

## *Is Your Cell Phone To Blame For Bad Skin?*

By MEGAN O'NEILL / August 29, 2013



It's not breaking news that we've become increasingly dependent on our cellular devices—so dependent in fact that, on average, **we check our mobile phones every six-and-a-half minutes!** Let that sink in.

We get it. **Instagram feeds must be refreshed and emails responded to, but can our dependence to mobile life have negative effects on our skin?** These skin care experts sure think so. According to **Stuart H. Kaplan, M.D.** (founder of **KAPLAN MD**) and **cosmetic dermatologist Dr. Paul Jarrod Frank**, over-usage of cell phones can cause breakouts, dark spots, and even premature wrinkles.

Cell phones are a bacterial breeding ground, so it makes sense that holding a dirty phone to the face will cause a breakout or two. But wrinkles and dark spots?

**“Squinting to read the small type on your screen can lead to crow’s feet and deep, vertical lines between your brows,”** says Dr. Kaplan. Mobile users can avoid straining by simply increasing the brightness and size of the text. Tackle wrinkles by using a super serum like **Kaplan MD Cellular Rejuvenating Concentrate** (\$295) after cleansing the skin. It's packed with 50 percent hyaluronic acid, a main ingredient in professional fillers.

Both doctors also suggest being aware of the temperature of your phone while it's in use. **Keeping a hot phone to your ear can have similar effects to the sun, increasing melanin production in that area and even leading to brown spots and uneven skin tones.** Dr. Frank recommends using a hands-free device as often as possible and applying a product like **Yes to Grapefruit Dark Spot Correcting Serum** (\$19.99) to help erase and prevent damaging effects.

But let's say you're a texter. You're reading this article thinking, "I'm in the clear, I haven't talked on the phone since 2001." Not so fast. You might be developing the dreaded "text neck." Gasp!

Text neck, the 21st century's version of a turkey neck, can develop from holding your phone low and looking down to text, read messages or send emails. This results in a slacked, untoned neck and jawline caused by a breakdown in collagen and elastin.

**“The fibers that keep our skin firm and taut can only be folded over so many times before they lose their elasticity,”** says Dr. Kaplan. The solution? Dr. Frank suggests holding your phone at eye level and using collagen-building products on the neck both day and night. Try **Kaplan MD Night Replenishment Concentrate** (\$225).

Have you noticed any of these side effects from using your cell lately?