



**Cyprus Committee  
on Environment  
and Children's Health**

**NAM III  
- PITU**



## CAMPAIGN

**"WE ARE REDUCING THE DIRECT AND PASSIVE EXPOSURE TO NON-IONISING RADIATION EMITTED FROM CELL-PHONES AND Wi-Fi AT THE ARCHBISHOP MAKARIOS III HOSPITAL - WE ARE PROTECTING THE CHILDREN"**

**Cyprus Committee  
on Environment  
and Children's Health**

*Our  
goal is  
to save  
lives.*

**Protect the ones you love**

**Switch off your cell phones  
and tablets**

**NAM III - MEOH**

**www.ehtrust.org**

**Nicosia March 2019**

*The Campaign is a cooperation between the Archbishop Makarios III Hospital (NAM III) and the Cyprus Committee on the Environment and Children's Health (CyCECH).*

with the active support of the Executive Director of the Archbishop Makarios III Hospital, Dr. A. Neophytou, the Director of the Pediatrics Department, Dr. A. Elia. It is a collaboration of the intensivists Dr. Andreas Sergis and Dr Antonis Kleanthous, the nursing staff of the Pediatric Intensive Care Unit (PICU).

**OUR AIM.** The highest possible degree of protection from radiation and the enhancement of Children's Health

**FINAL OBJECTIVE:** "THE PROTECTION OF CHILDREN AND THE PROMOTION OF THE ARCHBISHOP MAKARIOS III Hospital as a MODEL/PIONEER HOSPITAL THAT APPLIES THE PRECAUTIONARY PRINCIPLE, REDUCING THE EXPOSURE OF CHILDREN TO THE RADIATION EMITTED BY WIRELESS COMMUNICATION"

Avoiding unnecessary exposure to Wi-Fi, tablets, mobiles, mobile internet (data) is possible and necessary with the utilization of wired internet (Ethernet) and the avoidance of mobile phones within the children chambers, waiting areas and preferably within the whole units



## **PHASE A, PILOT**

### **1<sup>ST</sup> ACTION - Awareness raising to patients & families**

1. Broadcasting of the 3 VIDEOS of the *CyNCECH* that were funded by the Ministry of Health in waiting areas of the NAMIII
2. Placement of 10 Posters that indicate the 16 Rules for the safe use of wireless connections (from the Common Positions paper of 2017)
3. Distribution of related leaflet to pregnant women and induction of the subject in their briefing
4. Displaying posters with relevant messages during the campaign

## 2<sup>ND</sup> ACTION - Pilot Application in the Pediatric Intensive Therapy Unit (PITU)

1. Informing the Medical and Nursing Staff of the Unit - Training on "Good practices for the reduction of direct and passive exposure"
2. Informing the children and parents by distributing related material
3. Providing wired internet connection through Ethernet and/or power lines in the whole Unit
4. Deactivation of the Wi-Fi
5. The purchase of 2 laptops of special specifications
6. Avoidance (or prohibition?) of the use of cell-phones and cellular data within the chambers. Gradually, the measure is to be extended as far as possible throughout the unit with the possible exception of offices if necessary

The related cost of the technical equipment for wired connections and computers (3 & 5) will be covered through a donation by Dr. Stella Kanna Michaelidou in memory of her husband, Dr. Polis Michaelides.

## **3<sup>RD</sup> ACTION Publicity**

- **Publicity Campaign at National and International Levels in collaboration with the Press and Information Office, preparation of video, printed material, and publicity through the radio and television**
- **A Press Conference at a date deemed appropriate by the Hospital's Directorate with the intended participation of the Minister of Health Mr. Kostas Ioannou**

**PHASE B. GRADUATE EXPANSION OF THE MEASURE TO OTHER UNITS AND AT THE WAITING AREAS OF MOTHERS, CHILDREN AND PREGNANT WOMEN: This will depend on the success, experiences and results of PHASE A and will be designed accordingly.**

## **INDICATIVE Timetable**

**Action 1: Immediate Implementation**

**Action 2: February Pre-Work, March-May Implementation of 1-6**

**Action 3: Mainly in May-June**

## **RATIONALE**

Exposure to EMF/RF is a serious and complex Public Health issue of great importance, because the risks are serious and can affect all children, the younger generation and the population as a whole. The potential effects of non-ionizing radiation of electromagnetic fields (EMF / RF) in the 30KHz-300 GHz frequency range, include carcinogenicity (possibly carcinogenic 2B IARC 2011, while recent studies, i.e. Hardell 2014-2017, NPT / USA 2016, Ramazzini 2018 (1), indicate the need to upgrade the classification at least to potentially carcinogenic category

2A or carcinogenic of the category 1), neurodevelopmental toxicity, effects on DNA, fertility, electronic hypersensitivity (EHS) and other serious effects that are well documented by peer reviewed research and studies.

EMF / RF can increase oxidative stress in cells, lead to an increase in pre-inflammatory cytokines, and reduce the ability to repair breaks of single and double-stranded DNA strands. Cognitive dysfunction, learning and memory disorders have also been recorded. These impacts may occur at levels well below the existing limits of ICNIRP, EC Recom. 1999/519. **Embryos and children have vulnerable development systems that will determine the development of human life.** Their exposure to EMF / RF at early stages of their development is of particular concern, due to - among others - greater radiation absorption and deeper penetration (twice as much as the adult in the brain tissues and 10 times higher in the brain bone marrow (IARC 2011)), potential effects on the development of the developing brain, the nervous system and their reproductive system, the onset of cancers, cognitive disorders, etc. Sick children, especially those having neurological problems, or are immunocompromised, have cancer, or other health conditions are particularly vulnerable (*Radiofrequency exposure in young and old: different sensitivities in light of age-relevant natural differences.*" Reviews Redmayne M, and O. Johansson. in *Environmental Health*, vol. 30, no. 4, 2015, pp. 323-35).

Exposure to the EMF/RF within the hospital, especially in the premature babies units, is inevitable due to the use of equipment necessary for their survival. Therefore, it is imperative that any additional and unnecessary exposure from Wi-Fi routers, tablets, mobile phones, and cellular data is avoided. And this is feasible.

*Bibliography: Based on the Nicosia Declaration of 2017 and a review of international literature. One comprehensive summary is the review paper «Eight(8) well documented effects of EMF with 12-34 reviews, Martin Pall, USA, 2018, <http://peaceinspace.blogspot.com/files/5g-emf-hazards-dr-martin-l.-pall-eu-emf2018-6-11>». More information and practical advice at: [www.paidi.com.cy](http://www.paidi.com.cy)*

1. Neurological/neuropsychiatric effects No of REV 25
  2. Wide spread endocrine effects No of REV 12
  3. Produce oxidative stress and free radical damage, No of REV 19
  4. Attack the DNA, producing single strand and double strand breaks in cellular DNA and oxidized bases in cellular DNA No of REV 21
  5. Produce elevated levels of apoptosis events especially important in causing both neurodegenerative diseases and infertility No of REV 13
  6. Lower male and female fertility, lower sex hormones, lower libido and increased levels of spontaneous abortion and, attack the DNA in sperm cells No of REV 18
  7. Produce excessive intracellular calcium [Ca<sup>2+</sup>]<sub>i</sub> and excessive calcium signalling No of REV 15
  8. CANCER causation Attack the cells to cause cancer. Such attacks are thought to act via 15 different mechanisms during cancer causation No of REV 35
- ❖ Therapeutic effects No of REV 13