

The risk of hypertension increases from 30 minutes of cell phone use per week

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By: **André Fauteux**

Talking on a cell phone for more than 30 minutes per week increases the risk of high blood pressure by 12 percent on average, and the risk increases with the number of minutes of use, according to an international team of scientists led by Southern Medical professors. University (Guangzhou, China). Using the UK Biobank, they studied the habits and health of 212,046 adults aged 37 to 73. Before data collection, none of the study participants had hypertension, a condition that increases the risk of heart attacks and strokes.

The main target of cell phone radio emissions is the heart, these researchers confirm. Moreover, in 2018, studies from the [American National Toxicological Program](#) and the [Ramazzini Institute](#) Italian both caused a rare cancer of the nerves surrounding the hearts of rats exposed to pulsed microwaves from cell phones. Last November, the American organization Environmental Working Group (EWG) [summarized the impacts of radio frequencies on the heart on its website](#).

The new Chinese study was [published in May in a renowned European magazine, the *European Heart Journal - Digital Health*](#).

“Exactly half an hour a week or more is the line that separates people who still have a healthy heart and those who have high blood pressure after 12 years. The study took into account genetics, race, gender, age and a number of other aspects. None of that [alone] mattered, [Tech News Space reports](#). The difference in the likelihood of developing high blood pressure was only in the number of minutes of talking per week - less than 30 minutes and more than 30 minutes. And the more minutes of conversation, the greater the likelihood of contracting this unpleasant disease, which increases the risk of stroke and myocardial infarction, and therefore death. »

On the other hand, when a person was genetically or lifestyle predisposed to high blood pressure, then the risk of developing high blood pressure increased by 33% if the study participant talked on a cell phone for more than 30 minutes per day. week.

“It is the number of minutes spent on a cell phone that is important for heart health, a

more minutes leading to higher risk, says study author Professor Xianhui Qin of Southern Medical University. The number of years spent talking on the phone or using a hands-free kit did not affect the likelihood of developing high blood pressure... Our results suggest that cell phone use may not affect the risk of developing hypertension if the weekly conversation time does not exceed half an hour. Further research is needed to replicate these findings, but until then, to preserve heart health, it is advisable to limit phone calls as much as possible. »

Compared to people who spent less than 5 minutes per week calling, calling 30 to 59 minutes per week increased the risk of developing high blood pressure by 8%, 1 hour to 3 hours increased the risk by 13%, 4% to 6 hours increased the risk of high blood pressure by 16%, and more than 6 hours increased the risk of high blood pressure by 25%.

Various studies have already shown that exposure to high frequencies emitted by a cell phone temporarily increases blood pressure at the time of the phone call.

Experts like those at EWG and the [California Department of Public Health](#) recommend preferring the landline telephone, using text messages in general, avoiding cell phones when reception is poor (it then increases the power of its emissions and therefore the user's exposure) and not using it only to make short urgent calls.

Read recommendations from Joel M. Moskowitz, Ph.D., director of the Center for Family and Community Health in the School of Public Health at the University of California, Berkeley:

[Tips to Reduce Your Wireless Radiation Exposure](#)