What is Havana syndrome?

The medical mystery named for the Cuban city where U.S. diplomats first experienced sudden, debilitating symptoms in 2016 has been reported by Americans serving in several other countries.

Acute symptoms (often occurring suddenly) may include:

Loud sounds (sometimes described as chirping, clicking or screeching) and pain in one or both ears; many felt the sensations came from a particular direction or were felt when in a specific location

Tinnitus, hearing loss

Intense pressure or vibration inside the head

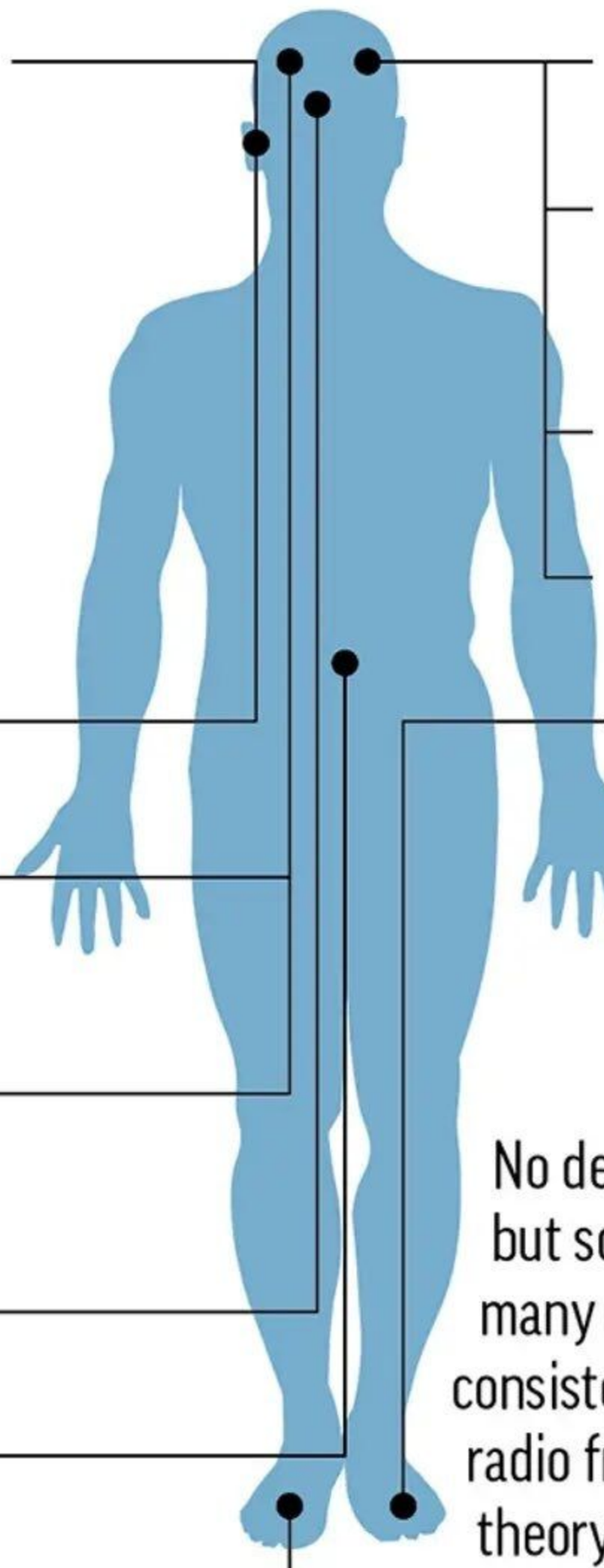
Difficulty with memory or concentration

Visual disturbances

Nausea

Unsteady gait, loss of balance, vertigo/dizziness

Chronic symptoms (can last weeks, months or longer) may include:



Headache

Impaired concentration, memory loss

Insomnia

Depression

Impaired balance

No definitive cause has been found, but scientific studies have noted many of the acute symptoms are consistent with exposure to directed radio frequency (RF) energy. One theory posits the use of RF energy by a U.S. adversary as a weapon or a tool of espionage.

Source: National Academy of Sciences

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