

# Your smartphone can make your face sag

Spending time poring over your phone can lead to the 'smartphone face' — i.e. a drooping jawline

By *Wendy Brown*

**A** 'smartphone face', as explained by Dr. Marisa Goldstein of the Woodford Medical Group, is a skin condition caused by spent hours hunched over mobile devices. It's not just the way you hold your phone that causes the problem, but the way you use it. When you're looking at your smartphone, you're also looking at your computer and vice versa. The combination of the two can lead to a drooping jawline. "When you're looking at your smartphone, you're also looking at your computer and vice versa. The combination of the two can lead to a drooping jawline."

Dr. Goldstein says that the way you hold your phone is also a factor. "When you're looking at your smartphone, you're also looking at your computer and vice versa. The combination of the two can lead to a drooping jawline."



Don't let drooping facial sagging, caused by spending too long looking down at your phone.

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## More about the condition

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