



KEEP UP YOUR SUNSCREEN ROUTINE

Dr Michael Molton, Cosmetic Physicians College of Australasia president

"Patients often ask why the right side of their face has more wrinkles, a different-shaped eyebrow or more jowls. The answer is sun damage, especially from driving. Ironically, the season when this damage occurs the most is not summer. In autumn and winter, the sun is at a lower angle and strikes directly at the side of your face through your car window. Pair that with little to no sunscreen use. Make putting on sunscreen an uncontrollable compulsion, just like putting your seatbelt on year-round. And don't forget the backs of your hands."

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