

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?