

The Secret Dangers of Cell Phone Usage

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In this digital era, to survive a day or a week without a cell phone is almost impossible. The technological advances and integration of cell phones with other forms of technologies such as the Internet has made the life easier for human beings than it was centuries ago. According to Cohen (2011), there are over one billion people that own or have access to a cell phone. As a result, cell phones have become globally popular and affordable. Cell phones make our lives easier, more fun and faster. They offer convenience, make people connect with family and friends even on longer distances and add security in case of an emergency. However, cell phones pose several risks to the users. This paper discusses the secret dangers of cell phone usage with an aim of educating people on how excessive cell phone usage affects their health.

Cell phones run on radio frequencies (RF) associated with causing brain tumors and cancer. The exposure to RF radiations is highly dependent on some factors. They include the frequency and duration of cell phone use, distance to and from the base station to the user and the phone's age (Neubauer, 2011). The older analog phones emit higher RF radiations than the new digital ones. Higher RF radiations increase the replication of cells leading to the growth of cancerous cells and tumors. Further, other international studies indicate a link between the salivary gland and brain cancer due to excessive cell phone use (Cohen, 2011). These findings are in the preliminary phase, and more researches are being conducted to prove the same.

Excessive use of cell phones leads to electromagnetic hypersensitivity and cognitive effects in the youth. Prolonged cell phone users have reported feeling unfamiliar and unspecific symptoms during and after use. The symptoms range from fatigue, tachycardia, malaise, loss of mental attention, stress to reaction times and headaches (Martha & Griffet, 2013). Additionally, excessive use of cell phones affects the cognitive functioning of the human brain, a feature that

greatly affects one's performance. An hour of daily cell phone use increases the risks of damage to the normal pattern of cognitive functions that leads to other effects (Kovach, 2007).

Cell phones are homes to disease-causing microorganisms. Most cell phones are not constantly screened or disinfected against germs. In fact, it is the last thing on the mind of many users (Martha & Griffet, 2013). Asking people, this question will be a shocker. Rarely or never will be the most likely response. Cell phones are used at will with dirty or clean hands. People give phones to friends, workmates or relatives especially when sharing an important message sent or received. In the process, the bacteria from one contaminated cell phone are transferred from one person to another leading to increased chances of getting a disease.

In conclusion, cell phones make life easier, more fun and faster. They are convenient, globally popular and affordable but they are not risk-free. Cell phones emit radio frequency (RF) radiations that cause cancer and brain tumors. Higher RF radiations increase the replication of cells leading to the growth of cancerous cells and tumors. Further, excessive cell phones usage leads to electromagnetic sensitivity and cognitive effects. Users have reported unfamiliar symptoms associated with cell phone use. Cell phones are rarely or never cleaned with correct antiseptic substances against germs. As a result, they end up becoming safe havens to disease-causing microorganisms leading to the transfer of bacteria from one person to another.

## References

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