Article Side

# Necessary Steps to Be Taken to Avoid Cell Phone Radiation by Connor Luke

Article published on March 22nd 2012 | Mobile Phones

## Radiation From Cell Phones

If you are a constant user of a cell or a mobile phone, then it is important for you to know the health hazards that are developed in humans by the regular and frequent use of the cell phones. Cell phone radiation is a global phenomenon and the most common device that people use to avoid the radiation through cell phones is the cell phone radiation shield. The amount of cell phone radiation that affects the cell phone users is measured as the amount of microwave energy that is generated from the cell phone during a phone call and the amount that penetrates the brain. The closeness of the cell phone tower to the cell phone and the amount of microwave energy that is needed to facilitate a phone call are all considered to determine the amount of radiation that is emitted from the cell phone. If you are close by to the cell phone tower, then the distance required to travel by the microwave energy is lesser and hence radiation will be low. But, if you are at far off places from the cell phone tower and the reception signal is very weak, then a lot of microwave energy is being transmitted to and fro the cell phone and the tower and hence radiation also will be at its peak.

## Cell Phones In Pockets

It is always better to avoid placing your cell phone in your pant pockets as there have been varied studies that claim that Cell Phone Radiation is responsible for ovarian cancer in women. If you want to protect yourself from cell phone radiation, then it is better not to carry your cell phone in your shirt pockets because there are possibilities of the radiation from your cell phone to causes damages to your heart. Moreover, if you are a person who has a pace-maker device fitted inside your body, then it is all the more important for you to not store your cell phone in your shirt pockets as a small mal-function of the pacemaker might turn out to be life threatening.

## Use of Shields And Pouches

If you are looking at limiting the cell phone radiation emitting from your mobile phones, it will be ideal for you to always carry cell phone pouches. Most of the pouches that are available these days can be fitted into your trouser belt and this will help you to lessen the effect of cell phone radiation. A woman is well advised to carry her cell phone in her purse to avoid radiation. The most common device used to protect yourself from cell phone radiation is the radiation seal that is fitted on to the ear piece of the cell phone.

## Blue Tooth Headset

A blue tooth wireless headset is the best possible device that you can use to avoid the ill effects of cell phone radiation. Moreover, using blue tooth headsets will help you to converse with your friends, relatives or colleagues even while you are driving and it is totally hands free.

Article Source:
http://www.articleside.com/mobile-phones-articles/necessary-steps-to-be-taken-to-avoid-cell-phone-radiation.htm - Article Side

Connor Luke - About Author:
For more details please visit our site to a Cell Phone Radiation or a Click here.

Article Keywords:
Cell Phone Radiation

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!