THE DANGER OF COMPUTER RADIATION

by:
Aurora A. De Silva
Teacher III, Pantalan Luma Elementary School

We all love surfing the net, aren’t we?

So, where should we start? “EMR”, or Electromagnetic radiation, what is it? It is a term used to tell all the distinctive types of energies which come from stars and are released to space. We can say that the sun is good example of it. However, there are also things in our everyday life that we consider typical that are also releasing radiations. Some of it is the TVs, radios, microwaves, X-rays, and especially, computers with its computer radiation. This type of radiation is called Extremely Low Frequency or ELF.

Back on the past, humans are already educated about the harm of computer radiations to the health of an individual. First in line is the like heart disease, cancer, and Alzheimer’s disease. From the studies that had been done over the last 15 years, informed us of the connection between Electromagnetic Fields (EMF’s) and health problems. It has been linked in memory loss, behavioral changes, birth defects and Alzheimer’s disease.

We all love surfing the net, therefore using our fancied computers and laptops. We even stay with it overnight with its CPU, printer, scanner and UPS (Uninterrupted Power Supplier). Little we did know that while we are enjoying posting stuff in our facebook account, we are also absorbing too much amount of radiation as if they are from a high voltage power line.
A typical person who uses a computer but is unconscious about his placement of his devices could be exposed to an ELF radiation that the computers are emitting. It has field strength of 3 to 7 milligauss. On the other hand, the microwaves from Wi-Fi devices may contain field strength of 100 to 200 µW/m². Thus, each of these radiations isn’t safe and may start a various serious health problems in any case they are simultaneously taken by the individual.

Here is a list of the various health diseases that one may have from the exposure to EMF radiation: heart problems, asthma, digestive disorders, Cancer, Parkinson’s, Alzheimer’s, fibromyalgia, high blood pressure, Lyme disease, chest pain, insomnia, chronic fatigue, headache, brain fog, rheumatoid arthritis stress, brain cancer, brain tumors, birth defects, nausea, leukemia, lymphoblastic leukemia, skin problems, and others. Can you see now how monstrous your PC is?

My friend, after reading this, I’ll say to you: Be careful, it’s Radiation.

References: