



Havana Syndrome

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- Havana Syndrome is a **mysterious illness that was first detected at the US Embassy in Havana, Cuba in 2016**. The study of 'National Academy of Sciences' does point out that the effects of pulsed radio frequency and microwave weapon energy causes Havana Syndrome.
- A range of 'psychogenic symptoms' such as headache, memory loss, sensitivity to sound, eye movement dysfunction, ear pain, tinnitus and brain abnormalities were reported in these symptoms.
- The recent Havana syndrome was found to be relevant with psychogenic illness as the diplomats who became affected were actually the participants of the Cold War, living in Cuba under constant surveillance. Therefore, there could be a **possibility of war trauma along with fear and stress of living in the uncertainty of their lives in another country, which may have triggered these psychogenic symptoms**.
- **There is no specific treatment method available yet for patients with Havana syndrome**. However, some intensive therapy programs like neurological exercises, cognitive exercises, brain-training exercises and neuromuscular reeducation exercises could be effective in reducing the symptoms and improving balance and cognitive functions in patients.

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