

# Mobile Phone Electromagnetic Field Studies And Recommendations for Users

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The increased use of mobile phone by public is accompanied by a bulky attempts of contradictory reports about the possible adverse health effects. The mobile phone effects could arise from exposure to electromagnetic fields (EMF) by the user and neighbors of stations. Given the increased numbers of customers of mobile phones, even small adverse effects on health could have significant public health implications. Here we tried to review recent studies about adverse effects of exposure to radio-frequency fields (RF) and discussing the obtained knowledge related to the biophysical and medical effects of exposure to these non-ionizing radiation. The investigations to found out adverse effects mainly are related to the effects on cancer, genotoxic, fertility, proteins and DNA. Finally, some recommendations for decreasing these possible adverse effects are proposed.

**Keywords: Electromagnetic Fields, Mobile Phone, Health Risks.**

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