Subject: Personal Testimony Regarding EMF Exposure, Health Symptoms, and Quality of Life

To the U.S. Department of Health and Human Services:

I am submitting this letter to share my personal experience with symptoms that I believe may be associated with exposure to electromagnetic fields (EMFs) and wireless technology. I ask the Department of Health and Human Services to consider my experience as part of its review of the potential health effects of radiofrequency radiation and other forms of wireless exposure.

For years, I struggled with symptoms that became so severe that I could no longer continue working in traditional office environments. I had to leave several jobs before I understood what might be contributing to my illness. At the time, I did not know why I was becoming so unwell, and I was left trying to manage my health while facing the loss of employment and financial stability.

I eventually transitioned to remote work, hoping that a different work environment would improve my condition. Unfortunately, I experienced similar symptoms at home. I continued searching for answers until I began turning off my Wi-Fi and noticed that I felt better. I also started limiting my cell phone use as much as possible. These changes made me concerned that wireless technology exposure might be contributing to my symptoms.

The consequences have been life-changing. My difficulties are no longer limited to work. Attending church, going to concerts, and spending time in public places can be challenging. I must consider the environment and how I might feel before participating in activities that are important to me.

My employment options are also limited because I must consider whether a work environment will allow me to function without worsening my symptoms. This has affected my livelihood, independence, social connections, and overall quality of life. It is difficult to live with these restrictions and even more difficult when the underlying cause of one's symptoms is uncertain or not widely understood.

I recognize the importance of sound scientific research and careful evaluation of potential causes of illness. I am not claiming that my personal observations alone establish a definitive causal relationship. I am reporting what I have experienced: becoming too ill to continue working in office environments, continuing to experience symptoms while working remotely, and noticing an improvement after turning off my Wi-Fi and reducing my cell phone use.

I believe these observations deserve to be documented and investigated alongside the experiences of other people who report similar concerns. I respectfully ask HHS to support independent, transparent research into potential health effects associated with RF/EMF exposure, including possible differences in individual responses, the effects of long-term and cumulative exposure, and the relationship between reported symptoms and measured exposure levels.

Another important concern is that the world has changed dramatically since the FCC adopted its radiofrequency exposure guidelines in 1996.

Those guidelines were based substantially on scientific recommendations and exposure criteria developed in the 1980s and early 1990s, long before today's widespread dependence on wireless technology. At that time, we could not have anticipated the extent to which Wi-Fi, smartphones, wireless networks, Bluetooth devices, smart homes, wearable technology, and other wireless systems would become integrated into nearly every aspect of daily life. Today, many people are exposed to multiple sources of radiofrequency energy throughout the day, at home, at work, in schools, in places of worship, and in public spaces. Given this dramatic transformation in our exposure environment, I believe it is essential to reassess whether guidelines established three decades ago adequately address today's conditions. I urge the responsible agencies to evaluate the latest scientific evidence, consider long-term and combined exposures, investigate reported health concerns, and determine whether current standards and testing procedures remain adequate to protect public health.

I also ask HHS to improve the collection and evaluation of reports from people who believe their health is affected by wireless technology. Research should be designed to investigate these reports objectively, distinguish established findings from unresolved questions, and identify whether there are particular circumstances or populations that warrant further study.

In addition, I encourage HHS to provide clear, accessible public information about the current state of the evidence, the uncertainties that remain, and practical measures people may consider if they wish to reduce unnecessary exposure. Individuals should be able to make informed decisions based on transparent information and credible research.

My experience has affected my ability to earn a living, attend religious services, enjoy music and community activities, and participate in everyday life. I share this not to suggest that everyone's experience will be the same, but to make clear that the concerns surrounding wireless exposure have real and serious consequences for some individuals.

I respectfully ask HHS to take these reported experiences seriously, investigate the questions they raise, and ensure that public-health decisions are informed by rigorous research, open discussion, and careful consideration of the people whose lives are affected.

Thank you for inviting public input and for considering my personal testimony.

Respectfully,

Mary Antona

https://www.frontiersin.org/journals/cardiovascular-medicine/articles/10.3389/fcvm.2025.1499499/full