

William Lee Cowden MD, MD(H)

3524 Knickerbocker Rd. Suite C

San Angelo, Texas 76904

Email: drc@DrLeeCowden.com

To: Victoria Marshall,
Office of Assistant Secretary of Health
Re: HHS-OASH-2026-0397

I am writing to share my grave concerns about the harmful effects of electro-pollution, especially radio-frequency used in WiFi and 5G technology. I have been a USA board-certified cardiologist and internist, but I had to retire in late 2019 because I became too ill from 5G exposure to continue practicing medicine. I was in VERY good health until I traveled from Texas to Phoenix to see patients there for 7 days in December 2019. I was staying in a bed-and-breakfast and I did not initially recognize there was a 5G antenna less than 20 feet from my bed, apparently broadcasting RF signals all night long each night. By the fifth day in Phoenix, I developed shortness of breath, severe fatigue, brain fog and atrial fibrillation. I felt so bad that I was uncertain if I could even get on the airplane to fly back to Texas.

I did make it back to my home in Texas, 25 miles from San Angelo, but even in that VERY low EMF setting, it took me several weeks to recover my health after that 5G exposure. I had NO WiFi at home nor RF burglar alarm nor cordless phones or any other electro-polluting devices and I kept my cellphone in airplane mode and turned OFF. Then I figured out that I was likely being adversely affected by the Space-X satellites because I had become sensitized by my 5G exposure in Phoenix. We had a metal roof put on our house after a hail storm damaged the asphalt-shingle roof and that seemed to help my health.

My wife and I had moved in 2005 from a semi-rural setting in Texas to the Phoenix metroplex so that I could practice medicine there for 4 years. VERY soon after we moved there, I had a computer service man come to our house to repair my computer which, before he came, had a hard-wired ethernet internet connection. Against my better judgement, he talked me into installing WiFi in our home. The computer repair man had only been gone for a few minutes when my wife called me to say that something was wrong with her heart. I determined that she had gone into atrial fibrillation, so I turned off the WiFi and her heart returned to sinus rhythm after a few minutes. About 3 hours later, without telling my wife, I turned the WiFi back on (as a semi-blinded test). Just a few minutes later, my wife called to

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me saying something was wrong with her heart again. When I checked her again, she was back in atrial fibrillation. I turned the WiFi off again and I checked my wife again about 30 minutes later. *She had gone back into sinus rhythm. I called the computer repairman and had him come replace the WiFi with a router that provided only ethernet internet connection.*

During the 2005-2019 years of practice, I saw many patients who were apparently adversely affected by electropollution. Often, I had building biologists go to the patients homes to *confirm my suspicions and to make changes in those homes to reduce the electro-pollution.* When I saw those patients back in follow-up, usually their symptoms were much less and their overall conditions were improved. In 2013, Dr. Martin Pall helped me to understand WHY electro-pollution was affecting me, my wife and my patients. Dr. Pall describes structures on the cell membranes that are like tiny microscopic antennas which are adjacent to voltage-gated-calcium-channels (VGCCs). When the cells detect electro-pollution, the VGCCs open and that allows calcium to flood into the cell. That increased intracellular calcium causes the formation of 3 different types of free-radicals INSIDE the cells. Those oxidants/free-radicals damage the mitochondria (the primary energy-producing organelles in the cell) and also damage other organelles in the cell, the cellular DNA and the inner wall of the cell membrane (which can cause the heart cells to become arrhythmia-prone).

The government of the USA needs to recognize that harm from electro-pollution is NOT just from the thermal effects of EMF but probably much more often from the VGCCs described here. *I hope HHS will take appropriate actions to better protect people in this country from WiFi, 5G and 6G. These "conveniences" are killing us.*

Sincerely,

Wm Lee Cowden MD, MD(H)