



Wide Northwest View



Covenant Clinic

A member of the Wheaton Franciscan System in partnership with Schoitz Health Resources

602 Clay Street – P.O. Box 99
Cedar Falls, IA 50613
Phone 319/268-9600
Fax: 319/268-9646

516 South Division Street
Cedar Falls, IA 50613
Phone 319/268-3550
Fax: 319/268-3855

236 National Drive
Waterloo, IA 50701
Phone 319/272-0000
Fax: 319/272-0016

January 17, 2006

STATEMENT REGARDING SUBJECTIVE MEDICAL CONDITION

PATIENT NAME: SCHOU, DIANE D
DOB: 02/27/1949

To Whom It May Concern:

Diane Schou has had symptoms that seem to have a definite relationship to the proximity of telephone transmission towers (and recently other electromagnetic activity). These symptoms have been predominantly headache, but have been enumerated by the patient to include: shaking, hair loss, sensitivities to cold and light, and fatigue.

Sincerely,



John Keiser, M.D.

JWK/lw

3819812

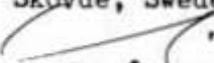
Statement about Diane Schou born in 27th of February 1949

I have spent two hours today talking with this patient, sitting in a valley close to my home where I have my office.

It is obvious that Diane is very sensitive to microwaves from mobile antennas and mobile phones, from power lines, fluorescent lights and other electric and electronic things.

Because of this sensitivity it is extremely difficult for Diane to find a place to stay.

Skövde, Sweden, 19th of August 2004


Ulrika Åberg

MD, specialist in child and youth psychiatry

Stjärnvägen 29 with consultings rooms for amalgam

SE 541 55 Skövde and electrosensitive patients

Sweden

(+46) 500 43 36 42 phone

(+46) 500 43 45 31 fax

Grace Ziem, M.D., Dr. P.H.
Occupational and Environmental Health
16926 Eyer's Valley Road
Emmitsburg, MD 21727-9729
Phone 301-241-4346 Fax 301-241-4348
Website: chemicalinjury.net

May 2, 2007

I did a detailed evaluation today on Diane Schou, Social Security [REDACTED], date of birth [REDACTED]

Medical History

This very pleasant woman was in good health until the fall of 2002. She has a master's and Ph.D. degree in industrial technology and her husband is an agronomist. They were living in Iowa on a farm where her husband was able to conduct research related to his profession.

In the spring and summer of 2002 a cell tower for cellular phone transmission was built and activated close to their house with the transmission in line of sight with their house due to the terrain of the area. Rural cell towers require greater amplitude of radio frequency/electromagnetic power to be able to transmit to more distant locations.

In early fall she began to develop widespread hair loss, fatigue, rash and other symptoms, including frequent headaches which had never been a problem before.

Her son has professional training in physics and realized that many of her symptoms were compatible with those that could be induced by electromagnetic exposure. For example, her stabbing headaches on the back and top of the head would occur when she was within line of sight of the tower and improve or clear when she was in other locations. As she returned on repeated occasions from other locations, the headaches and other symptoms would develop when she was in line of sight of the tower, which would also be within exposure range.

As time went on her symptoms became increasingly severe such that she moved out of the house of April 2003. Unfortunately, by this time she had already developed chronic exacerbation to electromagnetic exposures. This regressed to involve many sources of electromagnetic transmission. She lived for a while in a park without significant problems until a cell tower was built in that location. At this time her symptoms again recurred and she had to move.

She spent 3½ months in Sweden a few years ago where most electrical devices are designed differently and had far fewer symptoms from electromagnetic exposure. She thus returned with improvement of symptoms but again experienced exacerbation with electromagnetic exposure.

Evaluation

During my evaluation of several hours, she mentioned having a headache. I promptly opened the windows to allow fresh airflow. Unlike chemically injured patients, this did not improve her symptoms. I decided to determine whether there were electromagnetic emission sources that could be exacerbating this. I went out of my office without telling her what I intended to do. Near the wall directly behind where she was sitting in an adjacent room a laptop computer that had been used for computer-administered testing was on. I turned it off and entered the office about 30 seconds later.

She promptly asked me if I had done anything 30 seconds before, because she had noticed a prompt decline in her headache at that time. She had no way of knowing that I had turned off the computer.

Sometime later she again noticed onset of her headache. On this occasion I left the office to adjust the thermostat and thus cut off the air-conditioning. Again, she was not aware of what I had done. She again noticed significant improvement in her headache.

Her current symptoms include very significant fatigue, which can be very debilitating, recurring headaches, which are sometimes accompanied by significant reduction in vision, sometimes with significant balance disturbance, and some heightened light sensitivity. She also has intermittent episodes of dramatic slowing of her thinking process to a degree that impairs her ability to conduct functions which otherwise would be fairly automatic, such as difficulty thinking through the steps of taking a shower, eating a meal etc.

She is not able to utilize electric heat, has exacerbation with electric stoves, refrigerators, certain batteries such as for flashlights and other even moderate size batteries. She has obvious exacerbation with being near computers, air conditioners, baseboard heaters, fluorescent and energy saving lights: all this was directly observed in our office.

Physical Examination

On exam her height is 5'6 ½", weight 218 #, blood pressure 120/78, pulse 64, respirations 14 and temperature 97.8°. Sinuses were nontender and thyroid was normal. No lymphadenopathy was detected. Heart was a normal sinus rhythm of 66 per minute without murmurs or ectopics and lungs were clear. She did have pain in the proximal interphalangeal joint of her right fourth finger with joint enlargement and reduction of range of motion and pain on motion. She did not exhibit widespread pain on palpation of other musculoskeletal areas except for the right second anterior rib space.

Neurologic Exam

Her handgrip was somewhat reduced in grip strength with reduced endurance as tested by dynamometry. She had slight reduction in vibratory perception on the right at 128 cycles per second. She did not have resting tremor.

It should be noted that her physical exam was conducted a few hours after we had made maximum effort to reduce her electromagnetic exposure, and thus would greatly underestimate her response to such exposure.

Neurophysiologic Testing

She had reduced simple reaction time on computer administered and analyzed testing. Her balance/sway testing was below predicted but technically within "normal range". Her visual contrast testing immediately following the computer exposure showed dramatic reduction in visual acuity of 20/40 in the right eye and 20/400 in the left eye. She had significant reduction of the visual contrast detection at this time in the macula and visual tract of the brain. I repeated this test

Re: Diane Schou
May 3, 2007
Page 3 of 3

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Disability

This patient has very significant disability. Her severe fatigue impairs her ability to climb stairs, in which she goes up a few steps, rests, goes up a few more steps and rests again etc. Her weakness and fatigue severely impair her ability to stand for an hour longer. It also interferes with her ability to do repetitive motion such as frequent bending, reaching, lifting, carrying, walking even relatively short distances, and doing household chores that require more than very minor energy, puts severe limitation on ability to wash floors, windows, vacuum etc. due to weakness and fatigue.

She has severe difficulty going to public places because of unpredictable exacerbations resulting in headache and unpredictable loss of vision and other neurologic and cognitive function with exposure to numerous electromagnetic sources. This impairs her ability to interact with people because her neurologic symptoms are exacerbated by cell phones, cordless phones and other devices in common use. Her weakness, fatigue, recurring headaches and very significant neurologic and visual exacerbation prohibit her from maintaining any regular work schedule.

She has limited ability to drive because of symptom exacerbation with power lines, cell towers and traffic control devices. She has not been able to locate a home thus far that she could tolerate. While she very much would like to pursue her work as a Ph.D. professional or other work, her history, which was validated by observations and test results in our office today, indicate the profound exacerbation related to electromagnetic sources. This encephalopathy (348.30), fatigue (780.79), and other effects of electromagnetic exposure (E926.0) render her totally disabled from all work.

Please feel free contact me for any questions or need for further documentation.

Sincerely,



Grace Ziem, M.D., Dr. P.H.

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Grace Ziem, M.D., Dr. P.H.

Allergic to Electricity in an Electronic Age

Suzanne Stewart
Staff Writer

Imagine living your life without your television, computer, mp3 player, radio, video games, microwave and vacuum cleaner. For Green Bank resident Diane Schou, avoiding these objects is a life long burden.

Schou suffers from electromagnetic hypersensitivity, a condition in which sufferers experience medical symptoms caused by exposure to electromagnetic fields. The illness is not recognized as a disease because the diagnosis relies mainly on self-reported symptoms. There is no specific test that can verify if someone is affected. Also, many of the symptoms are directly related to other medically accepted diagnoses.

Schou first developed the sensitivity around seven years ago on her farm in Iowa.

“By our farm, they built a cell phone tower,” Schou recalled. “It took nine months before I became ill from it and I never suspected that it would be a problem.”

The tower was a U.S. Cellular tower which, for a long time, was the only type of cell phone tower that bothered Schou.

“I didn’t have a problem with AT&T, Sprint, Cellular One or any of the other cell phone companies. It was only U.S. Cellular,” Schou explained.

The frequencies of cell towers are so close, Schou was surprised she could tell the difference in companies. Eventually, as her illness progressed, she became sensitive to the other towers.

To shield herself from the electromagnetic fields, Schou moved into an RV on her farm.

“My husband got the idea of me parking the vehicle in a steel shed and so that’s where I lived for a number of years, inside the steel machine shed in the RV,” Schou said. “He did all the grocery shopping, cooked the food, washed the clothes and made sure I had everything I needed.”

Eventually, Schou left the farm and traveled to safer areas in her RV.

Diane Schou has a faraday cage in her house that she uses to shelter herself from electromagnetic fields. A faraday cage is an enclosure made out of conducting material, or a mesh of such material. The cage blocks out external static electrical fields. It was named after Michael Faraday, a physicist who built one in 1836.

Most times, though, there’s just no avoiding the lights. “I went to a food co-op meeting because that’s a way of

ing, cooked the food, washed the clothes and made sure I had everything I needed.”

Eventually, Schou left the farm and traveled to safer areas in her RV.

“I started living in national parks and state parks. My husband would come every couple days to see me but of course, I couldn’t go to the store by myself. It was tough,” Schou remembered.

“Fortunately, I had a bunch of books to read from the library so I had something to do. It’s tough living in the remote area,” she continued.

Schou’s nomadic quest for peace had her leaving the RV behind and moving to Europe. She spent time with people in Sweden who also suffered from electromagnetic hypersensitivity.

Once Schou returned to the U.S. for good, after several back and forth trips to Europe, she heard about Green Bank, when she was staying at a national park.

“I was in a national park in South Carolina I think. My son and I were trying to find a safe place,” Schou recalled. “When we found the park, I felt good, but we couldn’t stay overnight because they don’t allow that. I spoke to the park ranger and explained why I wanted to stay and he told me about Green Bank being a quiet zone.”

Because of the National Astronomy Radio Observatory in Green Bank, the area is secure from the admittance of cell phone towers. The closest towers are in Marlinton and Elkins.

Although the observatory does save Schou from the cell

physicist who built one in 1836.

“No, the observatory is not the safest, but why am I here? Because I believe it’s protecting me from cell towers and other things that could come in here.”

towers, she still feels something coming from there.

“When I drive by the observatory, ouch, it hurts. There’s

something here and I wish I could find what it is to make it a cleaner environment here,” Schou explained.

Schou has approached the observatory and asked them what could be causing her reaction. She feels fine at certain locations on the grounds, but something there still causes her pain. She just can’t determine what it is.

“No, the observatory is not the safest, but why am I here? Because I believe it’s protecting me from cell towers and other things that could come in here,” Schou said.

Another item that causes her to be anti-social is a common item that most of us take for granted. Fluorescent lights.

“The senior center has fluorescent lights, the community center has fluorescent lights. It’s limiting what I can do,” Schou said, adding the library and her former church to the list.

“There was a music program at the community center and I took some guests to see them,” Schou remembered. “I had to leave and leave my guest to enjoy the music while I went out to the car.

“They wanted to go to breakfast at the community center and I had to sit out in the car a long distance away,” she continued.

Schou has learned how to time her visits to areas to keep herself protected.

Most times, though, there’s just no avoiding the lights.

“I went to a food co-op meeting because that’s a way of ordering gluten free food,” Schou shared. “It was in the back corner of the library and it was getting toward the evening, so the lights were on. I sat down and started getting a headache, so I moved my chair away from the light. That helped a little but, it wasn’t good enough. I had to be away from it.

“My head was hurting so much, I felt I walked like I was drunk,” she continued. “I wish I had asked somebody to drive me home because it hurt to think about driving and hoping nothing would happen. I’d have to stop and think ‘now what do I do?’ That’s sort of the reaction I get. It took two full days before I was starting to actually think and do things. That was just from the exposure to fluorescent lights.”

Although her illness has severely altered her life, Schou doesn’t wallow in self pity.

“Someone commented, ‘why wasn’t I crying all the time and depressed.’ It’s because I know other people are living in worse conditions,” Schou explained. “I was living at that time, in the RV. Even though it was primitive, I had a mattress to sleep on.

“Other people are sleeping under lean-tos or sleeping on wooden slats,” she continued. “Because of their chemical sensitivity, they can’t even use blankets, so they’re sleeping without blankets and it’s just really horrible.”

Schou wants to use her expertise to spread knowledge on electromagnetic hypersensitivity. Although she has been silenced before, Schou will continue her fight for awareness.

“I’ve talked to scientists who were being hushed, they were told not to do anymore research in this area or else they would shut the department down,” she said. “They know that something needs to be found out, but if they continue to work, they will lose their jobs.

“What disturbs me, is that research is being done, in just the setting where the data is easy to tweak, so therefore, there would be absolutely no effects,” she continued. “They would put people into a laboratory and expose them to frequencies and they wouldn’t react. Going to the laboratory, they could already be exposed and hurting, so they can’t tell the difference.”

Schou does have a few suggestions for those who feel they may be suffering from electromagnetic hypersensitivity.

“A simple test is, move the clock radio away from the bed to the other side of the room and see if you sleep better.”





away," she continued. Schou has learned how to time her visits to areas to keep herself protected.

"The library has fluorescent lights, but if I go during the day, usually the lights are off," she said. "If the librarian sees me coming, she will turn the lights off for me, which makes me teary eyed to think they do that."

they may be suffering from electromagnetic hypersensitivity.

"A simple test is, move the clock radio away from the bed to the other side of the room and see if you sleep better at night," she recommended. "Another simple one is change the lights from the CFL (compact fluorescent lamp) lights to the incandescent lights and see if you feel better, or stay away from fluorescent lights and see if you feel better.

"Primarily, make notice where you feel better and where
see Electricity pg 2B

What is Electromagnetic hypersensitivity?

Suzanne Stewart
Staff Writer

If your day consists of sitting in front of a computer for eight hours at work, popping something in the microwave for dinner and watching your favorite shows on television, that migraine and fatigue you battle every night might not be caused by stress.

You could be suffering from electromagnetic hypersensitivity.

EHS, also referred to as electro sensitivity or electrical sensitivity, is a condition in which people experience medical symptoms that appear to be caused by exposure to electromagnetic fields.

Although there are proven cases of affected people, EHS currently is not an accepted diagnosis. Since there is no specific test to determine if someone is affected, EHS is not considered a disease by the medical community.

It is believed the described symptoms are caused by more commonly known diseases, usually in the psychological field.

Symptoms that are linked to EHS include mild to severe headaches, varying

degrees of fatigue, irritation in one or both eyes, skin rashes, ringing in the ears, mild to severe dizziness, nausea with and without vomiting, swelling and itching in the facial area, general weakness, pain that is typically in the muscles or joints, respiratory problems, balance issues, emotional difficulties such as depression, concentration issues, problems with memory and problems with sleep.

The cause of the disorder – electromagnetic fields – is found in many household items and gadgets used in everyday life.

Electromagnetic fields are produced by electrically charged objects. Sufferers can feel the effects of these devices they use from miles away. Items like televisions, microwaves, vacuum cleaners and cell phones are some of the culprits that appear to cause symptoms.

The only cure for EHS is total avoidance of electromagnetic fields and objects that emit electromagnetic radiation. Sufferers remove from their homes all the items that might cause them pain and try to find an "electrically neutral" place to live.



Schou and her husband Bert recently attended a square dance at the Dunmore Community Center where the couple took a spin on the dance floor. To make Schou comfortable, one attendee turned a set of lights off to give her a safe place to socialize with other members of the community. S. Stewart photo

Electricity

from page 1B

you don't feel better," she concluded.

Although Schou will never be cured of her illness, she has found a place that subdues her reaction to electromagnetic fields.

"I came to Green Bank because that gives me a future," she said, "living in your car is not a future."

A response/**letter to the editor** for paper article in The Pocahontas Times February 19, 2009 on pages 3 and 12:

In The Pocahontas Times, Wellness Section 1B on February 12, 2009 "Allergic to Electricity in an Electronic Age," by Suzanne Stewart. This article asked what is EHS or electromagnetic hypersensitivity and perhaps readers may have wondered where could one learn more about symptoms and effects on health. I suggest:

<http://www.feb.se/index.htm> www.electricalpollution.com

<http://www.es-uk.info/news/index.asp>.

www.wavr.org/blackonwhite and the book The Invisible Disease by Gunni Nordstrom, 2004. These web links to the most current scientific database, to informative websites, and to additional documents for further reading.

Bert Schou

- The Pocahontas Times located at 810 2nd Avenue, Marlinton, WV 24954 U.S.A. Author: Suzanne Stewart sastewart@pocahontastimes.com Editor: pepritt@pocahontastimes.com
- A request by Diane: Do you know people who repeatedly experienced responses/symptoms to sources of exposure? Second, how have their needs, wants, dreams and life changed? Please have them write to WAVR-electricity, PO Box 99, Green Bank, WV 24944-0099 U.S.A. Email to: Electricity@WAVR.org Names will be kept confidential.