

# Mobile Phone Masts

There are now over 50,000 Mobile Phone Masts in the UK.

They come in all sorts of shapes and sizes.

Masts can look like big towers that seem similar to pylons but don't have wires attached.

They can be tall poles that look like lamp posts but don't have a light on top.

Masts can also be what look like sticks or long grey or white boxes put at the top of buildings such as schools, hospitals, colleges, churches, flats and offices.

They can even just be small boxes the size of burglar alarms, often placed on the sides of shops in shopping centres and along high streets.

Avoiding Mobile Phone masts is almost impossible.



## What's Wrong With Masts?

"**Cancer Clusters**" have been found around Mobile Phone Masts, up to 400 metres from a mast. People living near each other and close to a mast have ended up with rare cancers at nearly the same time as each other. These people live where they are getting the strongest signal from the nearby mast(s). This has been the case in Devon, Lincolnshire and Staffordshire.

It isn't just cancer! Other people living in these areas, close to masts commonly find they get many common symptoms including **heart palpitations (flutters)**, lots of **headaches**, **nose bleeds**, **problems sleeping**, **itchy burning skin** and feel really **depressed**.

Mobile Phone Masts give out the same sort of microwave radiation in their signals as microwave ovens use to cook food but the signals also carry data sent along in packets or 'pulses'.

Unfortunately the UK Government's Safety guidelines only give us short term protection from being cooked by the microwaves – they've ignored the evidence that microwaves can harm us without making us hot.

Many German and European doctors (equivalent to our GPs) are so concerned that they have signed petitions such as the "Freiburger Appeal" to demand that Governments take the other health concerns over Mobile Telephone Masts more seriously.

These Doctors have noticed more and more of the following health problems when Mobile Phone Masts have been put up in their areas:-

- **Learning problems**
- **Trouble concentrating**
- **Behavioural disorders** such as Attention Deficit Disorder (ADD)
- Extremely high and extremely low **Blood Pressure** – and swapping between the 2
- **Medicines stop working as well**, so prescriptions have to increase
- **Heart Rhythms get upset**, as does the **immune system**
- Sudden **Heart Attacks** and Strokes happening in younger and younger people
- More **Brain diseases** such as **Alzheimer's**, **Parkinson's**, **Motor Neurone Disease** and **Epilepsy**
- More **Cancers**, **Leukaemia** and **Brain Tumours**
- More and worse **Headaches and Migraines**
- **More and worse sleeping disorders**
- Constantly being **tired**, getting **sleepless** and being **sleepy during the day**
- People feeling **anxious** all the time
- **Ringings in the ears** (Tinnitus)
- People **more likely to get infections, colds, allergies and viruses**
- People **feeling pains in their nerves and bodies** for no apparent cause



When Doctors in a town in Germany (West Kempton) decided to prove that it was the Mobile Phone Mast that was causing these problems they took lots of blood samples from people before and after a new mast was put up and turned on. The people also stopped using their mobiles, cordless phones, wireless internet and other wireless/mobile gadgets too.

The results were very clear. The levels of two vital chemicals serotonin and melatonin found in the blood were found to be seriously altered once the mast was turned on.

Serotonin levels were halved. Serotonin controls your mood, anger, aggression, body temperature, sleep, sexuality, appetite and metabolism. Many of the people found themselves feeling moody, depressed, tired, and lethargic. Some also felt agitated and had lost their appetites. Nearly all felt really down.

The people's Melatonin levels were too high during the day and much too low at night. Melatonin is a hormone that is important in boosting the immune system and fighting cancer. It protects your DNA from damage. Since it also helps regulate sleep you want it high at night time otherwise you will be restless at night and tired during the day. If your immune system isn't boosted enough you will become ill easier, stay ill longer and can't fight cancer so well.

The Doctors wanted the Mobile Phone Mast to be turned off again.

In another town in Germany (Naila) Doctors looked at nearly 1000 medical records. They found that patients who had lived within 400 metres of a mast for 10 years were much more likely to get cancer than those further away. Patients fell ill with cancer nearly 8 years younger. 5 years after the mast was installed the chance of people getting cancer near to the mast was 3 times higher than it was for people further away. Other studies have shown the same kind of pattern.

Some Scientists have also found that levels of nitric oxide and calcium ions in the body are upset by microwaves. Too much nitric oxide can lead to Multiple Sclerosis, diabetes and cancer, whilst too little can cause high blood pressure and damage your arteries.

Calcium ions are used by cells to communicate. If they leak out of cells they stimulate cancer cell growth. If too many get into cells the cells get damaged and your DNA gets broken up. This damages fertility.

## What Can I do?

- Remember, There Is A Choice. If you really do care about your friends, your family, yourself and the world you live in, please do the following:
- Cancel Your Mobile Phone Contract ASAP if you have one (If you are worried about emergencies swap to "pay as you go" until you are happy to do without.)
- If you must keep your phone, use it as little as possible and just stick to talking and texting – ignore all other functions and activities.
- Realise that every call or text needs a mast, and that more calls or texts mean more masts nearby.
- Put Health First, NOT the profits of the Phone and Gadget companies. They will not pay for you to get well again, so don't give them the money to make you sick in the first place. You can't buy your health or your life back, nor those of your children or family, if they become ill or die.
- Tell everyone about this leaflet, its contents and where to get it from.
- If you need to protect yourselves from nearby Mobile Phone Masts (remember microwave radiation from Mobile Phone Masts can extend for up to hundreds of metres, so it is not just houses right next to a mast that are affected), there are shielding materials that stop much of the microwave radiation. Select "Screening" from the website below for more details, and tell others about this too.
- Write to your MP and local Councillors to tell them that you too are concerned about the health issues and demand that they take real action.
- Take action by joining support groups such as Mast Sanity
- If you already live near a mast you should consider shielding your home from the microwaves

The Mobile Companies and Government claim that this technology is all safe – but they would since they are making Billions of pounds from it every year. They can't afford to admit that it's dangerous.

Since when should we listen to the safety assurances from these people (who make billions of pounds selling us their products) over and above independent scientists' warnings?

If nothing else look into the facts for yourself – take care to look at the work of truly Independent scientists, not those paid directly or indirectly from Government and the Telecom Companies.



[www.mastsanity.org](http://www.mastsanity.org)

*Calling for Environmentally and Biologically safe communications networks and radio frequency devices*

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