

# Health Effects We Feel From Living Near Industrial Wind Turbines

Written in the fall of 2008 with several updates

13 year old son -: Can't sleep or interrupted sleep, headaches, tells us and teachers "It feels like my head is spinning 100 miles an hour. In general more anger than in the past. Most nights sleeps with one radio and some night two radios running to cover the turbine sound.

wife:- Headaches, lack or loss of sleep – often up in the middle of the night to read and try and get tired again due to either direct sound from the turbines or low frequency noise not heard but felt by the body. Ringing and buzzing in the ears. In early April, 2010 we went on a vacation to Montreal, Canada. It took 4 to 5 days for the ringing to go away. We came home after dark. When we turned on to our road she said, "The ringing is back". Updated July 19<sup>th</sup>, 2009. After being to the Dr. in January and advised to watch blood pressure went back today as it has been continuing to climb. Also gaining weight. Dr told my wife, lack of sleep will cause both of these issues. Now she has been prescribed a sleep aide to see if this will help first. If not then I will need to go on blood pressure meds. Also she (doctor) said that lack of sleep can cause heart disease, diabetes and fibromyalgia. We know some people who have that and I certainly do not want this.

Gerry: -Tenseness, anxiety, occasional headaches (in the past rarely got headaches), light headed, unusual feeling in the base of the neck, nausea, anger (that elected officials have allowed this to happen) (anger from the constant sound), lack of motivation, tired most of the time, having trouble remembering names and facts, lack of feeling happy, not dreaming at home. Only dream when away from the wind farm which would show not getting into deep sleep or REM sleep. Added April 9<sup>th</sup>, 2009 Recently I have been experiencing chest pains. When I go away for a few days the chest pains go away. Crackling or hissing in my ears is now constant. I also have been gaining weight, especially the last month. In all 26 pounds since the turbines began turning even with eating less and not in the late evening. At question is my cortisol which I hope to have checked soon. Updated August 17, 2009: On Friday 8-14-9 I received the results from my Dr. from my cortisol check. I was told it is moderately high and recommended that I see an endocrinologist for further testing. I have now gained 27-37 pounds. During the worst sleep deprivation (July 29, 2009) my cortisol level was 254. It should be less than 100. On October 19<sup>th</sup> after all 86 turbines were shut down for almost 21 days and noticing that I had lost 17 pounds, I again tested my cortisol level and found it to be 35. More recently I get about 2 hours sleep a night. After that I am either consciously awake or toss and turn. When YOU get a normal nights sleep you don't even think about the chemical changes and nourishment your body and brain during sleep. Now that my sleep is deprived I am learning. Those affects you can read about in other documents I will submit. One is from my federal health insurance while looking for an approved endocrinologist due to my high cortisol level. Updated 6-20-2010. I have blood tests about every six months to most specifically check thyroid levels but other tests as well. This is the first time that my glucose level was above standards and a concern to my Dr. Diabetes is one of the diseases connected to sleep deprivation. Yes, I am concerned. Updated January 13, 2011. Today's glucose level is 114. Not terribly high, but above standards. It is increasing while I eat fewer foods with sugar in them.

Our dog – He will walk down the sidewalk and look at the turbine because of the noise. I have commented to my wife and oldest son that "Trigger is acting like an old dog (he is 7) he walks around slow, sleeps a lot and does not have much motivation". When I finally admitted and wrote down my motivation issues I realized our dog was experiencing the same.

This is due to five industrial wind turbines being erected within 5/8 of a mile (1005 meters) from our home. One is 1560 feet (475 meters), one 2480 feet (756 meters), and three are 5/8 of a mile (1005 meters) away from our house. Occasionally I hear one to the east 7/8 mile (1408 meters) away and

one directly south 1 mile (1610 meters) away. Sometimes the first three mentioned are equal in sound and can be heard inside the house sometimes in all rooms. Some say, "You can hear the train or you can hear traffic and that is not a problem". That is correct. That is not a problem, but the large, loud, industrial wind turbines emit a different sound, a constant sound that does not go away and a low frequency sound that penetrates the house and body that sometimes the body does not consciously hear, but feels.