

Cell Phone Use In Pregnancy



SIDE EFFECTS



① Excessive use of cell phones during pregnancy may affect neuron development in the prefrontal cortex. This may increase the risk of ADHD-like symptoms in the baby.

The EMF radiation of smartphones may increase fetal temperature and alter its metabolic process.

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EMF radiation may increase the risk of miscarriages.

HOW TO SAFELY USE CELL PHONES DURING PREGNANCY



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Try to limit the use of cell phones as much as possible.

Maintain a safe distance from it while using it.

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Prefer the ones with low-frequency EMF radiation.

References

1. Cell phone use in pregnancy may cause behavioral disorders in offspring; Yale University
2. Adverse Effects of Cell Phone Use During Pregnancy; Dominican University of California
3. Impacts of smartphone radiation on pregnancy: A systematic review; NCBI