



# Environmental Health Criteria

## CONTENTS

PREAMBLE .....	xi
The WHO Environmental Health Criteria Programme .....	xi
Electromagnetic Fields .....	xi
Scope.....	xii
Procedures.....	xiii
Extremely Low Frequency Environmental Health Criteria.....	xiv
Participants in the WHO Expert Working Groups .....	xv
Acknowledgements.....	xx
Abbreviations.....	xxi
<b>1 SUMMARY AND RECOMMENDATIONS FOR FURTHER STUDY.....</b>	<b>1</b>
<b>1.1 Summary .....</b>	<b>1</b>
1.1.1 Sources, measurements and exposures.....	1
1.1.2 Electric and magnetic fields inside the body.....	2
1.1.3 Biophysical mechanisms .....	3
1.1.4 Neurobehaviour .....	5
1.1.5 Neuroendocrine system .....	6
1.1.6 Neurodegenerative disorders .....	7
1.1.7 Cardiovascular disorders .....	8
1.1.8 Immunology and haematology .....	8
1.1.9 Reproduction and development.....	8
1.1.10 Cancer.....	9
1.1.11 Health risk assessment.....	11
1.1.12 Protective measures .....	12
<b>1.2 Recommendations for research.....</b>	<b>14</b>
1.2.1 Sources, measurements and exposures.....	14
1.2.2 Dosimetry .....	15
1.2.3 Biophysical mechanisms .....	15
1.2.4 Neurobehaviour.....	16
1.2.5 Neuroendocrine system .....	17
1.2.6 Neurodegenerative disorders.....	17
1.2.7 Cardiovascular disorders .....	17
1.2.8 Immunology and haematology .....	17
1.2.9 Reproduction and development.....	17
1.2.10 Cancer.....	17
1.2.11 Protective measures.....	18
<b>2 SOURCES, MEASUREMENTS AND EXPOSURES.....</b>	<b>21</b>
<b>2.1 Electric and magnetic fields.....</b>	<b>21</b>
2.1.1 The field concept.....	21
2.1.2 Quantities and units .....	22
2.1.3 Polarization.....	22
2.1.4 Time variation, harmonics and transients.....	23
2.1.5 Perturbations to fields, shielding .....	24

2.2	Sources of alternating fields .....	25
2.2.1	Electric fields .....	25
2.2.1.1	Naturally occurring fields.....	25
2.2.1.2	Artificial fields .....	26
2.2.2	Magnetic fields.....	28
2.2.2.1	Naturally occurring fields.....	28
2.2.2.2	Artificial fields .....	30
2.3	Assessment of exposure.....	54
2.3.1	General considerations.....	54
2.3.2	Assessing residential exposure to magnetic fields: methods not involving measurement .....	56
2.3.2.1	Distance .....	56
2.3.2.2	Wire code .....	56
2.3.2.3	Calculated historical fields .....	58
2.3.3	Assessing residential exposure to magnetic fields using measurements .....	59
2.3.3.1	Spot measurements in the home.....	59
2.3.3.2	Longer-term measurements in homes .....	60
2.3.3.3	Personal exposure monitoring.....	63
2.3.4	Assessing exposure to magnetic fields from appliances .....	65
2.3.5	Assessing exposure at schools .....	66
2.3.6	Assessing non-occupational exposure to magnetic fields: discussion.....	67
2.3.7	Assessing occupational exposure to magnetic fields .....	68
2.3.8	Assessing exposure to electric fields.....	71
2.3.9	Exposure assessment: conclusions.....	72
3	<b>ELECTRIC AND MAGNETIC FIELDS INSIDE THE BODY</b> .....	73
3.1	Introduction.....	73
3.2	Models of human and animal bodies .....	74
3.3	Electric field dosimetry.....	76
3.3.1	Basic interaction mechanisms .....	76
3.3.2	Measurements .....	77
3.3.3	Computations .....	77
3.3.4	Comparison of computations with measurements .....	83
3.4	Magnetic field dosimetry .....	85
3.4.1	Basic interaction mechanisms .....	85
3.4.2	Computations – uniform field .....	85
3.4.3	Computations – non-uniform fields .....	89
3.4.4	Computations – inter-laboratory comparison and model effects.....	90
3.5	Contact current.....	91
3.6	Comparison of various exposures.....	92
3.7	Microscopic dosimetry .....	93
3.8	Conclusions.....	95
4	<b>BIOPHYSICAL MECHANISMS</b> .....	97
4.1	Introduction.....	97
4.2	The concept of plausibility .....	97

4.3	Stochastic effects, thresholds and dose-response relationships ..	98
4.4	Induced currents and fields .....	100
4.4.1	Currents induced by fields.....	100
4.4.2	Comparison with noise.....	100
4.4.3	Myelinated nerve fibre stimulation thresholds.....	101
4.4.4	Neural networks and signal detection .....	102
4.4.5	Transients .....	103
4.4.6	Heating effects of induced currents.....	103
4.4.7	Summary on induced currents.....	103
4.5	Other direct effects of fields.....	104
4.5.1	Ionization and breaking of bonds .....	104
4.5.2	Forces on charged particles .....	105
4.5.3	Forces on magnetic particles .....	105
4.5.4	Free radicals .....	107
4.5.5	Effects with narrow bandwidths.....	109
4.5.5.1	Cyclotron resonance .....	109
4.5.5.2	Larmor precession .....	109
4.5.5.3	Quantum mechanical resonance phenomena.....	109
4.5.6	Stochastic resonance.....	110
4.6	Indirect effects of fields .....	110
4.6.1	Surface charge and microshocks .....	110
4.6.2	Contact currents.....	110
4.6.3	Deflection of cosmic rays.....	111
4.6.4	Effects on airborne pollutants.....	112
4.6.4.1	Production of corona ions.....	112
4.6.4.2	Inhalation of pollutant particles .....	113
4.6.4.3	Deposition under power lines .....	114
4.6.4.4	Implications for health.....	115
4.7	Conclusions.....	115
5	<b>NEUROBEHAVIOUR</b> .....	118
5.1	Electrophysiological considerations .....	118
5.2	Volunteer studies.....	121
5.2.1	Surface electric charge .....	121
5.2.2	Nerve stimulation .....	123
5.2.3	Retinal function .....	124
5.2.4	Brain electrical activity .....	125
5.2.5	Sleep .....	131
5.2.6	Cognitive effects.....	132
5.2.7	Hypersensitivity.....	136
5.2.8	Mood and alertness.....	137
5.3	Epidemiological studies .....	143
5.3.1	Depression .....	143
5.3.2	Suicide .....	143
5.4	Animal studies.....	145
5.4.1	Perception and field detection .....	145
5.4.2	Arousal and aversion .....	147
5.4.3	Brain electrical activity .....	151

5.4.4	Neurotransmitter function .....	152
5.4.5	Cognitive function.....	153
5.5	Conclusions.....	160
6	<b>NEUROENDOCRINE SYSTEM</b> .....	162
6.1	Volunteer studies .....	162
6.1.1	The pineal hormone: melatonin .....	162
6.1.1.1	Laboratory studies .....	162
6.1.1.2	Residential and occupational studies.....	163
6.1.2	Pituitary and other hormones .....	165
6.2	Animal studies .....	171
6.2.1	Melatonin .....	171
6.2.1.1	Laboratory rodents .....	171
6.2.1.2	Seasonal breeders .....	172
6.2.1.3	Non human primates .....	177
6.2.2	The pituitary and other hormones .....	178
6.2.2.1	Pituitary-adrenal effects.....	178
6.2.2.2	Other endocrine studies .....	179
6.3	In vitro studies .....	179
6.3.1	Effects on melatonin production in vitro .....	181
6.3.2	Effects on the action of melatonin in vitro.....	182
6.4	Conclusions.....	185
7	<b>NEURODEGENERATIVE DISORDERS</b> .....	187
7.1	Alzheimer disease.....	188
7.1.1	Pathology .....	188
7.1.2	Epidemiology .....	189
7.2	Amyotrophic lateral sclerosis .....	196
7.2.1	Pathology .....	196
7.2.2	Epidemiology .....	196
7.3	Parkinson disease, Multiple Sclerosis.....	202
7.3.1	Pathology .....	202
7.3.2	Epidemiology .....	203
7.4	Discussion.....	203
7.5	Conclusions.....	206
8	<b>CARDIOVASCULAR DISORDERS</b> .....	207
8.1	Acute effects .....	207
8.1.1	Electrocardiogram changes, heart rate, and heart rate variability.....	207
8.1.2	Blood pressure.....	210
8.2	Long-term effects.....	211
8.3	Discussion.....	218
8.3.1	Heart rate variability hypothesis .....	218
8.3.2	Epidemiologic evidence .....	219
8.4	Conclusions.....	220
9	<b>IMMUNE SYSTEM AND HAEMATOLOGY</b> .....	221
9.1	Immune system.....	221
9.1.1	Human studies.....	222

9.1.2	Animal studies .....	224
9.1.3	Cellular studies .....	226
9.2	Haematological system .....	233
9.2.1	Human studies .....	233
9.2.2	Animal studies .....	233
9.2.3	Cellular studies .....	236
9.3	Conclusions .....	237
10	<b>REPRODUCTION AND DEVELOPMENT</b> .....	239
10.1	Epidemiology .....	239
10.1.1	Maternal exposure .....	239
10.1.1.1	Video display terminals .....	239
10.1.1.2	Electrically heated beds .....	239
10.1.1.3	Other residential and occupational exposure .....	242
10.1.2	Paternal exposure .....	246
10.2	Effects on laboratory mammals .....	247
10.2.1	Electric fields .....	247
10.2.2	Magnetic fields .....	247
10.2.2.1	Effects on prenatal development .....	247
10.2.2.3	Multi-generation studies .....	250
10.2.2.4	Effects on mammalian embryos in vitro .....	250
10.2.2.5	Effects of paternal exposure .....	251
10.3	Effects on non-mammalian species .....	252
10.3.1	Bird embryos .....	252
10.3.1.1	Development .....	252
10.3.1.2	Interaction with known teratogens .....	253
10.3.2	Other non-mammalian species .....	253
10.4	Conclusion .....	254
11	<b>CANCER</b> .....	255
11.1	IARC 2002 evaluation: summary .....	256
11.2	Epidemiological studies .....	263
11.2.1	Childhood leukaemia .....	263
11.2.1.1	Epidemiology .....	263
11.2.1.2	Trends and ecologic correlations .....	266
11.2.1.3	New data .....	268
11.2.1.4	Evaluating epidemiological evidence: possible explanations .....	270
11.2.2	Adult cancer .....	276
11.2.2.1	Breast cancer .....	277
11.2.2.2	Leukaemia and brain cancer .....	291
11.2.2.3	Other cancers .....	305
11.2.3	Epidemiology: conclusions .....	307
11.3	Carcinogenesis in laboratory animals .....	308
11.3.1	Rodent bioassays .....	308
11.3.1.1	Large scale, life-time studies .....	308
11.3.1.2	Leukaemia/lymphoma .....	309
11.3.1.3	Brain tumours .....	310
11.3.2	EMF exposure combined with carcinogens .....	312

11.3.2.1	Liver pre-neoplastic lesions.....	312
11.3.2.2	Leukaemia/lymphoma .....	312
11.3.2.3	Mammary tumours .....	313
11.3.2.4	Skin tumours.....	314
11.3.2.5	Brain tumours .....	315
11.3.3	Transplanted tumours.....	316
11.3.4	Genotoxicity in animals .....	316
11.3.5	Non-genotoxic studies.....	321
11.3.6	Animal studies: conclusions.....	321
11.4	In vitro carcinogenesis studies.....	322
11.4.1	Genotoxic effects .....	323
11.4.1.1	Genotoxic effects of ELF magnetic fields alone .....	323
11.4.1.2	Combined genotoxic effects.....	324
11.4.2	Expression of oncogenes and cancer-related genes .....	327
11.4.3	Differentiation, proliferation and apoptosis .....	335
11.4.4	Gap junction intercellular communications .....	339
11.4.5	Free radicals .....	346
11.4.6	In vitro conclusions .....	347
11.5	Overall conclusions.....	347
12	<b>HEALTH RISK ASSESSMENT</b> .....	349
12.1	Introduction.....	349
12.2	Hazard identification.....	350
12.2.1	Biological versus adverse health effects .....	350
12.2.2	Acute effects.....	350
12.2.3	Chronic effects .....	350
12.3	Exposure assessment.....	351
12.3.1	Residential exposures.....	351
12.3.2	Occupational exposures .....	351
12.4	Exposure-response assessment .....	352
12.4.1	Threshold levels .....	352
12.4.2	Epidemiological methods.....	352
12.5	Risk characterization.....	353
12.5.1	Acute effects.....	353
12.5.2	Chronic effects .....	353
12.5.3	Uncertainties in the risk characterization.....	354
12.5.3.1	Biophysical mechanisms .....	354
12.5.3.2	Exposure metric.....	355
12.5.3.3	Epidemiology .....	355
12.6	Conclusions.....	355
13	<b>PROTECTIVE MEASURES</b> .....	357
13.1	Introduction.....	357
13.2	General issues in health policy .....	357
13.2.1	Dealing with environmental health risks.....	357
13.2.2	Factors affecting health policy .....	359
13.3	Scientific input.....	361
13.3.1	Emission and exposure standards.....	361
13.3.2	Risk in perspective .....	362

13.4	Precautionary-based policy approaches .....	362
13.4.1	Existing precautionary ELF policies .....	362
13.4.2	Cost and feasibility .....	366
13.5	Discussion and recommendations .....	367
13.5.1	Recommendations .....	372
<b>APPENDIX:</b>	<b>Quantitative risk assessment for childhood leukaemia</b> .....	<b>374</b>
A.1	Exposure distribution .....	374
A.2	Exposure-response analysis using attributable fraction estimates for EMF and childhood leukaemia .....	375
A.3	Risk characterization .....	377
14	<b>REFERENCES</b> .....	<b>385</b>
15	<b>GLOSSARY</b> .....	<b>431</b>
16	<b>RESUME ET RECOMMANDATIONS RELATIVES AUX ETUDES A MENER</b> .....	<b>446</b>
16.1	Résumé.....	446
16.1.1	Sources, mesurage et expositions .....	446
16.1.2	Champs électriques et magnétiques dans l'organisme .....	447
16.1.3	Mécanismes biophysiques .....	449
16.1.4	Neurocomportement .....	450
16.1.5	Système neuroendocrinien .....	452
16.1.6	Troubles neurodégénératifs .....	453
16.1.7	Troubles cardio-vasculaires.....	454
16.1.8	Immunologie et hématologie.....	454
16.1.9	Reproduction et développement.....	455
16.1.10	Cancer .....	455
16.1.11	Evaluation du risque pour la santé.....	457
16.1.12	Mesures de protection.....	459
16.2	Recommandations en matière de recherche.....	461
16.2.1	Sources, mesurage et expositions .....	461
16.2.2	Dosimétrie .....	462
16.2.3	Mécanismes biophysiques .....	463
16.2.4	Neuro-comportement.....	463
16.2.5	Système neuroendocrinien .....	464
16.2.6	Troubles neurodégénératifs .....	464
16.2.7	Troubles cardio-vasculaires.....	465
16.2.8	Immunologie et hématologie.....	465
16.2.9	Reproduction et développement.....	465
16.2.10	Cancer .....	465
16.2.11	Mesures de protection.....	466
17	<b>РЕЗЮМЕ И РЕКОМЕНДАЦИИ ДЛЯ ДАЛЬНЕЙШИХ ИССЛЕДОВАНИЙ</b> .....	<b>470</b>
17.1	Резюме .....	470
17.1.1	Источники, измерения и воздействия на организм человека.....	470
17.1.2	Электрические и магнитные поля в организме .....	472
17.1.3	Биофизические механизмы .....	473
17.1.4	Нейроповедение .....	475



17.1.5	Нейроэндокринная система.....	477
17.1.6	Нейродегенеративные расстройства .....	479
17.1.7	Сердечно-сосудистые расстройства .....	479
17.1.8	Иммунология и гематология .....	479
17.1.9	Воспроизводство и развитие .....	480
17.1.10	Онкологические заболевания .....	481
17.1.11	Оценка риска для здоровья.....	483
17.1.12	Мероприятия по защите .....	485
17.2	Рекомендации для научных исследований .....	487
17.2.1	Источники, измерения и воздействие на организм.....	488
17.2.2	Дозиметрия.....	489
17.2.3	Биофизические механизмы .....	489
17.2.4	Нейроповедение .....	490
17.2.5	Нейроэндокринная система .....	491
17.2.6	Нейродегенеративные расстройства .....	491
17.2.7	Сердечно-сосудистые нарушения .....	491
17.2.8	Иммунология и гематология .....	491
17.2.9	Репродуктивные аспекты и развитие .....	492
17.2.10	Онкологические заболевания .....	492
17.2.11	Мероприятия по защите .....	493
18	<b>RESUMEN Y RECOMENDACIONES PARA ESTUDIOS POSTERIORES.....</b>	497
18.1	Resumen .....	497
18.1.1	Fuentes, mediciones y exposiciones .....	497
18.1.2	Campos eléctricos y magnéticos dentro del cuerpo .....	498
18.1.3	Mecanismos biofisicos .....	500
18.1.4	Neurocomportamiento.....	501
18.1.5	Sistema neuroendocrino .....	503
18.1.6	Trastornos neurodegenerativos.....	504
18.1.7	Trastornos cardiovasculares .....	505
18.1.8	Inmunología y hematología.....	505
18.1.9	Reproducción y desarrollo .....	506
18.1.10	Cáncer.....	506
18.1.11	Evaluación de los riesgos de salud .....	508
18.1.12	Medidas de protección.....	510
18.2	Recomendaciones para la investigación .....	512
18.2.1	Fuentes, mediciones y exposiciones .....	512
18.2.2	Dosimetría.....	513
18.2.3	Mecanismos biofisicos .....	514
18.2.4	Neurocomportamiento.....	514
18.2.5	Sistema neuroendocrino .....	515
18.2.6	Trastornos neurodegenerativos .....	515
18.2.7	Trastornos cardiovasculares .....	515
18.2.8	Inmunología y hematología .....	516
18.2.9	Reproducción y desarrollo .....	516
18.2.10	Cáncer .....	516
18.2.11	Medidas de protección.....	517

