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## A Cell Phone on Hip Weakens Bones

Recent research suggests that wearing a cell phone on the hip may weaken an area of the pelvis. Using an X-ray technique used in the diagnosis and monitoring of patients with osteoporosis, researchers measured pelvic bone density in 150 men who regularly carried their cell phones attached to their belts.

This latest study published recently in the *Journal of Craniofacial Surgery*, found that after carrying a cell phone on the hip for an average of 15 hours a day over the course of about six years, male subjects' bone mineral density was slightly lower on the side of the pelvis where they carried their phones.

The findings raise the possibility that bone density could be adversely affected by electromagnetic fields emitted by cell phones.

Previous studies have found that cell phone radiation affects men's sperm count, and the quality and motility of their sperm, and this may be a far greater issue than its effect on bone density. Men in particular tend to carry their cell phones on their belts, in close proximity of their reproductive organs. One such study, published found that: "RF-EMR in both the power density and frequency range of mobile phones enhances mitochondrial reactive oxygen species generation by

human spermatozoa, decreasing the motility and vitality of these cells while stimulating DNA base adduct formation and, ultimately DNA fragmentation. These findings have clear implications for the safety of extensive mobile phone use by males of reproductive age, potentially affecting both their fertility and the health and wellbeing of their offspring."

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