

Press Release

For immediate Release

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Common Sense Advice About Cell Phones and Kids

New "Cell Phone Card" Provides Practical Tips for Families

(Port Washington, New York) Grassroots Environmental Education, a non-profit environmental health organization, has published an information card for parents that provides basic scientific information about radiation from cell phones and suggestions for steps families can take to protect children from unnecessary exposures.

"There's a real disconnect between what scientists know about radiation from cell phones and what the public understands," says Patti Wood, Executive Director of Grassroots who authored the card. "Cell phones are cool, and every kids wants one. But parents need to know that these are not harmless toys. The potential health risks for children are real."

The card contains scientific and health information from the World Health Organization's International Agency for Research on Cancer, The Journal of the American Medical Association, Microwave News, the Environmental Working Group, Surgical Neurology and the National Cancer Institute.

According to Wood, few people understand that cell phones emit non-ionizing microwave or radio frequency radiation (RFR) any time they turned on, even when not in use. Numerous studies have linked long-term or heavy cell phone use to a type of brain tumor called a glioma, and a growing number of studies also suggest an increased risk for tumors of the acoustic nerve and parotid gland.

Children are more vulnerable to the effects of RF radiation from cell phones due to their immature physiology (developing brains and thinner skulls), their patterns of cell phone usage (many children are heavy users), and their extended lifetime of exposure (the latency period for many cancers is greater than ten years).

"No one expects kids to stop using cell phones," says Wood. "But there are some simple things every family can take to minimize the risks."

Grassroots is urging parents to teach their children the following five simple rules for cell phone use:

1. Never hold a cell phone directly against your head.
2. Use the speaker setting or a corded headset whenever possible.
3. Switch side (ears) frequently if you have to hold it near your head.
4. Do not carry cell phones in pockets or anywhere else on your body.
5. Use cell phones only for emergencies or quick check-ins.

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About Grassroots:

Grassroots Environmental Education is a 501 (c) (3) non-profit organization based in New York. Grassroots educates the public about the links between common environmental exposures and human health, and the seeks to empower individuals to act as catalysts for change within their own communities. More information is available on the organization's web site, www.GrassrootsInfo.org.