

Is It Safe to Hold a Cell Phone Next to Your Ear?

By [Dr. Gabe Mirkin](#) on 02/12/2009

Dr. Gabe Mirkin answers the question that so many people are asking these days:

Is it safe to hold a cell phone next to your ear?

It may not be. Researchers at the Division of Neurosurgery of Lund University in Sweden exposed rats to mobile phone radiation for two hours a week for more than a year. These rats were not as able as normal rats to remember objects that they had seen previously (MLA Lund University, December 2008).

The authors showed previously that radiation from cell phones damages the “blood-brain barrier” to allow blood proteins such as albumin to pass from the blood into the brain. They also found that the radiation damaged nerve cells in the cerebral cortex and the hippocampus. Other studies show that worms exposed to cell phone radiation release heat shock protein, a sign of cell damage. While this data is still controversial, I recommend that you never let the antenna, the source of cell phone radiation, get within two inches of your skin anywhere.

Use a wireless ear piece or a cell phone shaped to keep the antenna away from your head.

A practicing physician for more than 40 years and a radio talk show host for 25, Dr. Mirkin is a graduate of Harvard University and Baylor University College of Medicine. He is one of a very few doctors board-certified in four specialties: Sports Medicine, Allergy and Immunology, Pediatrics and Pediatric Immunology.

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