What You Need to Know About Cell Phone Radiation

The frequency of a cell phone's waves falls between those emitted by FM radios and those from microwave ovens, all of which are considered "non-ionizing" forms of radiation.

When you make a call, text, or use data on your cell phone, here's what happens:

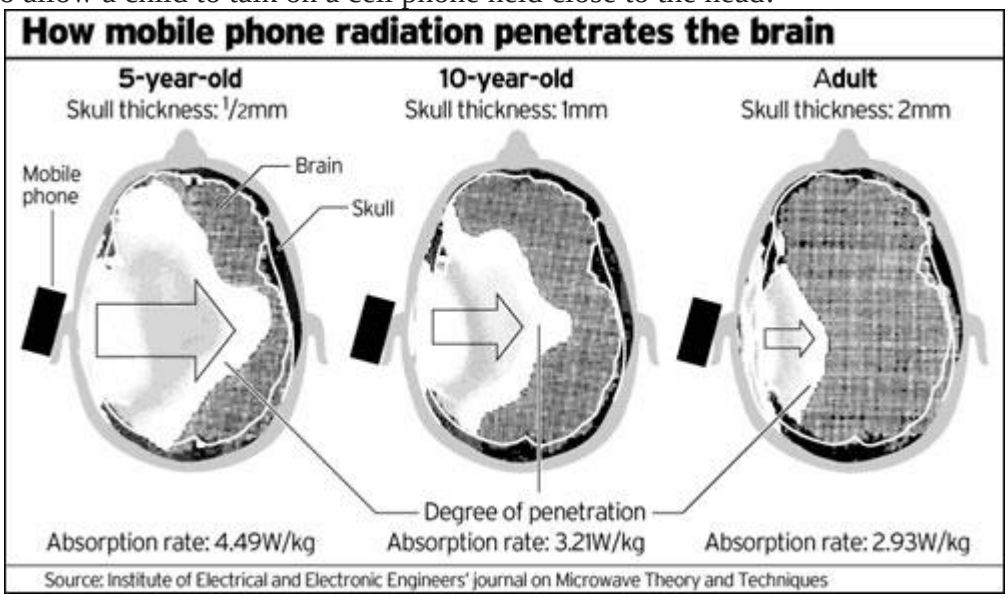
Your phone sends radiofrequency, or RF waves from its antenna to nearby cell towers, and receives RF waves in return to its antenna.

If you are holding the phone next to your face, as most people do, then about 70 percent of the energy from the antenna is absorbed straight into your head.

As you can see from the diagram below, age makes a difference in how much of this energy can be absorbed into the tissue. A younger child's skull is much thinner than an adult's and still developing, therefore more radiation is able to penetrate the brain.

It's not until around age 20 that your brain is fully developed.

These visual images should serve as a powerful reminder to parents that it's never a good idea to allow a child to talk on a cell phone held close to the head!



As you move your cell phone away from your head, this radiation decreases rapidly. So, clearly, the further away from your body you can keep your phone, the better.

Incidentally, the manufacturer of one of the top-selling cell phones advises against direct body contact with their phones. This is what they say right on their website:

"To reduce exposure to RF energy, use a hands-free option, such as the built-in speakerphone, the supplied headphones, or other similar accessories. Carry phone at least 5mm away from your body to ensure exposure levels remain at or below the as-tested levels."

One of the most important bits of advice I can give you is to avoid holding your phone directly against your head, especially while your call connects—which is when the power surge is greatest.

Using your speakerphone function or a safe headset to keep your phone a safe distance away from your body is a much better option.