
SKIN



SKIN

- Largest Organ of the body



4 Functions of the Skin

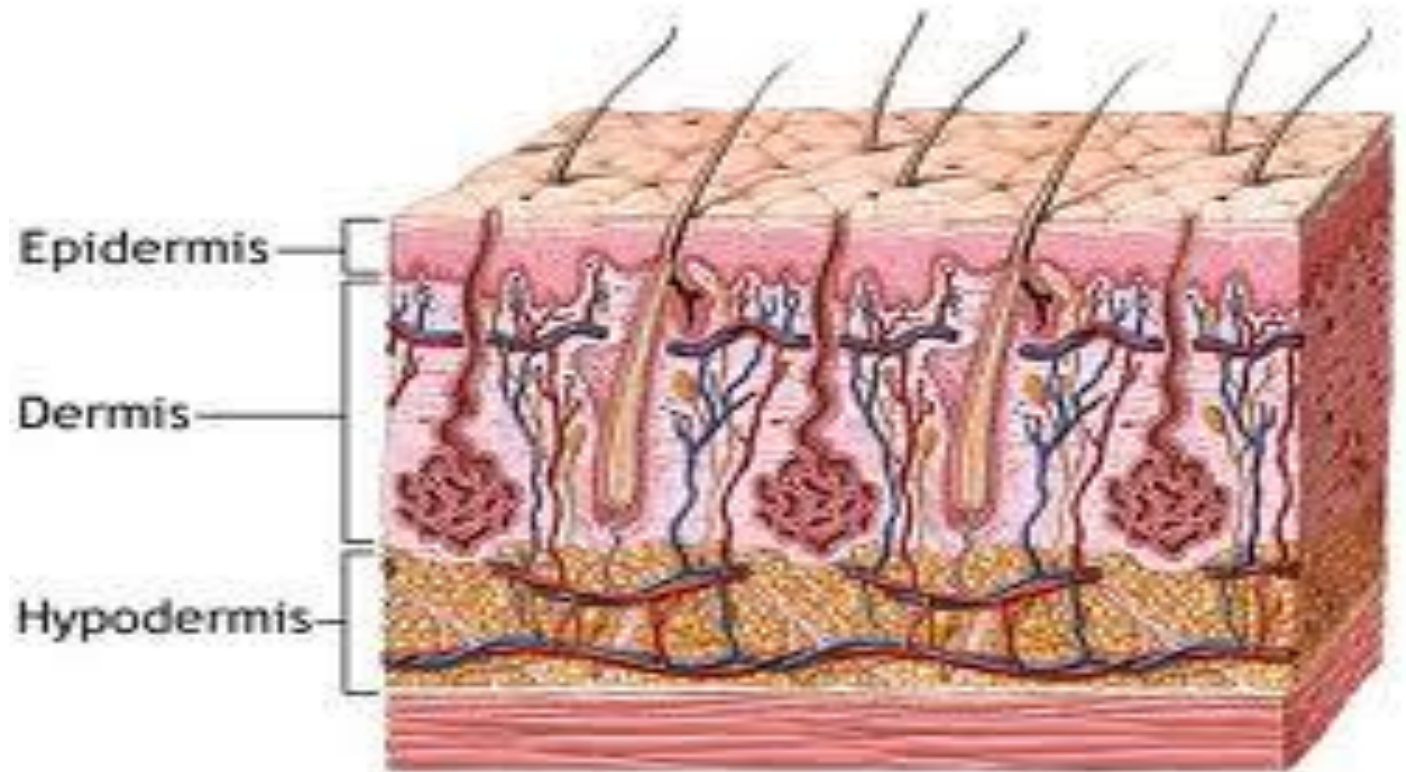
1. Holds everything together
 2. Protection
 3. Temperature control
 4. Sense of touch
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Video

- The Dark Side of the Sun

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- Current Events or Cancer Projects???
 - Continue Skin info
 - Start Exercise info
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3 Layers of Skin



ADAM

Epidermis

- the outside layer we can see
 - Lower part -forms new skin cells
 - Top part we see is mostly dead skin cells
 - Lose 30,000 - 40,000 cells per day
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Skin Color

- **Melanin**: Substance that gives our skin color – amount is determined by genetics
 - Sun exposure = more melanin produced = tan
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Dermis

1. Oil/Sebaceous gland – produces sebum – skin oil- lubricates, protects and water proofs skin
 2. Nerves – give us our sense of touch
 3. Sweat glands – heat regulation
 4. Blood vessels – oxygen, nutrients and waste movement
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Subcutaneous/Hypodermis

Made mostly of fat = warmth & cushion

Find hair follicles and hair roots in this layer

Protection

- Sunscreen: SPF - sun protection factor
- Watch for any changes of the skin!!!



Moles or Freckles

Raised growths or flat areas of brown pigments

Most common sites of skin cancer

ABCDE



Asymmetry



Border
irregularity



Color



Diameter:
 $\frac{1}{8}$ inch or
6mm

Protection Continued...

- Clothing & hats
- Doctor checkups for any abnormalities
- Good washing
- Cover and take care of cuts & scrapes



Reflection

- How are you going to better take care of your skin? What did you learn about your skin that you didn't know before? Why is this information important?
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