sup>1</sup> *The Case for Precaution in the Use of Cell Phones Advice from University of Pittsburgh Cancer Institute Based on Advice from an International Expert Panel*, available at [www.preventingcancer.org](http://www.preventingcancer.org)

ALGUNHAS NOTICIAS DE PRENSA SOBRE O MEMORANDUM ENVIADO A APROXIMADAMENTE 3.000 MEMBROS DO PERSONAL FACULTATIVO E ADMINISTRATIVO DA UNIVERSITY OF PITTSBURGH CANCER INSTITUTE

Descargado de: [http://www.lavozdeg Galicia.es/sociedad/2008/07/25/0003\\_7011070.htm?idioma=galego](http://www.lavozdeg Galicia.es/sociedad/2008/07/25/0003_7011070.htm?idioma=galego)

**La Voz de Galicia.es**

## Un experto en cancro advirte sobre os perigos da radiación que emiten os teléfonos móbiles

Efe

25/7/2008

O uso frecuente do teléfono móbil entraña risco de cancro, dada a súa radiación electromagnética, advertiu onte o director do Instituto do Cancro na Universidade de Pittsburgh, Ronald Herberman. Herberman fixo unha advertencia aos docentes e empregados do instituto para que limiten o uso do teléfono móbil.

«Realmente o motivo principal da miña preocupación é que non deberíamos esperar a que haxa un estudo definitivo sobre este asunto. Máis vale ser cauteloso agora que lamentarse máis adiante», indicou Herberman. O profesor explicou que a súa recomendación se sustenta en «o asesoramento dun panel internacional de expertos» que inclúe científicos de Francia, Italia e Holanda. «Os campos electromagnéticos xerados polos teléfonos celulares deben considerarse un perigo potencial para a saúde humana», apunta a mensaxe.

Descargado de: <http://www.noticiasonline.com/Det.asp?id=9532>

**NoticiasOnline**

### INSTITUTO DEL CÁNCER ADVIERTE RIESGOS POR TELÉFONO CELULAR

7/23/2008 8:40:55 PM APPor JENNIFER C. YATES y SETH BORENSTEIN Noticias Puerto Rico, Noticias Puerto Rico

PITTSBURGH (AP) \_ El director de un prominente instituto de investigación sobre el cáncer emitió el miércoles una advertencia sin precedente a su personal facultativo y administrativo: limiten el uso del teléfono celular debido a que podría provocar cáncer.

La advertencia del doctor Ronald B. Herberman, director del Instituto Oncológico de la Universidad de Pittsburgh, es contrario a numerosos estudios que no encuentran un vínculo entre el incremento de tumores y el uso de teléfono celular, y a la ausencia de preocupación sobre la materia por parte de la Administración de Medicinas y Alimentos.

Herberman está basando su advertencia en datos anteriores no publicados. Dice que toma demasiado tiempo obtener respuestas de la ciencia y que él cree que la gente debería actuar ahora, en especial cuando se trata de niños.

"Realmente en el ánimo de mi preocupación está que no deberíamos esperar que aparezca un estudio definitivo, sino tal vez exagerar por el lado de la cautela que tener que lamentarnos posteriormente", señaló Herberman.

La advertencia de Herberman seguramente provocará preocupación entre muchos usuarios de teléfonos celulares y especialmente entre padres de familia.

En el memorándum que envió el miércoles a aproximadamente 3.000 miembros del personal facultativo y administrativo, señala que los niños deberían utilizar teléfonos celulares sólo en emergencias porque sus cerebros aún están en desarrollo.

Los adultos deberían utilizar el teléfono alejado de la cabeza y usar el parlante de éste o audífonos inalámbricos, señaló. Incluso advierte contra el uso de teléfonos celulares en lugares públicos, como un autobús, porque se expone a otros a los campos electromagnéticos del aparato.

El asunto que preocupa a algunos científicos —aunque para nada existe un consenso— es la radiación electromagnética, en especial su posible efecto en niños. Este punto no es un tema importante en las conferencias de especialistas en cerebro.

Un análisis del 2008 de la Universidad de Utah que revisó nueve estudios con miles de pacientes con tumores cerebrales —incluidos algunos que cita Herberman— concluye: "No encontramos en general un incremento en el riesgo de tumores cerebrales entre usuarios de teléfonos celulares. El riesgo elevado potencial de tumores cerebrales luego de un uso prolongado de teléfono celular espera su confirmación en estudios futuros", agregó el análisis.

Descargado de: <http://ww.eldia.es/2008-07-25/sociedad/sociedadOprn.htm>

**EL DÍA.ES**

VIERNES, 25 DE JULIO DE 2008

## **Un experto advierte de que el móvil puede ser cancerígeno**

**EFE, Washington**

El uso frecuente del teléfono celular presenta un riesgo de provocar cáncer dada su radiación electromagnética, advirtió ayer el director del Instituto del Cáncer en la Universidad de Pittsburgh, Ronald Herberman.

Herberman distribuyó una advertencia a los docentes y empleados del instituto para que limiten el uso del teléfono móvil.

"Realmente el motivo principal de mi preocupación es que no deberíamos esperar a que haya un estudio definitivo sobre este asunto, sino que más vale estar equivocado por cauteloso ahora que lamentarlo más adelante", indicó Herberman.

El experto indicó que su recomendación se sustenta en "el asesoramiento de un panel internacional de expertos" que incluye científicos de Francia, Italia y Holanda.

"Los campos electromagnéticos generados por los teléfonos celulares deben considerarse un peligro potencial para la salud humana", indicó.

"No ha pasado tiempo suficiente como para que tengamos datos concluyentes sobre los efectos biológicos de los teléfonos celulares y otros teléfonos inalámbricos, una tecnología que ahora es de uso global", añadió.

No son inocuos

Herberman dijo que "los estudios con humanos no indican que los celulares sean inocuos, y tampoco indican que sean peligrosos. Pero un conjunto creciente de pruebas indica que deberíamos reducir la exposición mientras continúa la investigación de este asunto".

El experto de la universidad, en Pensilvania, señaló que los fabricantes de teléfonos celulares e inalámbricos declaran que estos artefactos emiten radiación electromagnética.

"Es probable que los campos electromagnéticos penetren más profundamente el cerebro de los niños que el de los adultos", escribió Herberman.

Sin embargo, en ausencia de pruebas definitivas de que los campos electromagnéticos de los teléfonos celulares causen cáncer, "no deberíamos hablar de la necesidad de medidas preventivas, como en el caso del tabaco o del asbesto", agregó.

A la espera de información más concluyente, Herberman mencionó varias medidas que él cree convenientes, y que incluyen que no se permita el uso de teléfonos móviles a los niños "excepto en emergencias".

Herberman mencionó que "los órganos en desarrollo de un feto o un niño son probablemente los más sensibles a los efectos posibles de la exposición a campos electromagnéticos".

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<http://www.post-gazette.com/pg/08205/898803-114.stm#ixzz1EI5oeri>

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Pittsburgh Post-Gazette

## Cancer chief sees cell phone risks

### He will alert Pitt institute's faculty, staff to possible health effects

Wednesday, July 23, 2008

By Joe Fahy, Pittsburgh Post-Gazette

The director of the University of Pittsburgh Cancer Institute and UPMC Cancer Centers plans to issue an advisory to about 3,000 faculty and staff today about the possible health risks associated with cellular phone use.

"Recently I have become aware of the growing body of literature linking long-term cell phone use to possible adverse health effects including cancer," Dr. Ronald Herberman said in the memorandum. "Although the evidence is still controversial, I am convinced that there are sufficient data to warrant issuing an advisory to share some precautionary advice on cell phone use."

The advisory suggests certain measures to limit exposure to electromagnetic radiation emitted by the devices, such as shortening the length of conversations or keeping the phones away from the head by text messaging or using headsets or speaker phone options. It also recommends that children not use cell phones except in emergencies.

A child's developing organs "are the most likely to be sensitive to any possible effects of exposure," according to the document.

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<http://www.apdr.info/>

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In an interview, Dr. Herberman said he hoped the suggestions would spread to others within Pitt and the University of Pittsburgh Medical Center, as well as to the general public.

He noted that other countries have recommended limits on exposure, and that in Canada, public health officials in Toronto have advised young people to limit cell phone use.

But while there is growing support for limited use, it is not universal.

There is nothing wrong with taking precautions, but "the bottom line, at this time, is that there is no conclusive evidence tying cell phone use to brain cancer," said Dan Catena, a spokesman for the American Cancer Society.

Dr. Herberman believes he is the first U.S. cancer center director to approve the release of such an advisory. And a spokesperson for the National Cancer Institute said officials there were unaware of similar advisories issued by other center directors.

No other major U.S. health care or consumer group has gone as far in advocating for precautions, said Dr. Louis Slesin, editor of Microwave News, which tracks research related to cell phone safety.

Dr. Herberman also has signed on, along with more than 20 other international experts, to a document calling for precautions in using the devices.

Many are from Europe, but they also include several with U.S. ties. Among them are Dr. David Servan-Schreiber, a Pitt medical school professor who spends much of his time in France, and Dr. Devra Davis, director of the Pitt Cancer Institute's Center for Environmental Oncology.

Dr. Servan-Schreiber, a brain cancer survivor, said he solicited experts to support the document, and Dr. Herberman credited Dr. Davis with drawing his attention to the recent research findings.

Release of the document in France last month drew considerable attention from the news media, Dr. Slesin said.

Some of the concerns about cell phone use have come from preliminary data from the 13-country study of cell phone use and tumors known as the Interphone study, he said.

Release of the overall findings has been delayed for more than two years. But a group of European countries has reported an elevated risk for certain brain tumors among long-term cell phone users, particularly on the side of the head where the phone was used, he said.

A separate group of Swedish researchers reported similar findings, Dr. Slesin said.

"From a public health perspective, it makes sense to limit risks," said Dr. Dan Wartenberg, director of environmental epidemiology at the University of Medicine and Dentistry of New Jersey and one of the international experts calling for precautions.

The group also wants manufacturers to provide phones "with the lowest possible risk" and to "encourage consumers to use their devices in a way that is most compatible with preserving their health."

"We do not need to ban this technology, but to adapt it -- to harness it -- so that it never becomes a major cause of illness," the group noted.

But others question the need for action.

While suggestions that cell phones may be linked to cancer have been around for years, "the science remains so sketchy," said Dr. Matt Quigley, surgical director of neuro-oncology at Allegheny General Hospital.

"The overwhelming majority of studies that have been published in scientific journals around the globe show that wireless phones do not pose a health risk," CTIA-The Wireless Association, a group representing the wireless industry, said in a statement.

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