

April 2, 2017

Letter of Recommendation for Providing Patients a Legal Provision to opt-out of Smart Meters.

To Whom it May Concern,

I am a Board Certified Family Physician in the Detroit suburbs and I have been appalled at the numbers of patients who have been affected medically by smart meters on their homes. I hear complaints and real concerns regularly.

One of the families I care for is a perfect example of the numerous medical complications that occurred after a smart meter was put on their home.

The Pomaranski family consists of the parents and their 3 daughters.

Thomas Pomaranski, aged 60 and his wife Sheila, age 53 have daughters Jessica, age 25, and Melissa, age 23 plus Dana 14.

Below is a List of Health Symptoms that the Pomaranski Family has noticed and had concerns of since their home has a Convertible Smart Meter.

Sensory

- Pressure in the head
- Feelings in body (dull & sharp pains)
- Ringing/Buzzing in ears
- Burning Sensation on Back of Tongue, Top of Throat, Teeth Discomfort

Physiological

- Unusually Strong/Hard Heart Beat
- Headaches/Migraine
- Respiratory Issues that won't go away
- Depression
- Clenching Teeth at Night
- Fatigue

Nervous System

- Lapses in thought processes – having to pause to think about tasks in process or sentences
- Muscle Weakness
- Insomnia – Waking up and unable to return to sleep

I have found no other medical conditions or explanations for these myriad of symptoms, other than the exposure to the smart meter on their home.

The mother, Sheila Pomaranski, has had a diagnosis of cancer and certainly with the research on EMF exposure and cancers she should be able to legally have an option to refuse a smart meter on her home.

If you have any questions you could contact my patients as below, or my medical office.

Thomas and Sheila Pomaranski

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Convertible Digital Meter - Itron CL200 240V 3W TYPE C1S 30TA 1.0 Kh

Sincerely,

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American Academy of Environmental Medicine Recommendations Regarding Electromagnetic and Radiofrequency Exposure

Physicians of the American Academy of Environmental Medicine recognize that patients are being adversely impacted by electromagnetic frequency (EMF) and radiofrequency (RF) fields and are becoming more electromagnetically sensitive.

The AAEM recommends that physicians consider patients' total electromagnetic exposure in their diagnosis and treatment, as well as recognition that electromagnetic and radiofrequency field exposure may be an underlying cause of a patient's disease process.

Based on double-blinded, placebo controlled research in humans,¹ medical conditions and disabilities that would more than likely benefit from avoiding electromagnetic and radiofrequency exposure include, but are not limited to:

- Neurological conditions such as paresthesias, somnolence, cephalgia, dizziness, unconsciousness, depression
- Musculoskeletal effects including pain, muscle tightness, spasm, fibrillation
- Heart disease and vascular effects including arrhythmia, tachycardia, flushing, edema
- Pulmonary conditions including chest tightness, dyspnea, decreased pulmonary function
- Gastrointestinal conditions including nausea, belching
- Ocular (burning)
- Oral (pressure in ears, tooth pain)
- Dermal (itching, burning, pain)
- Autonomic nervous system dysfunction (dysautonomia).

Based on numerous studies showing harmful biological effects from EMF and RF exposure, medical conditions and disabilities that would more than likely benefit from avoiding exposure include, but are not limited to:

- Neurodegenerative diseases (Parkinson's Disease, Alzheimer's Disease, and Amyotrophic Lateral Sclerosis).²⁻⁶
- Neurological conditions (Headaches, depression, sleep disruption, fatigue, dizziness, tremors, autonomic nervous system dysfunction, decreased memory, attention deficit disorder, anxiety, visual disruption).⁷⁻¹⁰
- Fetal abnormalities and pregnancy.^{11,12}
- Genetic defects and cancer.^{2,3,13-19}
- Liver disease and genitourinary disease.^{12,20}

Because Smart Meters produce Radiofrequency emissions, it is recommended that patients with the above conditions and disabilities be accommodated to protect their health. The AAEM recommends: that no Smart Meters be on these patients' homes, that Smart Meters be removed within a reasonable distance of patients' homes depending on the patients' perception and/or symptoms, and that no collection meters be placed near patients' homes depending on patients' perception and/or symptoms.

Submitted by: Amy L. Dean, DO and William J. Rea, MD

Approved July 12, 2012 by the Executive Committee of the American Academy of Environmental Medicine

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Wireless Smart Meter Case Studies

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Founded in 1965 as a non-profit medical association, the American Academy of Environmental Medicine (AAEM) is an international organization of physician and scientists interested in the complex relationship between the environment and health.

AAEM physicians and physicians world-wide are treating patients who report adverse, debilitating health effects following the installation of smart meters, which emit electromagnetic frequencies (EMF) and radiofrequencies (RF).

The peer reviewed, scientific literature demonstrates the correlation between EMF/RF exposure and neurological, cardiac, and pulmonary disease as well as reproductive disorders, immune dysfunction, cancer and other health conditions. The evidence is irrefutable. Despite this research, claims have been made that studies correlating smart meter emissions with adverse health effects do not exist.

The AAEM has received a case series submitted by Dr. Federica Lamech, MBBS, *Self-Reporting of Symptom Development from Exposure to Wireless Smart Meters' Radiofrequency Fields in Victoria*. AAEM supports this research. It is a well documented 92 case series that is scientifically valid. It clearly demonstrates adverse health effects in the human population from smart meter emissions.

The symptoms reported in this case series closely correlate not only with the clinical findings of environmental physicians, but also with the scientific literature. Many of the symptoms reported including fatigue, headaches, heart palpitations, dizziness and other symptoms have been shown to be triggered by electromagnetic field exposure under double blind, placebo controlled conditions. Symptoms in this case series also correlate with the Austrian Medical Association's Guidelines for the Diagnosis and Treatment of EMF Related Health Problems.

It is critically important to note that the data in this case series indicates that the "vast majority of cases" were not electromagnetically hypersensitive until *after* installation of smart meters. Dr. Lamech concludes that smart meters "may have unique characteristics that lower people's threshold for symptom development".

This research is the first of its kind, clearly demonstrating the correlation between smart meters and adverse health effects.

Based on the findings of this case series, AAEM calls for:

- Further research regarding smart meter health effects
- Accommodation for health considerations regarding smart meters.
- Avoidance of smart meter EMF/RF emissions based on health considerations, including the option to maintain analog meters.
- A moratorium on smart meters and implementation of safer technology
- Physicians and health care providers to consider the role of EMF and RF in the disease process, diagnosis and treatment of patients.

Passed by the Board of Directors of the American Academy of Environmental Medicine October 23, 2013

Please note: Smart Meter case series research to be released upon publication

