

WHAT TO DO WHEN WIND TURBINES ARE COMING TO YOUR NEIGHBOURHOOD

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In spite of peer reviewed evidence; a Freedom of Information obtained from the Ontario Ministry of Environment; excerpts from the Erikson Environmental Review Tribunal Decision; and thousands of noise and health complaints, financial settlements with the developer and people abandoning their homes, wind turbine projects continue to be approved.

Once the turbines are operating, there is no mitigation or resolution available. Costly legal actions may take years.

It is important that members of the community prepare for the eventuality that in spite of the evidence and community resistance, industrial wind turbines may be approved.

HERE'S WHAT TO DO

1) Start a personal journal and prepare your own assessment of your health status including:

- Do you sleep well or are you restless?
- Are you stressed and anxious?
- Do you have mood problems such as depression, anger?
- Do you engage in conversations which require normal recall of events or names or terms?
- Pre- and early-menopausal women include general menstrual cycle

Comments: What activities do you enjoy inside and outside your dwelling?

2) Schedule an appointment with your family doctor:

Tell him or her that you want a baseline of your health status to prepare for the wind turbines

- Give doctor a copy of your own assessment and ask that it be part of your medical record
- Request a complete physical be done including the following: B blood work(include all blood cell counts (especially the various leuco and lymphocytes, mineral and hormone levels) B blood pressure B cortisol measurement B glucose tolerance B thyroido
- Request a referral for a baseline hearing test, a cardiac stress test, a respiratory evaluation and an eye test from an ophthalmologist
- If you have any pre-existing medical conditions, make sure these are noted in

The baseline health assessment: Ask for a copy of the record of this appointment

3) Keep track of any referrals and obtain a copy of the report

4) Keep track of your medication – your pharmacist can provide a record

5) Monitor your day to day health and note any changes in your journal

6) Provide your physician with a copy of the peer reviewed and published reference and abstract entitled:

Robert Y McMurtry and Carmen ME Krogh, Diagnostic criteria for adverse health effects in the environs of wind turbines <http://shr.sagepub.com/content/5/10/2054270414554048> (see attached)

JRSM Open 2014 5:1-5 The online version of this article can be found at: DOI: 10.1177/2054270414554048 <http://shr.sagepub.com/>

PMID: 25383200 [PubMed] PMCID: PMC4221978 <http://www.ncbi.nlm.nih.gov/pubmed/?term=Diagnostic+criteria+for+adverse+health+effects+in+the+environs+of+wind+turbines>

Summary:

In an effort to address climate change, governments have pursued policies that seek to reduce greenhouse gases. Alternative energy, including wind power, has been proposed by some as the preferred approach. Few would debate the need to reduce air pollution, but the means of achieving this reduction is important not only for efficiency but also for health protection. The topic of adverse health effects in the environs of industrial wind turbines (AHE/IWT) has proven to be controversial and can present physicians with challenges regarding the management of an exposure to IWT. Rural physicians in particular must be aware of the possibility of people presenting to their practices with a variety of sometimes confusing complaints. An earlier version of the diagnostic criteria for AHE/IWT was published in August 2011. A revised case definition and a model for a study to establish a confirmed diagnosis is proposed.

Bio: Dr. Robert Y. McMurtry is the former Dean of Medicine for the University of Western Ontario. He was a member of the Health Council of Canada for 3 1/2 years and a member and special advisor to the Royal Commission under Roy Romanow on the future of health care in Canada. Dr. McMurtry was a visiting Cameron Chair to Health Canada for providing policy advice to the Minister and Deputy Minister of Health. He was the Founding and Associate Deputy Minister of Population & Public Health, Canada. Dr. McMurtry also sat on the National Steering Committee on Climate Change and Health Assessment. Presently Dr. McMurtry is Professor (Emeritus) of Surgery, University of Western Ontario.

Bio: Krogh is an independent, full time volunteer and published researcher regarding health effects and industrial wind energy facilities and shares information with: communities; individuals; federal, provincial and public health authorities, wind energy developers; the industry; and others. She is an author or co-author of peer reviewed articles and conference papers presented at wind turbine noise scientific conferences and has senior executive positions at a teaching hospital, as a drug information researcher, a professional organization and Health Canada (PMRA). She is a former Director of Publications and Editor in Chief of the Compendium of Pharmaceuticals and Specialties (CPS), the book used by physicians, nurses, and health professionals for prescribing information in Canada.

Above as posted on Wind Victims of Ontario website

Important telephone numbers to know:

Ministry of Environment & Climate Change Spills Action Centre: 1-800-268-6060

Ministry of Environment & Climate Change Sarnia: 519-336-4030 or 1-800-387-7784

Lambton Public Health Unit: 519-383-8331 or 1-800-667-1839

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