

**Comrie Action on Tetra  
Health Survey  
Summary Report  
April 2005**

**Introduction**

The survey was carried out over the first few months of 2005, around six months from the time that the TETRA mast was switched on.

1,000 survey forms were hand delivered to households in the village and surrounding area of these 167 were returned – a response rate of 16.7%.

Of the 167 household responses – 93 households reported no noticeable health affects due to TETRA, while 74 households reported a range of health problems.

The 74 responses reporting health problems covered 118 people – as often more than one person in a household was affected.

**Distance and responses**

<b>Distance</b>	<b>Not affected</b>	<b>Affected</b>	<b>Total</b>
Less than half a mile	2	8	10
Between half a mile and a mile	20	39	59
Over a mile	59	21	80
Not known	12	6	18
<b>TOTAL</b>	<b>93</b>	<b>74</b>	<b>167</b>

Of 69 households living within a mile of the TETRA mast 47 reported negative health affects compared to 22 reporting no noticeable affects.

This likelihood to be affected changes once households are over a mile away – of 80 households over a mile away – only 21 reported negative affects while 59 said they were not affected.

**Symptoms**

<b>Symptom</b>	<b>Number of people affected</b>
Disturbed or poor quality sleep	91
Headaches or migraines	62
Nausea	17
Dizziness	25
Nosebleeds	15
Rash or itchy skin	35
Ringling in the ears	17
Electro sensitivity	7
Other	6

Most of the 118 people affected reported multiple symptoms. The most commonly reported were disturbed sleep, followed by headaches, rash or itchy skin, and dizziness.

## **Comments on symptoms**

Some respondents provided additional comments and they are listed below.

### Disturbed sleep

*Suddenly awake in the early hours*

*..... working aged 44 years old (always sleeps well) but over the last few months have been waking (intermittently but quite often) at or around 5.00am. I normally can go back to sleep after waking in the night but I cannot when I wake at 5.00ish. I am curious to know whether or not some kind of test of the system is carried out around this time – or am I just getting old....*

*The symptoms (lack of sleep and itchy skin) were being experienced for a period of 3-4 weeks without any knowledge of the existing mast and when I explained them to a friend then the coincidence of the beginning of the symptoms and the switching on of the mast became apparent. The symptoms persist and I awaken at 4-5am never having done so before so regularly. I wake again at the normal time but now I am tired.*

*Difficult to know if TETRA responsible for disturbed sleep (1 year old and mother) only problem in last month or so*

*Have been on sleeping pills for some years but for the past few months have found them less effective*

*3 year old son has become hyper and hasn't slept properly since about September. Very active till about 11pm and then wakes up at around 2 or 3 a.m.*

*I have had very disturbed sleep lately but not sure if that is to do with the mast*

### Headaches and migraines

*Have experienced strange headaches round the back of my head .....also past 6 months have sensitive eyes and visual disturbance.....never had a migraine in my life prior to last six months*

*Eldest child has been experiencing frequent headaches (11 years old).*

*Doctor said to just keep taking paracetamol until the headaches go away as he can't see anything wrong with me*

*I have regular headaches and a tension at the back of the head*

*Headaches not noticed when I go away from the village*

*Not a headache as such but a tenderness the RHS of the head being uncomfortable when sleeping on this side. This symptom went when staying away from Comrie recently*

*16 year old child is experiencing more symptoms than I am – I have not experienced headaches – more like head pains*

*Left hand side of my head – I get which I can only describe like an electric pulse which runs from the side of my head up to the top, it can be extremely sore, only lasts a few seconds at a time and when I get it I can get it 2 or 3 times – mostly happens at night.*

### Nosebleeds

*Whether these symptoms have anything to do with the mast is difficult to determine.....however the nose bleeds are very recent and surprising*

*I have also had a few nose bleeds (which I haven't had since I was a teenager. My middle child and youngest have had a lot of bad nosebleeds and my youngest is often feeling very dizzy.*

*The nosebleeds were so serious that a trip to Nine Wells to have it cauterized was necessary*

*Twins at 8 years old have both been getting frequent nosebleeds*

### Other

*Not sure if related but concentration of child at primary school poor since September – remarked on by teacher*

*ME sufferer has had bad relapse not as acutely experienced for many years and ongoing since about November 2004.*

*We have also had continual tummy bugs/headaches/colds much more than usual and lasting a longer time*

*Immune system affected – continuously having colds and sickness ...*

*The whole family have been suffering from 'weird' illnesses this year never experienced before*

*TV reception worse, sound affected, goes on and off.*