

TEST YOUR BRAIN TUMOR RISK (CELL PHONE USE)

Take this simple multiple-choice test*

1) **How many years have you regularly used a cell phone (of any kind)?** *Regular use is defined in the INTERPHONE study as one call per week for at least six months.*

- a. 1-2 years _____
- b. 3-5 years _____
- c. 5-9 years _____
- d. 10 years or more _____

2) **Do you use the cell phone mostly on one side of your head?**

- a) I use it on both sides about equally _____
- b) I use it on one side mostly _____

3) **How many cumulative, lifetime hours of cell phone use do you have?**

- a) Less than 1640 hours in total (*est. monthly hours x 12 x # years*) _____
- b) More than 1640 hours in total (*est. monthly hours x 12 x # years*) _____

4) **How old were you when you first started regularly using a cell phone?**

- a) A pre-teen or teenager _____
- b) 20 years of age or older _____

If you are an adult: and you have used your cell phone 10 years or longer, or you have 1640 hours or more cumulative lifetime hours of use, and you use your cell phone mostly on one side of your head, then your risk for a glioma is about double (a 96% increase in risk). If you use the cell phone about equally on both sides of your head, the increased risk is about 40%.

If you are a young person: and started using a cell phone on a regular basis before the age of 20, by the time you are in the 20-29 age group your risk for glioma is five-fold (or a 500+% risk). This risk shows at 5 years or more of use, where in adults it shows up at 10 or more years of use. Children have more apparent risk because their skulls are thinner, they absorb more radiation than adult heads, and the nervous system and brain are still growing.

How many hours have YOU had?

* The World Health Organization International Agency for Research on Cancer (IARC) released a large, multi-country study on cell phone use and glioma (a malignant brain tumor) in May of 2010 (the INTERPHONE study). The INTERPHONE results can serve as a guide for people to approximate their exposures in comparison to the brain tumor risk. For adults, the study shows significantly increased brain tumor risks if you use the phone 10 years or longer, or 1640 hours or more in total. The risks are much higher for younger people, occurring years sooner and at much higher rates than for adults, based on other similar studies from Sweden.