



EMF Sensitivity Evaluation Guideline

Who is at risk?

Common symptoms that may be related to EMF exposure are:

- Sleep disturbance
- Tinnitus
- Depression
- Memory loss
- Arrhythmias
- Headaches
- Skin rash
- Nausea
- Cognitive impairment
- Restlessness and anxiety

High-Risk patients:

- Underlying infection (mold, Lyme, Bartonella, etc.)
- Exposure to and/or retention of toxic metals and other pollutants
- Autoimmune disease
- Adult and childhood cancers
- Infertility
- Autism
- Dementia

Ask patients about symptoms related to use of devices:

- Numbness and tingling of hands and arms when using wireless mouse or computer
- Headache or ear pain when using cell phone
- Numbness, tingling in hand when holding a cell phone that is in use

Assessment: Ask patients about exposure at home and work

Residential:

- Smart meters on their home, neighbor's home, apartment, or condo
- Cell tower near home or child's school
- 5G roll-out in your area
- Use of devices (cell phone held to head, Bluetooth device, wifi in home, router "spreaders", "hubs" or "receivers" to extend and improve wifi access, use of Alexa-type voice assistant devices, smart appliances

Workplace:

- Use of headset, Bluetooth, number of hours on cell phone or cordless phone daily
- Proximity of work-station or workplace cell tower
- Smart meters at work