Scientific Literature Relevant to My Symptoms

After I became ill, I began searching the scientific literature to understand whether symptoms similar to my own had previously been described.

I am not presenting these publications as proof of the cause of my symptoms, but because it made a strong impression on me to discover that what I was experiencing, and had struggled to understand, had already been described in the literature.

These include **problems with concentration and memory, sleep problems, dizziness, fatigue, neurological symptoms, as well as autonomic/cardiovascular symptoms**. I also found literature describing **EHS and its overlap with Multiple Chemical Sensitivity (MCS).**

1. Lai & Levitt – *Cellular and molecular effects of non-ionizing electromagnetic fields* (2023)

The authors review possible cellular and molecular effects of non-ionizing electromagnetic fields and discuss, among other things, **cellular stress, oxidative stress, and possible mechanisms involving the nervous system**. In the section on EHS, they highlight that EHS – although not always – can involve a **rapid response within a few minutes of exposure**, and they discuss possible biological mechanisms underlying such a rapid response.

https://www.degruyterbrill.com/document/doi/10.1515/reveh-2023-0023/html

2. Belyaev et al. – *EUROPAEM EMF Guideline 2016*

Describes, among other things, **concentration difficulties, sleep problems, lack of energy, and fatigue** among reported EMF-related symptoms, and highlights the importance of the temporal relationship between symptoms and exposure, as well as individual susceptibility.

https://www.degruyterbrill.com/document/doi/10.1515/reveh-2016-0011/html

3. Stein & Udasin – *Electromagnetic hypersensitivity (EHS, microwave syndrome): Review of mechanisms* (2020)

The authors describe EHS as a syndrome involving symptoms from multiple organ systems, particularly **neurological and cognitive symptoms**. They discuss, among other things, oxidative stress, the nervous system, and **autonomic/cardiovascular responses**. The article is also relevant to my history because it discusses similarities and possible shared mechanisms between **EHS and MCS**.

https://www.sciencedirect.com/science/article/abs/pii/S0013935120303388

4. Belpomme & Irigaray – *Combined Neurological Syndrome in Electrohypersensitivity and Multiple Chemical Sensitivity: A Clinical Study of 2018 Cases* (2023)

A clinical study of **2,018 cases** involving EHS, MCS, or both. **505 individuals – 25% – had both EHS and MCS**, and the authors describe an overall similar clinical symptom profile across the groups.

https://www.mdpi.com/2077-0383/12/23/7421

5. Havas – *Radiation from wireless technology affects the blood, the heart, and the autonomic nervous system* (2013)

Reviews research on radiofrequency exposure and **cardiovascular/autonomic responses**, including reports of heart palpitations, changes in heart rhythm, and effects on the autonomic nervous system.

https://pubmed.ncbi.nlm.nih.gov/24192494/

Supplementary International Medical Consensus Statement

2020 Consensus Statement of UK and International Medical and Scientific Experts and Practitioners on Health Effects of Non-Ionising Radiation

The statement was prepared by UK and international medical and scientific experts and practitioners and is supported by medical organisations that, according to the statement, **represent more than 3,500 physicians**.

The statement describes EHS as a **multisystem medical condition characterised by physical symptoms associated with human-made non-ionising radiation (NIR) exposure**. It also calls for technological solutions that can advance development **without harming biological systems**, and highlights hard-wired solutions as a safer, sustainable, and accessible way forward.

https://phiremedical.org/wp-content/uploads/2020/11/2020-Non-Ionising-Radiation-Consensus-Statement.pdf

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