

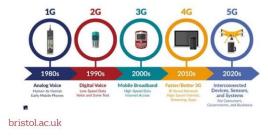
5G: knowns, unknowns, known-unknowns, and myths

Professor Frank de Vocht Population Health Sciences, Bristol Medical School, University of Bristol, UK

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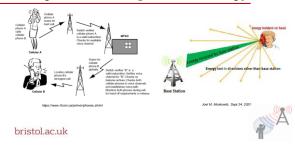


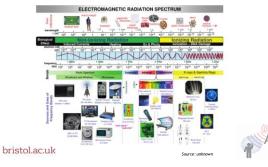


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Background: mobile phone technology





Fifth-generation technology standard for broadband cellular networks (5G)

<text><list-item><list-item><image>

Additional development in 5G

requency band	Frequency range	Technology*	Constant				
00 MHz	738-788 MHz	Not currently used. Spectrum award planned in 2021	Onine	-	799 8010	E G GH	
800 MHz	791-821 MHz	4G				1.5 GM 4.5 GM	
NOD MHz	925-960 MHz	26, 36, 4G		-			
1400 MHz	1452-1492 MHz	4G (Supplementary downlink)	South Kerne	(e)		16Gtu	26.00
1800 MHz	1805-1880 MHz	2G, 4G					
2900 MHz	1900-1920 MHz	4G	Japan			1.7 GPU 2.6 GPU	28 594
2100 MHz	2110-2170 MHz	3G, 4G		1.0		A T GPU	
2300 MHz	2350-2390 MHz	46	154	-	614 Marca	45.6m 25.6W	21.0%
2600 MHz TDD	2570-2620 MHz	4G	100		RED SITU	9.48-3.99 GHU 3.8-3.7 6Mu	28.049
2600 MHz FDD	2620-2690 MHz	4G				3.7 3.98 Ora	47 086
3.4 GHz	3410-3680 MHz	5G, 4G	89		755 MP12	54.088	25.0%
3.8 GHz	3680-4200 MHz	Various		_			
Others=							

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na-100-

Additional development in 5G

Small Cells

 miniature radio access point or base station with low RF power output, footprint and range

 Enhance cellular network coverage and capacity in areas with high demand

 Enable line-of-sight communication for higher frequencies (industry, logistics, transport, defense)

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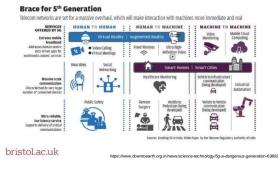


Why do we want 5G?

Obviously, some companies and people will make a lot of money
 But also, there are clear improvements in performance and new possibilities

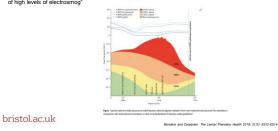
 Ability to hardine more data
 Higher data transfer
 Low laterny

 Improvements in performance and new possibilities
 Improvement

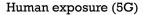


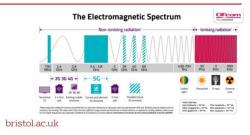
Concern: Human Exposure

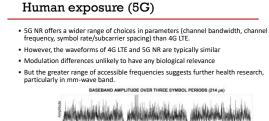
 The claim is made that RF exposure of everyone will increase, and we will permanently live in a "cloud of high levels of electrosmog"



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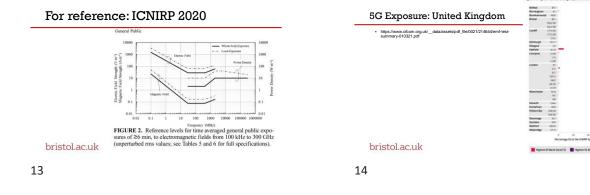


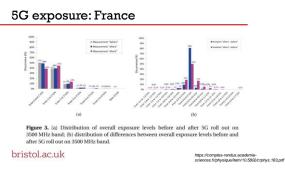


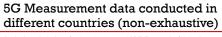


Foster et al. Waveforms of 4G and 5G Health Physics. November 20, 2024

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Switzerland: contribution from 5G to the total environmental RF EMF exposure(3.56Hz band) <10% maximum exposure levels (Level and Level and Level and Level (LeVEP) limit (Level at A. Jophen Sciences 2021) 11:3592) South Fromas 5G (21-42) Sciences 2021 (11:3592) South Fromas 5G (21-42) Science 2021 (11:3592) Science 2021 (11:3592) South Fromas 5G (21-42) Science 2021 (11:3592) Scien

taly: 5G exposure is overall very limited for most of measurement locations (typically lower than 15%. (https://ieeexplore.ieee.org/document/9521570)

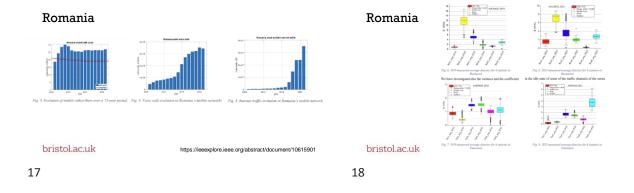
15%. (https://ieeexplore.ieee.org/document/9521570)

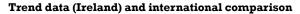
Romania: >90% of the measurements <0.2% ICNIRP limits and 99% below 2%. (3MHz - 18 GHz band) (https://www.pics.ieee.org/abstract/document/9527794) Germany: First results with provided data traffic revealed exposures below 0.25 % ICNIRP reference levels.(https://deexplore.ieee.org/abstract/document/9411088.)

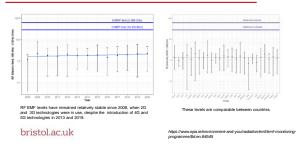
Overview (up to 2021) for those interested: Ramirez-Vazquez et al. Measurement studies of personal exposure to radiofrequency electromagnetic fields: A systematic review. Environ Res 2023.218.114979



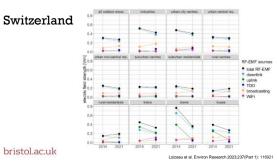












SEAWave

Exercise la



- You live in the house by the red arrow and only access to 2G.
- A new 4G/5G mobile antenna is to be built. There are 1-6 locations available, which condition either the blue, green or orange antenna model.

,

Which configuration do you choose





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Grant number: 101057622



Now I would like to give you some more information about cell phones and base stations.

- The farther away a base station is, the worse your reception
 Cell phones and base stations interact with each other.
- > Cell phones, like base stations, are transmitters and receivers at the same time. > Since the cell phone is generally much closer to you than the base station, users are generally exposed to higher radiation levels from the personal device than from the base station.
- > The further away a base station is, the stronger the cell phone has to transmit to reach the station.



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Exercise 1b

urope SEAWave project 10 - D10.1 - D35 / Quali



5G and health effects

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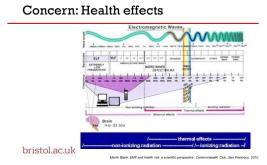
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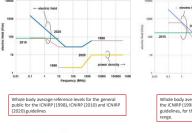
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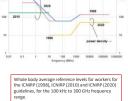
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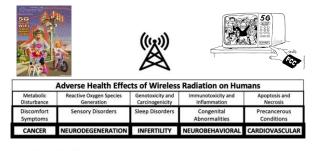








v.icnirp.ora/e



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https://www. v/2017/09/5a-wi v-is-5a-ha

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WHO assessment of health effects of exposure to radiofrequency electromagnetic fields: systematic reviews

https://www.sciencedirect.com/special-issue/109J1SL7CXT

- Commissioned systematic reviews
- · Protocols published prior to start of each review
- Results now (almost) all published
- · Best overviews that take into account study quality

Note: a few complaint letters published by activist groups. I will not discuss these here, but you can be found following the link above



- · WHO-IARC classified RFR as 'possibly carcinogenic to humans' (Group 2B) in 2011
- New WHO Review:
 63 aetiological articles, published between 1994 and 2022, with participants from 22 countries
 - RF-EMF exposure from mobile phones (ever/regular vs no/non-regular):

 - Siloma:
 RR = 1.01, 55 % Cl = 0.

 > Meningioma:
 RR = 0.92 (0.82-1.02)

 > acousic neuroma:
 RR = 0.30 (0.82-1.24)

 > pituitary tumours:
 RR = 0.30 (0.85-1.24)

 > paschaitric brain tumours:
 RR = 0.81 (0.81-1.06)

 > pasdiviri brain tumours:
 RR = 0.91 (0.78-1.06)
- No observable with increasing time since start use of mobile phones, cumulative call time, or cumulative number of calls.
- Moderate certainty evidence that it likely does not increase the risk of glioma, meningioma, acoustic neuroma, pituitary tumours, and salivary gland tumours in adults, or of paediatric brain tumours.
- · Little evidence of associations with cordless phones or fixed-site transmitters: bristol.ac.uk

Cancer		Choi et al. Int J Environ Res Public Health 2020; 17(22): 10.3390/ljerph17218079									1		
												_	
Factor No.			All			Hardell et al.'s Studies		INTERPHONE-Related Studies			Other Groups		
		No.	OR (95% CD	12	No.	OR (95% CD	12	No.	OR (95% CI)	12	No.	OR (95% CD)	12
Time since first use or latency (years)	<5	25	0.97 (0.86 to 1.09)	39.0	30	1.05 (0.92 to 1.19)	0.0	8	0.78 (0.64 to 0.94)	36.2	8	1.10 (0.92 to 1.32)	14.6
	5-9	23	1.00 (0.86 to 1.16)	\$1.0	10	1.20 (0.88 to 1.63)	44.4	. 6	0.80 (0.70 to 0.92)	13.7	5	1.19 (0.99 to 1.44)	0.0
	≥10	18	1.29 (0.90 to 1.85)	87.8	5	1.62 (1.03 to 2.57) *	39.9	8	0.99 (0.79 to 1.24)	.25.3	5	1.57 (0.72 to 3.42)	93.3
Cumulative or lifetime use (years)	<5	14	0.81 (0.74 to 0.90)	19.6				9	0.77 (0.89 to 0.86)	15.8	- 5	0.99 (0.81 to 1.21)	0.0
	5-9	14	0.89 (0.78 to 1.01)	22.9		n.a.		9	0.83 (0.73 to 0.94)	0.0	5	1.04 (0.75 to 1.46)	54.4
	≥10	9	1.04 (0.69 to 1.59)	36.9				5	0.92 (0.54 to 1.59)	0.0	5	1.15 (0.61 to 2.18)	77.1
Cumulative call time thours)	<300	- 26	0.99 (0.90 to 1.08)	0.0	. 9	1.08 (0.94 to 1.23)	9.2	. 9	0.78 (0.66 to 0.93)	0.0	8	1.05 (0.89 to 1.24)	0.0
	300-1000	7	1.14 (0.91 to 1.41)	40.9	1	1.00 (0.40 to 2.60)		2	1.07 (0.77 to 1.49)	0.0	4	1.21 (0.79 to 1.84)	40.9
	> 1000	8.	1.60 (1.12 to 2.30)*	74.5	2	3.65 (1.69 to 7.85) *	0.0	4	1.25 (0.96 to 1.62)	23.7	2	1.73 (0.66 to 4.48)	91.8
Cumulative number of calls	<1000	7	1.07 (0.87 to 1.32)	9.6		na.	_	2	0.70 (0.36 to 1.29)	0.0	5	1.13 (0.92 to 1.39)	0.0
	1000-7000	5	1.00 (0.69 to 1.43)	\$1.6	na			n.a.		5	1.00 (0.69 to 1.43)	51.6	
	>7000	10	1.14 (0.39 to 3.32)	98.6	D.S.			- 5	0.85 (0.56 to 1.29)	55.1	4	1.68 (0.36 to 7.94)	99.0

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Cancer in laboratory animals

Mevissen et al.

- Protocol published
- · Final meta-analysis not published yet.

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Cognitive performance Benke et al. The effects of medicinequency apposure on cognition: A systematic re analysis of human observational studies. Environment International 2004; 108775



Observational studies

- 5 studies from 4 cohorts with 2808 adults and 1831 children across 3 countries (2006-2017).
- Only few studies provided very low to low certainty evidence of little to no association between RF-EMF exposure and learning and memory, executive function and complex attention.
- None of the studies among children reported on global cognitive function or other domains of cognition.
- Only one study reported a lack of an effect for all domains in elderly persons (very low certainty evidence)

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Female reproduction



Johnson et al. The effects of radiofrequency expos outcomes: A systematic review of human observat ve on adverse female reproductive

- 18 studies in this review; 8 general public studies and 10 occupational studies
- Evidence very uncertain about the effects of RF-EMF from mobile phone exposure on:
 preterm birthrisk RR=1.14 (029-7.34)
 EBW RR=1.14 (029-7.36)
 SGA RR=1.14 (102-1.36)
 SGA RR=1.13 (102-1.34)
- Evidence is very uncertain about the effects of RF-EMF amongst female physiotherapists using shortwave diathermy on
- OR = 1.02 (0.94-1.1) OR = 1.4 (0.85-2.32) RR = 1.06 (0.96-1.18) RR = 1.19 (0.32-4.37) RR 2.90 (0.69-12.23) miscarriage
 congenital malfor
 miscarriage
 pre-term births
 low birth weight
- Overall, the body of evidence is very uncertain about the effect of RF-EMF exposure on female reproductive outcomes.

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Pregnancy and birth outcomes

d (RF-EMF) e



Non-human animals

- 88 papers
- · in utero RF-EMF exposure does not have a detrimental effect on fecundity
- · Probably no effect on offspring brain weight
- · Probably no decrease in female offspring fertility
- Likely affects offspring health at birth (based on mammal litter size and fetal weight). · Possible delayed effects of in utero exposure
- Conclusion:
 - RF-EMF may have detrimental impact on neurobehavioural functions, varying in magnitude for different endpoints
 but very uncertain

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Male fertility

Kenny et al. The human observedi 2024: 108817

- Human studies
- 9 studies in this review (7 general public and 2 occupational studies)
- Very uncertain surrounding the effects of RF-EMF on:
 - > sperm concentration MD (mean difference) per hour of daily phone use 1.6 10⁶/mL (-1.7 : 4.9)
 - MD 0.15 (-0.21 : 0.51) percentage points of deviation of normal
 - sperm morphology forms per hour
 - > sperm progressive motility
 > total sperm count MD -0.46 (-1.04, 0.13) pp/hr)
- MD -0.44 10⁶/ejaculate (-2.59 : 1.7) per hour No or little effect of carrying a mobile phone in the front pocket on sperm concentration, total count, morphology, progressive motility or on time to pregnancy.
- Little or no effect of computer or other electric device use on sperm concentration, total motility or total count.

Male fertility



omagnetic field (RF-EMF) exposure on mail tudies on non-human memorin on film Cordelli et al. Effects of radiofrequ fertility: A systematic review of exp in vitro. Environment International

- · Non-human animals and human sperm in vitro
- 117 papers on animal studies and 10 papers on human sperm exposed in vitro
- · Only few studies rated as "low concern"
- Associations between RF-EMF exposure and decrease of pregnancy rate and sperm count, to which moderate and low certainty were attributed, are not negligible
- · No consistent relationship between the exposure levels and the observed effects
- Most studies evaluated RF-EMF exposure levels higher than human population exposure and the limits set in international guidelines.

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Self-reported symptoms





- 41 studies mostly from Europe, with a total of 2,874 participants
- Head exposure
 - standard mean difference (SMD) 0.08 (-0.07 : 0.22) > Headaches
 - Sleeping disturbances SMD -0.01 (-0.22 : 0.20)
 Composite symptoms SMD 0.13 (-0.51 : 0.76)
- · Whole-body exposure similar findings and effect sizes
- · For IEI-EMF (electrohypersensitive) individuals

 - Could not perceive the EMF exposure status better than chance
 Could not determine EMF conditions better than the general population.
- Concusion:
 Acute RF-EMF below regulatory limits does not cause symptoms
 Corresponding claims in the everyday life are related to perceived and not to real EMF
 exposure status.
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Tinnitus, migraine and non-specific symptoms

- · General and working populations
- 13 papers from 8 cohort and 1 case-control studies (486,558 participants) exclusively from Europe
- Tinnitus (n=3), migraine (n=1), <u>headaches</u> (n=6), sleep disturbances (n=5), and composite symptom scores (n=5).
- Only one study addressed occupational exposure.
- Conclusions

 RF-EMF exposure below guideline values does not cause symptoms, but the evidence is very uncertain
 There is no indication that RF-EMF below guideline values causes symptoms
 However, inherent limitations of the research results in substantial uncartainty

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Oxidative stress

- · 45 in vivo and 11 in vitro studies were included in the systematic review
- · 12,353 publications excluded because they did not meet the criteria defined in the published protocol

Mayer et al. The effects of radiofrequency electromagnetic field exposure on biomar oxidative stress in vivo and in vitro: A systematic review of experimental studies. En

- · 6 human in vitro samples and 50 animal samples, including rodents and rabbits
- Evidence on the relation between the exposure to RF-EMF and biomarkers of oxidative stress was of very low certainty (high RoB level and high heterogeneity).
- Conclusions:
 - usions: > There may be no or an inconsistent effect of RF-EMF on biomarkers of oxidative stress in the brain, liver, blood, plasma and serum, and in the female reproductive system in animal experiments > There may be an increase in biomarkers of oxidative stress in testes, serum and thymus of rodents > Evidence is of very low certainty.

Take-home / Recap



3-4-5G (<6GHz)

- Cancer risk: Increasingly unlikely RFR is an important factor
- Reproduction and Fertility: associations plausibly result from study weaknesses or other exposures Cognition and behaviour: Weak evidence no associations. Indications of effects possibly attributed to excessive use instead
- Oxidative stress: Inconsistent effect of RF-EMF on biomarkers of oxidative stress

5G

- o Mm-waves (26GHz+) unlikely to exacerbate effects in humans
- o Remain gaps in research in human populations for 3 Ghz+
- o Attention: cancers of skin and eye, and possibilities of local heating (in particular testicular tissue)
- o Mm-Waves mainly of interest for industrial, logistics, transport and defense applications

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5G Conspiracy Theories





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5G conspiracy theories

- Have been circulating since the 1990s, and have long historical roots.

 - Detri including since the 1990s, and have rong insolucial roots.
 Doctors first lated of 'radiopholie's early as 1993.
 Following on from fears about power lines and microwaves in the 1970s
 opponents of 2G technology in the 1990s suggested that radiation from mobile phones could cause cancer, and that this information was being covered up
- 5G responsible for the unexplained deaths of birds and trees https://www.reuters.com/article/factcheck-birds-5g-idUSL1N2OS1FK; https://fullfact.org/online/deatheck-birds-5g-idUSL1N2OS1FK; https://fullfact.org/online/deatheck-5g-idUSL1N2OS1FK; https://fullfact.org/online/deatheck-5g-idUSL1N2OS1FK; https://fullfact.org/online/deatheck-5g-idUSL1N2OS1FK; https://fullfact.org/online/deatheck-5g-idUSL1N2OS1FK; https://fullfact.org/online/deatheck-5g-idUSL1N2OS1FK; https://fullfact.org/online/fullfact.org/onlidUSL1N2OS1FK; https://fullfact.org/online/fullfact.org/online re-not-killed-5a/ os://www.reuters.com/article/lactcheck os://fullfact.org/online/birds-5G-nether/
- · 5G coronavirus conspiracy theories particularly challenging because they bring together people from very different parts of the political spectrum: • The far-right as part of a technological assault by big government on the freedom of individuals. • Anti-vacxer community, who are often allied with those distrustful of Big Pharma.

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https://theconversation.com/four-experts-investigate-how-the-5g-coronavirus-conspiracy-theory-began-139137

5G-COVID 19 conspiracy theories

- · Theory by now well-known to most people
- In a UK poll, 21% agreed, to varying extents, that coronavirus is caused by 5G and is transmitted through radiowaves.
- The coronavirus 5G conspiracy theory comes in several different strains: pandemic began in Wuhan as this was where the 5G technology was trialled (incorrect, already rolled out in other locations)
 - Coronavirus crisis was deliberately created to keep people at home while 5G engineers install the technology everywhere.
 - 5G radiation weakens people's immune systems, making them more vulnerable to infection by COVID-19.
 - ...or, 5G directly transmits the virus.

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This is a reworking of long running conspiracy fears about mind control experiments, subliminal messaging and supposed secret US military weapons projects



5G conspiracy theories

Concerns have been expressed concerning that 5G might be in fact be a hi-tech weapon whose use represents an "existential threat to humanity".

Non Lethal	Microwave Weapons					
Frequency	Illness Caused					
4.5 Hz	Paranoia					
6.6 Hz	Depression/suicide					
8 Hz	Animals fall asleep					
11 Hz	Manic behaviour/anger					
	Blindness if aimed at the head; heart attack i aimed at the chest					
nurder and	ncies may induce hysteria, trauma, lust, cancer. ysicist and former British naval officer and electronic warfare					

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5G ca	n he	used	90.9	mili	tory	www.	non
Reme							
the st							
of cov	id19	? Acu	te de	eath	doe	sn't	happ
with a	viru	s. We	can	't tru	ist a	nv	
techn	ocral	t with	this	kind	oft	ech	nolo
ever, I	Perio	d. #S	TOP	5G			

5G conspiracy theories ...the New World Order

One increasingly popular idea is that the pandemic is part of a plan by global elites like Bill Gates or George Soros – in league with Big Pharma – to institute mandatory work/wide vaccinations that would include tracking chips, which would then be activated by SG radiowaves.





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https://theconversation.com/four-experts-investigate-how-the-5g coronavirus-conspiracy-theory-began-139137

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The total deaths, expected to be created by #5G, is 28x the total of WWII. Source: Hidden Dangers 5G, by Jerry Flynn What #USA's #Biden, #Musk and #Bezos are creating, goes far beyond the war crimes Putin creates in Ukraine.

Jerry Flynn, a reitral Crandina Armod Forces apochinic in surfaces, and the second second second and the second second second and the second second second advantagers of the book: Holden Dangers SG Theory suppress the tref's should be been surfaced and second selective segment in fail for (JTP) radiation.





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Final Conspiracy Theory " Never look at the screen of your mobile phone for too long, because your will get square eyes....seriously!"

Sophie de Vocht, aged 5 (May 2, 2022)



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