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For additional Information Sheets or to learn more about other brain tumour topics, visit www.BrainTumour.ca

Brain Tumour Foundation of Canada Information Sheets are provided as an informational and educational tool and are not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. We urge you to seek specific medical advice on individual matters of concern.

Brain Tumour Foundation of Canada is generously supported by individuals, corporations and employee groups. It is through the tireless dedication of donors that help is available for anyone affected by a brain tumour, including patients, survivors and their loved ones.

Ask the Expert Information Sheet

Cell Phones

Are there any recommendations for cell phone users related to the recent news stories about a potential link between cell phones and brain tumours?

In recent years, the number of cell phone users in Canada has grown dramatically and there are five billion users worldwide.

Some research suggests a possible link between the use of cell phones and brain tumours but much more research is needed.

The World Health Organization (WHO) and Health Canada offer some precautions for cell phone users who are concerned about potential effects. In October 2011, Health Canada slightly revised their previous recommendations around cell phone use to suggest that parents limit their children's exposure to mobile devices.

The following is a complete list of precautionary recommendations for cell phone users:

- Parents should limit their children's use of cell phones
- Reduce exposure to radio-frequency energy by limiting the number and length of cellphone calls
- Using a mobile phone 30-40cm away from their body - for example by substituting text messages or chats in the place of phone-to-ear cellphone calls.
- Using a hands free device
- Using the phone in areas of good reception also decreases exposure as it allows the phone to transmit at reduced power.

This issue is closely monitored by Brain Tumour Foundation of Canada and the most up-to-date information can be found on the website at www.BrainTumour.ca.

you are **not** alone