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Cell Phones Increase Risk of Brain Tumors

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Wednesday, Feb. 28, 2007

A new study shows that using a cell phone increases your risk of developing a brain tumor. Finnish researchers found that cell phone users raised their chances of getting a potentially deadly brain tumor called a glioma by as much as 270 percent!

Gliomas are brain tumors that begin in the brain or in spinal cord tissue. They can be either malignant or benign, but are always challenging to treat.

The Finnish study compared over 1,500 cell phone users with gliomas to 3,300 control participants who did not have tumors. They found that those who used a cell phone for a total of more than 2,000 hours in their lifetime had a 270 percent higher risk of getting a glioma on the side of the head where they usually placed the phone. People under the age of 20 had the highest risk.

Earlier research showed that older analog cell phones could cause brain tumors, but the Finnish study shows that even the new digital cellular phones carry risk. Experts warn that the tumors aren't an immediate result of using cell phones but develop later.

One way to protect your brain against the electromagnetic waves emitted from cell phones is to use a headset with an air tube, which replaces the wire found in most other headsets. An air tube headset reduces your exposure to electromagnetic radiation by 98 percent.