

## INSTRUCTIONS using RF Database

### A. DESIGN of Database

1. The RF/Electromagnetic(EM) Database was designed as a Interactive Filtering Spreadsheet. The user can interact with the Database using the following **3 functions**:
  - a) **FILTER contents of the Database**
  - b) **PRINT Selected or specific Filtered Studies in Document PDF file Format**
  - c) **EXPORT /DOWNLOAD a Filtered or whole Database to any Spreadsheet File**

#### 2. Column Fields

Most of the column fields of the database are taken from categories associated with PUBMED abstracts. Categories that have been added are weblinks; special categories created to better categorize the physical effects EM wireless radiation and to categorize the design or intent of the studies. The individual columns will filter the whole database based on the criteria selected for that Column. Two types of Filter operations exist: **Black arrow** and **Red Arrow** filters. Read Section B: 'Filter Function - Overview' below to see how they differ.

##### 1) “BioPhys Effct” Column Field

Each study in the database can be associated with one or two categories out of the 53 categories listed in the dropdown menu. The categories have been subdivided into 3 different classifications

##### a. Categories beginning Parenthesis, i.e. (CE)

Parenthesis categories identify the Heading categories that encompass subcategories holding related content to the Heading Category. The Heading categories are:

**(CE)Cellular Effects, (CV)Cardiovascular, (FR)Fertility and Reproductions, (ME)Metabolic Efct, (NE)Neurological effect, x\_(CR)Curative effct**

##### b. Categories beginning with 'X\_'

These categories have been created to broaden the associations between the living systems and their relationship to understanding manmade Electromagnetic wireless radiation exposures.

##### c. Independent Categories

These categories identify studies showing other bio-physical impacts from EMR Wireless exposures *independent* of any heading categories

***NOTE:*** *The categories associated with the studies may not always be a desired designation for the user. The user has opportunity to change those category labels through the “PRINT...” or “DOWNLOAD...” functions, OR by downloading the complete “APP Enhanced RF Dbase” Excel Spreadsheet version discussed below.*

## 2) “Type of Study” Column

The categories in this column identify how the study was designed, Who comprised the participants of the study. In other words was it a human, animal lab controlled study or epidemiological study, etc. When design of the study involved field populations rather than controlled lab experiments, the study classifications may not be as accurate. Again the user can opt to change the categories when employing the Desktop ‘**App enhanced**’ Excel Spreadsheet RF Dbase version

**NOTE:** For more information on these Heading labels see [www.emfactsconsultancy.com](http://www.emfactsconsultancy.com)

## 3) “View Abstr” Column

This RF/EM database is unique not only by including the **entire abstract summary in the Database**, but also by making the content of **each Abstract completely searchable**. See ‘Filter Functions’, ‘Procedures’ below

## 3. Number of Studies

The **total number of Studies records** existing in the whole Database or in a completed Filter operation **will be shown in the upper left corner beside the “Clear FILTER” button**. The complete study number will change from time to time as more studies are added.

## 4. Desktop Version of ‘RF Dbase’

**The Database is available as an Window’s Excel “APP Enhanced RF Dbase” Spreadsheet file to be downloaded to your Computer. You will need Window’s Office software, 2007 or newer to use the offline version.** It is advised your computer processor have ample processing speed. On slower computer processors the variety of add-on apps in the Excel RFDbase file can slow down the the many applications and filtering capabilities offered on the Offline desktop version. There are a broader range of features and filtering tools available in the Desktop version, not available in this Online RF/EM Dbase. You can always download Desktop computer version,. Test out whether you are satisfied with the features and speed of the applications on the desktop version. Once Database files are downloaded and opened onto your EXCEL Spreadsheet file, a Popup will appear describing some general Instructions and features to get you started using the RF-Dbase Desktop version. **Instructions for downloading the offline Desktop RF Database Click the Link.** <https://tinyurl.com/3f98hrv8>

## B. FUNCTIONS of Database

### A) FILTER Function

#### 1. Overview

- The program allows the user to **Filter** the RF/EM Database using either **Black arrows**, and/or **Red arrows** from the category topics pertaining to each column’s field headings.
- All the ‘**Black Arrow**’ **Filter** operations the user to apply a ‘**Match Case**’ and/or ‘**Whole Word**’s’ property to the search term criteria

- To become more familiar with the content of the studies, it is recommended selecting from the lists contained in 'Red Arrow' filter tabs of the "BioPhys Effct" and/or "Type of Stdy" Columns.
- If the **Database is Empty** after inputting your **search terms** into the **Black Arrow** textboxes that means the **criteria searched for did not exist** in the cells' of that column. Try again by narrowing the scope of the terms typed or varying the **case**.
- To **Exit** any **open filter tab** without completing a filter operation, CLICK either "ESC" key or mouse Click on another cell of the database.
- Use "Clear Filter" button when the user wishes to start a new filter operation on whole database..

## 2. Procedures

### a. Black Arrows

- **CLICK** on **Black arrow** of any Column to open the search Textbox.
  - 1) Single search terms  
*Type- in* word or term
  - 2) Multiple, Series Search Terms  
*Type- in* the word or term, separate each search term/word with "space # space". **LIMIT 5 separate Terms/Words**
- **CHECK** "Match Case" to **target filter results to specific letter** combinations
- **CHECK** "Whole Word" to **exclude partial text** of a word.
- **CLICK** "Filter" button to show results.
- The database should now list the rows of studies that match of your Typed-in Criteria for that column

### b. Red Arrows - "Biophys Effct" and "Type of Stdy" column

- **CLICK** a **Red Arrow** filter tab to select from a List of possible Category choices.
- To **search for more than one category** on list **hold down the "ctrl" key** then **left mouse click** on selected item.

### c. Red Arrow - "View Abstr" Column

- The Column allows user to 'Type In' **one or two different search term(s) /criteria** using "And" or "Or" Operator when TWO separate search terms are desired.

**NOTE:** *All criteria typed into the search Textboxes are considered **CASE SENSITIVE**. There is **NO user choice** for a general Non-case sensitive searches.*

- The "And" operator returns **ONLY** those studies **matching both Criteria** or search terms found in each Textbox.
- The "Or" Operator returns **ALL** studies **matching either the first or second criteria** found.
- **CLICK** "Filter" button when typed- in entry(s) are complete

- **View results by clicking** in any “**View Abstr**” cell in the Filtered Dbase. You should now find **Search terms/criteria identified in Red Font**. This helps to facilitate reading the Abstract for the targeted criteria.

***NOTE:** Should the search term/word NOT be found in any abstract of the RF database, the database will be empty. CLICK “CLEAR FILTER” button at the top and try another or more condensed search Term(s)*

#### **d. Nested Filters**

- **Nested Filters** allow the User to **execute another Filter operation on top of existing Filtered database without clearing the filtered dbase**. The user create another Filter using a prior Filter column or a new one. **This type of filtering pairs down the Dbase studies to meet users most focused research needs.** Nesting a filter can be done as many times as desired.

***NOTE:** in **Nested Filters** the program code **does not allow for the User to return to prior level of a filtered Database**. The user can only return to the original, whole database using the “Clear Filter” button.*

## **B) PRINT Selected Studies FUNCTION**

### **1. OVERVIEW:**

- The program allows the User to **Print One to 50 studies in ONE of 3 Document Formats** within a PDF Report. These Doc Formats are PRE- selected to extract content from 4 to 6 column field cells from each study, depending on Document Style chosen.
- The user can initiate the **PRINT** function from either a **Filtered** or **Whole Database**.
- Each study and its column field content is displayed continuously in the PDF Report according the Style option chosen.

***NOTE:** The user should **experiment with style options** to compare the differences in the PDF Reports. The PDF files can be easily discarded.*

### **2. PROCEDURE:**

- **CLICK “START PRINT - PDF”** Button
- **SELECT “REPORT Doc STYLE”** Option
- **SELECT** Studies:
  - a) **SINGLE Studies** or *one at a time:*  
**CLICK** on the “**No.**” cell of **any study** you wish to print. The “**No.**” cell will highlight in **Yellow**
  - b) **MULTIPLE CONTIGUOUS Studies**  
**Mouse CLICK** on “**No.**” cell from the **first row** of the **contiguous group** of studies desired. Then **hold down the “Shift” key** and **left mouse CLICK, simultaneously,** on the “**NO**” cell of **last desired study row** from that grouping. **Results** should now show the “**No.**” cells from that contiguous group all highlighted in **Yellow**

- **CANCEL PRINT SELECTION(s)**
  - a) **Single Study**  
CLICK *any* yellow Highlighted “No.” cell to **DE-SELECT** one study
  - b) **ALL Print Selections**  
CLICK “**CANCEL SELECTIONS**” Button
- **PRINT REPORT**
  - a) **CLICK** button **PRINT Selected Studies**
  - b) **SAVE PDF File** to your computer to View
- “**CANCEL PRINT**” operation  
Cancel Print operation to return to Main database functions

### **C) DOWNLOAD/EXPORT CSV Spreadsheet File**

- This function **downloads any complete RF Dbase appearing on the Screen** to *any type Spreadsheet program* on **User’s computer** in **CSV file format**. The **Dbase downloaded** can be the **whole Dbase**, or an existing **Filtered Dbase**.
- The downloaded file will be an **unformatted copy** of the Dbase seen on the Website
- **CLICK** button “**DOWNLOAD CSV**” to carry out the function