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^{*} This short introduction to the ATHEM-3 project provides excerpts from the extensive ATHEM-3 documentation

FOREWORD BY THE PROJECT SPONSOR

ATHEM-3 is an international and interdisciplinary research project. The unexpected death of a physician lead to a discussion about whether and how a nearby mobile phone base station could have been involved in his death. Is this just a delusion or are there serious scientific methods that can detect health effects caused by the radiofrequency radiation from mobile phone base stations?

This question was raised at the international conference on "Biological Effects of Wireless Technology," which took place at the Electoral Palace of Mainz from 4 to 6 October 2019 and was organized by the Kompetenzinitiative e.V.¹ At this conference, not only latest research findings were presented, but presenters and participants also discussed how modern radiation protection could be improved based on science.

During 2020, the Kompetenzinitiative e.V. was able to recruit internationally

recognized scientists for the project who have extensive experience and expertise in their respective fields: Prof. Dr. med. Wilhelm Mosgöller took over the project management. Dr.-Ing. Dietrich Moldan is a highly skilled and certified measurement engineer. Prof. Dr. Maximilian Moser is an expert in cardiovascular regulation and the autonomic nervous system. Prof. Dr. Igor Belyaev is an international expert in radiation biology. The latter three were the leaders of the subprojects in their field.

The project title "ATHEM-3" was chosen to show a close relationship with the standard and profile of the projects ATHEM-1 (2002–2008) and ATHEM-2 (2012–2016), both of which are reference studies of independent researchers about the biological effects of cell phone radiation.

 $^{^1\,}https://kompetenzinitiative.com/mainz-2019/-https://kompetenzinitiative.com/en/mainz-2019/-https://kom/en/mainz-2019/-https://kom/en/mainz-2019/-https://kom/en/m$

What were the framework conditions of ATHEM-3?

It was obvious right from the start that the Kompetenzinitiative e.V. was not in a position to finance an international research project of this kind and size. Remarkably, it was possible to finance this project through the generous donations of citizens. ATHEM-3 has been fully financed by donations for which we are very grateful.

The genuine academic interest of the parties involved has possibly been a significant factor in realizing these investigations – independent of industry and political pressure. The project schedule was delayed due to the illness of project members (spring and summer 2022, winter and spring 2023), causing it to be completed at the beginning of 2024.

A highlight of the teamwork was a meeting in Bratislava. The Biomed-

ical Research Center of the Slovak
Academy of Sciences, Department of
Radiobiology, hosted this event. The
research findings available at that
time were discussed, and first project
results were presented at the international conference "Current Discussion
on 5G / Wireless Communication
Technologies: Risks and Perspectives"
at the Goethe Museum Düsseldorf in
October 2022.²

Reflecting on the three-year journey of this project, one of its defining characteristics is the pivotal role played by public engagement and interest in making it all possible. To a large degree, the project owes its scientific independence to this constellation.

ATHEM-3 is an example of a scientific endeavor that is supported and experienced by the public.

 $^{^2\,}https://kompetenzinitiative.com/duesseldorf-2022/-https://kompetenzinitiative.com/en/duesseldorf-2022/-https://kompetenzinitiative.co$

What makes ATHEM-3 so special?

The scientific questions raised by this project touched on different scientific disciplines. The extraordinary complexity, which required the project partners to have unique skills, also called for equally diverse and close communication processes between the teams during the project.

At the beginning, ATHEM-3 faced the challenge of developing a scientific research design that meets the high standard of basic research in the area of "Biological Effects of Chronic Exposure to Radiofrequency Electromagnetic Fields." There is not a single person in this world who could provide all the expertise on their own. Owing to the diversity and density of RF sources, it was initially not an easy task to find a neighborhood where residents with low and high long-term radiofrequency exposure could be compared fairly.

Experts conducted the measurements of ambient electromagnetic fields in accordance with recognized technical standards. Experts in heart rate variability analysis monitored involuntary body functions. Only the blood tests required even more coordination and competence.

The best science would be useless if it were not for the 24 volunteers who opened the doors to their home environment and donated their time and twelve milliliters of their blood. The involvement and contribution of the volunteers make the ATHEM-3 project findings relevant to everyday life and are a reflection of the neighborhood relationships around mobile phone base stations. Long-term exposure to radiofrequency electromagnetic fields is associated with relevant indicators of risk. In a world that is increasingly flooded with diverse technology-related electromagnetic fields, this neighborhood with different levels of long-term exposure to radiofrequency electromagnetic fields acts as a model.

Saarbrücken, in fall 2023; For the Executive Team of the Kompetenzinitiative e.V.

Prof. Dr. Klaus Buchner, Prof. Dr.-Ing. Wilfried Kühling, Dr. phil. Peter Ludwig, Klaus Scheidsteger

ABOUT THE RESEARCH QUESTION

State of the scientific knowledge at the project start

One finding of ATHEM-1 (2002–2008) was³ that in certain cells, which were exposed to radiofrequency electromagnetic fields for hours, DNA breaks occurred⁴ or their protein metabolism changed.⁵ There are sensitive (responsive) cell types and other types that, under the same exposure conditions, remain mostly undamaged.

The international research report of the follow-up project ATHEM-2 (2012–2016) confirmed⁶ the answer to the question of how it is possible that RF-EMF leads to DNA breaks. RF-EMF exposure causes oxidative stress that, in turn, may cause oxidative DNA damage.⁷ As cells repair this damage, errors occur rarely, but they do occur. DNA damage disturbs (or destroys) the genetic information in the DNA.⁸ Low levels of DNA errors can avoid detection. One question in this context was whether they may be reversed or accumulate over time.

Key questions of the ATHEM-3 project were: Do exposed people develop functional impairments? Do adaptation effects play a role? After years of exposure, do DNA-associated pathologies accumulate and do disorders emerge?

Overview of the study design

In the past, laboratory studies frequently showed positive results and then opposite ones. The question remains, however, if there are health-related effects under everyday conditions.

Healthy volunteers were selected from a residential neighborhood. In indoor home environments, the RF-EMF exposure levels from mobile phone base stations were either relatively high or – for comparison – relatively low. Lifestyle factors like nutrition, other environmental factors, occupational exposure, indoor RF-EMF sources, etc. were documented.

³ Molla-Djafari, H., Mosgoeller, W., Kundi, M., Tuschl, H., Gerner, C., and Schmid, G. (2010). "Band 47 Untersuchung athermischer Wirkungen elektromagnetischer Felder im Mobilfunkbereich", AUVA Forschungreports; AUVA Forschungreports No. 47 Wien Allgemeine Unfallversicherungsanstalt AUVA https://www.auva.at (May 2024).

⁴Diem, E., Schwarz, C., Adlkofer, F., Jahn, O., and Rüdiger, H. (2005). Non-thermal DNA breakage by mobile-phone radiation (1800 MHz) in human fibroblasts and in transformed GFSH-R17 rat granulosa cells in vitro. Mutat.Res. 583: pp. 178-183; Doi:10.1016/j.mrgentox.2005.03.006. https://www.ncbi.nlm.nih.gov/pubmed/15869902 - Schwarz, C., Kratochvil, E., Pilger, A., Kuster, N., Adlkofer, F., and Rudiger, H.W. (2008). Radiofrequency electromagnetic fields (UMTS, 1,950 MHz) induce genotoxic effects in vitro in human fibroblasts but not in lymphocytes. Int.Arch.Occup.Environ.Health 81: pp. 755-767; https://www.ncbi.nlm.nih.gov/pubmed/18278508

⁵Gerner, C., Haudek, V., Schandl, U., et al. (2010). Increased protein synthesis by cells exposed to a 1,800-MHz radio-frequency mobile phone electromagnetic field, detected by proteome profiling. Int Arch Occup Environ Health 83: pp. 691-702; Doi:10.1007/s00420-010-0513-7. https://www.ncbi.nlm.nih.gov/pubmed/20145945

⁶ Molla-Djafari, H., Schiessl, K., Schmid, G., Kundi, M., Knasmueller, S., and Mosgoeller, W. (2016). "Report 70, Athermal effects of electromagnetic field exposure associated with mobile communications", AUVA Research Reports; AUVA Research Reports No. 70 Vienna Austrian Workers Compensation Board - AUVA https://auva.at/praevention/medien-und-publikationen/publikationen/r701-athem-2-athermal-effects-of-electromagnetic-field-exposure-associated-with-mobile-communications-auva-seibersdorf-laboratories-gmbh/ (May 2024).

⁷Yakymenko, I., Tsybulin, O., Sidorik, E., Henshel, D., Kyrylenko, O., and Kyrylenko, S. (2016). Oxidative mechanisms of biological activity of low-intensity radiofrequency radiation. Electromagn Biol Med 35: pp. 186-202; Doi:10.3109/15368378.2015.1043557. https://www.ncbi.nlm.nih.gov/pubmed/26151230 - Al-Serori, H., Ferk, F., Kundi, M., et al. (2018). Mobile phone specific electromagnetic fields induce transient DNA damage and nucleotide excision repair in serum-deprived human glioblastoma cells. PLoS One 13: pp. e0193677; Doi:10.1371/journal.pone.0193677. https://www.ncbi.nlm.nih.gov/pubmed/29649215

⁸ Gregus, Z. (2013). "Mechanisms of Toxicology " in Casarett and Doull's Toxicology - The basic science of poisons ed. C.D. Klaassen 8 ed (New York ... Toronto: Mc Graw Hill Education), pp. 105-108.

The study participants opened their homes to the project team to measure electromagnetic fields (indoor and outdoor sources). Based on the indoor measurement results, study participants could be assigned to one of two directly comparable groups:

- Above-average exposure to RF-EMF;
- Little to no exposure to RF-EMF.

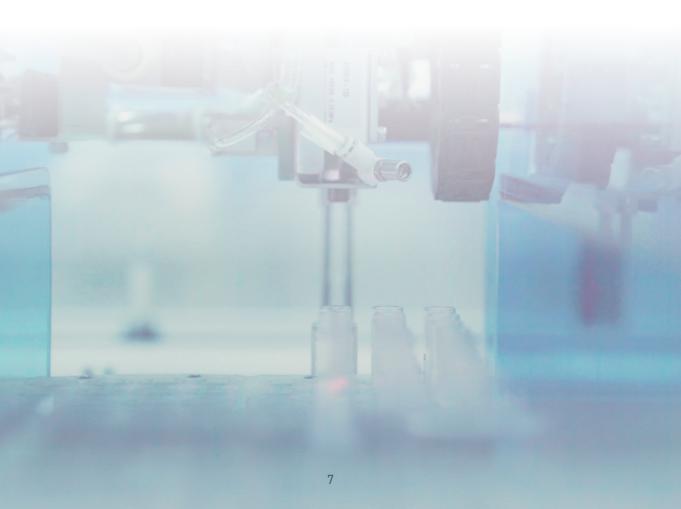
High-resolution 24-hour ECG recordings were performed. The volunteers

provided blood samples. The researchers conducted the investigations under beyond double-blind conditions.

An ethics commission reviewed and approved the study design.

Throughout the entire project, we did not generate any additional EMF exposures.

Vienna, in fall 2023, Prof. Dr. Wilhelm Mosgöller



A BRIEF INTRODUCTION

ATHEM-3 is an international and interdisciplinary research project on health-related risks of radiofrequency radiation from mobile phone base stations. The key question was if the debated evidence of health-related effects from laboratory, animal, and human studies can be confirmed or if, under everyday conditions, such evidence turns out to be irrelevant. The ATHEM-3 studies focused on two crucial biological markers in humans: involuntary body functions and gene integrity.

The study involved observing 24 volunteers from neighboring residential areas to investigate possible long-term effects in humans exposed to radiofrequency electromagnetic fields. The volunteers were exposed for many years to either relatively high or low levels of radiofrequency electromagnetic fields (RF-EMF) from mobile phone base stations. They were well matched regarding age, nutrition, lifestyle, occupational exposure, environmental exposure, etc. Regarding the indoor exposure to RF-EMF, the group "with relatively high exposure levels" was significantly distinct from the one "with relatively low exposure levels."

Just like the previous projects ATH-EM-1 and ATHEM-2, some findings of ATHEM-3 were negative and others pointed to health-related effects of the exposure under investigation. When we look at previous, current, and international findings that showed positive and/or negative results together, we can see a picture of effects and mechanisms that occur at chronic low-level exposure, but at above-average intensities of radiofrequency electromagnetic fields.

Results

The double-blind analyses (autonomic nervous system, chromosome analysis) were carried out by proven experts in their field and renowned scientists. Both types of analysis showed a significant difference between the residents with above-average RF-EMF exposure and those with low RF-EMF exposure.

During the day, heart rate variability (HRV) results between residents with high and low exposure were different for each individual. At night, the restorative function of sleep (vagal activity) was greatly reduced in the group of residents with elevated RF-EMF exposure.

The chromosome analysis of blood samples provided evidence of the effect that RF-EMF exposure causes DNA damage, which over many years may lead to an accumulation of chromosome damage. The observation of chromosome damage in residents with chronic exposure is not inconsistent with findings of previous studies; it complements and expands the results of similar short-term studies (exposure duration in hours), which did not show any damage.

At the beginning of the project, researchers posed the question whether RF-EMF exposure over many years may lead to adaptation ("adaptive response"). Based on the observed sleep behavior and chromosome alterations in the group with above-average RF-EMF exposure, we can answer this question in the negative.

Assessment of the findings

The observed levels of significance do not show any acute health impairment, but provide evidence of the effect that long-term exposure is associated with health risks. Even with the small number of study participants, this study is meaningful enough because the groups are comparable regarding their demographic features, lifestyle factors, and alternative risk factors, such as the exposure to (clinically recommended) ionizing radiation.

The effects on the autonomic nervous system at relatively high exposure levels clearly indicate an exposure-related decrease in the restorative function of deep sleep stages and an exposure-related impairment of the functions dealing with inflammatory processes in the body.

The project finding that chromosome damage was measurable after many years of RF-EMF exposure can be explained because low levels of chromosome damage, which go unnoticed at the beginning, can accumulate over many years of exposure.

EMF exposure guidelines for the frequency range of mobile networks limit thermal effects based on an effects threshold level. Then there are socalled non-thermal effects - such as the chromosome damage observed in this study after years of exposure - that are not covered by an effects threshold level related to heat. In the context of protecting humans against ionizing radiation, chromosome damage forms the basis of the biological dosimetry of the International Atomic Energy Agency (IAEA). The levels of chromosome damage observed in ATHEM-3 exceed the biological exposure limits established by the IAEA several times.

Scientific quality assurance

ATHEM-3 meets national and international standards for scientific quality assurance. Each sub-project in each discipline went through a peer review process. A partial report (genome instability, Igor Belyaev) has already been published in the renowned international journal *Ecotoxicology and Environmental Safety*.9



⁹Evaluation of oxidative stress and genetic instability among residents near mobile phone base stations in Germany. In: Ecotoxicol Environ Saf. 2024 Jul 1:279:116486. doi: 10.1016/j.ecoenv.2024.116486. Epub 2024 May 30.

ATHEM-3 TEAM

Scientific project coordinator and corresponding author

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Several scientific awards for interdisciplinary projects/publications. Expert witness in current US American compensation lawsuits. Among others, project coordinator of the ATHEM 1 and ATHEM 2 studies on behalf of the Austrian Workers' Board of Compensation (AUVA) "Safety and Toxicology of Electromagnetic Fields in the Cell Phone Frequency Range." Memberships: Austrian Standards Institute (Ö-Norm), Working Group TSK EMV-EMF; Wissenschaftlicher Beirat Funk (WBF) at the Austrian Federal Ministry of Climate Action, Environment, Energy, Mobility, Innovation and Technology, observer status.

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Founder and head of Dr. Moldan Umweltanalytik.

Environmental testing and analysis in Germany and abroad for building owners, government agencies, cities and municipalities, industrial facilities, commercial companies, as well as planners, architects, physicians, and naturopaths. Focus of work: ELF electric and magnetic fields, static electric and magnetic fields, and radiofrequency radiation. Numerous publications, presentations, educational training, seminars; radio and TV appearances.

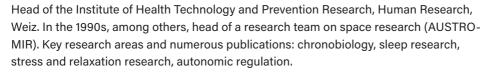
SUBPROJECT REPORT B: CONCENTRATION TESTS

Roman SCHILLING Burker Straße 41, 91599 Dentlein am Forst, Germany (with Dr.-Ing. Dietrich MOLDAN, a.o. Prof. Dr. Wilhelm MOSGÖLLER)

In his own naturopathic practice, Roman Schilling focuses on acute and chronic states of pain. He has many years of experience in treating treatment-resistant diseases, ranging from autistic spectrum symptoms, developmental trauma, post-traumatic symptoms, and forms of ADHD to diseases and symptoms that may be caused by environmental factors.

SUBPROJECT REPORT C: INVOLUNTARY BODY FUNCTIONS

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Dipl-Ing. Matthias FRÜHWIRTH

For 20 years, he has been working in the research and development of biomedical testing with a focus on signal processing, algorithms, machine learning and biostatistics; experience as a project manager of clinical studies.



SUBPROJECT REPORT D: GENOMIC INTEGRITY, CELLULAR EFFECTS

Ass. Prof. Dr. Igor BELYAEV Department of Radiobiology at the Biomedical Cancer Research Institute of the Slovak Academy of Sciences, Dubravska cesta 9, 845 05 Bratislava, Slovakia

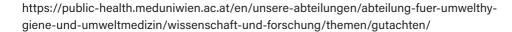
Head research scientist und head of the Department of Radiobiology at the Biomedical Research Center of the Slovak Academy of Sciences. Member, among others: Working Group of the International EMF Project of the World Health Organization, Working Group for the Evaluation of RF Carcinogenicity of the International Agency on Research in Cancer; Memorial Fund Committee of the Bioelectromagnetics Society, Swedish National Committee for Radioscience, Russian National Committee on Non-Ionizing Radiation Protection, European Association for Cancer Research. In 2011, he received the award for the most influential paper in bioelectromagnetic research 2006–2010 from the Bioelectromagnetics Society.

EMF RESOURCES*

LEITFADEN SENDERBAU (LSB). VORSORGEPRINZIP BEI ERRICHTUNG, BETRIEB, UM- UND AUSBAU VON ORTSFESTEN SENDEANLAGEN. 2. AUFL. 2014

Der Leitfaden beschreibt und Vorgangsweisen, um dem Bedürfnis nach technischer Innovation einerseits und dem verständlichen Wunsch nach geringen Immissionen anderseits gerecht zu werden.

Die Empfehlungen basieren auf wissenschaftlichen Erkenntnissen und praktischen Erfahrungen vergangener Jahre.





ATHEM-2 - UNTERSUCHUNG ATHERMISCHER WIRKUNGEN ELEKTROMAGNETISCHER FELDER IM MOBILFUNKBEREICH

Mobiltelefone versenden und empfangen hochfrequente elektromagnetische Felder. Wer ein Mobiltelefon nutzt, ist diesen Feldern ausgesetzt. Im Rahmen des ATHEM-2 Projekts wurde untersucht, ob es bislang unbekannte Einwirkungen auf die Zellen des menschlichen Körpers gibt. Die Ergebnisse und daraus abgeleitete Vorsorgemaßnahmen werden in diesem Video vorgestellt.



https://www.youtube.com/watch?v=j3aPL0j6JTs

^{*} A selection of publications of the Kompetenzinitiative are also available in English (and other languages) - https://kompetenzinitiative.com/brochures/

WEISSBUCH ELEKTROMAGNETISCHE FELDER. IMPULSE FÜR DIE GESUNDHEITS- UND UMWELTVERTRÄGLICHE GESTALTUNG DES TECHNOLOGISCHEN FORTSCHRITTS IM BEREICH **MOBILFUNK / 5G**

Wilfried Kühling & Peter Ludwig

Wir leben in einer tiefgreifenden Umbruchsphase mit immensen globalen Herausforderungen. Dabei beobachten wir - insbesondere bei den technologisch beschleunigten Veränderungen unserer Lebenswelt - dass ausgewogene gesamtgesellschaftliche Reflexionsprozesse kaum folgen können. Dies gilt vor allem für die rasanten Entwicklungen im Bereich der Digitalisierung und der ihr häufig zugrunde liegenden Mobilfunk-Technologie (einschließlich der Fortentwicklungen wie 5G/6G).



Nach rund drei Jahrzehnten der Einführung und des Ausbaus des Mobilfunks in der Massenkommunikation, in einer Phase, wo weitere Generationen wie 5G und Fortführungen starten, erscheint es uns bedeutsam, auch die Risiko-Forschung und andere kritische Betrachtungen zu Wort kommen zu lassen, damit bei den sich beschleunigenden Entwicklungen Chancen und Risiken gleichermaßen in den Blick genommen werden.

Dies ist der Ausgangspunkt des vorliegenden Weißbuchs 'Elektromagnetische Felder'.

Übergeordnetes Ziel dieses Weißbuches ist es, Überlegungen und Diskussionen zu einer behutsamen, aber die gesundheitliche Integrität wahrenden Form des Umgangs mit dieser Technologie anzustoßen, Ideen und Möglichkeiten zur Umsetzung zu initiieren und zur Weiterführung mancher Überlegungen anzuregen. Dieses Weißbuch versteht sich somit als ein Arbeitspapier.

ISBN 978-3-9820686-3-3 / 80 Seiten / Preis 8 Euro

BEWERTUNGSDILEMMA MOBILFUNK: WIE WIR DAS UNVERMÖGEN STAATLICHER RISIKOBEWERTUNG ENDLICH ÜBERWINDEN.

Wilfried Kühling

Seit Beginn der Umweltdiskussion in den 1970er Jahren werden die Fragen einer fachlich und gesellschaftlich verlässlichen Bewertung von Risiken und Gefahren verschiedener Umwelteinflüsse (Schadstoffe, Strahlung, Lärm etc.) immer wieder gestellt und auch bearbeitet. Eine verbindliche Antwort zum Umgang damit, insbesondere die Regulierung von Risiken unterhalb einer sichtbaren Schadensschwelle, lässt jedoch bis heute auf sich warten. Auch die jetzt vorgelegte Technikfolgenabschätzung für den Deutschen Bundestag über die möglichen gesundheitlichen Auswirkungen elektromagnetischer Felder macht nach einer ersten Analyse wenig Hoffnung auf Änderungen. Am Beispiel der elektromag-



netischen Strahlung des Mobilfunks soll daher die Frage beantwortet werden: "Wie können wir umgehen mit möglichen Risiken und Gefahren, damit Menschen und Umwelt ausreichend geschützt werden?'

Metropolis-Verlag. 29,80 EUR

https://www.metropolis-verlag.de/Bewertungsdilemma-Mobilfunk/1544/book.do

DIE INTERNATIONALE KOMISSION ZUM SCHUTZ VOR NICHT-IONI-SIERENDER STRAHLUNG: INTERESSENSKONFLIKTE, "COPORATE CAPTURE" & DER VORSTOSS ZUM AUSBAU DES 5G-NETZES*

Michèle Rivasi & Klaus Buchner

Die weltweite Diskussion über die biologischen Wirkungen von Funkstrahlung wird von einer kleinen, aber international bestens vernetzten Gruppe von Wissenschaftlern beherrscht, deren Stellungnahmen oft in direktem Gegensatz zur Mehrheit der Forscher stehen.

Ein wichtiges Glied in dieser Gruppe ist der private Verein ICNIRP (International Commission on Non-Ionizing Radiation Protection) mit Sitz im Bundesamt für Strahlenschutz in Neuherberg bei München. Wer sind seine Mitglieder? Sind sie wirklich unabhängig und frei von Interessenskonflikten? Mit dieser Publikation verbindet sich unser Wunsch, der kritischen Öffentlichkeit einen fundamentalen Beitrag zu mehr Transparenz in der internationalen und nationalen Mobilfunk-Politik anzubieten.

2021 / ISBN 978-3-9820686-2-6 / 140 Seiten / Preis: 8 Euro



Wilfried Kühling

Die öffentliche Debatte um den rasanten Ausbau von 5G / Mobilfunk hält unvermindert an. Die unabhängige internationale und nationale Forschung weist verstärkt auf noch unabsehbare Risiken für Gesundheit und Umwelt hin. Zugleich fordern Bürgerinnen und Bürger immer mehr Mitsprache und Mitgestaltung ein. Welche Chancen und Möglichkeiten haben dabei gerade Städte und Gemeinden? In einer hochaktuellen und grundsätzlichen Hilfestellung für Kommunen erläutert Wilfried Kühling, dass insbesondere Kommunen eine starke Rolle und Verantwortung übernehmen können.



2021 / ISBN 978-3-9820686-1-9 / 116 Seiten / Preis: 8 Euro

^{*} https://www.michele-rivasi.eu/wp-content/uploads/2020/06/ICNIRP-report-FINAL-JUNE-2020_EN.pdf



About the Initiative

The Kompetenzinitiative zum Schutz von Mensch, Umwelt und Demokratie e. V. is an international, interdisciplinary, and nonpartisan professional association of scientists, physicians, attorneys, and technicians. We are dedicated to protecting human health and the environment using the best available information, especially with regard to wireless communication technologies.

With our publications and conferences, we provide a platform for the findings of independent research and science. And with our public outreach, we counteract observable ignorance, suppression, and trivialization. The proper protection of human health and the environment plays a key role in a democratic culture.

The Initiative has been recognized as a non-profit organization. Its writings have now been included in the German Central Library of Medicine, Department of Life Sciences.

The work of the Initiative has been well received by professionals and the public alike. It has evolved into a Germany-wide and international network that collaborates with many other professional associations and citizen groups.

The Initiative received an award for its international environmental commitment by the Johann Wolfgang von Goethe Foundation Basel in 2009.

Contact information

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