

March

# Phone Skin

You feel panicked without it, but your lifeline to friends, family and work can be messing with your skin in ways you didn't imagine. NYC dermatologist, Dendy Engelman, MD, offers some guidance.

- 1. Squinting to read the small print.** All that squinting can bring on premature wrinkling. Instead, increase the font size as much as you can to reduce your struggle to read.
- 2. You talk long enough for your phone to get hot while chatting.** Prolonged exposure to heat from any source can increase melanin production in that area. Brown spots and uneven coloring can make you look older faster. Use a headset or speakerphone. A brightening cream or spot reducing cream can help correct the damage you have done.
- 3. Using your smart phone** to check every last message before bed upsets your body's ability to produce melatonin, the chemical responsible for making you sleepy. Disruption of your sleep cycle is bad for your skin as well as other body organs. Shut down your phone (and your computer) at least one hour before bedtime. If you must use one or the other, consider dimming the back-light.
- 4. Pressing your face against your phone** can expose your skin to excess dirt and bacteria which can lead to acne in the phone zone and even potential infection. Use earbuds or a headset and clean your phone at least daily with an antibacterial wipe.
- 5. Constantly looking down to check your phone messages is giving you 'text neck'.** That is a slack, untoned neck and jawline caused by a breakdown in collagen and elastin. "Those tiny fibers have only a finite number of times they can fold," says Dr. Engelman. "The constant up and down movement can weaken that support structure." Instead, hold the phone at eye level to minimize the folding and consider regular application of a skin-firming cream.

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POTTY POST

## Exercise Classes

Get Fit - Tuesday 8:45-9:30am

Theraband - Tuesdays 9:30-10:30  
am

Basic Pilates - Tuesday 3pm



Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764

Do you know someone in the hospital or are you planning to have surgery or hospitalization?