

HIGH VOLTAGE POWER LINES & OTHER HEALTH PROBLEMS

The Myth:

Overhead high voltage power lines and associated electromagnetic fields (EMFs) have no effects on diabetes, muscular sclerosis, disrupted sleep, and other health problems.

The Facts:

- Havas (2006) studied numerous diseases and ailments in relation to extremely low frequency EMFs. When EMF levels were significantly reduced in schools, both staff and students reported improved health and more energy. The number of students needing inhalers for asthma was reduced and student behavior associated with Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder improved. Also, Type 1 diabetics required less insulin, Type 2 diabetics had lower blood sugar levels, and individuals with multiple sclerosis had fewer tremors and better balance when EMF levels were significantly reduced. In cases of tinnitus (“ringing” in the ears), symptoms disappeared when EMF levels were reduced.
- 5-60 million diabetics worldwide may be negatively affected by EMFs (Wild et al. 2004, Havas 2006). Laboratory studies document that successful functioning of insulin is reduced by EMFs (Sakurai et al. 2004, Li et al. 2005). EMF exposure causes stress at certain levels, and stress increases blood sugar levels in diabetics (Hinkle and Wolf 1950, Blank and Goodman 2004).
- 3% of the population has electromagnetic hypersensitivity (sensitivity and negative responses to very low EMF intensities) and 35% have symptoms (Philips and Philips 2006).
- Overnight exposure to 60-Hz magnetic fields (similar to power lines) disrupted brain electrical activity during night



sleep (EMFRAPID 2002). Individuals exposed to the magnetic fields experienced a pattern of poor and disrupted sleep.

- Australian and American studies have reported EMF effects on heart rate, a slowing of up to 5 beats per minute (EMFRAPID 2002). In another study, occupational exposure to EMFs resulted in impairments to the natural regulation of heart rate (Bortkiewicz et al. 1996).
- It is well known in the medical community that stress often causes, speeds up, or intensifies many diseases and other negative health effects. Landowners who face the possibility of having their private property suddenly designated as a high voltage power line corridor, and families who end up living near or within sight of high voltage power lines are under significant stress. This increased stress contributes to many diseases and other health problems. These stress-induced health impacts, together with the EMF-induced and corona effect-induced health impacts and power line safety hazards, make people who live, work or attend school near overhead high voltage power lines particularly vulnerable to accidents, illness and death.



Blood sugar test

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