

# TV surgeon sounds warning on electric blankets, microwaves and clock radios



Dr Charlie Teo

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## Reducing the risk of brain tumours

- Get eight hours sleep a night and eat well to boost your immune system
- Turn electric blankets off before retiring
- Put mobile phones on hands-free
- Keep electrical appliances like clock radios at the foot of the bed
- Wait until the microwave finishes beeping before opening it



Source: Brain cancer specialist Dr Charlie Teo

# Don't radiate your brain

**BRAIN** cancer surgeon Charlie Teo has urged people to put mobile phones on loudspeaker, move clock radios to the foot of the bed and wait until microwaves have finished beeping before opening them.

The controversial Sydney specialist told a Melbourne fundraiser that although the jury was still out on mobile phones and other forms of electromagnetic radiation, we should not take risks.

"Even though the jury's not in, just to err on the side of safety I would try and limit the amount of electromagnetic radiation that you're exposed to," he said.

"The American government, for example, recommend that all electrical appliances should be put at the foot of the bed and not the head of the bed.

"Electric blankets should be turned off before you get in bed and definitely wait for those five beeps before you open the microwave.

"With the mobile phone I encourage you to put it on loudspeaker and step outside rather than sticking it up to your brain."

Dr Teo, who tackles tumours other surgeons deem inoperable,

## Cheryl Critchley

said some hair dyes, particularly red, could also cause brain cancer in people with a predisposition.

"The body needs some genetic predisposition. The hair dye, the mobile phone, they're just catalysts but you probably need some sort of genetic aberration to get the cancer in the first place," he said.

**'With the mobile phone I encourage you to put it on loudspeaker and step outside rather than sticking it up to your brain'** – surgeon CHARLIE TEO

Dr Teo, who stars in Channel Seven's *Last Chance Surgery*, was in Melbourne for Friday night's Blackwood8 fundraiser at Croydon golf club.

The group was founded by family and friends of Sally White, a patient of Dr Teo's whose outlook has improved dramatically.

Dr Teo said while breast cancer

doubled its cell numbers in weeks or months, the quickest brain cancers took just 16 hours.

No age group was immune and the incidence of brain tumours was growing. "It's increasing in frequency both in this country and developing countries and it used to be ranked out of the top 10 but it's just joined the top 10 most common cancers," he said.

Recent studies have raised alarm bells about mobile phones.

An unreleased World Health Organisation study reportedly found "a significantly increased risk" of some brain tumors related to use of mobile phones for 10 years or more.

A Suleyman Demirel University study in Turkey also found wearing a mobile phone on your belt may lead to decreased bone density in an area of the pelvis commonly used for bone grafts.

Dr Teo said there had been some advancements in treating tumours, like microwave therapy and putting chemotherapy directly into a tumour. A healthy diet, meditation and positive thought could also be beneficial.

"We believe that they probably boost the immune system," he said.

# Lunar tours rocket into view



Andy Thomas

**AUSTRALIAN** astronaut Andy Thomas says a groundbreaking space rocket test by NASA could help take tourists to the moon by 2020.

The test launch of Ares I-X last night will deliver the agency vital technical information that could help it set up a manned space station on the moon within a decade.

Dr Thomas, 58, said moves towards commercial funding for NASA could mean tourists would have the chance to experience space.

"Once we have that kind of commercial activity, it's inevitable that we'll

see space tourism," the Adelaide-born astronaut said.

He said existing space tourism — such as the kind promoted by Virgin boss Richard Branson — was not true space exploration.

"What he's doing is really high-altitude aircraft," he said.

A US government review of NASA's space program last week suggested the cash-strapped agency should use private money to send astronauts into space.

"It is very much in the interest of the US to commercialise access to low-earth orbit," Dr Thomas said.

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