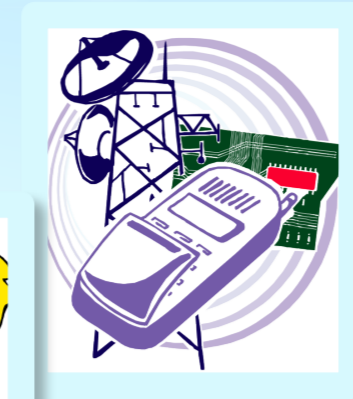
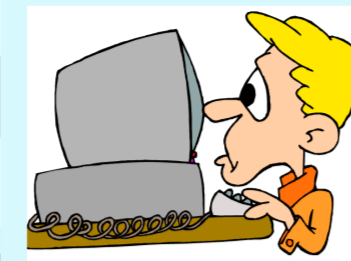
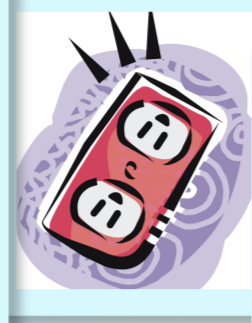


Use a landline phone
Use a corded computer
Read books, not screens
Blink often
Move the eyes
Relax the gaze
Spend time in natural light



CELL PHONES ARE HELD NEAR THE EYES FOR LONG PERIODS OF TIME. THE EYES -- WHICH ARE ABLE TO MOVE, DIVERGE, CONVERGE, GAZE INTO THE DISTANCE OR FOCUS UP CLOSE -- ARE HELD, FIXED, OFTEN WITHOUT BLINKING, AT A SINGLE DISTANCE FROM A SCREEN FOR LONG PERIODS OF TIME. ADD MICROWAVE RADIATION FROM THE TRANSMITTERS ON THESE USUALLY WIRELESS DEVICES, AND TRANSIENTS AND MAGNETIC FIELDS FROM CORDED APPLIANCES AND THERE ARE A NUMBER OF THREATS TO EYE STRUCTURES AND FUNCTIONS.

THIS MAP OFFERS LINKS TO ARTICLES AND SOME STUDIES PUBLISHED ON EYES AND VISION PATHOLOGY DUE TO EMF, IN ADDITION TO SCREEN OVERUSE SYNDROMES.

THE EYES, VISION, SCREENS, AND EMF

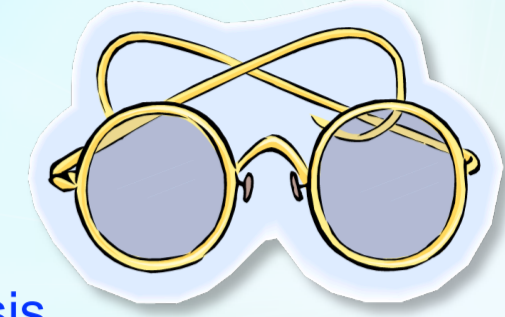
"... prolonged usage of mobile phones can affect retina, sclera, lens, cornea as well as vitreous humour which are parts of the human eye." V. Dwivedi

"The two most important sources of tissue absorption through which electromagnetic radiation may be propagated are the cornea and the lens." Youssef et al

"Short term symptoms of computer EMF exposure are dry eyes, floaters, blurred vision, headaches." EMFBlues.com

"In users of mobile phones, women significantly (p < 0.05) complained more often of inflammation in the eyes than men." N. Kuger

"... the eye can absorb electromagnetic energy very quickly." V. Dwivedi



[RF Uveal melanoma](#)

[MW, cellphones, heat in lens](#)

★ [MM waves, cataractogenesis](#)

[MW, exposure, radar, cataracts](#)

[RF therapy caused bilat. blindness](#)

★ [Transient smart phone blindness](#)

[ELF-EMF, oxidation lens, cornea, rats](#)

[MW, intact lens, culture, lens bubbling](#)

[MW, corneal endothelial abnormalities](#)

★ [MW, ciliary body congestion, rabbits](#)

[Mobile phones, blurred vision reported](#)

★ [EM noise, RF eye epithelial damage](#)

[ELF-EF, lipid peroxidation, retina, brain](#)

[Smart phones, ocular health, adolescents](#)

[MW, oxidation, retina, melatonin, propolis](#)

[MW, non-thermal effects, epithelium, lens](#)

[MW, some ocular symptoms, cellphone use](#)

★ [MW, connexin changes, cataractogenesis](#)

[MW, ocular effects, cataracts, vit. C, oxidation](#)

[Mobile phones, malignant melanoma of the eye](#)

[SmartPhones, accommodation, vergence stress](#)

[Tumor-specific frequencies and ocular melanoma](#)

[MW, metal-framed spectacles, increased exposure](#)

[ELF-EMF, inhibition of collagen, scleral remodeling](#)

[MW, mobile phones, lens, cornea, vit. C protection](#)

★ [MM waves, thermal injury to cornea, frequencies](#)

[Mobile base stations, nuclear cataract, 32% calves](#)

[Mobile base stations, nuclear cataract, Swiss calves](#)

★ [RF, radio, mobile phones, risk of uveal melanoma](#)

[ELF-EMF, altered visual evoked potentials, oxidation](#)

[MW: blurring, tearing, secretion, redness, inflammation](#)

★ [MW, blood-vitreous humour barrier, possible changes](#)

[Texting, cost of abbreviating on eye movement, reading](#)

★ [EMF AND THE EYES: 21 STUDIES](#)

★ [SMARTPHONE BLINDNESS](#)

[SUBLIMINAL FLICKER](#)

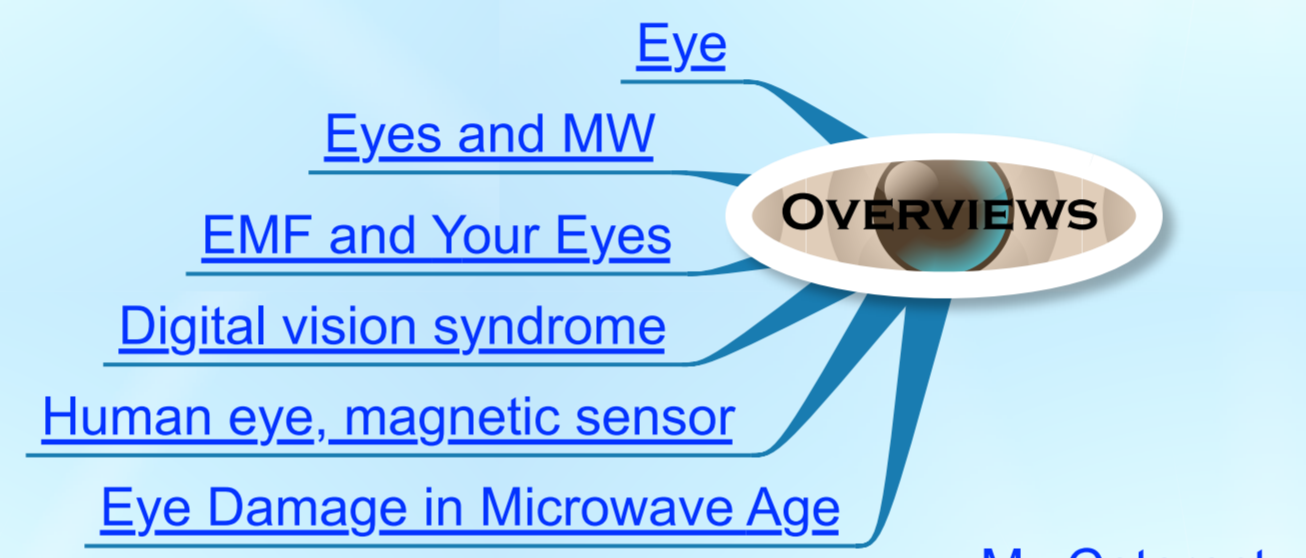


[DR. NEIL CHERRY: CATARACT AND MW](#)

★ [VIRTUAL REALITY, EYES, BALANCE, ADULTS, CHILDREN](#)

[SCIENTISTS: "STOP MW ON CHILDREN'S BRAINS, EYES!"](#)

★ [SOLAR GLASSES? ELECTRONICS TO HEAD](#)



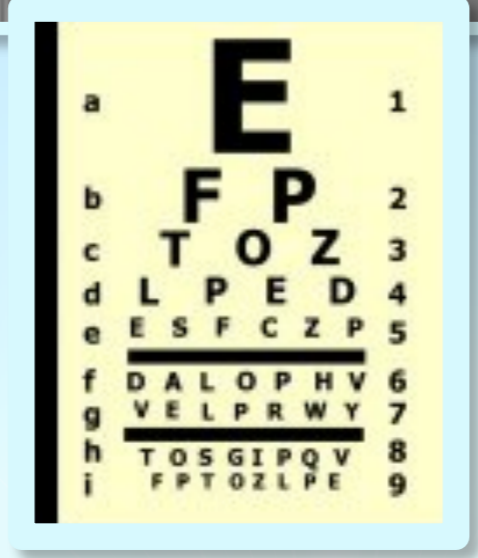
STUDIES

ARTICLES

- ★ [Myopia, dry eye, macular degeneration](#)
- ★ [Electronics, blue light, retinal epithelium](#)
- ★ [Children, smartphones, dry eye disease](#)
- [Computer Vision Syndrome affects millions](#)
- ★ [Smartphones damage eyes, disturb sleep](#)
- ★ [Devices, myopia in children, outdoor light helps](#)

There are SmartPhone apps for consumers and professionals for diagnosis and treatment of the eyes. However, the cautionary principle dictates that we consider the adverse consequences of SmartPhone use on the eyes due to EMF emissions.

Home: [Oscillatorium](#)
Newest version [this map](#)
Date of this update: 02-18-18



EMF-RELATED PATHOLOGY

- Macular degeneration
- Nuclear cataract
- Uveal melanoma
- Corneal damage
- Retinal oxidant stress
- Alterations of scleral collagen
- Retinal neural function alterations

SCREEN OVERUSE PROBLEMS

- Temporary blindness
- Myopia in young people
- Permanent damage from myopia
- Blurring and eyestrain

MECHANISMS OF EMF/SCREEN EFFECTS

- Inflammation
- Oxidative stress
- Thermal effects on lens
- Inability of cornea to dissipate heat
- Reduced head movement, visual attention
- Non-thermal effects on magneto-sensory tissues
- Poor visual habits, greatly reduced blinking
- Strain of accommodation and vergence
- Artificial light spectrum (too much blue, CFL)