

Electromagnetic Hypersensitivity (EHS): Research, Disability Accommodation, and Public Health Concerns

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Background and Experience

My name is Sheena Symington, and I am the Director of the Electrosensitive Society. For more than 20 years, I have studied the biological effects of electromagnetic fields (EMF) and radiofrequency radiation (RFR) while supporting individuals affected by electromagnetic hypersensitivity (EHS), also referred to as electromagnetic injury.

My work includes educating the public about electromagnetic hygiene, providing individual support, and advocating for accommodations that allow people with EHS to access safe housing, workplaces, schools, medical facilities, hospitals, and public spaces.

I have worked with more than 14 hospitals to reduce and contain electromagnetic exposure so that patients with EHS can access medical care. “Containing” wireless radiation within designated areas is an important accommodation, comparable to managing other forms of environmental pollution. (<https://www.electrosensitivesociety.com/how-hospitals-can-accommodate-patients-who-have-ehs/>)

A growing number of physicians are diagnosing this environmentally induced disability, while specialists in EMF and RFR remediation are helping affected individuals reduce their exposure.

The Electrosensitive Society, together with Dr. Bray's Well Earth Collaborative (www.wellearthcollaborative.com), supports individuals with EHS and other complex chronic illnesses.

EHS as a Disability and Barriers to Accommodation

EHS can be debilitating, isolating, and life-altering. Symptoms vary considerably, ranging from mild discomfort to severe impairment that prevents individuals from working or participating in everyday activities. For some, electromagnetic exposure affects cardiovascular and neurological function, including the heart and brain. Symptoms may improve substantially or resolve when exposure is eliminated.

The widespread use of wireless technologies, including cell phones, Wi-Fi, and cellular antennas, makes it increasingly difficult for affected individuals to access medical care, maintain employment, or secure suitable housing.

Access to affordable housing with low electromagnetic exposure is particularly urgent. Such environments are becoming increasingly difficult to find in both urban and rural areas. Some individuals have been displaced or become homeless because they cannot find housing that accommodates their environmental sensitivities.

In Canada, individuals with environmentally induced disabilities have applied for Medical Assistance in Dying (MAID) because of their inability to secure suitable living environments. This underscores the importance of developing affordable, low-exposure housing for people with environmental sensitivities.

Progress in Medical Education, Accessibility, and Legal Recognition

Several developments demonstrate growing attention to EHS and the need for appropriate accommodations.

Electromagnetic Hygiene: What doctors need to know to prevent electromagnetic injury:

https://www.electrosensitivesociety.com/wp-content/uploads/2023/02/Doctors-Slides-Electromagnetic-Hygiene-Feb-2023-Havas_Symington.pdf

Medical education: Two EMF medical conferences offering Continuing Medical Education (CME) accreditation were held in California in 2019 and online in January 2021. The latter remains available to physicians.

[EMF Medical Conference 2021](#)

National Council on Disability: In May 2022, I was part of a panel invited to present to the U.S. National Council on Disability (NCD) on accommodating individuals with EHS in hospital settings.

[Electrosensitive Society – NCD Presentation, May 12, 2022](#)

Legal recognition and accommodation: In June and August 2022, Physicians' Health Initiative for Radiation and Environment (PHiRE), based in the United Kingdom, reported successful legal action securing full accommodation for EHS in a public school. PHiRE also reported that a woman received Early Ill-health Retirement and Employment Support Allowance on the basis of EHS.

[PHiRE – News](#)

Reducing Electromagnetic Exposure

Radiofrequency electromagnetic fields associated with wireless technologies have been classified by the International Agency for Research on Cancer (IARC) as **Group 2B: Possibly Carcinogenic to Humans**, a category that also includes lead and DDT.

Relevant European examples of reducing or removing Wi-Fi to limit unnecessary exposure include:

- [Cyprus Hospital Removes Wi-Fi to Protect Children](#)
- [Schools Worldwide Removing Wi-Fi and Reducing Exposure](#)

Practical measures to reduce exposure and accommodate individuals with EHS include:

- Locating cellular towers away from residential areas, schools, hospitals, and other sensitive locations.
- Establishing areas free from cellular towers and unnecessary wireless transmissions.
- Turning off wireless devices wherever possible.
- Replacing Wi-Fi with shielded Ethernet cabling and fibre-optic connections without wireless components.
- Providing wired internet access in homes, workplaces, schools, hospitals, and other public facilities.

These measures would help create accessible environments while maintaining high-quality internet connectivity.

Additional guidance on electromagnetic hygiene and hospital accommodations is available through the [Electrosensitive Society](#).

Research on the Biological Effects of Electromagnetic Exposure

Through our work at **The ROSE Lab** (www.theroselab.com), we investigate and document biological responses to electromagnetic fields and radiation.

EHS is frequently interpreted as a psychological rather than physiological condition. Our research examines measurable biological responses that may help distinguish these explanations.

Studies conducted by our research group, including double-blind, placebo-controlled investigations, have reported the following findings:

1. Cardiovascular and autonomic nervous system responses

Some individuals exposed to RFR experience tachycardia (rapid heart rate), increased sympathetic nervous system activity, and reduced parasympathetic activity. These responses have been documented during controlled exposure studies.

2. Blood glucose regulation

Dr. Magda Havas has documented changes in blood glucose among individuals with diabetes and EHS. Blood glucose increased during RFR exposure and decreased in electromagnetically cleaner environments, with changes observed within approximately 20–30 minutes.

3. Multiple sclerosis (MS) symptoms

Observations involving individuals with MS and EHS have reported reduced tremors in environments with lower electromagnetic exposure.

4. Blood viscosity and circulation

Research has reported changes in blood characteristics associated with electromagnetic exposure, including increased viscosity and reduced blood flow. These findings raise concerns about potential cardiovascular implications, including heart attack and stroke risk.

5. Effects on plants

We have also investigated the effects of Wi-Fi exposure on seed germination and plant growth, including broccoli, peas, red clover, and garden cress.

These studies contribute to our understanding of biological responses to electromagnetic exposure and the importance of further research and appropriate accommodations.

Research References

Diabetes and electromagnetic exposure

[PubMed – PMID 18568931](#)

Multiple sclerosis and electromagnetic exposure

[PubMed – PMID 17178585](#)

Tachycardia and autonomic nervous system responses

[Havas – DECT Phones Affect the Heart](#)

Blood viscosity

[PubMed – PMID 24192494](#)

Effects of Wi-Fi Radiation on Germination and Growth of Broccoli, Pea, Red Clover and Garden Cress Seedlings: A Partial Replication Study

[ResearchGate – Study](#)

Conclusion

Individuals with EHS face significant challenges in accessing healthcare, housing, employment, education, and public spaces. Greater recognition of their accommodation needs, together with practical measures to reduce electromagnetic exposure, is essential to improving accessibility and quality of life.

The Electrosensitive Society provides one-on-one assistance to affected individuals and their families, while The ROSE Lab continues to investigate and document biological responses to electromagnetic exposure.

I welcome the opportunity to share our research, experience, and practical approaches to accommodating individuals disabled by electromagnetic exposure.

Please confirm receipt of this submission and contact me if further information or assistance would be helpful.

Sincerely,

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