

I am submitting this comment because I have become increasingly electrosensitive over the past several years. The current FCC RF exposure guidelines, which are based on studies from 1996, do not reflect the emissions, modulation patterns, or biological effects of today's wireless technologies, including 4G LTE, 5G, and dense small-cell deployments.

I served as a firefighter and lifeguard for 30 years. During that time, I worked near rooftop antennas and communication equipment on a daily basis. Although I had mild symptoms years ago, my electrosensitivity became significantly worse after the rollout of 5G. The newer technologies use different modulation, higher bandwidths, and far more frequent pulsed signals than earlier systems.

Over the past several years, I have developed the following symptoms:

Tinnitus Increased hearing difficulty Dizziness Fatigue Cognitive decline, including slower processing and difficulty concentrating Anxiety and neurological discomfort

These symptoms consistently worsen when I am near wireless devices, routers, or cell sites, and improve when I distance myself from RF sources. I now use my phone only for texting and keep it away from my body, which has reduced symptom severity.

The FCC requires scientific support for comments. I am including two recent human-based systematic reviews published in *Environment International*, a respected peer-reviewed environmental health journal.

1. *Environment International*, January 2024: This systematic review and meta-analysis found associations between RF electromagnetic field exposure and tinnitus, migraine, dizziness, and other non-specific neurological symptoms. These findings directly match my tinnitus, dizziness, and sensory symptoms.
2. *Environment International*, June 2024: This systematic review found measurable effects of RF exposure on cognitive performance, attention, memory, and processing speed. These findings align with my cognitive decline, fatigue, and difficulty processing sound.

These studies are recent and directly relevant to today's RF environment. They are far more applicable than the outdated 1996 thermal-only assumptions currently used by the FCC.

The 1996 guidelines were created for a completely different technological era. They were based on large analog devices, low-density networks, different modulation, and the assumption that only thermal heating matters. None of these conditions match today's environment. The FCC is not a health agency, and the 1996 limits were never intended to evaluate neurological effects, cognitive effects, auditory effects, chronic exposure, pulsed modulation, small-cell proximity, or cumulative RF load.

Despite this, the FCC continues to rely on these outdated limits while approving higher-power emissions, denser networks, and closer site spacing. This is not scientifically defensible.

I respectfully request that the FCC update RF exposure guidelines to reflect modern scientific evidence, including the 2024 systematic reviews cited above. I also request that the FCC acknowledge non-thermal biological effects, stop relying on 1996-era studies, collaborate with health agencies such as NIH, NIEHS, and EPA, and consider individuals with electrosensitivity, whose symptoms are real, documented, and increasingly common.

Electrosensitivity has profoundly affected my daily life, and I am asking the FCC to take seriously the growing body of scientific evidence showing that RF exposure can affect neurological, auditory, and cognitive function.