

AD, born Nov 1952 in Argenta (FE); two children (1976, 1991). Mathematics graduate and secondary-school teacher (1979–2013). Since 2004, lived about 280 m from a 3HG radio base station (RBS) in Crema.

2005–2006: Recurrent sore throat began in 2005. In November, right-hand paresthesia spread to the limbs, followed by vertigo and imbalance. MRI, EMG, X-rays and Doppler were inconclusive; treatment failed and antidepressants/anxiolytics worsened symptoms. Symptoms disappeared during three weeks in London in summer 2006, then returned at home. After a fall in October, tachycardia and weakness followed. A neurologist warned of possible paraplegia, later excluded by Humanitas Hospital. She took months off work in early 2007.

2007: A Ministry of Finance commission certified persistent headache and unfitness to teach mathematics; unaware of her options, she accepted library duties. From March, palpitations, chest pain, near-fainting, vertigo and early-morning insomnia suggested an environmental trigger, though authorities deemed the 3HG station compliant. Symptoms eased at her parents' home but returned in Crema. Online research led to "electrosensitivity"; an association and Prof. Olle Johansson (Karolinska Institute) advised leaving home. Dental metal removal improved breathing; shielding and other remedies had mixed results. Suffocation led her to sleep in a cellar or car. At an agriturismo 2 km away, sleep improved, but she lost about 10 kg. Doctors suggested psychiatric admission.

Several flats proved unsuitable, reportedly because of nearby installations. In July she rented an old house with a metre-thick walls, where the family stayed five years. Sea bathing helped; sun exposure and an Austrian hotel near an RBS worsened symptoms. Heat caused cramps, burning, throat swelling and digestive problems. Visits to her former home caused symptoms lasting over 12 hours; crossing Crema's ring-road viaduct immediately caused throat swelling and pain. Her husband retired to care for her.

2008–2010: Phones, computers, energy-saving lamps and other electrical equipment made work difficult. In April 2008, fainting during a landline call caused an ankle fracture. Wi-Fi and shops triggered muscle blockage and breathlessness. At school she experienced headaches, vertigo, electric discharges, tremors, burning feet and sleepiness. In November 2008, Dr Anna Zuccherò, occupational physician and president of the Italian EHS Association, diagnosed electromagnetic hypersensitivity (EHS).

In **2009**, symptoms, knee inflammation and prolonged absences continued; INAIL rejected occupational injury claims. In 2010, leg blocks and school Wi-Fi antennas led to retirement for unfitness. Narcolepsy tests were cancelled during hospital admission because of severe imbalance. In December, Prof. Giuseppe Genovesi (Sapienza University, Rome), after assessments in Italy and Sweden, certified EHS and multiple chemical sensitivity (MCS), prescribing avoidance of electromagnetic fields (EMF) and chemicals.

2012–2013: In January 2012, a Milan commission certified cluster migraine and toxic encephalopathy associated with EHS/MCS and permanent unfitness to teach. The 3HG station on Via Toffetti was removed in March; she gradually returned home, and the family moved back in July. In December, INPS recognised a permanent 50% reduction in working capacity since 9 June 2012.

Certificates reiterated avoidance of EMF and chemicals. In February 2013, after accompanying her grandson at an X-ray wearing a protective gown, she developed hand dermatitis and later head/forehead redness and burns. Treatment failed or worsened symptoms. Pavia dermatologists

considered radiodermatitis probable but not objectively demonstrable. She reports being unable to undergo X-rays, MRI or CT; hand lesions remain.

A Milan appeal commission confirmed unfitness for teaching and related duties. Psychiatric assessment found no disorder or fabricated symptoms; allergology found marked sensitivity to chemicals, drugs and physical agents, without common-allergen sensitisation. The commission considered it consistent with EHS/MCS and prescribed avoiding EMF and xenobiotics. Her contract ended in July 2013. In September she retired under “Opzione Donna”, aged 61 with 38 contribution years and a 40% pension reduction.

2015–present: After 2–3 weeks in an exposed fourth-floor flat in Ascoli Piceno, a white ring around both pupils appeared; bilateral arcus senilis was diagnosed. It regressed in Crema but recurred with dry eyes, contractions and burning. She left the flat, which she considers unfit.

Symptoms and instability persist; avoiding artificial EMF is essential but difficult. Suitable housing is hard to find; trains, hotels with Wi-Fi and public places with mobile phones pose problems. She uses digital devices briefly, only when necessary and with protection. She considers these restrictions incompatible with the UN Convention on the Rights of Persons with Disabilities.