



## **SECTION 15**

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# **Evidence for Disruption by Modulation Role of Physical and Biological Variables in Bioeffects of Non-Thermal Microwaves for Reproducibility, Cancer Risk and Safety Standards 2012 Supplement**

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## ABSTRACT

Diverse biological responses to non-thermal (NT) microwaves (MW), including adverse health effects related to increased cancer risk, have been studied by multiple research groups all over the world. In approximately half of these studies, no any effects were found (negative studies), while the other half reported the NT MW effects (positive studies). This fact is often referred to as non-reproducibility of the NT MW effects. In most cases, such a conclusion is based on comparing studies, which significantly differ in important biological and physical variables/parameters. The aim of this chapter is to provide an overview of the complex dependence of the NT MW effects on various physical and biological parameters, which must be controlled in replication studies. To the aim of this paper, all studies available to the author, which included analysis of different variables/parameters and reported some positive NT MW response to be a reference for analyzing its dependence on physical and biological parameters, were included. Selection criteria included relevant experimental design, methodological quality and statistical analysis. Besides dependencies on carrier frequency, modulation, genotype, physiological traits, presence of radical scavengers and antioxidants, reported by many research groups, the emerging data suggest dependencies of the NT MW effects on polarization, intermittence and coherence time of exposure, static magnetic field, electromagnetic stray fields, sex, age, individual traits, cell density during exposure. This overview provides clear evidence that in most cases, the references to non-reproducibility of the NT MW effects are not correct. Unfortunately, most reviews and panels in the field do not include analysis of various biological variables and physical parameters when comparing the data on the NT MW effects from different studies. As result, misleading conclusion is often made that MW at NT levels produce no “reproducible” effects. Our analysis suggests that different (bandwidth, frequency, modulation, polarization) NT MW signals should be considered as separate agents in setting the safety standards. The data also indicate that duration of exposure may be as important as power density (PD) and specific absorption rate (SAR), and, therefore, the "dose" and duration of exposure should also be considered in safety standards along with PD/SAR. Further evaluation of the dependencies of NT MW effects on biological and physical variables/parameters are needed for understanding the mechanisms by which NT MW affect biological systems, planning *in vivo* and epidemiological studies, setting the safety standards, and minimizing the adverse effects of MW from mobile communication.

**Keywords:** non-thermal effects of microwaves, mobile (cellular) phones, safety standards.

### ***List of Abbreviations:***

Anomalous viscosity time dependence (AVTD); blood-brain barrier (BBB); catalase (CAT); Digital Enhanced (former European) Cordless Telecommunications (DECT); circularly polarized (CP); continuous wave (CW); Digital Advanced Mobile Phone System (DAMPS); discontinuous transmission (DTX); electroencephalographic (EEG); electromagnetic field (EMF); embryonic stem (ES) cells; ethidium bromide (EtBr); extremely low frequency (ELF); Gaussian Minimum Shift Keying (GMSK); Ginkgo biloba (Gb); Global System for Mobile Communication (GSM); glutathione peroxidase (GSH-Px); International Commission for Non-Ionizing Radiation Protection (ICNIRP); linearly polarized (LP); malondialdehyde (MDA); micronucleus (MN) assay; microwaves (MWs); N-acetyl-beta-d-glucosaminidase (NAG); nitric oxide (NO); non-thermal (NT); ornithine decarboxylase (ODC); phorbol ester 12-myristate 13-acetate (PMA); phosphorylated H2AX histone ( $\gamma$ -H2AX); power density (PD); regional cerebral blood flow (rCBF); Russian National Committee on Non-Ionizing Radiation Protection (RNCNIRP); specific absorption rate (SAR); static magnetic field (SMF); superoxide dismutase (SOD); Time Division Multiple Access (TDMA); tumor suppressor p53 binding protein 1 (53BP1); ultraviolet (UV); Universal Mobile Telecommunications System (UMTS).

### **I. THERMAL VERSUS NON-THERMAL EFFECTS**

Exposures to electromagnetic fields vary in many parameters: power (specific absorption rate, incident power density), wavelength/frequency, near field/far field, polarization (linear, circular), continuous wave (CW) and pulsed fields (that include variables such as pulse repetition rate, pulse width or duty cycle, pulse shape, pulse to average power, etc.), modulation (amplitude, frequency, phase, complex), static magnetic field (SMF) and electromagnetic stray fields at the place of exposure, overall duration and intermittence of exposure (continuous, interrupted), acute and chronic exposures. With increased absorption of energy, so-called thermal effects of microwaves (MW) are usually observed that deal with MW-induced heating. Specific absorption rate (SAR) or power density (PD) is a main determinate for thermal MW effects. Several other physical parameters of exposure have been reported to be of importance for so-called non-thermal (NT) biological effects, which are induced by MW at intensities well below any measurable heating (Grundler, Jentzsch et al. 1988; Iskin 1990; Devyatkov, Golant et al. 1994; Pakhomov, Akyel et al. 1998; Adey 1999; Belyaev, Shcheglov et al. 2000; Betskii, Devyatkov et al. 2000; Banik, Bandyopadhyay et al. 2003; Grigoriev, Stepanov et al. 2003; Grigoriev 2004; Lai 2005; Belyaev 2010; Cifra, Fields et al. 2011) (Pakhomov and Murphy 2000).

Most often, current safety standards are based on thermal MW effects observed in short-term (acute) exposures. On the other hand, NT MW effects, especially those induced during prolonged (chronic) exposures, are accepted and taken into account for setting the national safety standards in some countries such as Russia (Grigoriev, Stepanov et al. 2003; Grigoriev 2004; Grigoriev, Nikitina et al. 2005). It should be noted that, in contrast to the ICNIRP (International Commission for Non-Ionizing Radiation Protection) safety standards (ICNIRP 1998) which are based on the acute thermal effects of MW, the standards adopted by the Russian National Committee on Non-Ionizing Radiation Protection (RNCNIRP) are based on experimental data from chronic (up to 4 month) exposures of animals to MW at various physical parameters including intensity, frequency and modulation, obtained from research performed in the former Soviet Union (Grigoriev, Stepanov et al. 2003; Grigoriev 2004; Grigoriev, Nikitina et al. 2005).

Since setting the current safety standards, the situation with exposure of the general population to MW has changed significantly. Nowadays, most of the human population is chronically exposed to MW signals from various sources including mobile phones and base stations. These exposures are characterized by low intensities, varieties and complexities of signals, and long-term durations of exposure that are comparable with a lifespan. So far, the “dose” (accumulated absorbed energy that is measured in radiobiology as the dose rate multiplied by exposure time) is not adopted for the MW exposures and SAR or PD is usually used for guidelines. To what degree SAR/PD can be applied to the nowadays NT MW chronic exposures is not known and the current state of research demands reevaluation of the safety standards (Grigoriev, Nikitina et al. 2005).

The literature on the NT MW effects is very broad. About half of available experimental studies report non-thermal biological effects of microwaves (Huss, Egger et al. 2007). There are four lines of evidence for the NT MW effects: (1) altered cellular responses in laboratory *in vitro* studies and results of chronic exposures *in vivo* studies (Grigoriev, Stepanov et al. 2003; Lai 2005; Cook, Saucier et al. 2006); (2) results of medical application of NT MW in the former Soviet Union countries (Sit'ko 1989; Devyatkov, Golant et al. 1994; Betskii, Devyatkov et al. 2000; Pakhomov and Murphy 2000; Pakhomov and Murphy 2000); (3) hypersensitivity to electromagnetic fields (EMF) ; (4) epidemiological studies suggesting increased cancer risks from using mobile phones longer than 10 years (Kundi, Mild et al. 2004; Lonn, Ahlbom et al. 2004; Hardell, Eriksson et al. 2005).

The first data on the NT effects of MW in so-called millimeter range (wavelength 1-10 mm in vacuum) was obtained by Vilenskaya and co-authors (Vilenskaya, Smolyanskaya et al. 1972) and Devyatkov (Devyatkov 1973). Highly resonant effects of ultra-weak MW (near 70 GHz) on the

induction of  $\lambda$ -phage were first established by Webb (Webb 1979), and subsequently corroborated (Lukashevsky and Belyaev 1990). In these and subsequent studies the observed spectra of MW action were found to have the following common properties: (1) the MW effects were strongly dependent on the frequency (frequency windows), (2) there was an associated power (intensity) threshold below which no effect was observed, and above which the effects of exposure depended only weakly on power over several orders of magnitude (so-called S-shaped or sigmoid dependence), (3) the occurrence of MW effects depended on the duration of exposure, a certain minimum duration of exposure was necessary for an effect to manifest itself. These important regularities of the NT MW effects have previously been reviewed (Postow and Swicord 1986; Grundler, Jentzsch et al. 1988; Golant 1989; Iskin 1990; Belyaev 1992; Devyatkov, Golant et al. 1994; Pakhomov, Akyel et al. 1998; Hyland 2000; Pakhomov and Murphy 2000).

The first investigations of the NT MW effects at lower frequency ranges were performed by several research groups in USSR (Presman, IuI et al. 1961; Presman 1963) and in USA by Frey (Frey 1967; Frey 1974), Blackman and colleagues (Blackman, Benane et al. 1980; Blackman, Benane et al. 1980; Joines and Blackman 1980) and Adey and colleagues (Adey, Bawin et al. 1982; Lin-Liu and Adey 1982). These groups found dependence of the NT MW effects on modulation. The effect of pulse-modulated MW was related to peak power, whereas average power was found to be relatively unimportant (Frey 1974). Frequency dependence of the MW effects have been reported (Frey 1974).

Since that time, other groups have confirmed and extended the main findings of these pioneering studies. Below, survey of recent studies, which evaluate dependence of the NT MW effects on physical parameters and biological variables, is provided.

## II. FREQUENCY DEPENDENCE AND FREQUENCY WINDOWS

The effects of NT MW on DNA repair in *E. coli* K12 AB1157 were studied by the method of anomalous viscosity time dependence (AVTD) (Belyaev, Alipov et al. 1992; Belyaev, Alipov et al. 1992). The AVTD method is a sensitive technique to detect changes in conformation of nucleoids/chromatin induced by either genotoxic or stress factors (Belyaev and Harms-Ringdahl 1996; Belyaev, Shcheglov et al. 1996; Belyaev, Alipov et al. 1997; Sarimov, Malmgren et al. 2004; Belyaev, Hillert et al. 2005; Markova, Hillert et al. 2005). Significant inhibition of DNA repair was found when X-ray-irradiated cells were exposed to MW within the frequency ranges of 51.62-51.84 GHz and 41.25-41.50 GHz. The effects were observed within two “frequency windows”, both

displaying a pronounced resonance character with the resonance frequencies of 51.755 GHz and 41.32 GHz, respectively (Belyaev, Alipov et al. 1992; Belyaev, Alipov et al. 1992). Of note, these MW effects were observed at PD well below any thermal effects and could not be accounted for by heating. The frequency windows of resonance type have often been termed “resonances” as also will be used below.

The resonance frequency of 51.755 GHz was stable within the error of measurements,  $\pm 1$  MHz with decreasing the PD from  $3 \cdot 10^{-3}$  to  $10^{-19}$  W/cm<sup>2</sup> (Belyaev, Alipov et al. 1992; Belyaev, Shcheglov et al. 1996). At the same time, the half-width of the resonance decreased from 100 MHz to 3 MHz revealing an extremely sharp dependence on frequency ( $Q \sim 10^4$ ). This sharp narrowing of the 51.755 GHz resonance with decreasing the PD from  $3 \cdot 10^{-3}$  to  $10^{-7}$  W/cm<sup>2</sup> followed by an emergence of new resonances,  $51.675 \pm 0.001$ ,  $51.805 \pm 0.002$ , and  $51.835 \pm 0.005$  GHz (Belyaev, Shcheglov et al. 1996; Shcheglov, Belyaev et al. 1997). The half-widths of all these resonances including the main one,  $51.755 \pm 0.001$  GHz, were about 10 MHz at the PD of  $10^{-10}$  W/cm<sup>2</sup>. These data were interpreted in the framework of the model of electron-conformational interactions as a splitting of the main resonance 51.755 GHz by the MW field (Belyaev, Shcheglov et al. 1996).

The MW effects were studied at different PD and several frequencies around the resonance frequency of 51.675 GHz (Shcheglov, Belyaev et al. 1997). This resonance frequency was found to be stable,  $\pm 1$  MHz, within the PD range of  $10^{-18}$  -  $10^{-8}$  W/cm<sup>2</sup>. Along with disappearance of the 51.675 GHz resonance response at the sub-thermal PD of  $10^{-6}$  -  $10^{-3}$  W/cm<sup>2</sup>, a new resonance effect arose at  $51.688 \pm 0.002$  GHz (Shcheglov, Belyaev et al. 1997). This resonance frequency was also stable within the PD range studied.

Taken together, the data on NT MW effects on chromatin (Belyaev, Alipov et al. 1992; Belyaev, Shcheglov et al. 1996; Shcheglov, Belyaev et al. 1997) suggested a sharp rearrangement of the frequency spectra of MW action, which was induced by the sub-thermal MW (Belyaev, Alipov et al. 1992; Belyaev, Shcheglov et al. 1996; Shcheglov, Belyaev et al. 1997). The half-widths of all three resonances depended on PD, changing either from 2-3 MHz to 16-17 MHz (51.675 GHz and 51.668 GHz resonances) or from 2-3 MHz to 100 MHz (51.755 GHz resonance) (Belyaev, Shcheglov et al. 1996; Shcheglov, Belyaev et al. 1997). The data indicated also that dependencies of half-width on PD might vary for different resonance frequencies.

Significant narrowing in resonance response with decreasing PD has been found when studying the growth rate in yeast cells (Grundler 1992) and chromatin conformation in thymocytes of rats (Belyaev and Kravchenko 1994). In the Gründler's study, the half-width of the resonance (near 41 GHz) decreased from 16 MHz to 4 MHz as PD decreased from  $10^{-2}$  W/cm<sup>2</sup> to 5 pW/cm<sup>2</sup> (Grundler 1992).

Thus, the results of studies with different cell types indicate that narrowing of the resonance window upon decrease in PD is one of the general regularities in cell response to NT MW. This regularity suggests that many coupled oscillators are involved non-linearly in the response of living cells to NT MW as has previously been predicted by Fröhlich (Frohlich 1968).

Gapeev et al. studied effects of MW exposure (frequency range 41.75-42.1 GHz, frequency increment 50 MHz, PD 240  $\mu\text{W}/\text{cm}^2$ ) on the respiratory burst induced by calcium ionophore A23187 and phorbol ester 12-myristate 13-acetate (PMA) in the peritoneal neutrophils of mice (Gapeev, Safronova et al. 1996; Gapeyev, Safronova et al. 1997). MW inhibited the respiratory burst. MW effect displayed resonance-like dependence on frequency, the resonance frequency and half-width of the resonance being 41.95 GHz and 160 MHz, respectively ( $Q=260$ ) (Gapeev, Safronova et al. 1996; Gapeyev, Safronova et al. 1997). In other studies, Gapeev et al. analyzed acute zymosan-induced paw edema in mice (Gapeyev, Mikhailik et al. 2008; Gapeyev, Mikhailik et al. 2009). MW exposure of animals at the PD of 0.1  $\text{mW}/\text{cm}^2$  resulted in decrease of the paw edema that was frequency-dependent in the range of 42-43 GHz.

Based on the extrapolation from the data obtained in the extremely high frequency range (30-300 GHz), the values for half-width of resonances at the frequency range of mobile phones (0.9–2 GHz) were estimated to be 1-10 MHz (Sarimov, Malmgren et al. 2004). Effects of GSM (Global System for Mobile Communication) MW on chromatin conformation and 53BP1 (tumor suppressor p53 binding protein 1)/ $\gamma$ -H2AX (phosphorylated H2AX histone) DNA repair foci in human lymphocytes were studied in this frequency range (Sarimov, Malmgren et al. 2004; Belyaev, Hillert et al. 2005; Markova, Hillert et al. 2005; Belyaev, Markova et al. 2009). These MW effects depended on carrier frequency (Sarimov, Malmgren et al. 2004; Markova, Hillert et al. 2005; Belyaev, Markova et al. 2009). This dependence was replicated in independent experiments with lymphocytes from twenty six healthy and hypersensitive persons (Belyaev, Hillert et al. 2005; Markova, Hillert et al. 2005; Belyaev, Markova et al. 2009).

Tkalec and colleagues exposed duckweed (*Lemna minor L.*) to MW at the frequencies of 400, 900, and 1900 MHz (Tkalec, Malaric et al. 2005). The growth of plants exposed for 2 h to a 23 V/m electric field of 900 MHz significantly decreased in comparison with the control, while an electric field of the same strength but at 400 MHz did not have such effect. A modulated field at 900 MHz strongly inhibited the growth, while at 400 MHz modulation did not influence the growth significantly. At both frequencies, a longer exposure mostly decreased the growth and the highest electric field (390 V/m) strongly inhibited the growth. Exposure of plants to lower field strength (10 V/m) for 14 h caused a significant decrease at 400 and 1900 MHz while 900 MHz did not influence the growth. Peroxidase activity in exposed plants varied, depending on the exposure characteristics.

Observed changes were mostly small, except in plants exposed for 2 h to 41 V/m at 900 MHz where a significant increase (41%) was found. The authors concluded that MW might influence plant growth and, to some extent, peroxidase activity. However, the effects of MW strongly depended on the characteristics of the field exposure such as frequency and modulation. These dependences were replicated in further studies (Tkalec, Malaric et al. 2007; Tkalec, Malaric et al. 2009).

Remondini et al. analyzed changes in gene expression in human EA.hy926 endothelial cells using gene microarrays (Remondini, Nylund et al. 2006). Cells were exposed to MW (SAR 1.8-2.5 W/kg, 1 h exposure) either at 900-MHz GSM Basic mode or 1800-MHz GSM Basic mode. Exposure to 900 MHz resulted in up-regulation in 22 genes and down-regulation in 10 genes. No significant change in gene expression was observed after exposure to 1800 MHz.

### III. NON-LINEARITY: SIGMOID INTENSITY DEPENDENCES AND POWER WINDOWS

Devyatkov with colleagues have found and published in Russian that wide variety of NT MW effects *in vitro* and *in vivo* display sigmoid dependence on intensity above certain intensity thresholds (Devyatkov 1973).

In English literature, one of the earliest observation of threshold in response to NT MW was published by Frey (Frey 1967). In this study, the threshold of 30  $\mu\text{W}/\text{cm}^2$  was found in the study by Frey on Brain stem evoked responses to RF in cats (Frey 1967). This value was 4 orders of magnitude lower than intensities needed to cause internal body temperature increase.

In their pioneering study on blood-brain barrier (BBB) permeability, Oscar and Hawkins exposed rats to MW at 1.3 GHz and analyzed BBB permeability by measuring uptake of several neutral polar substances in certain areas of the brain (Oscar and Hawkins 1977). A single, 20 min exposure, to continuous wave (CW) MW increased the uptake of D-mannitol at average power densities of less than 3  $\text{mW}/\text{cm}^2$ . Increased permeability was observed both immediately and 4 h after exposure, but not 24 h after exposure. After an initial rise at 0.01  $\text{mW}/\text{cm}^2$ , the permeability of cerebral vessels to saccharides decreased with increasing microwave power at 1  $\text{mW}/\text{cm}^2$ . Thus, the effects of MW were observed within the power window of 0.01- 0.4  $\text{mW}/\text{cm}^2$ . The findings on “power windows” for BBB permeability have been subsequently corroborated by the group of Persson and Salford (Salford, Brun et al. 1994; Persson, Salford et al. 1997). In their recent study, the effects of GSM MW on the permeability of the BBB and signs of neuronal damage in rats were investigated using a real GSM programmable mobile phone in the 900 MHz band (Eberhardt, Persson et al. 2008). The rats were exposed for 2 h at an SAR of 0.12, 1.2, 12, or 120  $\text{mW}/\text{kg}$ .



Albumin extravazation and also its uptake into neurons increased after 14 d. The occurrence of dark neurons in the rat brains increased later, after 28 d. Both effects were seen already at 0.12 mW/kg with only slight increase, if any, at higher SAR values.

Sigmoid intensity dependences and power windows for the NT MW effects were observed in many other studies as previously reviewed (Postow and Swicord 1986; Grundler, Jentzsch et al. 1988; Golant 1989; Iskin 1990; Devyatkov, Golant et al. 1994; Blackman 2009).

Since 1980, there have been numerous reports of biological effects that show intensity “windows”, that is, regions of intensity that cause changes surrounded by higher and lower intensities that show no effects from exposure, see for review (Blackman 2009). These results mean that lower intensity is not necessarily less bioactive, or less harmful.

Olcerst et al. have reported that MW-induced increase in rubidium passive efflux did not increase monotonically with absorbed power (Olcerst, Belman et al. 1980). In fact, the highest exposure (SAR 390 mW/g) resulted in an increase, not statistically different from the lowest exposure level (SAR 100 mW/g) For sodium ions, at the greatest SAR of 390 mW/g, the effect was the smallest (Olcerst, Belman et al. 1980).

The data obtained in experiments with *E. coli* cells and rat thymocytes provided new evidence for sigmoid type of PD dependence and suggested that, similar to ELF effects, MW effects may be observed within specific “intensity windows” (Belyaev, Shcheglov et al. 1992; Belyaev and Kravchenko 1994; Belyaev, Shcheglov et al. 1996; Shcheglov, Belyaev et al. 1997). The most striking example of the sigmoid PD dependence was found at the resonance frequency of 51.755 GHz (Belyaev, Shcheglov et al. 1996). When exposing *E. coli* cells at the cell density of  $4 \cdot 10^8$  cell/ml, the effect reached saturation at the PD of  $10^{-18}$ - $10^{-17}$  W/cm<sup>2</sup> and did not change up to PD of  $10^{-3}$  W/cm<sup>2</sup>. In these experiments, the direct measurements of PD below  $10^{-7}$  W/cm<sup>2</sup> were not available and lower PD was obtained using calibrated attenuators. Therefore, some uncertainty in the evaluation of the lowest PD was possible. The background MW radiation in this frequency range has been estimated to be  $10^{-21}$ - $10^{-19}$  W/m<sup>2</sup>/Hz (Kolbun and Lobarev 1988). Based on the experimentally determined half-width of the 51.755 GHz resonance, 1 MHz (Belyaev, Shcheglov et al. 1996), the background PD was estimated as  $10^{-19}$ - $10^{-17}$  W/cm<sup>2</sup> within the 51.755 GHz resonance. The resonance MW effects on *E. coli* cells were observed at the PD very close to the estimated background value (Belyaev, Shcheglov et al. 1993; Belyaev, Alipov et al. 1994; Belyaev, Shcheglov et al. 1996; Shcheglov, Belyaev et al. 1997; Shcheglov, Alipov et al. 2002). These data suggested that the PD dependence of MW effect at the specific resonance frequencies might have intensity threshold just slightly above the background level. Dependence of the MW effect on PD at one of the resonance frequencies, 51.675 GHz, had the shape of “intensity window” in the PD range

from  $10^{-18}$  to  $10^{-8}$  W/cm<sup>2</sup> (Shcheglov, Belyaev et al. 1997). It is interesting, that no MW effect at this resonance frequency was observed at sub-thermal and thermal PD. This type of PD dependence has supported hypothesis about possible rearrangement of the frequency MW spectra action by the MW field (Belyaev, Shcheglov et al. 1996). The position of the PD window varied between different resonance frequencies and depended on cell density during exposure of cells (Shcheglov, Belyaev et al. 1997). Despite some uncertainty in the evaluation of PD at the levels below  $10^{-7}$  W/cm<sup>2</sup> in the referred studies the data indicated that NT MW at the resonance frequencies may result in biological effects at very low intensities comparable with intensities from base stations and other MW sources used in mobile communication.

Gapeev et al. have studied dependence of the MW effects at the resonance frequency of 41.95 GHz on the respiratory burst induced by calcium ionophore A23187 and PMA in the peritoneal neutrophils of mice (Gapeev, Safronova et al. 1996; Gapeyev, Safronova et al. 1997). Inhibitory effects of MW exposure has been observed at the PD of 0.001 mW/cm<sup>2</sup> and displayed sigmoid dependence on PD at higher power densities (Gapeev, Safronova et al. 1996; Gapeyev, Safronova et al. 1997). In other study, Gapeev et al. analyzed acute zymosan-induced paw edema in mice (Gapeyev, Mikhailik et al. 2009). MW exposure of animals at the frequency of 42.2GHz and exposure duration of 20 min decreased the paw edema. Sigmoid dependence of this effect on PD has been obtained with a maximum at the PD of 0.1 mW/cm<sup>2</sup>.

French et al. exposed human astrocytoma cells to EMR at 835 MHz at a power density of either 40 mWcm<sup>2</sup> or 8.1 mWcm<sup>2</sup> (French, Donnellan et al. 1997). Lower power signal was more potent than high power signal. At the lower power density, it was observed that the rate of DNA synthesis decreased, and that the cells flattened and spread out in comparison to unexposed cultures. At higher power density there were no effects seen on cell proliferation, but alteration in cell morphology included increased cell spreading and also the appearance of actin-containing blebs at localized sites on the membrane. It was hypothesized that 835 MHz radiation at low power density may be affecting a signal transduction pathway involved in cell proliferation.

Sigmoid dependence of the negative impact of mobile phone usage on semen quality in human males was found in recent study analyzing motility, vitality, ROS generation by the whole cell, ROS generation by the mitochondria, oxidative DNA damage and DNA fragmentation (De Iuliis, Newey et al. 2009). Specifically, all of the responses examined showed an extremely rapid change at low SAR exposures that then reached a plateau at a point where around 30% of the sperm population was affected.

Hintzsche et al. have recently reported sigmoid dependence on PD in the range up to 4.3 mW/cm<sup>2</sup> for non-thermal effects of MW on mitotic spindle in human-hamster hybrid cells (Hintzsche, Jastrow et al. 2011).

Sun et al. have investigated the effects of exposure to a 1.8-GHz radiofrequency radiation (RFR) at different intensities on epidermal growth factor (EGF) receptor clustering and phosphorylation in human amniotic (FL) cells (Sun, Shen et al. 2012). The results showed that exposure to RFR at specific absorption rate (SAR) of 0.5, 1.0, 2.0, or 4.0 W/kg for 15 min significantly induced EGF receptor clustering and enhanced phosphorylation of the tyrosine-1173 residue in FL cells. The RFR effect displayed a sigmoid-dependence on SAR with a prominent plateau in the range of 0.5-4 W/kg and a threshold below 0.5 W/kg.

It should be mentioned that almost all biophysical mechanisms, which have previously been proposed to account for NT MW effects, predict thresholds in dependence of these effects in intensity (Grundler, Jentzsch et al. 1988; Golant 1989; Iskin 1990; Devyatkov, Golant et al. 1994; Golo 2005; Matronchik and Belyaev 2008).

*To conclude, since 1970, there have been numerous reports of biological effects that show thresholds, sigmoid dependence of the NT MW effects on intensity and also “power windows”, that is, regions of intensity that cause changes surrounded by higher and lower intensities that show no effects from exposure. These results mean that: (i) lower intensity is not necessarily less bioactive, or less harmful; (ii) the NT effects may be observed at intensities above thresholds which are very close to background levels and similar to intensities from base stations.*

#### IV. DOSE AND DURATION OF EXPOSURE

So far, the “dose” (accumulated absorbed energy that is measured in radiobiology as the dose rate multiplied by exposure time) is not adopted for the MW exposures and PD or SAR (dose rate analog in radiobiology) is usually used for guidelines. To what degree SAR/PD can be applied to the nowadays NT MW chronic exposures is not exactly known and the current state of research demands reevaluation of the safety standards (Grigoriev, Nikitina et al. 2005).

Based on mechanistic consideration of the NT MW effects, Frey has suggested that the toxicology model used by investigators was not the appropriate model on which to design MW experiments (Frey 1993). With chemical substance in a toxicology model, a dose-response relationship is usually observed: the greater the dose, the greater the effect. In analogy with toxicology, MW experiments tended to be designed with high doses and with little regard for other parameters such

as modulation and frequency. This might be one reason why many MW studies yielded so little useful information (Frey 1993).

The role of exposure duration in combination with dose rate/SAR for appearance and persistence of the NT MW effects have been analyzed by many research groups using various end-points.

Koveshnikova et al. exposed rats to pulsed MW (carrier frequency 3 GHz, pulse repetition 400 Hz, rectangular pulses of 2  $\mu$ s, power flux density, PD, of 100, 500 and 2500  $\mu$ W/cm<sup>2</sup>), during 60 days, 12 h/daily (Koveshnikova and Antipenko 1991) (is a determining factor 1991b). Chromosomal aberrations (CA) were analyzed in hepatocytes. Exposure was performed at three arrays of pulses so that 16, 29 or 48 arrays of pulses per 1 min were generated. The ratio of the obtained doses per animal was 1 : 1.8 : 3, correspondingly. Increased level of CA was generally observed at PD > 100  $\mu$ W/cm<sup>2</sup>. Importantly, the differences between PD disappeared when the dose per animal increased. In particular, even the PD of 100  $\mu$ W/cm<sup>2</sup> induced CA at higher absorbed doses. These data support the notion that the absorbed dose may be an important parameter for estimation of risks.

Bozhanova with co-authors reported that the effect of cellular synchronization induced by NT MW depended on duration of exposure and PD (Bozhanova, Bryukhova et al. 1987). The dependence on duration of exposure fitted to exponential function. The important observation was that in order to achieve the same synchronization of cells, the decrease in PD could be compensated by the increase in the duration of exposure.

MW exposure of *E. coli* cells and rat thymocytes at PDs of 10<sup>-5</sup>-10<sup>-3</sup> W/cm<sup>2</sup> resulted in significant changes in chromatin conformation if exposure was performed at resonance frequencies during 5-10 min (Belyaev, Alipov et al. 1992; Belyaev, Shcheglov et al. 1992; Belyaev and Kravchenko 1994). Decrease in the MW effects due to lowering the PD by orders of magnitude down to 10<sup>-14</sup>-10<sup>-17</sup> W/cm<sup>2</sup> could be compensated by several-fold increase of exposure time to 20-40 min (Belyaev, Alipov et al. 1994). At the relatively longer duration of exposure, more than 1 h, and the lowest PD of 10<sup>-19</sup> W/cm<sup>2</sup>, the same effect was induced as at highest PDs and shorter durations (Belyaev, Alipov et al. 1994).

Kwee and Raskmark analyzed effects of MW at 960 MHz and various SARs, 0.021, 0.21, and 2.1 mW/kg on proliferation of human epithelial amnion cells (Kwee and Raskmark 1998). These authors found linear correlations between exposure time to MW at 0.021 and 2.1 mW/kg and the MW-induced changes in cell proliferation albeit no such clear correlation was seen at 0.21 mW/kg.

Peinnequin et al. have studied effects of 24 or 48 h MW 2.45 GHz exposure at non-thermal level,  $5 \text{ mW/cm}^2$ , on apoptosis in human T-cell line Jurkat clone E6-1 (Peinnequin, Piriou et al. 2000). MW affected Fas -, but neither butyrate- nor ceramide - induced apoptosis. This effect depended on exposure time and was observed only upon 48 h exposure.

Croft et al. have tested twenty-four subjects participated in a single-blind fully counterbalanced cross-over design, where both resting EEG and phase-locked neural responses to auditory stimuli were measured while a mobile phone (MP) was either operating or turned off (Croft, Chandler et al. 2002). MP exposure altered resting EEG, decreasing 1-4 Hz activity (right hemisphere sites), and increasing 8-12 Hz activity as a function of exposure duration. MP exposure also altered early phase-locked neural responses, attenuating the normal response decrement over time in the 4-8 Hz band, decreasing the response in the 1230 Hz band globally and as a function of time, and increasing midline frontal and lateral posterior responses in the 30-45 Hz band. The data have shown that active MPs affect neural function in humans and do so as a function of exposure duration.

Caraglia et al. have evaluated the in vivo effect of MW-EMF in human epidermoid cancer KB cells (Caraglia, Marra et al. 2005). It was found that MW-EMF induced time-dependent apoptosis (45% after 3 h) that was paralleled by an about 2.5-fold decrease of the expression of ras and Raf-1 and of the activity of ras and Erk-1/2.

Gapeyev et al. studied anti-inflammatory effect of low-intensity MW exposure ( $0.1 \text{ mW/cm}^2$ ) using the model of acute zymosan-induced footpad edema in mice (Gapeyev, Mikhailik et al. 2008). Single whole-body MW exposure of mice at the frequencies of 42.2, 51.8, and 65 GHz after zymosan injection reduced both the footpad edema and local hyperthermia. At the frequency of 42.2 GHz the effect had sigmoid dependence on exposure duration with a maximum at 20-80 min. A linear dependence on the exposure duration with significantly lower increment was observed at a 10-fold less intensity ( $0.01 \text{ mW/cm}^2$ ). However, this decrease in the effect was compensated by a slight increase in duration of exposure from 80 min to 120 min.

Recently, the negative impact of mobile phone usage on semen quality in human males was repeatedly found to correlate with the duration of exposure (Agarwal, Deepinder et al. 2008; Agarwal, Desai et al. 2009).

Gerner et al. exposed human fibroblasts to modulated GSM 1800 MHz at  $2 \text{ W/kg}$  (Gerner, Haudek et al. 2010). While short-term exposure within 2 hours did not significantly alter the proteome, an 8-h exposure caused a significant and reproducible increase in protein synthesis. Most of the proteins found to be induced were chaperones, which are mediators of protein folding. Heat-induced proteome alterations detectable with used proteome methodology would require heating

greater than 1°C. Because GSM-induced heating was less than 0.15°C, a heat-related response was excluded. These data further supported the notion that the exposure time seems to be a critical factor.

Differentiated astroglial cell cultures were exposed for 5, 10, or 20 min to either 900 MHz continuous waves or 900 MHz waves modulated in amplitude at 50 Hz (Campisi, Gulino et al. 2010). The strength of the electric field at the sample position was 10 V/m (rms). The irradiation conditions allowed the exclusion of any possible thermal effect. A significant increase in ROS levels and DNA fragmentation was found only after exposure of the astrocytes to modulated MW for 20 min. No evident effects were detected when shorter time intervals were used.

Adang et al. exposed Wistar albino rats to low-level RF during 21 months to two different microwave frequencies and exposure modes, 2 h a day, seven days a week (Adang, Remacle et al. 2009). After 14 and 18 months of exposure, the authors observed a significant increase in white blood cells and neutrophils of about 15% and 25%, respectively. Lymphocytes fell down after 18 months of exposure with about 15% compared to the sham-exposed group. No effects were observed at shorter duration of exposure. Exposure may probably have worked as a trigger and influenced the immune system, which reacted to this stressor by increasing the percentage of monocytes in the peripheral blood circulation.

Schrader et al. analysed production of spindle disturbances in FC2 cells, a human-hamster hybrid (A(L)) cell line, by MW with a field strength of 90 V/m at a frequency of 835 MHz (Schrader, Munter et al. 2008). Sigmoid dependence on time of exposure was observed with linear increase up to 30 min of exposure and saturation at longer exposures up to 2 h.

Markova et al. have found that inhibitory effect of MW on the 53BP1 foci leveled off at 1h-exposure (Markova, Malmgren et al. 2010). Human mesenchymal stem cells (MSC) and fibroblasts were exposed to MW at GSM 915 MHz/UMTS 1947 MHz and SAR of 37/39 mW/kg. No further increase in effects was observed both in MSC and fibroblasts at prolongation of exposure to 3 h. This data are in agreement with previous results obtained in human peripheral blood lymphocytes that MW effects were the same at 1-h and 2-h exposures (Belyaev, Hillert et al. 2005; Markova, Hillert et al. 2005).

Panagopoulos and Margaritis have studied the effects of different durations of a single (continuous), daily exposure, ranging from 1 min up to 21 min, to EMF from GSM 900 MHz (Global System for Mobile telecommunications) and DCS 1800 MHz (Digital Cellular System-referred to also as GSM 1800 MHz), on the reproductive capacity of *Drosophila melanogaster* (Panagopoulos and Margaritis 2010). The insects were exposed to each type of radiation at intensity of about 10  $\mu\text{W}/\text{cm}^2$ , corresponding to a distance of 20 or 30 cm from the antenna of a DCS 1800 or

a GSM 900 mobile phone handset, respectively. The results show that the reproductive capacity decreases almost linearly with increasing exposure duration to both GSM 900 and DCS 1800 radiation, suggesting that short-term exposures to these radiations have cumulative effects. Additionally, the results show that GSM 900 MHz radiation is slightly more bioactive than DCS 1800 MHz radiation, at the same exposure durations and under equal radiation intensities.

In some studies, the prolonged MW exposures were associated with less prominent effects than shorter exposures (Nikolova, Czyz et al. 2005; Tkalec, Malaric et al. 2007; Markova, Malmgren et al. 2010). This type of dependence on exposure duration was explained by adaptation of the exposed biosystems to the MW exposure (Markova, Malmgren et al. 2010).

Esmekaya et al. exposed human peripheral blood lymphocyte to GSM modulated MW radiation at 1.8 GHz and SAR of 0.21 W/kg for 6, 8, 24 and 48 h (Esmekaya, Aytekin et al. 2011). The authors reported morphological changes in exposed lymphocytes. Longer exposure periods led to destruction of organelle and nucleus structures. Chromatin change and the loss of mitochondrial crista occurred in cells exposed to RF for 8 h and 24 h and were more pronounced in cells exposed for 48 h. RF exposure did not increase the temperature. The authors concluded that the greater damage occurred after longer periods of exposure to NT MW.

Tepe Çam and Seyhan have analyzed DNA damage in hair root cells of volunteers before and after they have used 900-MHz GSM mobile phone for 15 or 30 min. The 900-MHz GSM exposure significantly increased single-strand DNA breaks in cells of hair roots close to the position of phone at the heads of volunteers. 30 min talking by mobile phone induced more DNA damage than 15 min talking (Cam and Seyhan 2012).

Nazıroğlu et al. have measured cytosolic free  $\text{Ca}^{2+}$  in human leukemia cells during 1-24 h exposure to 2.45 GHz electromagnetic radiation at the average SAR of 1.63 W/kg (Nazıroğlu, Cig et al. 2012). Radiation induced increase of cytosolic free  $\text{Ca}^{2+}$  concentration was time-dependent and was highest at 24-h exposure.

In some studies, prolonged MW exposures were associated with less prominent effects than shorter exposures (Nikolova, Czyz et al. 2005; Tkalec, Malaric et al. 2007; Markova, Malmgren et al. 2010). This type of dependence on exposure duration was accounted for adaptation of the exposed systems to the MW exposure. The magnitude of adaptation depends on a number of biological variables that will be considered elsewhere.

In recent German study, 24 out of 60 participants were exposed to MW from base station at a power density of  $< 60 \mu\text{W}/\text{m}^2$ , 20 participants to  $60 - 100 \mu\text{W}/\text{m}^2$ , and 16 participants to more than  $100 \mu\text{W}/\text{m}^2$  (Buchner and Eger 2011). The values of the stress hormones adrenaline and noradrenaline grew significantly during the first 6 months after starting the GSM base station; the

values of the precursor substance dopamine substantially decreased in this time period. The initial condition was not restored even after 1.5 years. Due to the not regulable chronic difficulties of the stress balance, the phenylethylamine levels dropped until the end of the investigation period. These effects show a dose-effect relationship.

Recently reported general indications of a dose–response relationship between chronic exposure to cellular phone MW and parotid gland malignancy indicate necessity of the dose approach at the epidemiological level (Duan, Zhang et al. 2011). For the first time in epidemiology of RF-induced tumors, Cardis et al. have used estimates of radio frequency energy deposition at the centre of tumors in the brain as a measure of MW dose (Cardis, Armstrong et al. 2011). An increased risk of glioma was seen in individuals at the highest quintile of radio frequency dose, though reduced risks were seen in the four lower quintiles. When risk was examined as a function of dose received in different time windows before diagnosis, an increasing trend was observed with increasing MW dose (for exposures 7 years or more in the past.

*In conclusion, the data from different groups suggest that duration of exposure and dose may have significant role for the NT MW effects. In specially designed studies, reduction in dose rate/SAR could be compensated by prolongation of exposure time in order to achieve the same MW effect. The temporal nature of the MW effects contributes to the apparent lack of consistent results reported in the literature. Emerging epidemiology data indicate that the dose of MW exposure may correlate with the increased brain tumor risk.*

## V. TIME AFTER EXPOSURE

The MW effects on *E. coli* cells significantly depended on the post-exposure time (Belyaev, Shcheglov et al. 1993; Belyaev, Alipov et al. 1994; Shcheglov, Alipov et al. 2002). This dependence had an initial phase of increase about 100 min post-exposure followed by a phase, which was close to a plateau, around 100 min. A trend to decrease in effect was observed at longer times up to 300 min (Belyaev, Shcheglov et al. 1993; Shcheglov, Alipov et al. 2002).

Significant MW-induced changes in chromatin conformation were observed when rat thymocytes were analyzed in-between 30-60 min after exposure to MW (Belyaev and Kravchenko 1994). This effect nearly disappeared if the cells were incubated more than 80 min between exposure and analysis.

Gapeev et al. have studied dependence of the MW effect on the function of the mouse peritoneal neutrophils in dependence on duration of exposure at the frequency of 41.95 GHz and



the PD of  $240 \mu\text{W}/\text{cm}^2$  (Gapeev, Safronova et al. 1996; Gapeyev, Safronova et al. 1997). This dependence had a bell-shaped form with the maximal effects at 20 - 40 min of exposure.

In recent studies, human lymphocytes from peripheral blood of healthy and hypersensitive to EMF persons were exposed to NT MW from the GSM mobile phones (Belyaev, Hillert et al. 2005; Markova, Hillert et al. 2005). NT MW induced changes in chromatin conformation similar to those induced by heat shock, which remained up to 24 h after exposure. It was found in the same and following studies that GSM MW at the carrier frequency of 915 MHz and UMTS (Universal Mobile Telecommunications System) MW at 1947.4 MHz inhibited formation of 53BP1/ $\gamma$ -H2AX DNA repair foci and these adverse effects remained during 72 h after an 1-h exposure (Belyaev, Hillert et al. 2005; Markova, Hillert et al. 2005; Belyaev, Markova et al. 2009). The same group has reported that contrary to human fibroblast, which were able to adapt during chronic exposure to GSM/UMTS non-thermal MW, human stem cells did not adapt (Markova, Malmgren et al. 2010). Jorge-Mora et al. investigated the effects of MW 2.45 GHz radiation on the paraventricular nucleus (PVN) of the hypothalamus, extracted from brains of exposed rats (Jorge-Mora, Misa-Agustino et al. 2011). Expression of c-Fos was analyzed in rats exposed once or repeatedly (ten times in 2 weeks) to MW at non-thermal SAR of 0.0776 and 0.301 W/kg. High SAR triggered an increase of the c-Fos marker 90 min or 24 h after radiation, and low SAR resulted in c-Fos counts higher than in control rats after 24 h. Repeated irradiation at 0.0776 W/kg increased cellular activation of PVN by more than 100% compared to animals subjected to acute irradiation and to repeated non-irradiated repeated session control animals. The results suggest that the time of exposure to single or repeated doses of NT MW is a determining factor, though possibly not the only factor, in establishing the power levels that may produce a response.

Lu et al. have demonstrated that reactive oxygen species (ROS) plays an important role in the process of apoptosis in human peripheral blood mononuclear cell (PBMC), which is induced by the exposure to 900 MHz radiofrequency electromagnetic at the SAR of 0.4W/kg when the exposure lasts longer than two hours (Lu, Huang et al. 2012).

*The data indicate that there is a time window for observation of the NT MW effects, which may be dependent on endpoint measured, cell type, duration and PD of exposure.*

## VI. COHERENCE TIME

MW exposure of L929 fibroblasts was performed by the group of Litovitz (Litovitz, Krause et al. 1993). MW at 915 MHz modulated at 55, 60, or 65 Hz approximately doubled ornithine

decarboxylase (ODC) activity after 8 h. Switching the modulation frequency from 55 to 65 Hz at coherence times of 1.0 s or less abolished enhancement, while times of 10 s or longer provided full enhancement. These results suggested that the microwave coherence effects are remarkably similar to those observed previously with extremely low frequency (ELF) magnetic fields by the same authors.

## VII. INTERMITTENCE

Diem and colleagues exposed cultured human diploid fibroblasts and cultured rat granulosa cells to intermittent and continuous MW (1800 MHz; SAR 1.2 or 2 W/kg; different modulations; during 4, 16 and 24 h; intermittent 5 min on/10 min off or continuous exposure) (Diem, Schwarz et al. 2005). Comet assay was applied to analyze DNA single- and double-strand breaks. MW-induced effects occurred after 16 h exposure in both cell types and after different mobile-phone modulations. The intermittent exposure showed a stronger effect than continuous exposure.

Remondini et al. analyzed changes in gene expression in human HL-60 leukemia cells using gene microarrays (Remondini, Nylund et al. 2006). Cells were exposed to MW (SAR 1.0-1.3 W/kg, 1800 MHz DTX mode, 24 h exposure) either continuously or intermittently, 5 min ON/5 min OFF. Gene expression was affected by intermittent exposure but not continuous exposure.

Elhag et al. investigated effect of near field EMR from GSM mobile phones on the oxidant and antioxidant status in rats (Elhag, Nabil et al. 2007). Rats were subjected to either intermittent exposure (15 min/day for four days) or acute exposure for 1 h. Significant drop in the plasma concentration of vitamin C, vitamin E, vitamin A and reduced glutathione (GSH) was observed in both exposed groups as compared to controls. EMR exposure of rats produced a significant decrease in catalase (CAT) and superoxide dismutase (SOD) activities, with the values of these activities for acute-exposure group is significantly lower than those of intermittent exposure. The authors concluded that the effects of acute exposure to mobile phones on the rat's antioxidant status is significantly higher than those of intermittent exposure of the same type of radiation.

Chavdoula et al used a 6-min daily exposure of dipteran flies, *Drosophila melanogaster*, to GSM-900MHz (Global System for Mobile Telecommunications) mobile phone electromagnetic radiation (EMR), to compare the effects between the continuous and four different intermittent exposures of 6 min total duration on the insect's reproductive capacity as well as on the induction of apoptosis (Chavdoula, Panagopoulos et al. 2010). It was found that intermittent exposure, similar to continuous exposure, decreases the reproductive capacity and alters the actin-cytoskeleton network

of the egg chambers, another known aspect of cell death, and that this effect is due to DNA fragmentation. Intermittent exposures with 10-min intervals between exposure sessions proved to be almost equally effective as continuous exposure of the same total duration, whereas longer intervals between the exposures seemed to allow the organism the time required to recover and partly overcome the above-mentioned effects of the GSM exposure.

## VIII. MODULATION

Several types of modulations used in mobile communication have previously been reviewed (Foster and Repacholi 2004; Blackman 2009; Juutilainen, Hoyto et al. 2011). In particular, the 2G signals use the Gaussian Minimum Shift Keying (GMSK) modulation, have a high coherence, extremely low frequency amplitude modulation spectra, high crest factor (pulsed signal) and a power regulation with an update in the order of seconds. In contrast, the 3G Wideband Code-Division Multiple Access (WCDMA) uses essentially Quadrature Phase Shift Keying (QPSK) modulation, has a low coherence and a broad-band extremely low frequency amplitude modulation spectrum.

While considering effect of modulation, all other parameters, which are important for appearance of biological effects induced by NT MW, should be taken into account. In particular it is useless to include in analysis the papers where no effects of NT MW were detected at all because usually these studies do not scan the parameters of exposure in wide range to enable detecting the NT MW effects. Even more importantly is to analyze separately different types of modulations because each type may result in its own specific effect. When such approach is used, clear evidence is emerging for the effects of specific modulations. For example, among three studies on cancer-relevant non-genotoxic endpoints, biological effects (apoptosis, altered cell proliferation, lipid peroxidation) were induced by GSM modulated signal but not by a CW signal (Juutilainen, Hoyto et al. 2011). All these studies involved combined exposure to RF fields and other agents, and found GSM-modulation-specific effects on apoptosis. Another example is increased power in the alpha band (8–12 Hz) of EEG, which has been consistently seen in several studies most of which have used GSM-type modulation and have found that signals with pulse modulation are more biologically active than CW fields, or that signals with higher degree of modulation (e.g., handset-like signals) are more biologically active than signals with lower degree of modulation (e.g., base station-like signals). Studies that have used only GSM-type signals have provided additional evidence for effects of modulated RF signals on human brain functions (van Rongen, Croft et al.

2009). Overall, the consistency of the positive findings indicates that there may be reproducible modulation-specific effects on the human central nervous system (Juutilainen, Hoyto et al. 2011). This result is consistent with the well-known notion that properly modulated RF may be a useful tool in experiments directed at understanding nervous system function (Frey 1967).

Using aforementioned approach, it became clear that significant body of papers where NT MW effects were observed and modulated and unmodulated signals were carefully compared revealed the differences. There is strong experimental evidence for the role of modulation in the diverse biological effects of NT MW both in vitro and in vivo (Lin-Liu and Adey 1982; Byus, Lundak et al. 1984; Dutta, Subramoniam et al. 1984; Byus, Kartun et al. 1988; Dutta, Ghosh et al. 1989; Veyret, Bouthet et al. 1991; Gapeev, Iakushina et al. 1997; Litovitz, Penafiel et al. 1997; Penafiel, Litovitz et al. 1997; Persson, Salford et al. 1997; d'Ambrosio, Massa et al. 2002; Huber, Treyer et al. 2002; Markkanen, Penttinen et al. 2004; Huber, Treyer et al. 2005). Examples include different types of modulation such as amplitude-, speech and phase modulations: (i) Amplitude modulation at 16 Hz, but not 60 Hz or 100 Hz, of a 450-MHz MW increased activity of ODC (Byus, Kartun et al. 1988). (ii) Speech-modulated 835-MHz MW produced no effect on ODC as compared to the typical signal from a TDMA (Time Division Multiple Access) digital cellular phone (Penafiel, Litovitz et al. 1997). (iii) Phase-modulated GSM-1800 MW (Gaussian Minimum Shift Keying, GMSK) at 1.748 GHz induced micronuclei in human lymphocytes while CW MW did not (d'Ambrosio, Massa et al. 2002).

Normal human lymphocytes were exposed for 5 days to continuous wave (CW) or pulsed wave (PW) 2450-MHz radiation at non-heating (37 degrees C) and various heating levels (temperature increases of 0.5, 1.0, 1.5, and 2 degrees C) (Czerska, Elson et al. 1992). The pulsed exposures involved 1-microsecond pulses at pulse repetition frequencies from 100 to 1,000 pulses per second at the same average SAR levels as the CW exposures. At non-heating levels, CW exposure did not affect lymphoblastoid transformation. At heating levels both conventional and CW heating enhanced transformation to the same extent and correlate with the increases in incubation temperature. PW exposure enhanced significantly transformation at non-heating levels. At heating levels PW exposure enhanced transformation to a greater extent than did conventional or CW heating. Authors concluded that PW 2450-MHz radiation acts differently on the process of lymphoblastoid transformation in vitro compared with CW 2450-MHz radiation at the same average SARs.

Bolshakov and Alexeev used microelectrode and voltage-clamp techniques to record spontaneous electrical activity and ionic currents of *Lymnea stagnalis* neurons during exposure to a 900-MHz field in a waveguide-based apparatus (Bolshakov and Alekseev 1992). The field was

pulse-modulated at repetition rates ranging from 0.5 to 110 pps, or it was applied as a continuous wave (CW). When subjected to pulsed waves (PW), rapid, burst-like changes in the firing rate of neurons occurred at SARs of a few W/kg. If the burst-like irregularity was present in the firing rate under control conditions, irradiation enhanced its probability of occurrence. The effect had a threshold SAR near 0.5 W/kg. CW radiation had no effect on the firing rate pattern at the same SAR. Thus, the effect was dependent on modulation. Mediator-induced, current activation of acetylcholine, dopamine, serotonin, or gamma-aminobutyric-acid receptors of the neuronal soma was not altered during CW or PW exposures and, hence, could not have been responsible for the bursting effect.

Gapeev and co-authors studied production of reactive oxygen species (ROS) in isolated peritoneal neutrophils of mice using a model of synergistic reaction of calcium ionophore A23187 and phorbol ester PMA (Gapeev, Iakushina et al. 1997; Gapeyev, Yakushina et al. 1998). MW exposure at 41.95 GHz, continuous wave mode and  $50 \mu\text{W}/\text{cm}^2$ , inhibited ROS production. MW modulated with the frequency of 1 Hz resulted in stimulation of the synergistic reaction. Modulation frequencies of 0.5, 2, 4, and 8 Hz did not cause significant effects, and modulation frequencies of 0.1, 16, and 50 Hz inhibited the synergistic reaction.

In other study, Gapeev et al. analyzed acute zymosan-induced paw edema in mice (Gapeyev, Mikhailik et al. 2009). MW exposure of animals at the PD of 0.1- 0.7  $\text{mW}/\text{cm}^2$  and some “effective” frequencies in the range of 42-43 GHz decreased the paw edema. Application of different modulation frequencies from the range of 0.03–100 Hz to MW exposure at the effective carrier frequency of 42.2 GHz did not lead to considerable changes in the effect. In contrast, modulation of MW at the “ineffective” carrier frequencies of 43.0 and 61.22 GHz by frequencies from the ranges of 0.07–0.1 and 20–30 Hz resulted in a maximal anti-inflammatory effects. The results suggested a complex dependence of the anti-inflammatory action of low-intensity MW on carrier and modulation frequencies.

Capri et al. evaluated the nonthermal effects of both a 900 MHz GSM signal and a 900 MHz CW RF field at low SARs (70–76  $\text{mW}/\text{kg}$  average) on human peripheral blood mononuclear cells (PBMCs) *in vitro* (Capri, Scarcella et al. 2004). Data obtained from cells exposed to a GSM-modulated RF field showed a slight decrease in cell proliferation when PBMCs were stimulated with the lowest mitogen concentration and a slight increase in the number of cells with altered distribution of phosphatidylserine across the membrane. Data obtained from CW-exposed cultures showed no difference with respect to sham-exposed cultures in any of the end points studied.

Huber with coauthors investigated effects of MW similar to those used in mobile communication, a “base-station-like” and a “handset-like” signal (10 g tissue-averaged spatial peak-

SAR of 1 W/kg for both conditions), on waking regional cerebral blood flow (rCBF) in 12 healthy young men (Huber, Treyer et al. 2005). The effect depended on the spectral power in the amplitude modulation of the carrier frequency such that only “handset-like” MW exposure with its stronger low-frequency components but not the “base-station-like” MW exposure affected rCBF. This finding supported previous observations of these authors (Huber, Treyer et al. 2002) that pulse modulation of MW is of importance for changes in the waking and sleep EEG, and substantiated the notion that pulse modulation is crucial for MW-induced alterations in brain physiology.

Markkanen et al. exposed cdc48-mutated *Saccharomyces cerevisiae* yeast cells to 900 or 872 MHz MW, with or without exposure to ultraviolet (UV) radiation, and analyzed apoptosis (Markkanen, Penttinen et al. 2004). Amplitude modulated (217 pulses per second) MW significantly enhanced UV induced apoptosis in cells, but no effect was observed in cells exposed to unmodulated fields at the identical time-average SAR of 0.4 W/kg that was lower than the ICNIRP safety standards.

Persson and colleagues studied effects of MW of 915 MHz as CW and pulse-modulated with different pulse power and at various time intervals on permeability of the blood-brain barrier (BBB) in Fischer 344 rats (Persson, Salford et al. 1997). Albumin and fibrinogen were demonstrated immunochemically and classified as normal versus pathological leakage. The CW-pulse power varied from 0.001 W to 10 W and the exposure time from 2 min to 960 min. The frequency of pathological rats significantly increased in all exposed rats. Grouping the exposed animals according to the level or specific absorption energy (J/kg) gave significant difference in all levels above 1.5 J/kg. The exposure was 915 MHz MW either pulse modulated at 217 Hz with 0.57 ms pulse width, at 50 Hz with 6.6 ms pulse width, or CW. The frequency of pathological rats was significantly higher in MW-exposed groups than in controls and the frequency of pathological rats after exposure to pulsed radiation was significantly less than after exposure to CW.

In a study by Lypez-Martin et al. (Lopez-Martin, Brogains et al. 2009), GSM-exposed picrotoxin-pretreated rats showed differences in clinical and EEG signs, and in c-Fos expression in the brain, in comparison to picrotoxin-treated rats exposed to an equivalent dose of unmodulated radiation. Neither MW exposure caused tissue heating, so thermal effects could be ruled out. The most marked effects of GSM MW on c-Fos expression in picrotoxin-treated rats were observed in limbic structures, olfactory cortex areas and subcortical areas, the dentate gyrus, and the central lateral nucleus of the thalamic intralaminar nucleus group. Nonpicrotoxin-treated animals exposed to unmodulated radiation showed the highest levels of neuronal c-Fos expression in cortical areas. These results suggested a specific effect of the pulse GSM modulation on brain activity of a picrotoxin-induced seizure-proneness rat model.

Luukkonen et al. investigated effects of MW at 872 MHz and relatively high SAR value (5 W/kg) on intracellular reactive oxygen species (ROS) production and DNA damage in human SH-SY5Y neuroblastoma cells. The experiments also involved combined exposure to MW and menadione, a chemical inducing intracellular ROS production and DNA damage. Both CW and a pulsed signal similar to that used in GSM mobile phones were used. Exposure to the CW radiation increased DNA breakage in comparison to the cells exposed only to menadione. Comparison of the same groups also showed that ROS level was higher in cells exposed to CW RF radiation at 30 and 60 min after the end of exposure. No effects of the GSM-like modulated signal were seen on either ROS production or DNA damage.

Hinrikus et al. (Hinrikus, Bachmann et al. 2008) evaluated the effects of MW (450 MHz) pulse-modulated at the frequencies of 7, 14 and 21 Hz on human electroencephalographic (EEG) rhythms. The field power density at the scalp was  $0.16 \text{ m W/cm}^2$ . Modulated microwaves caused an increase in the average EEG alpha (17%) and beta (7%) power but the theta rhythm remained unaffected. Increases in the EEG alpha and beta power were statistically significant during the first half-period of the exposure interval (30 s) at the modulation frequencies of 14 and 21 Hz. The authors concluded that the effect of the 450-MHz MW modulated at 7, 14 and 21 Hz varies depending on the modulation frequency.

Hoyto et al. exposed human SH-SY5Y neuroblastoma and mouse L929 fibroblast cells to MW (SAR of 5 W/kg) at 872 MHz using continuous-waves (CW) or a modulated GSM-like signal under isothermal conditions (Hoyto, Luukkonen et al. 2008). Menadione was used to induce reactive oxygen species, and tert-butylhydroperoxide (t-BOOH) was used to induce lipid peroxidation. Two statistically significant differences related to MW exposure were observed: Lipid peroxidation induced by t-BOOH was increased in SH-SY5Y (but not in L929) cells, and menadione-induced caspase 3 activity was increased in L929 (but not in SH-SY5Y) cells. Both differences were statistically significant only for the GSM-modulated signal.

Franzellitti et al. exposed human trophoblast HTR-8/SVneo cells to MW at 1.8 GHz CW and differently modulated GSM signals (GSM-217Hz, (speaking only): and GSM-Talk (34% of speaking and 66% of hearing):) during 4 - 24 h (Franzellitti, Valbonesi et al. 2008). The inducible HSP70C transcript was significantly enhanced after 24 h exposure to GSM-217 Hz signals while being reduced after 4 and 16 h exposure to GSM-Talk signal. In another study of the same group, HTR-8/SVneo cells were exposed for 4, 16 or 24 h to 1.8 GHz continuous wave (CW) and different GSM signals, namely GSM-217 Hz and GSM-Talk (intermittent exposure: 5 min field on, 10 min field off). The alkaline comet assay was used to evaluate primary DNA damages and/or strand breaks due to uncompleted repair processes in HF-EMF exposed samples. The amplitude-

modulated signals GSM-217 Hz and GSM-Talk induced a significant increase in comet parameters in trophoblast cells after 16 and 24 h of exposure, while the un-modulated CW was ineffective (Franzellitti, Valbonesi et al. 2010).

Only CW RF resulted in statistically significant effect on immune system of the exposed rats (Campisi, Gulino et al. 2010). In this study, primary rat neocortical astroglial cell cultures were exposed to MW for 5, 10, or 20 min to either 900 MHz continuous waves or 900 MHz waves modulated MW in amplitude at 50 Hz using a sinusoidal waveform and 100% modulation index. The strength of the electric field (rms value) at the sample position was 10 V/m. A significant increase in ROS levels and DNA fragmentation was found only after exposure of the astrocytes to modulated EMF for 20 min. No evident effects were detected when shorter time intervals or continuous waves were used. The irradiation conditions allowed the exclusion of any possible thermal effect. The results show the importance of the amplitude modulation in the interaction between EMF and neocortical astrocytes (Campisi, Gulino et al. 2010).

There are studies where similar effects of modulated and CW MW were observed. Adang et al. exposed Wistar albino rats to low-level CW and pulse-amplitude modulated RF during 21 months at 970 MHz (Adang, Remacle et al. 2009). Similar effects on immune system were observed in both groups.

Significant amount of *in vivo* studies under varying parameters of exposure (intensity, frequency, exposure time, modulation, intermittence) have been performed in Russia/Soviet Union and published in Russian. Retrospective analysis of 52 Russian/Soviet *in vivo* studies with animals (mice, rats, rabbits, guinea pigs) on chronic exposure to MW has recently been published (Grigoriev, Stepanov et al. 2003). In these studies, various endpoints were measured up to 4 month of chronic exposure including analysis of: weight of animal body, histological analysis and weight of tissues, central nervous system, arterial pressure, blood and hormonal status, immune system, metabolism and enzymatic activity, reproductive system, teratogenic and genetic effects. Based on their analysis, the authors concluded that: “exposure to modulated MW resulted in bioeffects, which can be different from the bioeffects induced by CW MW; exposure to modulated MW at low intensities (non-thermal levels) could result in development of unfavorable effects; direction and amplitude of the biological response to non-thermal MW, both *in vitro* and *in vivo*, depended on type of modulation; often, but not always, modulated MW resulted in more pronounced bioeffects than CW MW; the role of modulation was more pronounced at lower intensity levels”.

One review of the Russian/Soviet studies on the role of modulation on MW effects is available in English (Pakhomov and Murphy 2000). The authors conclude that “a number of good-quality studies have convincingly demonstrated significant bioeffects of pulsed MW. Modulation



often was the factor that determined the biological response to irradiation, and reactions to pulsed and CW emissions at equal time-averaged intensities in many cases were substantially different". Since that time, more studies have been published in Russian which show the role of modulation in experiments with animals (Dolgacheva, Semenova et al. 2000; Pashovkina and Akoev 2000; Pashovkina and Akoev 2001; Pashovkina and Akoev 2001; Akoev, Pashovkina et al. 2002).

*In conclusion, significant amount of in vitro and in vivo studies from different research groups, although not universally reported, clearly indicated dependence of the NT MW effects on modulation.*

## IX. POLARIZATION

Polarization is a property of electromagnetic waves that describes the orientation of their oscillations versus direction of propagation. In most cases, electromagnetic wave propagates in free space as a transverse wave - the polarization is perpendicular to the wave's direction of propagation. The electric field may be oriented in a single direction (linear polarization), or it may rotate as the wave propagates (circular or elliptical polarization). In the latter cases, the oscillations can rotate either towards the right (right-handed polarization) or towards the left (left-handed polarization) in the direction of propagation.

The effects of circularly polarized (CP) MW were studied in *E. coli* cells at the frequencies from two frequency windows (resonances) that were identified using linearly polarized (LP) MW, within the frequency ranges of 51.62-51.84 GHz and 41.25-41.50 GHz (Belyaev, Alipov et al. 1992; Belyaev, Shcheglov et al. 1992). At the resonance frequency of 51.76 GHz, right-handed CP MW inhibited repair of X-ray-induced DNA damages (Belyaev, Alipov et al. 1992; Belyaev, Shcheglov et al. 1992). In contrast to right-handed polarization, left-handed CP MW had virtually no effect on the DNA repair, while the efficiency of LP MW was in-between of two circular polarizations. Inversion in effectiveness of circular polarizations was observed at another resonance frequency, 41.32 GHz. In contrast to the frequency of 51.76 GHz, left-handed CP MW at 41.32 GHz significantly inhibited DNA repair, while right polarization was almost ineffective. MW of the same CP affected cells at several frequencies tested within each resonance, alternative CP being almost ineffective (Belyaev, Alipov et al. 1992; Belyaev, Shcheglov et al. 1992; Belyaev, Shcheglov et al. 1992). Therefore, specific sign of effective CP, either left- or right-, was the attribute of each resonance. Two different types of installations, based on either spiral waveguides (Belyaev, Shcheglov et al. 1992) or quarter-wave mica plates (Belyaev, Alipov et al. 1992; Belyaev,

Shcheglov et al. 1992; Shcheglov, Belyaev et al. 1997; Ushakov, Shcheglov et al. 1999; Ushakov, Alipov et al. 2005), were used to produce CP MW. Similar results were observed regardless the way of producing the MW of different polarizations.

Pre-irradiation of *E. coli* cells to X-rays inverted the sign of effective polarization (Belyaev, Alipov et al. 1992; Belyaev, Shcheglov et al. 1992). This inversion was observed for two different resonances, 41.32 and 51.76 GHz. Neither resonance frequencies, nor half-widths of the resonance changed during the inversions in effective CPs. The effects of left- and right-handed CP MW become the same at 50 cGy (Belyaev, Alipov et al. 1992). At this dose, about one single stranded DNA break per haploid genome was induced. X-ray-induced DNA breaks result in relaxation of the supercoiled DNA-domains. It is known that the majority of DNA in living cells has a right-handed helicity (B-form) but a minor part, in order of 1 %, may alternate from the B-form with the form of left-handed helix (Z-form). Supercoiling is connected with transitions between right B-form to left Z-form in these DNA sequences. Therefore, the data suggested that difference in biological effects of polarized MW might be connected with DNA helicity and supercoiling of DNA-domains.

Supercoiling of DNA-domains is changed during cell cycle because of transcription, replication, repair, and recombination. It can also be changed by means of DNA-specific intercalators such as ethidium bromide (EtBr). EtBr changes supercoiling and facilitates the transition of DNA sequences from Z-form to B-form. Preincubation of *E. coli* AB1157 cells with EtBr inverted the effective polarization at the resonance frequency of 51.755 GHz and right-handed MW became more effective than left polarization (Ushakov, Shcheglov et al. 1999). EtBr changed the supercoiling of DNA-domains starting at a concentration of 1 µg/ml as measured with the AVTD in different cell types including *E. coli* (Belyaev, Shcheglov et al. 1996; Belyaev, Alipov et al. 1997; Belyaev, Eriksson et al. 1999). These data provided further evidence that DNA may be a target for the NT MW effects.

The effects of MW on conformation of nucleoids in *E. coli* cells have recently been studied at the power flux density of 100 µW/cm<sup>2</sup> (Ushakov, Alipov et al. 2006). Linearly polarized MW resulted in significant effects within specific frequency windows of resonance type in the range of 51-52 GHz. The distances between frequency windows were about 55-180 MHz. Only one of the two possible circular polarizations, left-handed or right-handed, was effective at each frequency window. The sign of effective circular polarization alternated between frequency windows.

While most data on the role of polarization in MW effects on chromatin have been obtained by the same research group (Belyaev, Alipov et al. 1992; Belyaev, Shcheglov et al. 1992; Belyaev, Shcheglov et al. 1992; Alipov, Belyaev et al. 1993; Belyaev, Alipov et al. 1993; Belyaev, Shcheglov et al. 1993; Belyaev and Kravchenko 1994; Shcheglov, Belyaev et al. 1997; Ushakov,

Shcheglov et al. 1999; Ushakov, Alipov et al. 2005; Ushakov, Alipov et al. 2006), recent data of others corroborated our findings at least partially (Shckorbatov, Pasiuga et al. 2009). These authors analyzed the condensation of chromatin in human buccal epithelium cells and human fibroblasts by the method of vital indigo carmine staining. MW induced chromatin condensation in dependence on polarization (Shckorbatov, Pasiuga et al. 2009). The same research group investigated the effects influence of linear and left-handed and right-handed elliptically polarized MW at 36.65 GHz on chromatin in human fibroblast nuclei (Shckorbatov, Pasiuga et al. 2010). Microwave irradiation at 10 and 100  $\mu\text{W}/\text{cm}^2$  induced chromatin condensation. The right-handed elliptically polarized radiation was more active than the left-handed polarization.

Obviously, the difference in effects of right- and left polarizations could not be explained by the heating or by the mechanism dealing with “hot-spots” due to unequal SAR distribution. The data about the difference in effects of differently polarized MW, the inversion of effective circular polarization between resonances and after irradiation of cells with X-rays and incubation with EtBr provided strong evidence for the non-thermal mechanisms of MW effects. These data suggested chiral asymmetry in the target for the NT MW effects, one of which is presumably chromosomal DNA (Belyaev, Alipov et al. 1992), and selection rules on helicity if quantum-mechanical approach is applied (Belyaev, Shcheglov et al. 1992).

Lai and Singh have consistently reported that circularly polarized MW exposure at 2450 MHz induced DNA damage in brain cells of the exposed rats (Lai and Singh 1995; Lai and Singh 1996; Lai and Singh 1997). Replication studies have also tested circularly polarized MW exposure at 2450 MHz and no induced DNA damage was reported (Malyapa, Ahern et al. 1997; Malyapa, Ahern et al. 1998; Lagroye, Anane et al. 2004). All these replication studies have used another exposure system. However, handedness of circular polarization has not been described neither in original study, no in replications. If the handedness was different between studies it could reasonably account for inconsistency.

In some studies, MW of circular polarization with undefined handedness were used, but the obtained effects were not compared with alternative circular polarization or linear polarization (Bartsch, Kupper et al. 2010).

## XI. ELECTROMAGNETIC ENVIRONMENT

It is very likely that background EMF might be of importance for the MW effects. This hypothesis is based on the experimental observations that SMF, ELF magnetic fields, and MW at

low intensities induced similar effects in cells under specific conditions of exposure (Belyaev, Alipov et al. 1999; Belyaev, Shcheglov et al. 2000; Belyaev and Alipov 2001; Binhi, Alipov et al. 2001; Belyaev, Hillert et al. 2005). Despite very little has been achieved for mechanistic explanation of such effects, there are attempts to consider the effects of EMF in a wide frequency range in the frames of the same physical models (Chiabrera, Bianco et al. 1991; Matronchik, Alipov et al. 1996; Chiabrera, Bianco et al. 2000; Binhi 2002; Panagopoulos, Karabarbounis et al. 2002; Matronchik and Belyaev 2005; Matronchik and Belyaev 2008).

Litovitz and colleagues found that the ELF magnetic noise inhibited the effects of MW on ODC in L929 cells (Litovitz, Penafiel et al. 1997). The ODC enhancement was found to decrease exponentially as a function of the noise root mean square amplitude. With 60 Hz amplitude-modulated MW, complete inhibition was obtained with noise levels at or above 2  $\mu$ T. With the DAMPS (Digital Advanced Mobile Phone System) cellular phone MW, complete inhibition occurred with noise levels at or above 5  $\mu$ T. Further studies by the same group revealed that the superposition of ELF noise inhibited hypoxia de-protection caused by long term repeated exposures of chick embryos to MW (Di Carlo, White et al. 2002).

The effect of a magnetic noise on microwave-induced spatial learning deficit in the rat was investigated by Lai (Lai 2004). Rats were exposed to MW (2450 MHz CW, PD 2 mW/cm<sup>2</sup>, average whole-body SAR 1.2 W/kg) alone or in combination with noise exposure (60 mG). Microwave-exposed rats had significant deficit in learning. Exposure to noise alone did not significantly affect the performance of the animals. However, simultaneous exposure to noise significantly attenuated the microwave-induced spatial learning deficit. The author concluded that simultaneous exposure to a temporally incoherent magnetic field blocks MW-induced spatial learning and memory deficits in the rat (Lai 2004).

Lai and Singh studied combined effects of a temporally incoherent magnetic noise (45 mG) and MW (CW 2450 MHz, PD 1 mW/cm<sup>2</sup>, average whole-body SAR of 0.6 W/kg) in rat brain cells (Lai and Singh 2005). MW exposure induced significant DNA breakages as measured with both neutral and alkaline comet assays. Exposure to noise alone did not significantly affect cells. However, simultaneous noise exposure blocked the MW-induced effects.

Burch et al. have analyzed the relationship between cellular telephone use and excretion of the melatonin metabolite 6-hydroxymelatonin sulfate (6-OHMS) in two populations of male electric utility workers (Study 1, *n*=149; Study 2, *n*=77) (Burch, Reif et al. 2002). Participants collected urine samples and recorded cellular telephone use over 3 consecutive workdays. Personal 60-Hz magnetic field (MF) and ambient light exposures were characterized on the same days. A repeated measures analysis was used to assess the effects of cellular telephone use, alone and combined with

MF exposures, after adjustment for age, participation month and light exposure. No change in 6-OHMS excretion was observed among those with daily cellular telephone use >25 min in Study 1 (5 worker-days). Study 2 workers with >25 min cellular telephone use per day (13 worker-days) had lower creatinine-adjusted mean nocturnal 6-OHMS concentrations ( $p=0.05$ ) and overnight 6-OHMS excretion ( $p=0.03$ ) compared with those without cellular telephone use. There was also a linear trend of decreasing mean nocturnal 6-OHMS/creatinine concentrations ( $p=0.02$ ) and overnight 6-OHMS excretion ( $p=0.08$ ) across categories of increasing cellular telephone use. A combined effect of cellular telephone use and occupational 60-Hz MF exposure in reducing 6-OHMS excretion was also observed in Study 2. The authors concluded that exposure-related reductions in 6-OHMS excretion were observed in Study 2, where daily cellular telephone use of >25min was more prevalent. Prolonged use of cellular telephones may lead to reduced melatonin production, and elevated 60-Hz MF exposures may potentiate the effect.

Yao and colleagues investigated the influence of the GSM-like MW at 1.8 GHz on DNA damage and intracellular reactive oxygen species (ROS) formation in human lens epithelial cells (hLECs) (Yao, Wu et al. 2008). DNA damage examined by alkaline comet assay was significantly increased after 3 W/kg and 4 W/kg radiation, whereas the double-strand breaks (DSB) evaluated by  $\gamma$ -H2AX foci were significantly increased only after 4 W/kg radiation. Significantly elevated intracellular ROS levels were detected in the 3-W/kg and 4-W/kg groups. After exposure to 4 W/kg for 24 hours, hLECs exhibited significant G<sub>0</sub>/G<sub>1</sub> arrest. All the effects were blocked when the MW exposure was superposed with a 2  $\mu$ T electromagnetic noise. The authors concluded that superposed electromagnetic noise blocks MW-induced DNA damage, ROS formation, and cell cycle arrest.

It has previously been reported that resonance effects of MW on *E. coli* cell depend on the magnitude of static magnetic field at the place of MW exposure (Belyaev, Alipov et al. 1994). This dependence was explained by the model of electron-conformational interactions that also predicted possible shift of resonance frequencies in dependence on SMF (Belyaev, Shcheglov et al. 1996).

More recently, Ushakov with co-authors exposed *E. coli* cells to MW at the PD of  $10^{-10}$  W/cm<sup>2</sup> and the frequencies of 51.675, 51.755 and 51.835 GHz (Ushakov, Alipov et al. 2005). In this study, cells were exposed to MW at various values of SMF within the range of geomagnetic field: 22, 49, 61, or 90  $\mu$ T. The authors observed that the effects of MW exposure on the conformation of nucleoids depended on the SMF during exposure.

Gapeev et al. analyzed effects of MW (41.85-42.1 GHz, frequency increment 50 MHz, PD 50  $\mu$ Bt/cm<sup>2</sup>, 20 min exposure) on synergistic reaction of calcium ionophore A23187 and phorbol ester PMA in activation of the respiratory burst of the peritoneal neutrophils of mice (Gapeev,

Iakushina et al. 1997). The MW exposure was performed at various SMF. At a SMF of 50  $\mu$ T, the authors observed frequency-dependent inhibition of the synergetic reaction with maximal effect at the frequency of 41.95 GHz. In the same frequency range, frequency-dependent activation of the synergetic reaction with a maximal effect at the frequency of 42.0 GHz was found at a SMF of 95  $\mu$ T. The authors concluded that increasing the SMF from 50 to 95  $\mu$ T resulted in the inversion of ten MW effects and the shift of the resonance frequency by 50 MHz (Gapeev, Iakushina et al. 1997; Gapeev, Iakushina et al. 1999). Moreover, these effects of MW at the 41.95 GHz and 42.0 GHz were not found at the SMF of  $\pm 1$ , 28.3, 75.5 or 117.3  $\mu$ T suggesting that the NT MMW effects may appear only at specific values of SMF (Gapeev, Iakushina et al. 1997; Gapeev, Iakushina et al. 1999).

During 1997–2008, Bartsch et al. have performed two long-term (I and II) and two life-long (III and IV) experiments analyzing the effect of chronic exposure to a low-intensity GSM-like signal (900 MHz pulsed with 217 Hz, 100  $\mu$ W/cm<sup>2</sup> average power flux density, 38–80 mW/kg SAR for whole body) on health and survival of unrestrained female Sprague-Dawley rats kept under identical conditions (Bartsch, Kupper et al. 2010). Radiofrequency continued up to 37 months. In experiment I no adverse health effects of chronic RF-exposure were detectable, neither by macroscopic nor detailed microscopic pathological examinations. Also in experiment II no apparent macroscopic pathological changes due to treatment were apparent. In the course of two complete survival experiments (2002–2005; 2005–2008) median survival was significantly shortened under RF-exposure in both experiments by 9.06% (95% CI 2.7 to 15.0%) ( $p=0.0064$ ); i.e by 72 days in experiment III and 77 days in experiment IV (Bartsch, Kupper et al. 2010). Based on their thorough analysis of possible reasons for variability in RF effects from year to year, the authors assumed that these variations follow the course of solar activity within the 11-years' sunspot cycle which, according to their reported observations, seems to affect pineal melatonin secretion which is an integral part of endogenous defense against cancer. The activity of the sun may influence laboratory animals via changes in the geomagnetic field, which is omnipresent and perceived by specific receptors, e.g. retinal melanopsin, also involved in the light-mediated synchronization of the SCN (central circadian clock of the brain) and controlling the circadian secretion of pineal melatonin.

*The observations indicating dependence of the NT MW effects on SMF and EMF stray field may be of significant interest for further development of physical theory for the NT MW effects and development of safe mobile communication.*

## XII. CELL-TO-CELL INTERACTION IN RESPONSE TO MICROWAVES

The effects of NT MW at the resonance frequency of 51.755 GHz on conformation of nucleoids in *E. coli* cells were analyzed with respect to cell density during exposure (Belyaev, Alipov et al. 1994). The per-cell-normalized effect of MW increased by a factor of  $4.7 \pm 0.5$  on average if cell density increased by one order of magnitude, from  $4 \cdot 10^7$  to  $4 \cdot 10^8$  cell/ml. These data suggested a co-operative nature of cell response to MW, which is based on cell-to-cell interaction during exposure. This suggestion was in line with the observed partial synchronization of cells after exposure to MW.

The co-operative nature of cell response to MW at the resonance frequency of 51.755 GHz was confirmed in further studies with *E. coli* cells (Belyaev, Shcheglov et al. 1996; Shcheglov, Belyaev et al. 1997; Shcheglov, Alipov et al. 2002). In addition, dependence of the per-cell-normalized effect on cell density was found for two other resonances, 51.675 GHz and 51.688 GHz. These data suggested that dependence on cell density during exposure is a general attribute of the resonance response of *E. coli* cells to NT MW. At the cell density of  $4 \cdot 10^8$  cells/ml, the average intercellular distance was approximately 13  $\mu\text{m}$  that is 10 times larger than the linear dimensions of *E. coli* cells (Belyaev, Alipov et al. 1994; Shcheglov, Alipov et al. 2002). Therefore, no direct physical contact seemed to be involved in the cell-to-cell interaction. Two mechanisms, biochemical and electromagnetic, were considered to account for the co-operative nature in the resonance response to weak EMF in wide frequency range including ELF, MW and ionizing radiation (Belyaev 1993; Belyaev, Alipov et al. 1994; Alipov, Shcheglov et al. 2003). The first one, biochemical, is based on release of secondary chemical messengers (ions, radicals, or molecules) by those cells, which were directly targeted. Via diffusion, these messengers can induce response in other cells. The second mechanism, electromagnetic, is based on reemission of secondary photons. According to this mechanism, reemitted photons can induce response in other cells if the intercellular distance is shorter than the length of photon absorption. The experimental data on MW effects fitted better to the electromagnetic mechanism but a combination of two mechanisms was also possible (Belyaev, Alipov et al. 1994; Shcheglov, Alipov et al. 2002). In particular, radicals with prolonged lifetimes might be involved in the observed cell-to-cell communication during response to EMF (Belyaev, Alipov et al. 1998).

The absorption length of photons with the frequencies of  $10^{12}$ - $10^{13}$  Hz corresponds to the intracellular distance at the cell density of  $5 \cdot 10^8$  cell/ml, at which saturation in the dependences of EMF effects on cell density was observed (Belyaev, Alipov et al. 1994; Belyaev, Alipov et al. 1995; Belyaev, Alipov et al. 1998; Shcheglov, Alipov et al. 2002). Such photons may be involved in cell-

to-cell communication according to the electromagnetic mechanism and in agreement with the prediction of Fröhlich that biosystems support coherent excitations within frequency range of  $10^{11}$ - $10^{12}$  Hz (Frohlich 1968). From this point of view, cell suspension may respond to NT MW as a whole. In this case, the number of the exposed cells should be large enough to facilitate cell-to-cell communication during the responses to MW at specific parameters of exposure such as frequency, modulation, and polarization. Interestingly, the cell density for saturation of both MW and ELF effects was about  $5 \cdot 10^8$  cell/ml that is close to cell densities in soft tissues of eukaryotes (Belyaev, Alipov et al. 1998; Shcheglov, Alipov et al. 2002). Such density of cells in the tissues may be important for regulation of living systems by electromagnetic cell-to-cell communication. Cellular membranes and DNA have been considered as possible sources of coherent excitations and photons, which may be involved in electromagnetic cell-to-cell communication (Frohlich 1968; Belyaev, Shcheglov et al. 1996; Belyaev, Alipov et al. 1998).

PD dependences of the MW effect at the 51.755 GHz resonance frequency were considerably different between two cell densities,  $4 \cdot 10^7$  cells/ml and  $4 \cdot 10^8$  cells/ml (Belyaev, Shcheglov et al. 1996). However, the resonance frequency of 51.755 GHz did not shift with the changes in cell density. The half-width of the 51.755 GHz resonance did not depend on cell density either. Contrary to the 51.755 GHz resonance response, the half-width of the 51.675 GHz resonance depended on cell density (Shcheglov, Belyaev et al. 1997). The data suggested that intracellular interaction during the NT MW exposures at some specific frequencies might affect sub-cellular targets for NT MW. This target is presumably chromosomal DNA that is organized in the DNA-domains (Belyaev, Alipov et al. 1992; Belyaev, Alipov et al. 1993; Matronchik and Belyaev 2005).

In all studies concerning dependence of the MW effects on cell density, the cells occupied a negligible part of the exposed volume and could not change the absorption of MW even at the highest cell densities (Belyaev, Alipov et al. 1994; Belyaev, Shcheglov et al. 1996; Shcheglov, Belyaev et al. 1997; Shcheglov, Alipov et al. 2002). Striking difference in the cell responses at various cell densities provided further evidence for non-thermal mechanism of the observed MW effects.

Significant MW effect on synchronization of *Saccharomyces carlsbergensis* yeast cells were observed by Golant and co-authors (Golant, Kuznetsov et al. 1994). Exposure to MW at  $30 \mu\text{W}/\text{cm}^2$  and 46 GHz induced synchronization as measured by cell density and bud formation. The authors assumed that MW induced cell-to-cell interaction resulting in the observed synchronization.

Possible role of intrinsic electromagnetic fields in cell-to-cell communication and mechanisms of their generation have recently been reviewed (Cifra, Fields et al. 2011).



### XIII. GENETIC BACKGROUND AND CELL TYPE

Belyaev et al. have studied effects of MW on *E. coli* cells of three isogenic strains with different length of chromosomal DNA (Belyaev, Alipov et al. 1993). Bacterial chromosomal DNA in the cells of N99 wild type strain was lengthened by inserting DNA from  $\lambda$  and  $\lambda imm^{434} bio^{10}$  phages. Two strains were obtained with increased length of chromosomal DNA, N99( $\lambda$ ) and N99( $\lambda, \lambda imm^{434} bio^{10}$ ). The cells of these 3 strains were exposed to MW  $10^{-10}$  at  $W/cm^2$  and 10-17 frequencies within the ranges of 41.24-41.37 GHz and 51.69-51.795 GHz. The changes in chromatin conformation were analyzed before and after exposure. Clear resonance responses to MW were observed for each strain in both frequency ranges. However, each strain had its own resonance frequency, which were statistically significantly different between strains. All resonances had the same amplitude and half-width (Belyaev, Alipov et al. 1993). In each frequency band, all 3 resonances had the same effective circular polarization: right-handed in the 41.24-41.37 GHz band and left-handed within 51.69-51.795 GHz. All these data have led to conclusion that lengthening of chromosomal DNA resulted in shifting the resonance MW spectra of action. Importantly, these shifts in resonance frequencies could not be explained by the genetic activity of the inserted DNA. On the other hand, theoretical consideration based on oscillations of the DNA-domains regarding a whole nucleoid provided a good correlation between the increasing in the DNA length and the shifts in resonances (Belyaev, Alipov et al. 1993). A detailed analysis of MW effects on the cells of another *E. coli* strain, AB1157, at  $10^{-10}$   $W/cm^2$  and various frequencies within 51.69-51.795 GHz, revealed the resonance frequency of  $51.755 \pm 0.001$  GHz (Belyaev, Shcheglov et al. 1996). This value was statistically significantly different from the resonance frequency of  $51.765 \pm 0.002$  in response of *E. coli* N99 cells to MW in the same frequency range (Belyaev, Shcheglov et al. 1996). It should be noted that both strains, AB1157 and N99, are considered as wild type strains. Nevertheless, these strains are different in their genotypes by several gene markers (Lukashevsky and Belyaev 1990; Belyaev, Alipov et al. 1992). These data provided evidence that cells of different origin, even being considered as wild type cells, might have different resonance responses to NT MW because of differences in their genotypes.

Stagg with colleagues exposed tissue cultures of transformed and normal rat glial cells to modulated MW (TDMA that conforms to the North American digital cellular telephone standard) at 836.55 MHz (Stagg, Thomas et al. 1997). Results from DNA synthesis assays differed for these two cell types. Sham-exposed and MW-exposed cultures of primary rat glial cells showed no significant differences for either log-phase or serum-starved condition. C6 glioma cells exposed to MW at 5.9

$\mu\text{W/g}$  SAR ( $0.9 \text{ mW/cm}^2$ ) exhibited small (20-40 %) but significant increases in 38 % of [ $^3\text{H}$ ]-thymidine incorporation experiments.

Repacholi with co-authors chronically exposed wild-type mice and E mu-Pim1 transgenic mice, which are moderately predisposed to develop lymphoma spontaneously, to plane-wave pulse-modulated MW at 900 MHz with a pulse repetition frequency of 217 Hz and a pulse width of 0.6 ms (Repacholi, Basten et al. 1997). Incident power densities were  $2.6\text{-}13 \text{ W/m}^2$  and SARs were  $0.008\text{-}4.2 \text{ W/kg}$ , averaging  $0.13\text{-}1.4 \text{ W/kg}$ . The lymphoma risk was found to be significantly higher in the exposed transgenic mice. No effects were seen in the wild type mice.

Markkanen with colleagues found that MW affected the UV-induced apoptosis in *Saccharomyces cerevisiae* yeast cells KFY437 (cdc48-mutant) but did not modify apoptosis in KFY417 (wild-type) cells (Markkanen, Penttinen et al. 2004).

Czyz with colleagues exposed pluripotent embryonic stem (ES) cells of wild-type and deficient for the tumor suppressor p53 to pulse modulated GSM MW at 1.71 GHz (Czyz, Guan et al. 2004). Two dominant GSM modulation schemes (GSM-217 and GSM-Talk), which generate temporal changes between GSM-Basic (active during talking phases) and GSM-DTX (discontinuous transmission, which is active during listening phases thus simulating a typical conversation), were applied to the cells at and below the ICNIRP safety standards, 2 and  $1.5 \text{ W/kg}$ . GSM-217 MW induced a significant upregulation of mRNA levels of the heat shock protein hsp70 of p53-deficient ES cells differentiating in vitro, paralleled by a low and transient increase of c-jun, c-myc, and p21 levels in p53-deficient, but not in wild-type cells. These data further substantiated the notion that the genetic background determines cellular responses to GSM MW.

Nylund and Leszczynski have examined cell response to MW (900 MHz GSM-like signal, average SAR of  $2.8 \text{ W/kg}$ ) using two human endothelial cell lines: EA.hy926 and EA.hy926v1 (Nylund and Leszczynski 2006). Gene expression changes were examined using cDNA Expression Arrays and protein expression changes were examined using 2-DE and PDQuest software. The same genes and proteins were differently affected by exposure in each of the cell lines.

Remondini et al. analyzed changes in gene expression in six human cell lines by gene microarrays (Remondini, Nylund et al. 2006). Cells were exposed to MW at 900 MHz GSM Basic mode, SAR  $1.8\text{-}2.5 \text{ W/kg}$ , 1 h exposure. Most cell lines responded to GSM-900 MHz, except for the CHME5 human microglial cells.

Rat1 and HeLa human cells were subjected to RF exposure at a frequency of 875 MHz with an intensity of  $0.07 \text{ mW/cm}^2$  (Friedman, Kraus et al. 2007). In Rat1 cells, phosphorylation peaked at 15 min after irradiation and returned to basal level within 30 min, whereas, in HeLa cells, peak phosphorylation was at 5 min after stimulation and decreased thereafter. Increases in Hb-

EGF release upon mobile phone irradiation were detected in both Rat1 and HeLa cell lines, although the amount released from irradiated HeLa cells was much higher than that released from Rat1 cells.

Zhao et al. studied whether expression of genes related to cell death pathways are dysregulated in primary cultured neurons and astrocytes by exposure to MW from GSM cell phone at the frequency of 1900 MHz for 2 h (Zhao, Zou et al. 2007). Microarray analysis and real-time RT-PCR have shown up-regulation of caspase-2, caspase-6 and Asc (apoptosis associated speck-like protein containing a card) gene expression in neurons and astrocytes. Up-regulation occurred in both "on" and "stand-by" modes in neurons, but only in "on" mode in astrocytes. Additionally, astrocytes showed up-regulation of the Bax gene. The authors concluded that even relatively short-term exposure to the cell phone radiation can up-regulate elements of apoptotic pathways in cells derived from the brain, and that neurons appear to be more sensitive to this effect than astrocytes.

Hoyto et al. analyzed the effects of MW exposure on cellular ornithine decarboxylase (ODC) activity in fibroblasts, two neural cell lines and primary astrocytes (Hoyto, Juutilainen et al. 2007). Several exposure times and exposure levels were used, and the fields were either unmodulated or GSM-like-modulated. Murine L929 fibroblasts, rat C6 glioblastoma cells, human SH-SY5Y neuroblastoma cells, and rat primary astrocytes were exposed to RF radiation at 872 MHz in a waveguide exposure chamber equipped with water cooling. Cells were exposed for 2, 8, or 24 hours to CW MW or to a GSM type signal pulse modulated at 217 Hz. ODC activity in rat primary astrocytes was decreased statistically significantly and consistently in all experiments performed at two exposure levels (1.5 and 6.0 W/kg) and using GSM modulated or CW radiation. In the secondary cell lines, ODC activity was generally not affected. The authors concluded that ODC activity was affected by MW exposure in rat primary neural cells, but the secondary cells used in this study showed essentially no response. In further studies by the same group, the difference in response of human SH-SY5Y neuroblastoma and mouse L929 fibroblast cells to a GSM-modulated MW at 872 MHz was replicated (Hoyto, Luukkonen et al. 2008).

Human cultured fibroblasts of three different donors and three different short-term human lymphocyte cultures were exposed to UMTS-like MW at 1950 MHz and the SAR below safety limit of 2 W/kg by Schwarz et al. (Schwarz, Kratochvil et al. 2008). The alkaline comet assay and the micronucleus assay were used to analyze genotoxic effects. UMTS exposure increased the comet tail factor (CTF) and induced centromere-negative micronuclei in human cultured fibroblasts in a dose and time-dependent way. No UMTS effect was obtained with lymphocytes, either unstimulated or stimulated with phytohemagglutinin. The authors concluded that UMTS exposure may cause genetic alterations in some but not in all human cells in vitro.

Del Vecchio et al. have tested viability, proliferation, and vulnerability of neural cells, after continuous radiofrequency (RF) electromagnetic fields exposure (global system for mobile telecommunications (GSM) modulated 900 MHz signal at a specific absorption rate (SAR) of 1 W/kg and maximum duration 144 h) generated by transverse electromagnetic cells. Two cellular systems, SN56 cholinergic cell line and rat primary cortical neurons were used (Del Vecchio, Giuliani et al. 2009). Exposure to RF did not change viability/proliferation rate of the SN56 cholinergic cells or viability of cortical neurons. Co-exposure to RF exacerbated neurotoxic effect of hydrogen peroxide in SN56, but not in primary cortical neurons, whereas no cooperative effects of RF with glutamate and 25-35AA beta-amyloid were found. These data suggest that only under particular circumstances (cell type and type of co-exposure) exposure to GSM modulated, 900MHz signal act as a co-stressor for oxidative damage of neural cells.

Gerner et al. exposed four different human cell types exposed to modulated GSM 1800 MHz at 2 W/kg (Gerner, Haudek et al. 2010). While short-term exposure did not significantly alter the proteome, an 8-h exposure caused a significant increase in protein synthesis in Jurkat T-cells and human fibroblasts, and to a lesser extent in activated primary human mononuclear cells (Gerner, Haudek et al. 2010). Quiescent (metabolically inactive) mononuclear white blood cells, did not detectably respond to GSM 1800 MHz. Most of the proteins found to be induced were chaperones, which are mediators of protein folding. Heat-induced proteome alterations detectable with used proteome methodology would require heating greater than 1°C. Because GSM-induced heating was less than 0.15°C, a heat-related response was excluded.

Dragicevic et al. evaluated brain mitochondrial function in aged Tg mice and non-transgenic (NT) littermates following 1 month of daily exposure to EMF at 918 MHz frequency, involved modulation with Gaussian minimal-shift keying (GMSK) signal, and SAR levels that varied between 0.25 and 1.05 W/kg (Dragicevic, Bradshaw et al. 2011). The cognitively-important brain areas of cerebral cortex and hippocampus in EMF-exposed mice exhibited clear increases in maximum mitochondrial respiration, while the striatum and amygdala were unaffected. For Tg mice, long-term EMF treatment induced a dramatic reduction in mitochondrial ROS levels in both cerebral cortex and hippocampus, but not in striatum or amygdala. By contrast, NT mice given EMF treatment did not show significant changes in ROS levels within any of the four brain areas analyzed. Therefore, EMF treatment reduced ROS levels selectively in Tg mice and selectively in cognitively-important brain areas.

*Finally, it follows from the emerging data that MW effects are dependent on genotype and cell-type. These dependences may explain, at least partly, the discrepancies among studies from*

*different laboratories and demand careful selection of biological objects in designing the replication studies.*

#### XIV. SEX-AND AGE-RELATED DIFFERENCES

There are few studies consistently indicating that MW may exert a sex-related influence on brain activity.

Papageorgiou and co-authors investigated the sex-related influence of MW similar to that emitted by GSM900 mobile phones on brain activity (Papageorgiou, Nanou et al. 2004). Baseline EEG energy of males was greater than that of females, and exposure to MW decreased EEG energy of males and increased that of females. Memory performance was invariant to MW exposure and sex influences.

Smythe and Costall reported the effects of mobile phone exposure on short- and long-term memory in male and female subjects (Smythe and Costall 2003). The results showed that males exposed to an active phone made fewer spatial errors than those exposed to an inactive phone condition, while females were largely unaffected. These results further indicated that mobile phone exposure has functional consequences for human subjects, and these effects appear to be sex-dependent.

Nam and colleagues exposed volunteers of both sex to MW emitted by a CDMA cellular phone for half an hour (Nam, Kim et al. 2006). Physiological parameters such as systolic and diastolic blood pressures, heart rate, respiration rate, and skin resistance were simultaneously measured. All the parameters for both groups were unaffected during the exposure except for decreased skin resistance of the male subjects (Nam, Kim et al. 2006).

Güler et al. exposed infant female and male white rabbits to 1800 MHz GSM like RF signal at SAR of 1.8 W/kg for 15 min/day during 7-14 days (Guler, Tomruk et al. 2012). Lipid peroxidation levels in the liver tissues of female and male infant rabbits increased under RF radiation exposure. Liver 8-hydroxy-2'-deoxyguanosine (8-OHdG) levels of female rabbits exposed to RF radiation were also found to increase when compared with the levels of non-exposed infants. However, there were no changes in liver 8-OHdG levels of male rabbits under RF exposure.

Santini et al. have performed a survey study on symptoms experienced during use of digital cellular phones using questionnaire of 161 students and workers in a French engineering school (Santini, Seigne et al. 2001). A significant increase in concentration difficult ( $p < 0.05$ ) was reported by users of 1800-MHz (DCS) cellular phones compared to 900-MHz (GSM) phone users.

In users of cellular phones, women significantly ( $p < 0.05$ ) complained more often of sleep disturbance than men. This sex difference for sleep complaint was not observed between women and men non-users of cellular phone. The use of both cellular phones and VDT significantly increased concentration difficulty. Digital cellular phone users also significantly ( $p < 0.05$ ) more often complained of discomfort, warmth, and picking on the ear during phone conversation in relation with calling duration per day and number of calls per day. The complaint warmth on the ear might be a signal to users for stopping the call.

Prevalence of women (usually around 70%) among subjects, which report hypersensitivity to electromagnetic fields of wide frequency range including MW, may also provide indirect evidence for the gender-dependent effects of MW.

In his pioneering study concerning age in cancer risk from MW exposure, Hardell and colleagues found that the highest risks were associated with >5-year latency period in the youngest age group studied, 20-29-year, for analog phones (OR = 8.17, 95% CI = 0.94-71), and cordless phones (OR = 4.30, 95% CI = 1.22-15) (Hardell, Mild et al. 2004). Of note, no participants of age less 20 years were involved on this study. In further studies from the Hardell's group, highest risk was found in the age group <20 years at time of first use of wireless phones (Hardell and Carlberg 2009; Hardell, Carlberg et al. 2009).

Nam with co-authors reported that skin resistance in teenagers decreased by exposure to CDMA MW from cellular phones whereas no effects were seen in adults (Nam, Kim et al. 2006).

Capri et al. analyzed CD25, CD95, CD28 molecules in unstimulated and stimulated CD4+ e CD8+ T cells in vitro (Capri, Salvioli et al. 2006). Peripheral blood mononuclear cells (PBMCs) from young and elderly donors were exposed or sham-exposed to RF (1,800 MHz, SAR 2 W/kg) with or without mitogenic stimulation. No significant changes in the percentage of these cell subsets were found between exposed and sham-exposed lymphocytes in both young and elderly donors. Nevertheless, RF exposure induced a slight, but significant, downregulation of CD95 expression in stimulated CD4+ T lymphocytes from elderly, but not from young donors. This age-related result is noteworthy given the importance of such molecule in regulation of the immune response.

## XV. INDIVIDUAL TRAITS

Shckorbatov et al. investigated electrokinetic properties of cell nuclei and condensation of heterochromatin in human buccal epithelium cells in response to MW at 42.2 GHz (Shckorbatov,

Grigoryeva et al. 1998). MW exposure decreased electric charge of cell nuclei and an increased chromatin condensation in dependence on individual traits of donors.

Individual variability in effects of GSM and UMTS MW on chromatin conformation and 53BP1/ $\gamma$ -H2AX DNA repair foci was observed in studies with lymphocytes from hypersensitive to EMF subjects and healthy persons (Sarimov, Malmgren et al. 2004; Belyaev, Hillert et al. 2005; Markova, Hillert et al. 2005; Belyaev, Markova et al. 2009). The same individual variability was reported for response of chromatin condensation human lymphocytes to ELF magnetic fields (Sarimov, Alipov et al. 2011). This variability correlated with initial state of chromatin in the exposed cells (Sarimov, Alipov et al. 2011). Thus, the data from two different research groups have indicated that the NT MW effects on human cells depended on initial state of chromatin that individually varied between subjects.

Zotti-Martelli with colleagues exposed peripheral blood lymphocytes from nine different healthy donors for 60, 120 and 180 min to CW MW with a frequency of 1800 MHz and PD of 5, 10, and 20 mW/cm<sup>2</sup> and analyzed DNA damage using micronucleus (MN) assay (Zotti-Martelli, Peccatori et al. 2005). Both spontaneous and induced MN frequencies varied in a highly significant way among donors, and a statistically significant increase of MN, although rather low, was observed dependent on exposure time and PD. The data analysis highlighted a wide inter-individual and reproducible variability in the response.

Hinrikus et al. (Hinrikus, Bachmann et al. 2008) evaluated the effects of pulse-modulated MW (450 MHz) on human EEG rhythms. Thirteen healthy volunteers were exposed to MW; the field power density at the scalp was 0.16 m W/cm<sup>2</sup>. Differences were found in individual sensitivity to exposure. Increases in the EEG beta power appeared statistically significant in the case of four subjects. In other study, the same authors confirmed and extended their observations on individual sensitivity to exposure with pulse-modulated MW. The experiments were carried out on four different groups of healthy volunteers. A 450-MHz MW modulated at 7 Hz (first group), 14 and 21 Hz (second group), 40 and 70 Hz (third group), 217 and 1000 Hz (fourth group) frequencies was applied. MW exposure, SAR 0.303 W/kg, increased the EEG energy. The proportion of subjects significantly affected was similar in all groups except for the 1000 Hz group: in the first group 16% at 7 Hz modulation; in the second group 31% at 14 Hz modulation and 23% at 21 Hz modulation; in the third group 20% at 40 Hz and 13% at 70 Hz modulation; in the fourth group 16% at 217 Hz and 0% at 1000 Hz modulation frequency.

Sannino et al. evaluated the induction of micronuclei in response to MW (900 MHz, average SAR of 1.25 W/kg) exposure and subsequent treatment with mitomycin C in peripheral blood lymphocytes from five human volunteers (Sannino, Sarti et al. 2009). MW exposure reduced the

level of mitomycin C –induced micronuclei in cells collected from four donors (i.e., responders). However, the effect of MW was not observed in the remaining donor (i.e., non-responder). The overall data indicated the existence of heterogeneity in the MW response among individuals.

Human sensitivity to radio frequency (RF) standing waves was tested using a movable reflecting wall (Huttunen, Hanninen et al. 2009). When the reflector was moved, the position of the maximums of the standing waves changed and the electromagnetic intensity changed in the body of the standing test subject. The computer with an AD-converter registered the signals of the hand movement transducer and the RF-meter with 100MHz dipole antennas. A total of 29 adults of different ages were tested. There were 9 persons whose hand movement graphs included features like the RF-meter. Six showed responses that did not correlate with the RF-meter. There were also 14 persons who did not react at all. Sensitive persons seem to react to crossing standing waves of the RF signals.

*To conclude, while only few studies were performed, to evaluate individual sensitivity, the obtained results indicate dependence of response to MW exposure on individual traits.*

## XVI. PHYSIOLOGICAL VARIABLES: STAGE OF CELL GROWTH, TEMPERATURE, OXYGEN, DIVALENT METALS

The importance of physiological variables, which may include all conditions of cell culture growth such as aeration, the composition of the growth and exposure media, on NT MW effects has previously been reviewed (Grundler, Jentzsch et al. 1988). Since that time, significant body of new data has been accumulated unequivocally supporting the role of physiological variables for the NT MW effects, which should be carefully taken into account when replicating the original studies.

Belyaev et al. have reported that both value and direction of the MW effects strongly depended on the phase of culture growth, at which *E. coli* cells were exposed to CP or LP MW (100  $\mu\text{W}/\text{cm}^2$ ) at the resonance frequencies of 41.32 GHz and 51.76 GHz (Belyaev, Shcheglov et al. 1993; Belyaev, Alipov et al. 1994). At logarithmic phase of growth, MW resulted in condensation of nucleoids. In contrast, MW exposure decondensed nucleoids in cells if exposure was performed at the stationary phase of growth. It is known, that the state of nucleoid condensation depends on cell activity. In stationary cells nucleoids are more condensed compared to logarithmic cells that divide actively. It was concluded that MW are able to either stimulate or inhibit activity of the cells in dependence on stage of growth, stationary or logarithmic, respectively. Higher variability in effects was observed for logarithmic phase and effects were more stable for the stationary phase



that is characterized by partial synchronization of cells (Belyaev, Shcheglov et al. 1993; Belyaev, Alipov et al. 1994). There was no effect at all if cells were exposed at the end of the logarithmic phase where the MW effects changed their direction from inhibition to stimulation (Belyaev, Alipov et al. 1994). Another peculiarity was observed at the very beginning of the logarithmic stage, where the condensation of chromatin induced by MW was relatively weak. The AVTD data were confirmed by the electrophoretic analysis of proteins bound to DNA (Belyaev, Shcheglov et al. 1993). The effect in the stationary phase was characterized by a decrease in the quantity of several DNA-bound proteins with molecular weights of 61, 59, 56, 26, and 15 kDa. In contrast, abundance of some DNA-bound proteins, 61, 56, 51 and 43 kDa increased after exposure at the logarithmic phase. The decrease or increase in the abundance of DNA-bound proteins correlated with the observed changes in the state of nucleoids, decondensation or condensation, respectively.

Shcheglov et al. have studied effects of MW at the PD range of  $10^{-18}$  to  $3 \cdot 10^{-3}$  W/cm<sup>2</sup> stationary on logarithmic and stationary cells at various cell densities (Shcheglov, Alipov et al. 2002). Relatively weak response to MW was observed in exponentially growing cells. Partially synchronized stationary cells were more sensitive, especially at the cell densities above  $10^8$  cell/ml. The data suggested that the co-operative responses of cells to MW vary in dependence on phase of growth.

Recent data by Ushakov and colleagues indicated that the MW effects on *E. coli* cells depended on concentration of oxygen in the cell suspension during exposure (Ushakov, Alipov et al. 2005). This dependence might suggest that oxygen concentration should be indicated in order to improve reproducibility in replication studies.

Biological systems have been shown to be very sensitive to perturbations at conditions where critical components are at phase transition points, governed by local temperature, ionic strength and pH. This phenomenon was demonstrated by independent laboratories using 2.45-GHz MW radiation associated with a phase transition in lipid-protein complexes around 20-25 °C (Olcerst, Belman et al. 1980; Fisher, Poznansky et al. 1982; Liburdy and Vanek 1985; Allis and Sinha-Robinson 1987; Liburdy and Vanek 1987).

Fisher et al. have reported an effect of low-level 2450-MHz MW on total and ouabain-sensitive  $^{24}\text{Na}^+$  flux from human erythrocytes. Erythrocytes washed and loaded with  $^{24}\text{Na}^+$  were exposed at an absorption rate of 2.0-3.0 mW/ml suspension in a waveguide system under temperature- controlled conditions for 1 or 2 hr. Experiments were run in parallel, with exposed and sham- irradiated (control) samples, at various temperatures between 7 and 35°C. Continuous-wave electromagnetic radiation at 2450 MHz had a significant effect on  $^{24}\text{Na}^+$  efflux, but only in the temperature range 22-25°C. Total efflux increased an average of 23%; this was the result of an

increase in the ouabain-insensitive component (mean, 33%) and a decrease in the ouabain-sensitive portion (mean, 18%). These results indicated increased passive Na<sup>+</sup> efflux and decreased ATPase-mediated Na<sup>+</sup> efflux in erythrocytes exposed to low-level microwaves at 22-25<sup>0</sup>C (Fisher, Poznansky et al. 1982).

Liburdy and Vanek have shown that MW-induced protein shedding is oxygen and temperature dependent (Liburdy and Vanek 1987). Microwaves (2450 MHz, 60 mW/g) resulted in the release or shedding of at least 11 low-molecular-weight proteins (<31,000 Da) from rabbit erythrocytes maintained in physiological buffer. This release was oxygen dependent and occurred in 30 min for exposures conducted within the special temperature region of 17-21<sup>0</sup>C, which is linked to a structural or conformational transition in the cell membrane. Shedding of 26,000 and 24,000 Da proteins was unique to MW treatment, with enhanced release of 28,000 and < 15,000 Da species upon MW exposure. Two-dimensional isoelectric focusing revealed that proteins of < 14,000 Da shed during microwave treatment exhibited a pI of 6.8-7.3 not seen in sham-treated cells. When erythrocytes were maintained at 17-21<sup>0</sup>C in the absence of divalent cations, release of 28,000-31,000 and < 14,000 Da components was detected. This indicated that cation-bridge stability may be important for release of these proteins. The results provided evidence that MW alter erythrocyte protein composition at temperatures linked to a transition in the cell membrane and that destabilization of salt bridges may play a role in an interaction mechanism for protein release (Liburdy and Vanek 1987).

The ATPase activity in human red blood cell membranes was investigated in vitro as a function of temperature and exposure to 2,450-MHz continuous wave microwave radiation to confirm and extend a report of Na<sup>+</sup> transport inhibition under certain conditions of temperature and exposure (Allis and Sinha-Robinson 1987). Assays were conducted spectrophotometrically during microwave exposure with a custom-made spectrophotometer-waveguide apparatus. Temperature profiles of total ATPase and Ca<sup>+2</sup> ATPase (ouabain-inhibited) activity between 17 and 31 degrees C were graphed as an Arrhenius plot. Each data set was fitted to two straight lines which intersect between 23 and 24 degrees C. The difference between the total and Ca<sup>+2</sup> ATPase activities, which represented the Na<sup>+</sup>/K<sup>+</sup> ATPase activity, was also plotted and treated similarly to yield an intersection near 25 degrees C. Exposure of membrane suspensions to electromagnetic radiation, at a dose rate of 6 W/kg and at five temperatures between 23 and 27 degrees C, resulted in an activity change only for the Na<sup>+</sup>/K<sup>+</sup> ATPase at 25 degrees C. The activity decreased by approximately 35% compared to sham-irradiated samples. A possible explanation for the unusual temperature/microwave interaction was proposed (Allis and Sinha-Robinson 1987).

Therefore, temperature may be an important variable, which should be taken into account while analyzing response of cells to MW.

Similar to the effects of ELF (Belyaev, Alipov et al. 1999), the MW effects were reported to be dependent on concentration of divalent ions (Gapeev, Iakushina et al. 1997).

*In conclusion, physiological parameters such as stage of cell growth, temperature, oxygen and divalent ions temperature may be an important variable, which should be taken into account while analyzing response of cells to MW.*

## XVII. ANTIOXIDANTS AND RADICAL SCAVENGERS

Oxidative stress caused by biological, chemical and physical factors has been associated with increased risk of human cancer at various sites. Human cells induce and/or activate several oxidant generating enzymes that produce high concentrations of diverse free radicals and oxidants. These reactive species can damage DNA, RNA, lipids and proteins, leading to increased mutations and altered function of enzymes and proteins, thus contributing to the multistage carcinogenesis process. Control of oxidative stress is being explored as an approach to chemoprevention of human cancers (IARC 2002).

It is well known that endogenous (intracellular) free radicals, which are collectively called reactive oxygen species (ROS), arise from mitochondrial oxidative metabolism and other reactions in cells (Polycove and Feinendegen 2003). The estimated average generation rate is  $\sim 10^9$  ROS per cell per day (Beckman and Ames 1998), which results in  $10^6$  oxidative DNA damage,  $10^5$  SSBs and 0.1 DSBs per cell per day (Polycove and Feinendegen 2003).

In their pioneering study, Lai and Singh described the effects of MW on the rat brain cells as measured using a microgel electrophoresis assay (Lai and Singh 1996). These effects were significantly blocked by treatment of rats either with the spin-trap compound N-tert-butyl- $\alpha$ -phenylnitron or with melatonin, both agents being free radical scavengers and antioxidants (Lai and Singh 1997). These data suggested that free radicals might be involved in the effects of MW. The ability of scavengers and antioxidants has been tested by many other research groups and in all cases, this treatment inhibited the reported TN MW effects.

Oktem and colleagues exposed rats to MW from GSM900 mobile phone with and without melatonin treatment (Oktem, Ozguner et al. 2005). Malondialdehyde (MDA), an index of lipid peroxidation, and urine N-acetyl-beta-d-glucosaminidase (NAG), a marker of renal tubular damage, were used as markers of oxidative stress-induced renal impairment. Superoxide dismutase (SOD),

catalase (CAT), and glutathione peroxidase (GSH-Px) activities were studied to evaluate changes in antioxidant status. In the MW-exposed group, while tissue MDA and urine NAG levels increased, SOD, CAT, and GSH-Px activities were reduced. Melatonin treatment inhibited these effects. The authors concluded that melatonin might exhibit a protective effect on mobile phone-induced renal impairment in rats.

Ozguner and colleagues exposed Wistar-Albino rats to MW from GSM900 mobile phone with and without melatonin and analyzed histopathologic changes in skin (Ozguner, Aydin et al. 2004). MW induced increase in thickness of stratum corneum, atrophy of epidermis, papillomatosis, basal cell proliferation, granular cell layer (hypergranulosis) in epidermis and capillary proliferation. Impairment in collagen tissue distribution and separation of collagen bundles in dermis were all observed in exposed animals as compared to the control group. Most of these changes, except hypergranulosis, were prevented with melatonin treatment. The authors concluded that exposure to GSM900 MW caused mild skin changes and melatonin treatment could reduce these changes. In other studies of the same group, the ability of melatonin to reduce various MW-induced effects was confirmed and inhibitory potential of the antioxidant caffeic acid phenethyl ester (CAPE) was reported (Ozguner, Altinbas et al. 2005; Ozguner, Oktem et al. 2005; Ozguner, Oktem et al. 2005; Ozguner, Bardak et al. 2006).

Ayata et al. analyzed the effects of 900 MHz MW with and without melatonin on fibrosis, lipid peroxidation, and anti-oxidant enzymes in rat skin (Ayata, Mollaoglu et al. 2004). The levels of MDA and hydroxyproline and the activities of SOD, GSH-Px, and CAT were studied. MDA and hydroxyproline levels and activities of CAT and GSH-Px were increased significantly in the exposed group without melatonin and decreased significantly in the exposed group with melatonin. SOD activity was decreased significantly in the exposed group and this decrease was not prevented by the melatonin treatment. The authors assumed that the rats irradiated with MW suffer from increased fibrosis and lipid peroxidation and that melatonin can reduce the fibrosis and lipid peroxidation caused by MW.

Ilhan with co-authors investigated oxidative damage in brain tissue of rats exposed to GSM900 MW with and without pretreatment with Ginkgo biloba (Gb) (Ilhan, Gurel et al. 2004). MW induced oxidative damage measured as: (i) increase in MDA and nitric oxide (NO) levels in brain tissue, (ii) decrease in brain SOD and GSH-Px activities, and (iii) increase in brain xanthine oxidase and adenosine deaminase activities. These MW effects were prevented by the Gb treatment. Furthermore, Gb prevented the MW-induced cellular injury in brain tissue revealed histopathologically. The authors concluded that reactive oxygen species may play a role in the

adverse effects of GSM900 MW and Gb prevents the MW-induced oxidative stress by affecting antioxidant enzymes activity in brain tissue.

Guney et al. examined 900 MHz mobile phone-induced oxidative stress that promotes production of ROS and investigated the role of vitamins E and C, which have antioxidant properties, on endometrial tissue against possible 900 MHz mobile phone-induced endometrial impairment in rats (Guney, Ozguner et al. 2007). The animals were randomly grouped (eight each) as follows: 1) Control group (without stress and EMR, Group I), 2) sham-operated rats stayed without exposure to EMR (exposure device off, Group II), 3) rats exposed to 900 MHz EMR (EMR group, Group III) and 4) a 900 MHz EMR exposed + vitamin-treated group (EMR + Vit group, Group IV). A 900 MHz EMR was applied to EMR and EMR + Vit group 30 min/day, for 30 days. Endometrial levels of nitric oxide (NO, an oxidant product) and malondialdehyde (MDA, an index of lipid peroxidation), increased in EMR exposed rats while the combined vitamins E and C caused a significant reduction in the levels of NO and MDA. Likewise, endometrial superoxide dismutase (SOD), catalase (CAT) and glutathione peroxidase (GSH-Px) activities decreased in EMR exposed animals while vitamins E and C caused a significant increase in the activities of these antioxidant enzymes. In the EMR group histopathologic changes in endometrium, diffuse and severe apoptosis was present in the endometrial surface epithelial and glandular cells and the stromal cells. Diffuse eosinophilic leucocyte and lymphocyte infiltration were observed in the endometrial stroma whereas the combination of vitamins E and C caused a significant decrease in these effects of EMR. It is concluded that oxidative endometrial damage plays an important role in the 900 MHz mobile phone-induced endometrial impairment and the modulation of oxidative stress with vitamins E and C reduces the 900 MHz mobile phone-induced endometrial damage both at biochemical and histological levels.

Koylu et al. studied the effects of MW on the brain lipid peroxidation in rats, and the possible protective effects of melatonin on brain degeneration induced by MW (Koylu, Mollaoglu et al. 2006). The levels of lipid peroxidation in the brain cortex and hippocampus increased in the MW group compared with the control group, although the levels in the hippocampus were decreased by combined administration of MW and melatonin. Brain cortex lipid peroxidation levels were unaffected by melatonin treatment. The authors concluded that melatonin may prevent MW-induced oxidative stress in the hippocampus by strengthening the antioxidant defense system.

Balci et al. exposed albino Wistar rats to mobile-phone-emitted radiation and analyzed oxidant/antioxidant balance in corneal and lens tissues. The results of this study suggest that mobile telephone radiation leads to oxidative stress in corneal and lens tissues and that antioxidants such as vitamin C can help to prevent these effects (Balci, Devrim et al. 2007).

Sokolovic et al. evaluated the intensity of oxidative stress in the brain of Wistar rats chronically exposed to MW from mobile phones (SAR = 0.043-0.135 W/kg) during 20, 40 and 60 days (Sokolovic, Djindjic et al. 2008). A significant increase in brain tissue malondialdehyde (MDA) and carbonyl group concentration was found. Decreased activity of catalase (CAT) and increased activity of xanthine oxidase (XO) remained after 40 and 60 days of MW exposure. Melatonin treatment significantly prevented the increases in MDA content and XO activity in the brain tissue after 40 days of exposure while it was unable to prevent the decrease of CAT activity and increase of carbonyl group contents. The authors concluded that exposure to the mobile phone MW caused oxidative damage in the brain and that treatment with melatonin significantly prevented this oxidative damage.

Gajski and Garaj-Vrhovac investigated the radioprotective effect of bee venom against DNA damage induced by 915-MHz microwave radiation (SAR of 0.6 W/kg) (Gajski and Garaj-Vrhovac 2009). Whole blood lymphocytes of Wistar rats are treated with 1 mg/mL bee venom 4 hours prior to and immediately before irradiation. Standard and formamidopyrimidine-DNA glycosylase (Fpg)-modified comet assays were used to assess basal and oxidative DNA damage produced by ROS. Bee venom decreased basal and oxidative DNA damage induced by microwave radiation. The difference between the comet assay results in the presence and in the absence of Fpg-enzyme suggested that oxidative stress is responsible for the DNA damage induced by microwave radiation. Among other possible mechanisms, antioxidant activity of bee venom may likely account for the radioprotective effect.

Esmekaya et al. analyzed effects of 1.8 GHz GSM alone and in combination with Ginkgo biloba (EGb 761) pre-treatment in human peripheral blood lymphocytes (Esmekaya, Aytekin et al. 2011). RF exposure significantly increased frequency of sister chromatid exchanges (SCE) and inhibited cell viability. No temperature difference was observed between sham control and RF exposed cells, so the observed effects may be considered as non-thermal. EGb 761 pre-treatment significantly reduced both RF effects. The authors concluded that EGb 761 had a protective role against RF induced mutagenesis.

Ozgur et al investigated oxidative damage and antioxidant enzyme status in the liver of guinea pigs exposed to mobile phone-like radiofrequency radiation (RFR) and the potential protective effects of N-acetyl cysteine (NAC) and epigallocatechin-gallate (EGCG) on the oxidative damage (Ozgur, Gler et al. 2010). Nine groups of guinea pigs were used to study the effects of exposure to an 1800-MHz Global System for Mobile Communications (GSM)-modulated signal (average whole body Specific Absorption Rate (SAR) of 0.38W/kg, 10 or 20 min per day for seven days) and treatment with antioxidants. Significant increases in malondialdehyde (MDA) and total

nitric oxide (NO) levels and decreases in activities of superoxide dismutase (SOD), myeloperoxidase (MPO) and glutathione peroxidase (GSH-Px) were observed in the liver of guinea pigs after RFR exposure. NAC treatment induced increase in hepatic GSH-Px activities, whereas EGCG treatment alone attenuated MDA level. Extent of oxidative damage was found to be proportional to the duration of exposure. Authors concluded that the adverse effect of RFR may be related to the duration of mobile phone use. NAC and EGCG may protect the liver tissue against the RFR-induced oxidative damage and enhance antioxidant enzyme activities.

Female rats were exposed to a mobile phone signal (900 MHz), the mobile phone plus vitamin C group was exposed to a mobile phone signal (900 MHz) and treated orally with vitamin C (Imge, Kilicoglu et al. 2010). Malondialdehyde (MDA), antioxidant potential (AOP), superoxide dismutase, catalase (CAT), glutathione peroxidase (GSH-Px), xanthine oxidase, adenosine deaminase (ADA) and 5'nucleotidase (5'-NT) were analyzed in brain tissues. MW exposure caused an inhibition in 5'-NT and CAT activities. GSH-Px activity and the MDA level were also found to be reduced in the mobile phone group but not significantly. Vitamin C caused a significant increase in the activity of GSH-Px and non-significant increase in the activities of 5'-NT, ADA and CAT enzymes. The results suggest that vitamin C may play a protective role against detrimental effects of mobile phone radiation in brain tissue.

*To conclude this section, several studies consistently show that supplementation with antioxidants and radical scavengers can reduce MW effects. In other words, the level of radicals should be considered as an important parameter for the NT MW effects. Moreover, these studies indicate that induction of radicals is one of the key events in bioeffects of NT MW.*

## XVIII. CO-EXPOSURE

Zmyslony et al have studied effects of 930 MHz continuous wave (CW) electromagnetic field, 1.5 W/kg, on the reactive oxygen species (ROS) level in rat lymphocytes (Zmyslony, Politanski et al. 2004). Acute (5 and 15 min) exposure did not induce ROS. However, this exposure increased effect of FeCl<sub>2</sub>, 10 µg/ml.

Co-exposure to RF (global system for mobile telecommunications (GSM) modulated 900MHz signal at a specific absorption rate (SAR) of 1 W/kg and maximum duration 144 h) exacerbated neurotoxic effect of hydrogen peroxide in SN56, but not in primary cortical neurons (Del Vecchio, Giuliani et al. 2009). These data suggest that only under particular circumstances

(cell type and type of co-exposure) exposure to GSM modulated, 900MHz signal act as a co-stressor for oxidative damage of neural cells.

## XIX. REPLICATION STUDIES

Obviously, not taking into account the dependences of NT MW effects on a number of physical parameters and biological variables may result in misleading conclusions regarding the reproducibility of these effects. Especially important might be the observations that NT MW could inhibit or stimulate the same functions dependent on conditions of exposure (Pakhomov, Akyel et al. 1998). Under different conditions of exposure, MW either increased or decreased the growth rate of yeast cells (Grundler, Jentzsch et al. 1988), the radiation-induced damages in mice (Sevast'yanova 1981), the respiratory burst in neutrophils of mice (Gapeev, Iakushina et al. 1997), the condensation of nucleoids in *E coli* cells (Belyaev, Shcheglov et al. 1993; Belyaev, Alipov et al. 1994) and human lymphocytes (Sarimov, Malmgren et al. 2004). Potentially bi-directional effects of MW should be taken into account in replication studies.

In some cases when the conditions were kept in strict control, the effects were reproduced. Highly resonant effects of ultra-weak MW (near 70 GHz) on the induction of  $\lambda$ -phage were first established by Webb (Webb 1979), and subsequently corroborated (Lukashevsky and Belyaev 1990).

Despite of considerable body of studies with NT MW in biology, only a few studies were performed to independently replicate the original data on the NT MW effects. It should be noted, that these replications are usually not completely comparable with the original studies because of either missing description of important parameters of exposure or significant differences in these parameters between original study and replication. One well-known attempt to replicate the results of Gründler was the study by Gos and co-authors (Gos, Eicher et al. 1997). No MW effects were observed in this replication study. However, the deviations from the Gründler's protocol might be a simple reason for poor reproducibility. For example, synchronized cells were used in studies of Gründler. Contrary to the Gründler's original protocol, Gos used exponentially growing cells. If the MW effects in yeast cells are dependent on stage of growth, cell density and intercellular interactions as it has been described for *E. coli* cells (Belyaev, Shcheglov et al. 1993; Belyaev, Alipov et al. 1994; Belyaev, Shcheglov et al. 1996; Shcheglov, Belyaev et al. 1997), no response should be expected in the logarithmic phase of growth. Gos and colleagues used *S. cerevisiae* strain with the auxotrophy mutations for leucine and uracil. Gründler used the wild type strain. It might



suggest another cause for the deviations between the data of Gründler and Gos. Despite orientation of SMF in respect to electric and magnetic components of MW was the same, the values of SMF were different. The stray ELF field was 120 nT in the study by Gos, that is higher than usually observed background fields, < 50 nT. The spectral characteristics of the background fields, which were described only in the study by Gos, might be also different. In addition, the conditions of cell cultivation might vary between studies; for example, the data on oxygen concentration in media used in both studies are not available.

Lai and Singh have consistently reported that circularly polarized MW exposure at 2450 MHz induced DNA damage in brain cells of the exposed rats (Lai and Singh 1995; Lai and Singh 1996; Lai and Singh 1997). Replication studies have also tested circularly polarized MW exposure at 2450 MHz and no induced DNA damage was reported (Malyapa, Ahern et al. 1997; Malyapa, Ahern et al. 1998; Lagroye, Anane et al. 2004). All these replication studies have used another exposure system. However, handedness of circular polarization has not been given neither in original study, no in replications. If the handedness was different between studies it could reasonably account for inconsistency.

*Most reviews of the experimental studies do not include analysis of various biological variables and physical parameters when comparing the data on the NT MW effects from different studies. As result, misleading conclusion is often made that MW at NT levels produce no "reproducible" effects.*

## XX. SIMILARITY OF MICROWAVE AND ELF EFFECTS

Mobile phones not only expose the user to RF EMF but also to ELF EMF (Linde and Mild 1997; Heath, Jenvey et al. 1998; Jokela, Puranen et al. 2004; Ilvonen, Sihvonen et al. 2005; Cook, Saucier et al. 2006; Perentos, Iskra et al. 2007). Perentos et al. have recently measured and characterized the ELF magnetic field from several commercial GSM handsets (the RF characteristics being already well understood) using different probes which covered frequency range from static magnetic fields ("0 Hz") to 2 GHz. Peak ELF fields at the front sides of 5 commercial GSM phones were assessed and a maximum of 22.4  $\mu$ T was reported (Perentos, Iskra et al. 2008). The main ELF component at the 217 Hz was about 1  $\mu$ T at the distance of 3 cm from the handset front side. The overall pulse peak was 4.2 times greater than the 217 Hz component. 217 Hz magnetic field decreased with distance and reached 0.3  $\mu$ T approximately at 5 cm from the front handset side. The overall ELF pulse peak produced by all ELF components was 4.2 times greater

than the 217 Hz component. The ELF fields higher 0.3  $\mu\text{T}$  have consistently been shown to correlate with increased risk of children leukemia in several studies covering European countries, USA and Japan (Kabuto, Nitta et al. 2006; Yang, Jin et al. 2008). Similar to RF, ELF has been classified by the IARC as possible carcinogen "2B". It has been known for long time that weak ELF fields and NT MW result to similar effects with significant overplaying of molecular biological pathways for their appearance (Adey 1981; Blank and Goodman 2009; Davanipour and Sobel 2009). Multiple data on ELF biological effects at intensities below the ICNIRP standards are available showing their complex dependence of the ELF effects on biological and physical variables (Belyaev, Alipov et al. 1999; Blank and Goodman 2009; Phillips, Singh et al. 2009; Sarimov, Alipov et al. 2011). In particular, stress response, molecular pathways for generation of reactive oxygen species (ROS), increased sensitivity of stem cells, and inhibition of melatonin production (Burch, Reif et al. 2000) were suggested as mechanisms which link observed increase in cancer risks and effects of exposure at the cellular level. EMF effects in a wide frequency range from ELF to MW have been considered in the frames of the same physical models (Chiabrera, Bianco et al. 1991; Matronchik, Alipov et al. 1996; Chiabrera, Bianco et al. 2000; Binhi 2002; Panagopoulos, Karabarbounis et al. 2002; Matronchik and Belyaev 2005; Matronchik and Belyaev 2008).

*In many cases, because of ELF modulation and additional ELF fields created by the MW sources, for example by mobile phones, it is difficult to distinguish the effects of exposures to ELF and MW. Therefore, these combined exposures and their possible cancer risks should be considered in combination.*

## XXI. CANCER RISK ASSESSMENT FROM MECHANISTIC POINT OF VIEW

At present, a new situation has arisen when a significant part of the general population is exposed chronically (much longer than previously investigated durations of exposures) to NT MW from different types of mobile communication including GSM and UMTS/3G phones and base stations, WLAN (Wireless Local Area Networks), WPAN (Wireless Personal Area Networks such as Bluetooth), DECT (Digital Enhanced (former European) Cordless Telecommunications) wireless phones (Joseph, Frei et al. 2010). Multiple sources of mobile communication result in chronic exposure of general population to MW at the non-thermal levels. These exposures are characterized by low intensities, varieties and complexities of signals, and long-term durations of exposure that are comparable with a lifespan.

Most of the real signals that are in use in mobile communication have not been tested so far. Very little research has been done with real signals and for durations and intermittences of exposure that are relevant to chronic exposures from mobile communication. In some studies, so-called “mobile communication-like” signals were investigated that in fact were different from the real exposures in such important aspects as intensity, carrier frequency, modulation, polarization, duration and intermittence.

Emerging evidence suggests that the SAR concept, which has been widely adopted for safety standards, is not useful alone for the evaluation of health risks from NT MW of mobile communication. The role of other exposure parameters such as frequency, modulation, polarization, duration, and intermittence of exposure should be taken into account.

IARC has recently classified RF as a ‘Possible Human Carcinogen’ (Class 2B) (Baan, Grosse et al. 2011). Contrary to other panels, such as ICNIRP, whose members dismiss the NT MW effects based on their "non-reproducibility" and lack of comprehensive mechanisms, the IARC working group included scientists, which argued for existence of non-thermal effects and their complex dependence on variety of biological and physical parameters which should be included in consideration. By its classification, IARC has justified implementation of the Precautionary Principle, confirmed the existence of non-thermal effects that can cause health risks, and indicated that the current safety standards are insufficient to protect health.

The data about the effects of MW at super low intensities and significant role of duration of exposure in these effects along with the data showing that adverse effects of NT MW from GSM/UMTS mobile phones depend on carrier frequency and type of the MW signal suggest that MW from base-stations/masts, wireless routers, WI-FI and other wireless devices and exposures in common use today can also produce adverse effects at prolonged durations of exposure.

So far, most laboratory and epidemiological studies did not control important features of the NT MW effects and therefore, only limited conclusion regarding health effects of MW from mobile communication can be drawn from these studies. The group of Hardell was the first epidemiologic studying separately the MW signals from cordless phones, analogue phones and digital phones (Hardell, Hansson Mild et al. 2001; Hardell, Hansson Mild et al. 2003; Hardell, Eriksson et al. 2005; Hardell and Hansson Mild 2005). This approach is valid from the mechanistic point of view.

Nowadays, it is almost impossible to select control unexposed groups because the whole population in many countries is exposed to wide range of MW signals from various sources such as mobile phones, base stations/masts, WLAN, WPAN, DECT wireless phones and given that duration of exposure (at least 10 years for cancer latency period) is also important for the effects of NT MW along PD/SAR. Exposure from downlink sources (base stations *etc.*) may contribute up to

90% of total environmental outdoor-urban exposure in European countries while exposure to DECT phone is comparable to exposure to mobile phones (Frei, Mohler et al. 2009; Frei, Mohler et al. 2010; Joseph, Frei et al. 2010). In other words, there are no unexposed control groups available for epidemiologic studies in the developed countries. Substantial variation in relative ratio of downlink and uplink signals between countries (Joseph, Frei et al. 2010) can at least partially account for differences in epidemiologic data because of variation in exposure of control groups to downlink signals.

While several national registers (Norway, Australia, Finland, Denmark) report increased incidence of brain cancer, US and Swedish ones do not. This inconsistency may be accounted by deficit in reporting of tumors to the Swedish Cancer Registry (Hardell and Carlberg 2009).

Importantly, because the signals are completely replaced by other signals faster than once per 10 years, duration comparable with latent period, epidemiologic studies can not provide basement for assessment of upcoming new signals.

As far as different types of MW signals (carrier frequency, modulation, polarization, far and near field, intermittence, coherence, *etc.*) may produce different effects, cancer risks should ideally be estimated for each MW signal separately. In other words, one type of MW signal would correspond to one chemical compound. That means, for example, that each from 124 signals involved in GSM uplink mobile communication should be separately evaluated to fit situation accepted for estimation of cancer risks from chemical compounds.

It now appears that most, if not all, adult tissues and organs including blood and brain contain stem cells (Metcalf and Ferguson 2008). Almost all hematopoietic and solid neoplasms arise from cancer stem cells that are dysfunctional versions of a normal stem cells. Current models for radiation carcinogenesis have paid much attention to the stochastic process of energy deposition in cells, but accumulating evidences have shown that the nature of the target cells, i.e. tissue stem cells and progenitor cells, needs to be taken into consideration (Niwa 2010; Richardson 2011). Stem cell self-renewal and progenitor differentiation is regulated by the specialized microenvironment—or “niche”—in which these cells reside (Alvarez-Buylla and Lim 2004) and which regulate stem cells (Morrison and Spradling 2008; Johansson, Cappello et al. 2010; Kim and Shivdasani 2012; Sugiyama and Nagasawa 2012). Importance of stem cells for carcinogenesis, challenges the definition of volume for SAR determination in safety standards. Instead of random distribution of targets for carcinogenesis, localized distribution of SAR in stem cells and niches is needed. Because very small size of the niches in different tissues including the brain (Kazanis 2012), the SAR averaging should be performed at volumes much less than currently accepted 10 g. Decreasing the sensitive volume to the stem cell niches with sizes down to 10  $\mu\text{m}$  (Richardson 2011) may likely

put almost all mobile phones out of the current safety standards, even given that they are only based on thermal effects and do not consider any other parameters except for SAR. From point view of stem cell organization, the volume of SAR determination may be especially important for setting the safety standards for children. During brain development, most stem cells and their niches are spatially ephemeral and temporally transient as the cellular and molecular “puzzle” behind neurogenesis and morphogenesis is “assembled” and “disassembled” at a dazzling pace. In contrast, in the adult, neural stem cells and their niches are retained in restricted regions with their local developmental processes occurring for the life (Alvarez-Buylla and Lim 2004).

It should be anticipated that some part of the human population, such as children, pregnant women and groups of hypersensitive persons could be especially sensitive to the NT MW exposures.

## XXII. CONCLUSIONS

Non-thermal effects of microwaves depend on variety of biological and physical parameters that should be taken into account in setting the safety standards. These exposures can cause health risk. The current safety standards are insufficient to protect from non-thermal microwave effects. Emerging evidence suggests that the SAR concept, which has been widely adopted for safety standards, is not useful alone for the evaluation of health risks from NT MW of mobile communication. Other parameters of exposure, such as frequency, modulation, duration, dose should be taken into account. New standards should be developed based on knowledge of mechanisms of non-thermal effects. Importantly, because the signals of mobile communication are completely replaced by other signals faster than once per 10 years, duration comparable with latent period, epidemiologic studies cannot provide basement for cancer risk assessment from upcoming new signals. Precautionary Principle should be implemented while new standards are in progress. In many cases, because of ELF modulation and additional ELF fields created by the MW sources, for example by mobile phones, it is difficult to distinguish the effects of exposures to ELF and MW. Therefore, these combined exposures and their possible cancer risks should be considered in combination. It should be anticipated that some part of the human population, such as children, pregnant women and groups of hypersensitive persons could be especially sensitive to the non-thermal microwave exposures.

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