

## Försämrad hälsa av den nya elmätaren

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I början av mars installerade Vattenfall en ny elmätare på utsidan av Maria Anderssons hus några mil utanför Varberg. Sedan dess har hennes och hennes mans hälsa försämrats. Hunden har också fått förändrat beteende.

Den nya elmätaren som Vattenfall installerade sitter på ytterväggen alldeles utanför sovrummet. Sedan den nya elmätaren, som kallas "smart", installerades har Maria Andersson efterhand fått erfara kraftigt försämrad hälsa när hon vistas i hemmet och

5G Exposé – 17 oktober  
19.00



Se presentationer här



Strålskyddsstiftelsen Insamlings informerar om hälso- och miljörisker med strålning och ger råd om hur risken kan minskas. Vi utgår från vetenskaplig forskning, forskares bedömning och Europarådets rekommendationer.

Bli månadsgivare

[- https://www.stralskyddsstiftelsen.se/2022/10/03/blev-sjuk-av-den-nya-elmätaren/](https://www.stralskyddsstiftelsen.se/2022/10/03/blev-sjuk-av-den-nya-elmätaren/)

**In early March, Vattenfall installed a new electricity meter on the outside of Maria Andersson's house a few miles outside Varberg. Since then, her and her husband's health has deteriorated. The dog's behavior has also changed.**

The new electricity meter installed by Vattenfall is located on the outer wall just outside the bedroom. Since the new electricity meter, called "smart", was installed, Maria Andersson has gradually experienced a significant deterioration in her health when she is at home and her symptoms are getting worse day by day:

- "When I'm at home, I get dizziness that comes and goes, headaches or migraines. I have a constant feeling of stress in my body, sleep disturbances and hair loss. My husband also has trouble sleeping and also feels a constant stress, without any other explanation. He can also express that "there is something strange that is not right with me".

The couple has also noticed that they have difficulty concentrating and their memory has deteriorated.

- "Sometimes my ears are 'ringing' and we are both extremely tired. We have also seen a big change in our dog, who also feels stressed. She has gradually had a marked change in behavior, which occurred after the electricity meter was installed.

The symptoms cannot be explained by any other change in the environment or the couple's lifestyle. The only thing that has changed in the home environment is the meter:

- Some symptoms you might associate as part of everyday life, having a headache sometimes or a night of poor sleep, feeling stressed from time to time. However, what we are experiencing is not of that nature at all as it is slowly getting worse every day and it doesn't matter what we do.

The couple had none of these symptoms before the meter change in March.

- However, the symptoms have gone from being insidious to being more or less a constant nuisance in the house. "The headaches don't go away when we take medication and most of the time I wake up and fall asleep with a constant headache when I live in my own house.

Maria Andersson does not experience these symptoms when she stays at a campsite in the area. Then she feels fine, but the symptoms return as soon as she gets back to her own home.

She is now convinced that the gradually worsening symptoms are due to the new electricity meter and that they are the result of the pulses of microwave radiation emitted by the meter.

- It is not acceptable that I/we are forcibly exposed to this harmful health impact of the radiation from the meter in our own home.

She has been in contact with Varberg Municipality's Department of Environment and Health. She has also been in contact with a person at Vattenfall who informed her that they do not want to measure the radiation from the electricity meter or otherwise help Maria in the difficult situation she now finds herself in after Vattenfall installed the new meter. This is despite the fact that the person at Vattenfall admitted during the conversation that many people have suffered the same symptoms after the meter change. The electricity meter is of this make [\[detta fabrikat\]](#).

### **All electricity meters are being replaced in Sweden**

The Government has decided on new functional requirements for electricity meters in Sweden (Government 2018 (see Regulation 1999:716)). Therefore, all electricity meters must be replaced by 30 December 2024. The Energy Markets Inspectorate [\[Energimarknadsinspektionen\]](#) has made a simple list of the new requirements.

Note that there is no new requirement for the electricity network company to transfer meter data more often than once a month to themselves (or in some cases to the electricity supplier you have chosen). There is thus no requirement that an electricity meter must transmit microwave radiation continuously around the clock in order to transfer metering data to the electricity network company. Measurement data must be reported to the electricity network company once a month as before.

All types of electricity meters cause fluctuating magnetic fields. If the transmission is via the power grid, this means a major change in the electrical and magnetic environment around the power lines. In addition, wireless transmission, at similar frequencies to mobile phone networks such as 4G, adds to the microwave radiation we are exposed to. As the transmission occurs in sudden intense intervals or pulses, it is particularly harmful.

### **Health risks**

The Austrian Medical Association's environmental medicine group has found that smart meters cause 'electrosmog', or in other words, the

contamination of the environment with radiation that is harmful to health. This applies both to those transmitting with microwaves and those transmitting via the power grid. The expected consequences are increased incidence of disease. The association believes that the introduction of smart meters should be postponed until other technical solutions are available. [Link](#)

A group of more than 50 doctors and scientists jointly signed a letter in 2012 in which they noted the following:

*"Wireless smart meters typically produce atypical, relatively potent and very short pulsed RF/microwaves whose biological effects have never been fully tested."*

*"This radiation sends signals to living tissue that stimulate biochemical changes, which can generate various symptoms and may lead to diseases such as cancer."*

## **Research**

A study published in 2014 [En [undersökning publicerad år 2014](#)] that included 92 people who suffered health problems after microwave "smart" electricity meters were installed in or near their homes reported that the most common symptoms associated with the meters were *insomnia, headaches, tinnitus, fatigue, cognitive disorders, abnormal sensations, dizziness*. These symptoms greatly affected people's lives. The conclusions drawn by researcher Federica Lamech were that the reported symptoms are consistent with those reported in research since the early 1970s as effects of exposure to microwave radiation (also known as radio frequency radiation) and that smart meters appear to have specific properties that lead people to develop symptoms of illness, even though they have not previously reacted with ill health to exposure to microwave radiation.

## **Common symptoms**

Repeated reports from people who have experienced severe health problems since the installation of the new electricity meters include the following common health effects

- Difficulty sleeping, increased fatigue
- Feelings of stress, depression, anxiety
- Headaches
- Concentration, memory and learning problems
- Dizziness
- Heart problems, chest pressure, cardiac arrhythmia
- Joint pain
- Tinnitus

Because the vast majority of people are unaware of the risks and electricity companies do not inform their customers of the actual risks involved in the installation of the new electricity meters, most people do not link these symptoms, which can creep up some time after installation, to the new electricity meters. Most people therefore do not understand that the small new meter could be the culprit behind the new health problems.

Further reading:

Radiation Protection Foundation fact sheet - [faktablad](#)

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