

## Brace Yourself — Texting May Cause Wrinkles

Sad emoji face.



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It's time to add wrinkles to the laundry list of problems associated with texting. Apparently our tiny phone screens are problematic for the fine lines around our eyes.

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That's right, those pesky crow's feet we're all trying so desperately to stave off could be a byproduct of squinting at our phones while we frantically text and email. In an interview with [Charlotte's Book](#), Dr. Paul Frank suggests increasing the size of the font and the brightness level of your phone to stave off any unnecessary squinting.

**[READ: [Finally, a Fitness Tracker For Wheelchairs](#)]**

And while we hate to be the bearers of more unfortunate phone-related issues – tech neck is a thing and the struggle is *real*. If you're guilty of holding your phone down low, Dr. Frank says this can result in the breakdown of the collagen in our neck, increasing your risk of developing turkey neck.

So keep your chin up (literally), as well as your phone. Your neck will thank you later.