



Centers for Disease Control and Prevention  
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## Radiation and Your Health

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## Frequently Asked Questions about Cell Phones and Your Health

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Most of us depend on cell phones every day. Some people wonder if cell phones can cause health problems. Here's what you should know about cell phones and your health.



### Can using a cell phone cause cancer?

There is no scientific evidence that provides a definite answer to that question. Along with many organizations worldwide, we recommend caution in cell phone use. More research is needed before we know for sure if using cell phones causes cancer.

### Do cell phones give off (emit) radiation?

Yes – cell phones and cordless phones use radiofrequency radiation (RF) to send signals. RF is different from other types of radiation (like x-rays) that we know can be harmful. We don't

know for sure if RF radiation from cell phones can cause health problems years later. The International Agency for Research on Cancer (IARC) has classified RF radiation as a “possible human carcinogen.” (A carcinogen is an agent that causes cancer.)

## Should people stop using cell phones?

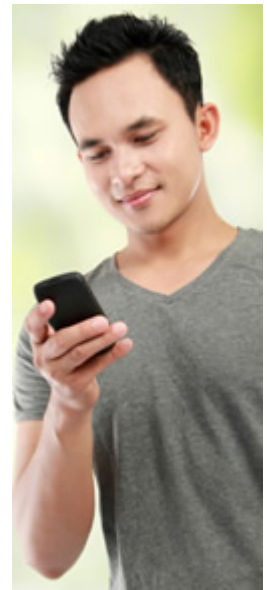
Scientific studies are ongoing. Someday cellphones may be found to cause health problems we are not aware of at this time. However it is also important to consider the benefits of cell phones. They can be valuable in an urgent or emergency situation– and even save lives.

If you are worried about cell phone use, follow the tips below.

**Cell phone tips**<sup>1</sup> (<http://www.fcc.gov/encyclopedia/faqs-wireless-phones#steps>) [ⓧ \(http://www.cdc.gov/Other/disclaimer.html\)](http://www.cdc.gov/Other/disclaimer.html)

To reduce radio frequency radiation near your body:

- Get a hands-free headset that connects directly to your phone.
- Use speaker-phone more often.
- If you have a pacemaker, keep cell phones at least 8 inches away from it.



## Do cell phones cause health problems in children?

It’s too soon to know for sure. Children who use cell phones – and continue to use them as they get older – are likely to be around RF for many years. If RF does cause health problems, kids who use cell phones may have a higher chance of developing these problems in the future.

## What research is being done to learn more about cell phones and health?

Scientists are continuing to study the possible health effects of cell phone use. For example, the World Health Organization (WHO) is currently looking into how cell phones may affect:

- Some types of tumors (a lump or growth)
- Our eyes
- Sleep
- Memory
- Headaches




## In the News: Acoustic Neuroma

Scientists are looking into a possible link between cell phone use and certain types of tumor. One type is called an acoustic neuroma (“ah-COOS-tik nur-OH-ma”). This type of tumor grows on the nerve that connects the ear to the brain. It doesn’t cause cancer, but it may lead to other health problems, like hearing loss. Another type scientists are looking into is called a glioma (“glee-OH-ma”). This is a tumor found in the brain or central nervous system of the body.



## Where can I get more information about cell phones and health?

For more information, visit:

- [The Federal Communications Commission \(http://www.fcc.gov/cgb/cellular.html\)](http://www.fcc.gov/cgb/cellular.html)   
(<http://www.cdc.gov/Other/disclaimer.html>)
- [World Health Organization \(http://www.who.int/mediacentre/factsheets/fs193/en\)](http://www.who.int/mediacentre/factsheets/fs193/en)   
(<http://www.cdc.gov/Other/disclaimer.html>)
- [The Food and Drug Administration \(http://www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/CellPhones/ucm116282.htm\)](http://www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/CellPhones/ucm116282.htm)  (<http://www.cdc.gov/Other/disclaimer.html>)

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