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## Tips for Healthier Skin as You Age

Your skin will change as you age, especially if you've spent a lot of time outdoors over the years. While sunshine is an excellent source of vitamin D, it can also lead to or accelerate wrinkles, dryness, age spots, bruising, and cancer. Other potential causes for these conditions can include dehydration, smoking, stress, and other health factors. Still, there are ways to increase your chances of having the healthiest skin possible as you age.

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