

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
1 SUMMARY AND RECOMMENDATIONS FOR FURTHER STUDY	1
1.1 Summary.....	1
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
1.2 Recommendations for research.....	14
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
2 SOURCES, MEASUREMENTS AND EXPOSURES.....	21
2.1 Electric and magnetic fields.....	21
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	ELECTRIC AND MAGNETIC FIELDS INSIDE THE BODY	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	BIOPHYSICAL MECHANISMS	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	NEUROBEHAVIOUR	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	NEUROENDOCRINE SYSTEM.....	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	NEURODEGENERATIVE DISORDERS.....	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	CARDIOVASCULAR DISORDERS.....	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	IMMUNE SYSTEM AND HAEMATOLOGY.....	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	REPRODUCTION AND DEVELOPMENT	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	CANCER	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	HEALTH RISK ASSESSMENT	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	PROTECTIVE MEASURES	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
	APPENDIX: Quantitative risk assessment for childhood leukaemia	374
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	REFERENCES	385
15	GLOSSARY	431
16	RESUME ET RECOMMANDATIONS RELATIVES AUX ETUDES A MENER	446
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	РЕЗЮМЕ И РЕКОМЕНДАЦИИ ДЛЯ ДАЛЬНЕЙШИХ ИССЛЕДОВАНИЙ	470
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	RESUMEN Y RECOMENDACIONES PARA ESTUDIOS POSTERIORES.....	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 biofísicos.....	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 biofísicos.....	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