

## Cell Phones May Really Be Risky, But People Ignore

Cell phones may be harmful for [health](#), but most people still use them and can not imagine the life routine without mobiles.

There have been lots of researches cautioning that mobile phone usage is not safe.

Electromagnetic fields from it can pose health risk and cause numerous diseases, such as cancer. However, these researches are not definite, and scientists are not yet able to prove that the link between cell phones and cancer really exist. Besides, cell phone industry magnates ensure that the phones do not carry any health risk. Yet, the researchers are enough to caution and to suspect mobiles in harming public health.

It is true that TVs and microwaves also carry health risk, and there have been lots of studies pointing on it, but people still use them and don't even think about health problems associated with them. The same is true for cell phones: even if studies prove that they are dangerous for health, people worldwide will not be able to stop using them.

There are about 255 million Americans using cell phones, this is about 84% of US population. Those using land lines are mainly old fashioned people who are just difficult to get used to innovations.

"Cell phones have fundamentally changed the way people connect with one another," says Elizabeth T. Adams, a professor of popular culture and folklore at California State University, Northridge. "People today are narrating their lives on their cell phones constantly to the littlest bitty degree.

However, major health experts are sure that people should be careful while using cell phones.

The director of the [University of Pittsburgh](#) Cancer Institute, Dr Ronald B Herberman, said:

"Really at the heart of my concern is that we shouldn't wait for a definitive study to come out, but err on the side of being safe rather than sorry later."

Of course, we can't stop using cell phones, but we can follow some simple advices to keep ourselves protected. Health experts warn, that children are at most risk and they need to use phones only in emergency cases. This is because their brains are still developing and are most vulnerable to electromagnetic fields.

People are advised not to use cell phones when coverage is weak or when they are moving in a car or in a train, because at this time phones work at their high trying to reach connection. It is not good to use cell phones in public places, because people nearby will be passively exposed to electromagnetic fields.

People are also advised not to keep phones close to head while [sleeping](#), use hands-free devices to keep phones far from head while talking. Despite researches are not yet definite, health officials advise to minimise cell phone use anyway.

Source: By Ruzanna Haroutiunyan