

# DOCTORS FOR SAFER SCHOOLS

## PUBLIC HEALTH IN THE DIGITAL AGE

An international Advisory Board and project of the nonprofit  
Global Alliance for Brain & Heart Health offering science-based research and  
recommendations on environmental issues and the safer use of technology



AT RISK  
Unknowingly,  
Un-necessarily

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### HAZARDS OF WiFi – WIRELESS MICROWAVE RADIATION

Having reviewed in depth the scientific literature reporting evidence of harm to human health, even at government-sanctioned levels of WiFi exposure, along with evidence that safety standards are not protecting us, our doctors are raising the alert. Standards are outdated and based only on thermal levels. They are not based on the scientific evidence and they place all of us at significant risk, especially pregnant women and children.

We ask School Boards, educators and parents to realize existing WiFi exposure standards fail to protect students and staff. We call upon governments to update their safety standards and make them relevant to non-thermal exposures, including WiFi.

Many health authorities around the world are also posing this question: why not choose safer technology, and adopt a precautionary principle, so people of all ages can be tech-savvy, connected to the Internet *and* healthy?

We are especially concerned about WiFi in schools and the great number of vulnerable young people using cell phones and wirelessly-connected devices.

**Technical expert Katharina Gustavs:** “Any of the WiFi transmitters tucked inside an iPad tablet exposes children to high levels of RF radiation – similar to the transmitters in a smartphone and high enough to harm them.”

Epidemiologist **Devra Davis, PhD:** “If the cell phone were a drug, it would be banned. And iPads are even worse in terms of radiation exposure. Growing numbers of young people are immersed in levels that are without precedence in human history. The case for taking simple precautions to reduce exposures is becoming stronger, as a number of governments are advising.”

International health authorities have also issued medical alerts:

- **The World Health Organization:** 31 scientists and clinicians of the International Agency for Research on Cancer (IARC), part of the WHO, recognized wireless radiation as a threat to human health. Their 2011 report reclassified this radiation as a 2B carcinogen – in the same category as lead, DDT and car exhaust. The experts on this panel also recommended “pragmatic measures to reduce exposure” especially for children; this call to action applies to mobile phone radiation and WiFi.
- **American Academy of Pediatricians:** “Children are disproportionately impacted by all environmental exposures, including cell phone radiation. It is essential that any new standard be based on protecting the most vulnerable populations to ensure they are safeguarded throughout their lifetimes.”
- **American Academy of Environmental Medicine:** “Adverse health effects from RF radiation – learning disabilities, altered immune responses, and headaches – are well documented in the scientific literature. It is better to exercise caution and substitute with a safe wired connection.”

**DFSS Board Member Victoria Dunckley, MD, Integrative Child Psychiatrist:**

“By inducing changes in brain chemistry, blood flow, hormones and circadian rhythms, screen-time on digital devices can trigger mood, sleep, cognitive, and behavioral issues in children. Furthermore, screen-time is a leading factor in the childhood obesity epidemic, and health concerns from wireless radiation exist as well.”

**DFSS Board Member John Barnhill, MD, FRCS(C), surgeon:**

“The medical, psychological and social effects of wireless (RF) radiation are theoretically quite concerning. Some evidence that exists in medical literature is in keeping with our understanding of the physiology and carcinogenic capability of radiation. Further public consultation, dissemination of risks, and research is warranted for this new public health concern. And this radiation exposure is against any consent.”

**DFSS Board Member Stephen Sinatra, MD, FACC, Board-Certified Cardiologist:**

“The wireless microwave radiation from WiFi and mobile phones is the greatest medical threat of our time. The heart is vulnerable; cardiac symptoms may be connected. Electro-sensitivity is a medical condition that most physicians do not recognize. Many students are already electro-sensitive.”

**DFSS Board Member Martin Blank, PhD, Associate Professor, Columbia University:**

“This is not only the new tobacco; this is **the new asbestos**. It took governments 100 years to take action regarding asbestos. And existing safety standards are inaccurate and totally irrelevant.” Dr. Martin Blank has published over 200 papers on his research in this field.

**DFSS Executive Director Kerry Crofton, PhD, author of *A Wellness Guide For The Digital Age*:**

“When there is scientific evidence that microwave radiation is harmful, why not adopt the precautionary principle and choose safer wired options? Protecting children is the responsibility of all School Boards.”

**We can be tech-savvy, connected to the Internet *and* healthy.**

**What you can do in your school, library, office, home, vehicle:**

1. Test levels of exposure – a professional assessment is recommended – and learn to recognize related symptoms including dizziness, ringing in the ears, pain in the head and/or eyes, skin rashes, headaches
2. Reduce exposures from wired and wireless sources with safer options: [www.SaferTechSolutions.org](http://www.SaferTechSolutions.org)
3. Retest levels of exposure
4. Motivate and educate students and staff to use hard-wired Internet connections (or fiber optics) instead of wireless and to unplug now and then and reconnect with themselves, each other and the natural world.

*Children today spend too much time on digital devices, disconnected from each other and from nature, harming their physical health and mental and social wellbeing.*

*Most parents, grandparents and educators seem unaware of these dangers – or the safer solutions.*

*Our future depends on taking steps now to use technology more safely – at all ages.*

DFSS: Protecting children and nature in the digital age

