Personal Care and Healthy Behaviors

Chapter 14
Skin Functions

- Epidermis- the outer, thinner layer of skin that is composed of living and dead cells
- Dermis- the thinker layer of the skin that is beneath the epidermis that is made up of connective tissue and contains blood vessels and nerves
Layers of the Skin

- Dermal papillae
- Cold receptor
- Heat receptor
- Blood vessel
- Connective tissue
- Nerve
- Fat lobules

Epidermis:
- Pore
- Hair

Dermis:
- Arrector pili muscle
- Sebaceous gland

Subcutaneous layer:
- Sweat gland
Other Functions

- Melanin- pigment that gives the skin, hair, and iris of the eyes their color
  - Less Melanin means more risk of damage from UV rays
- Sebaceous glands- produces oily secretion called sebum; that keeps the skin from drying out
- Sweat Glands-within the dermis and secrete perspiration through ducts to pores on the skin’s surface
Keep Skin Healthy

- Daily washing removes growth of bacteria that causes body odor
- Avoid touching your face with your hands.
  - Quickest way to introduce bacteria into your body
- Keep skin moisturized to prevent irritations
- Follow a diet rich in vitamins and minerals—especially vitamin A
Increased production of melanin causes people to become tan.
- The body’s way to protect cells from UV rays
- Prolonged exposure to UV radiation causes:
  - Formation and growth of cancerous cells
  - Breaks down elastic fibers that support the skin
  - Skin will wrinkle or become hard and leathery
Protecting Your Skin

- Always wear Sunscreen on exposed areas of your skin
  - Use an SPF 15 or higher and make sure it blocks both UVA and UVB rays.
  - Apply 15 to 30 minutes before going outside even on cloudy days
- Wear protective clothing:
  - Hats, long sleeved shirts, long pants and sunglasses
  - Sun is most intense between 10 a.m. and 4 p.m.
Skin Problems

- Acne - caused when pores in the skin get clogged and the sebum produced by the sebaceous glands can’t reach the skin’s surface
  - Wash face gently twice daily and apply over the counter creams
  - Touching or picking at only aggravates the condition and may cause scarring
  - Is not caused by greasy foods or eating chocolate
Other Skin Ailments

- **Warts**- caused by a virus. Non cancerous growths that can appear anywhere on the body. Comes from contact with infected skin.

- **Vitiligo**- patches of skin lose their pigment (Michael Jackson).

- **Boils**- form when hair follicles become infected and become inflamed and pus forms. Never squeeze or burst.
ABCD’s of Melanoma

☐ A symmetry-draw an imaginary line through the center of the mole. Both sides should be equal

☐ B order Irregularity-Non cancerous moles have smooth edges

☐ C olor-Look for moles that are intensely black or have a bluish tint

☐ D iameter- check for moles that are wider across than a pea
Your Hair

- You have hair everywhere except the palms of your hands and the soles of your feet.
- Hair itself is composed of dead cells
- Hair follicle- the structure that surrounds the root of the hair
Hair Problems

- **Dandruff**: Condition that can occur if the scalp becomes too dry and dead skin cells are shed as sticky.

- **Head lice**: Tiny parasites that infect and live in the scalp hair of humans. They feed on blood by biting through the skin of the scalp.
Your Teeth

crown
neck
root

enamel
gum
maxillary bone +
cementum
alveolar bone
apex
plexus of nerves +

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Teeth cont.

- Periodontium - the area immediately around the teeth
- Pulp - the tissue that contains the blood vessels and nerves of the tooth.
- Plaque - sticky colorless film that acts on sugar to form acids that destroy tooth enamel and irritate gums
5 Tips to Effective Brushing

- Hold the bristle tips at a 45 degree angle against the gumline
- Brush back and forth in short strokes. Use a gentle scrubbing motion
- Brush the outer surfaces of each tooth, the inner surfaces then the chewing surfaces
- To clean the inside surfaces of your front teeth, tilt the brush vertically and make up and down strokes
- Floss only between the surface of each tooth but also beneath the gumline.
Brushing cont.

- Brushing after you eat removes the plaque that causes bacteria to produce the acid that breaks down the enamel.
- Cavities are formed from this acid and need to be treated before reaching the pulp.
Dental care

- Should see the dentist every 6 months for regular check-ups and cleaning
- Follow a well-balanced diet that includes foods containing phosphorus, calcium and vitamin C
- Avoid all Tobacco products
- Use fluoride products to help reduce tooth decay
Problems of the Teeth and Mouth

- Halitosis-”bad breath” can be caused by eating certain foods or poor oral hygiene, smoking, bacteria on the tongue or gum disease.
- Tarter-”gingivitis” gums are irritated and swollen. The disease is reversible through regular brushing and flossing.
- Malocclusion-”bad bite”
Periodontal Disease

- An inflammation of the periodontal structures, is caused by bacterial infection. Often called gum disease.

- Risk Factors:
  - Smoking
  - Hormonal changes in girls/women
  - Diabetes
  - Stress
  - Medications
  - Illnesses
  - Genetics
The Eye
Parts of the Eye

- Sclera - the tough white part of the eye
- Cornea - transport tissue that bends and focuses light before it enters the lens
- Choroid - thin structure that lines the inside of the sclera
- Retina - the light-sensitive membrane on which images are cast by the cornea
Vision Problems

- Astigmatism - irregular curvature of the cornea or lens and the eye is not able to focus properly
- Strabismus - muscles around the eye are weak which may cause the eye to be off-center
Diseases of the Eye

- Glaucoma - abnormally high pressure inside the eye causes damage to the retina and the optic nerve and can result in loss of sight.
- Cataracts - the lens becomes cloudy and can interfere with the lens's ability to focus.
- Muscular Degeneration - cells of the macula, opposite the lens begin to malfunction.
Glaucoma
Cataracts
3 Parts of Your Ear

- **The Outer Ear**
  - External Auditory canal-passageway about one inch long that leads to remaining portion of the ear

- **The Middle Ear**
  - Auditory ossicles- three small bones linked together that connect the eardrum to the inner ear

- **The Inner Ear**
  - Labyrinth-hearing and balance part of the ear
Ear

Auricle (pinna)

Auditory canal

Semicircular canals

Cochlea

Incus (anvil)

Stapes (stirrup)

Malleus (hammer)

Tympanic membrane (eardrum)
Hearing and Balance

- Tiny hairs and fluid in the cochlea send signals to the brain to help maintain balance and control
Problems with the Ear

- Tinnitus - condition in which a ringing, buzzing, whistling, roaring, hissing or other sound is heard in the ear in the absence of external sound.