I Debbie Pobland at the address of 3134 E. Home Ave protest and appeal the possible approval of this project located at 3199 E. Mckinley Ave. Permit Application No. P19-00974 the 60-foot high monopine telecommunication tower.

The monopine telecommunication towers cause cancer and should not be input near a school or houses and Apartments.

I wish to be notified of the proyect approval,

DP

EAST COUNTY MAGAZINE

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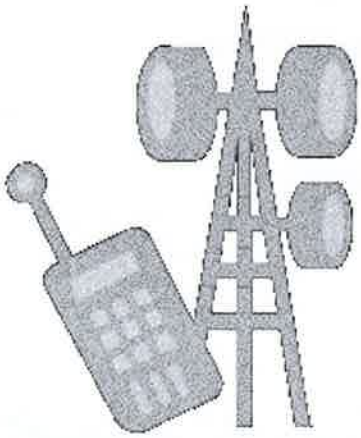
DANGERS OF LIVING NEAR CELL PHONE TOWERS RAISED

Printer-friendly version

November 2008 Articles

La Mesa Council holds hearing Nov. 5 on proposal to erect cell phone tower in Lake Murray area

By Miriam Raftery



When Mom asked me to look into possible health hazards posed by cell phone panel antennas that a church in her neighborhood wants to put up, I expected to find reassuring facts to allay Mom's concerns. Instead, I found deeply disturbing data that makes me wonder why the public is not being informed about health risks—and why our government seems intent on covering up troubling truths.

Cell phone companies and the U.S. Food and Drug Administration assert that cell phone towers don't pose health risks to the public. Some studies support this assertion, but other studies suggest just the opposite.

Harvard-trained Dr. Andrew Weil at the University of Arizona's medical center recently observed, "In January 2008, the National Research Council (NRC), an arm of the National Academy of Sciences and the National Academy of Engineering, issued a report saying that we simply don't know enough about the potential health risks of long-term exposure to RF energy from cell phones themselves, cell towers, television towers, and other components of our communications system. The scientists who prepared the report emphasized, in particular, the unknown risks to the health of children, pregnant women, and fetuses as well as of workers whose jobs entail high exposure to RF (radiofrequency) energy….Because so much of cell phone technology is new and evolving, we don't have data on the consequences of 10, 20 or 30 years worth of exposure to the RF energy they emit," Weil concluded. The report called for long-term safety studies on all wireless devices including cell phones, computers, and cell phone towers.

A 2006 report issued by the World Health Organization (WHO) offered some reassurance and found no scientific evidence that radiofrequency signals from cell towers cause adverse health effects. The report noted that up to five times more of the RF signals from FM radio and television (than from cell towers) are absorbed by the body with no known adverse effects on health in the more than 50 years that radio and TV broadcast stations have been operating.

But an Australian study found that children living near TV and FM broadcast towers, which emit similar radiation to cell towers, developed leukemia at three times the rate of children living over seven miles away.

If you live within a quarter mile of a cell phone antenna or tower, you may be at risk of serious harm to your health, according to a German study cited at www.EMF-Health.com, a site devoted to exposing hazards associated with electromagnetic frequencies from cell phone towers and other sources.

Cancer rates more than tripled among people living within 400 meters of cell phone towers or antennas, a German study found. Those within 100 meters were exposed to radiation at 100 times normal levels. An Israeli study found risk of cancer quadrupled among people living within 350 meters (1,148 feet) of a cell phone transmitter—and seven out of eight cancer victims were women. Both studies focused only on people who had lived at the same address for many years.

Other studies have found that levels of radiation emitted from cell phone towers can damage cell tissues and DNA, causing miscarriage, suppressing immune function, and causing other health problems.

Astoundingly, the federal government does not allow rejection of a cell phone tower based on health risks, according to a 2005 article. A Google search found no evidence that this situation has changed.

Yet over 1.9 million cell phone towers and antennae have been approved nationwide without federal studies to assure safety of those living nearby.

How many cell phone towers and antennas are in your neighborhood? Find out at www.antennasearch.com. I plugged in my address on Mt. Helix, hardly an urban stronghold, and was astounded to discover that there are 96 cell phone towers, 286 antennas and 2 proposals for new towers within four miles of my home!

So how about Mom's neighborhood, where an Evangelical church insists a new tower is needed? Mom gets perfectly fine cell phone reception, and so do the neighbors she's spoken with—not surprising since there are already 113 towers and 335 antennas within a four-mile radius.

Churches, schools, fire stations, and other buildings are increasingly erecting cell phone towers or antennas because cell phone companies are willing to pay rental fees of hundreds or even thousands of dollars a month—welcome infusions for cash-strapped budgets. But at what cost to the public's health? There are young children in Mom's neighborhood, less than one block from the proposed cell phone antenna site.

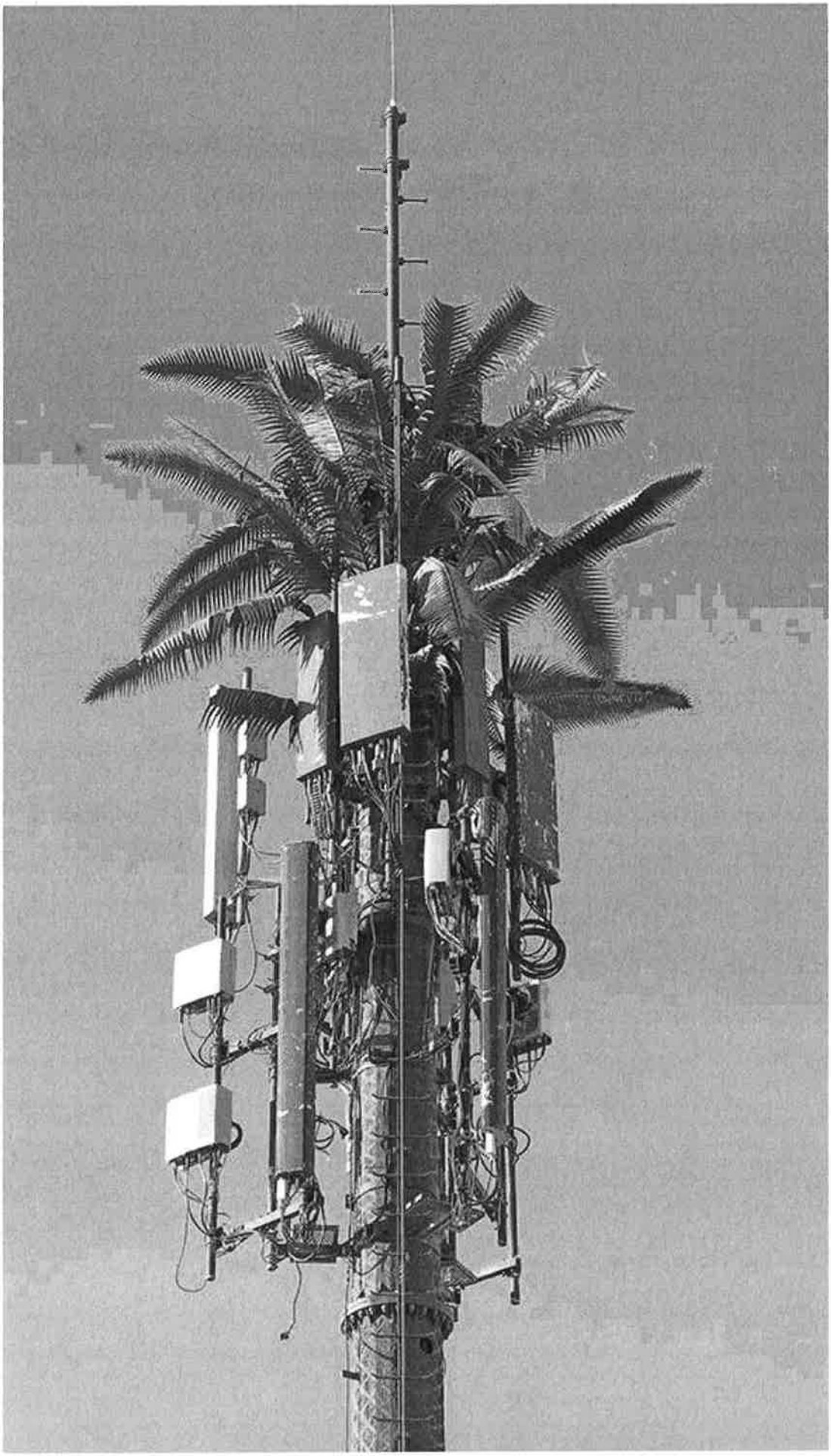
In Sweden, the government requires interventions to protect the public from electromagnetic frequencies. Why isn't the U.S. government paying attention to this potential risk to public safety?

If you wish to share your views on the T-Mobile proposed cell phone tower at 5777 Lake Murray Blvd. (near Marengo Avenue), the La Mesa City Council will hold a public meeting on Wednesday, November 5th at 7 p.m. in Council Chambers at the La Mesa City Hall, 8130 Allison Ave., La Mesa.

PHYSICIANS FOR SAFE TECHNOLOGY

(https://mdsafetech.org/)

Cell Tower Health Effects



Updated 8/4/19

Scientific Literature

The number of cell towers worldwide has had exponential growth since the 1990's. In the U.S. large cell tower numbers have risen from about 900 in 1985 to over 308,334 cell sites in service in 2016. This is according to the Cellular Telecommunications Industry Association (CTIA), established in 1984 just before the rollout of cell towers. The telecommunications industry places cell towers in cities but also leases rooftops on schools, churches, businesses and apartment buildings with antennas for one or more carriers. This co-location can create clusters of antennas with different frequencies in close proximity to where people live, work, study and play. These base stations emit a continuous stream of microwave radiofrequencies exposing residents to whole body exposures. More cell towers are being proposed throughout the US now on a statewide and federal level to accommodate proposed 5G high frequency telecommunications with cell towers about every 250 meters (~750 feet).

The rise in cell towers has been accompanied by scientific observations and reports of both human health and environmental decline in many countries.

See also

- 5G Telecommunications Science (https://mdsafetech.org/5g-telecommunications-science/)
- 5G Mobile Communications (https://mdsafetech.org/problems/5g/)
- Cell Towers and City Ordinances (https://mdsafetech.org/cell-tower-and-city-ordinances/)
- New Legislation Cell Towers (https://mdsafetech.org/new-legislation-small-cell-towers/)

Adverse Health Symptoms Near Cell Towers

The majority of published studies in different countries have shown a relationship between distance from base stations and a variety of health complaints. They have found that the closer to the towers people live there is an increase incidence of reported physical symptoms including those below. These are the same symptoms that military personnel working on radar have experienced, people who have microwave illness (AKA electrosensitivity) experience and also similar to what Cuban and Chinese Diplomats reported in unusual "attacks in 2017. See

(Cuban Diplomats Likely Hit by Microwave Weapons -New York Times) (https://mdsafetech.org/2018/09/04/cuban-diplomats-likely-hit-by-microwave-weapons-new-york-times-reports/)

- headaches
- insomnia
- dizziness
- irritability
- fatigue
- heart palpitations
- nausea
- loss of appetite
- feeling of discomfort
- loss of libido
- poor concentration
- memory loss
- neuropsychiatric problems such as depression.

Blood Cell Abnormalities Found

Zothansiama 2017 – (https://www.ncbi.nlm.nih.gov/pubmed/28777669)In a recent study from India by Zothansiama et al (2017), researchers examined abnormalities in blood samples in people living at different distances from cell towers. They identified a significant increase blood cell damage in those living within 80 meters of a cell tower versus those living greater than 300 meters from a cell tower. They found 1) A significant increase in micronuclei, which are small remnants of DNA nuclear material appearing within blood cells and a sensitive indicator of genotoxicity and chromosomal abnormalities 2) An increase in lipid peroxidation indicating free radical formation and cell membrane damage 3) A reduction in levels of internally produced antioxidant capacity (glutathione, catalase and superoxide dismutase).

The author concluded **"The present study demonstrated that staying near the mobile base stations and continuous use of mobile phones damage the DNA, and it may have an adverse effect in the long run. The persistence of DNA unrepaired damage leads to genomic instability which may lead to several health disorders including the induction of cancer."** As more base stations are deployed with higher density and with ubiquitous wireless

devices at home it will be difficult to find control groups that have not been significantly exposed. The ***Antenna Search*** website allows people to identify registered cell towers in their area.

School Cell Tower Study in 2018 Study Shows Cognitive Decline in Students

Meo 2018 (https://journals.sagepub.com/doi/10.1177/1557988318816914)– A recent case controlled 2 year scientific study examining the neurologic effects of children, aged 13-16, in schools with nearby cell towers revealed significant decline in cognitive scores when the radiation from the cell tower was higher but still at non-thermal levels. Students in School 1 (124 students) were exposed to cell tower radiation at 2.010 μW/cm2 at a frequency of 925 MHz for 6 hr a day, 5 days a week. Students at School 2 were exposed to cell tower radiation at 10.021 μW/cm2 at a frequency of 925 MHz for 6 hr a day, 5 days a week. Both groups had exposure for 2 years. Cognitive functions tasks were measured by the Cambridge Neuropsychological Test Automated Battery (CANTAB). Participants were excluded who had any confounding factors , i.e. those with any pre existing illness, on any medications, with history of anxiety or attention problems, frequent use of cordless or cell phones, use of Wi-Fi routers in their bedrooms, or those who lived near high transmission lines or cell towers.

The researchers used the Cambridge Neuropsychological Test Automated Battery (CANTAB) to measure cognitive functions tasks. They found "a significant impairment in Motor Screening Task (MOT; p = .03) and Spatial Working Memory (SWM) task (p = .04) was identified among the group of students who were exposed to high RF-EMF produced by MPBSTs. High exposure to RF-EMF produced by MPBSTs was associated with delayed fine and gross motor skills, spatial working memory, and attention in school adolescents compared to students who were exposed to low RF-EMF. Most notable is that the current FCC safety "guidelines" for 30 minute exposure are 1000 μW/cm2.. This FCC limit is 100 times more RF than the students experienced in the highest exposure group that showed cognitive decline and with non-thermal effects.

Study here-**"Mobile Phone Base Station Tower Settings Adjacent to School Buildings: Impact on Students' Cognitive Health**. Mao SA et al. American Journal of Men's Health. December 7, 2018. https://journals.sagepub.com/doi/10.1177/1557988318816914 (https://journals.sagepub.com/doi/10.1177/1557988318816914)

Cancer and Cell Towers

Wolf and Wolf 2004 (https://www.researchgate.net/publication/228490892_Increased_incidence_of_cancer_near_a_cell-phone_transmitter_station) investigated the rates of cancer versus distance from cell towers in small towns in Israel. He found the rate of cancer incidence was 129 cases per 10,000 persons per year in those living within 350 meters of a cell tower versus a rate of 16-31/10,000 in those living greater than 350 meters from the cell tower. **Eger (2004)** also found an increase in the development of new cancer cases within a 10 year period if residents lived within 400 meters of a cell tower. Their results revealed that within 5 years of operation of a transmitting station the relative risk of cancer development tripled in residents near the cell towers compared to residents outside the area.

Dode 2011 (https://www.sciencedirect.com/science/article/pii/S0048969711005754) performed a 10 year study (1996-2006) examining the distance from cell towers and cancer clusters. He and his colleagues found a highly significant increase in cancers in those living within 500 meters of the cell tower. They noted "The largest density power was 40.78 μW/cm2, and the smallest was 0.04 μW/cm2." The current guidelines are about 1000 μW/cm2. The authors conclude ***"Measured values stay below Brazilian Federal Law limits that are the same of ICNIRP. The human exposure pattern guidelines are inadequate. More restrictive limits must be adopted urgently."***

Ghandi in 2015 (https://www.ncbi.nlm.nih.gov/pubmed/25006864) used comet assays to determine genetic damage in those living in the vicinity of mobile base stations. He found that genetic damage was elevated in the sample group. He concluded, ***"analysis further revealed daily mobile phone usage, location of residence and power density as significant predictors of genetic damage... which...may lead to cancer."***

Cell Towers and Metabolic Disorders

Meo (2015) (https://www.researchgate.net/publication/283726472_Association_of_Exposure_to_Radio-Frequency_Electromagnetic_Field_Radiation_RF-EMFR_Generated_by_Mobile_Phone_Base_Stations_with_Glycated_Hemoglobin_HbA1c_and_Risk_of_Type_2_Diabetes_Mellitus) Several studies on cell towers show metabolic changes and dysfunction in persons exposed to cell tower radiation. **Meo (2015)** looked at the association of exposure to radio frequency radiation from mobile phone base stations with glycated hemoglobin (HbA1c) and occurrence of type 2 diabetes mellitus in 2 different schools.

The cell towers were about 200 feet from each school. One school had about 10 times higher radiation levels. They found a significant increase in elevated levels of HbA1c and risk of type 2 diabetes mellitus in the school with higher RF levels.

Eskander (2012) (https://www.sciencedirect.com/science/article/pii/S0009912011027330?via%3Dihub) looked at long term exposure to RF from cell towers over a 6 year period. They showed a reduction in volunteers' plasma ACTH, serum cortisol levels and a decrease in the release of the thyroid hormones especially T3. In addition prolactin in young females (14–22 years), and testosterone levels [in males] significantly dropped.

Biological Effects from Exposure to Electromagnetic Radiation From Cell Towers

Blake Levitt, an award-winning medical and science journalist and former *New York Times* contributor is author of **Cell Towers-Wireless Convenience? or Environmental Hazard? (2000)** The book lists different chapters from different authors who contributed to a "Cell Towers Forum: State of the Science/State of the law" environmental conference December 2, 2000. Her book has valuable information on FCC safety guidelines, legal aspects of the Telecommunications Act, cell tower sitings and case law. She also co-authored **Biological effects from exposure to electromagnetic radiation emitted by cell tower base stations and other antenna arrays.** (2010) Environmental Reviews, 2010, 18(NA): 369-395. Biological effects from exposure to electromagnetic radiation emitted by cell tower base stations and other antenna arrays (http://www.nrcresearchpress.com/doi/full/10.1139/A10-018#.WYUlOHeZNo4)

Conclusions From Research Health Effects of Cell Towers

A brief review of some of the research listed is below. Wildlife is even effected by cell towers.

Santini 2002 (https://www.ncbi.nlm.nih.gov/pubmed/12168254), in a French study, reported an increase in fatigue at 300 meters from the cell towers and remaining symptoms at 200 meters. A follow up study (https://www.ncbi.nlm.nih.gov/pubmed/12948762) by Santini in 2003 revealed that older subjects reported more symptoms and were more sensitive. Duration of exposure of 1 to 5 years did not have an effect on frequency of symptoms but after 5 years there was a significant increase in irritability reported.

Navarro (2003) (https://pdfs.semanticscholar.org/c284/2cc49dcb87d4ca9f9a2d485236a103b2e3f0.pdf?_ga=2.148991350.1785924807.1565025138-1589774163.1565025138) indicates much lower levels of exposure cause adverse health symptoms. The Navarro (2003) study (https://www.researchgate.net/publication/237410769_THE_MICROWAVE_SYNDROME_-_FURTHER_ASPECTS_OF_A_SPANISH_STUDY) on cell towers and "Microwave Syndrome" in Spain found that in those living near cell towers symptoms occurred at low power. He looked at distance from the towers and electromagnetic field exposures and concluded, " Based on the data of this study the advice (https://www.researchgate.net/publication/237410769_THE_MICROWAVE_SYNDROME_-_FURTHER_ASPECTS_OF_A_SPANISH_STUDY) would be to s**trive for levels not higher than** 0.02 V/m for the sum total, which is equal to **a power density of 0.0001 µW/cm² or 1 µW/m²,** which is the indoor exposure value for GSM base stations proposed on empirical evidence by the Public Health Office of the Government of Salzburg in 2002."

Hutter (2006) , (https://oem.bmj.com/content/63/5/307.abstract?ijkey=9ae18f97484bfbf95e6f8c3eb92b69fe356ef640&keytype2=tf_ipsecsha) in an Austrian study, looked at cognitive performance, insomnia and well being in relation to power density of radiofrequency radiation versus reported symptoms in those in rural vs urban settings for more than a year. His study showed an increase in health effects with higher radiofrequency exposure. Important conclusions were that these complaints were independent of patients concern over health effects and that at levels well below current safety standards.

Abdel-Rassoul (2006) (https://www.ncbi.nlm.nih.gov/pubmed/16962663) Researchers looked at neurologic effects of inhabitants living under or across from cell tower base stations versus those far away. They found "The prevalence of neuropsychiatric symptoms such as headache (23.5%), memory changes (28.2%), dizziness (18.8%), tremors (9.4%), depressive symptoms (21.7%), and sleep disturbance (23.5%) were significantly higher among exposed inhabitants than controls: (10%), (5%), (5%), (0%), (8.8%) and (10%)." In addition, "the exposed inhabitants exhibited a significantly lower performance than controls in one of the tests of attention and short-term auditory memory" also, "the inhabitants opposite the station exhibited a lower performance in the problem solving test (block design) than those under the station." All readings were within the standard guidelines. They recommend revision of standard guidelines for public exposure to RER from mobile phone base station antennas.

Sivan and Sudarsanam 2012 Review of Literature- (http://www.biolmedonline.com/Articles/Vol4_4_2012/Vol4_4_202-216_BM-8.pdf)The Inter-Ministerial Committee (IMC) covered scientists to review the literature of the effects of RF-EMF radiations on wildlife, humans and the biosphere. In their 2010 MOEF Report they found that out of the 919 research papers collected on birds, bees, plants, other animals, and humans, 593 showed impacts, 180 showed no impacts, and 196 were inconclusive studies

They concluded, "Based on current available literature, it is justified to conclude that RF-EMF radiation exposure can change neurotransmitter functions, blood-brain barrier, morphology, electrophysiology, cellular metabolism, calcium efflux, and gene and protein expression in certain types of cells even at lower intensities. They noted as well that, "Identification of the frequency, intensity, and duration of non-ionizing electromagnetic fields causing damage to the biosystem and ecosystem would evolve strategies for mitigation and would enable the proper use of wireless technologies to enjoy its immense benefits, while ensuring one's health and that of the environment."

Percentage of studies that reported harmful effect of EMR in various groups in MOEF Report

Human Effects– 62% showed effects, 13% no effect and 25% inconclusive

Plant Effects– 87% showed effects and 13% were inconclusive

Wildlife Effects- 62% showed effects, 4% no effect and 36% inconclusive

Bee Effects—85% showed effects and 15% no effect

Bird Effects- 77% showed effects, 10% no effect and 13% inconclusive

Shinjyo and Shinjyo 2014 (https://www.slt.co/Downloads/News/1086/Shinjyo%202014%20Significant%20Decrease%20of%20Clinical%20Symptoms%20after%20Mobile%20Phone%20Base%20Station%20Removal%20.pdf) in an independent cell tower study from Japan, looked at health effects of residents living in a condominium complex from 1998-2009, noting health symptoms before placement of cell towers, during cell tower functioning and after removal of different antennas on the rooftops. They found a significant development of symptoms with placement of the cell

towers and a significant reduction in symptoms after removal. The most frequent symptoms were fatigue, loss of motivation, headaches, eye pain, deteriorated eyesight, sleep disturbances, dizziness, jitteriness, rapid heat rate, muscle aches and nasal bleeding.

Newest Articles

- **Analysis of mobile tower radiation and its health effects in Champhai District of Mizoram Lallawmzuala L et al. (2019)** "Analysis of mobile tower radiation and its health effects in Champhai District of Mizoram. 2019 URSI Asia-Pacific Radio Science Conference (AP-RASC), New Delhi, India, 2019, pp. 1-1. **http://ieeexplore.ieee.org/stamp/stamp.jsp?tp=&arnumber=8738408&isnumber=8738126 (http://ieeexplore.ieee.org/stamp/stamp.jsp?tp=&arnumber=8738408&isnumber=8738126)**
- **Mobile Phone Base Station Tower Settings Adjacent to School Buildings: Impact on Students' Cognitive Health**. Mao SA et al. American Journal of Men's Health. December 7, 2018. **https://journals.sagepub.com/doi/10.1177/1557988318816914 (https://journals.sagepub.com/doi/10.1177/1557988318816914)**

Published Literature

- **Mobile phone use, school electromagnetic field levels and related symptoms: a cross-sectional survey among 2150 high school students in Izmir. (2017)** Durusoy R et al. Environmental Health. Vol 16,Article 51. June 2, 2017. https://ehjournal.biomedcentral.com/articles/10.1186/s12940-017-0257-x (https://ehjournal.biomedcentral.com/articles/10.1186/s12940-017-0257-x)
- **Impact of radiofrequency radiation on DNA damage and antioxidants in peripheral blood lymphocytes of humans residing in the vicinity of mobile phone base stations. (2017)** Zothansiama et al. Electromagn Biol Med. 2017;36(3):295-305. https://www.ncbi.nlm.nih.gov/pubmed/28777669 (https://www.ncbi.nlm.nih.gov/pubmed/28777669)
- **Effect of GSTM1 and GSTT1 Polymorphisms on Genetic Damage in Humans Populations Exposed to Radiation From Mobile Towers. (2016)** Gulati S et al. Arch Environ Contam Toxicol. 2016 Apr;70(3):615-25.