

## Video: UHI (unexplained health incidents) — What's the science behind the Havana Syndrome?

In late 2016, United States diplomats working in Cuba began reporting health problems: persistent headaches, vertigo, blurred vision. They were dizzy. They heard sounds coming from nowhere. The affected diplomats were questioned and examined by doctors but the symptoms didn't fit any known disease. They called it the "Havana Symptom".

More cases were later reported from China and Russia, Germany and Austria, even from near the White House. A CIA agent in Moscow was allegedly so badly affected that he had to retire.

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Doctors have focused on three different explanations: (a) mass hysteria (b) microwaves and (c) ultrasound.

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As you see, this is a really difficult story and no one presently has a good explanation for what has happened. Most importantly I think we must keep in mind that there could actually be a number of different reasons for why those people fell ill. While it seems unlikely that the first cases in Cuba spread by mass hysteria, the cases in China only began after those in Cuba had made headlines, so that's an entirely different situation.

**[This is an excerpt. Read the original post here.](#)**