**Unit 5 Chapter 13 Personal Health Care**

**Healthy Skin, Hair, and Nails**

**Epidermis-** the outer, thinner layer of the skin that is composed of living and dead cells.

**Dermis-** the thicker layer of the skin beneath the epidermis that is made up of connective tissue and contains blood vessels and nerves.

-Cells in the epidermis make substances called lipids (Make the skin waterproof)

**Melanin-** a pigment that gives the skin, hair, and iris of the eyes their color, the more melanin that your body produces , the darker the skin.

**Skin Provides three main functions to keep you healthy:**

**Protection:** protects you from pathogens and internal damage. It acts as a barrier to prevent bacteria and viruses from entering your system.

**Temperature Control:**  when body temperature rises blood vessels in the skin dilate, allowing heat to escape through the skins surface.Sweat glands (structures in the dermis) release perspiration through ducts to pores on the skins surface-cool the skin.

**Sensation:**  Major sense organ. Nerve cells in the dermis act as receptors that are stimulated by changes in the outside environment allowing you to feel sensations such as pressure, pain, heat, and cold.

**Sebaceous Glands:** structures within the skin that produce an oily secretion called sebum. Keeps skin and hair from drying out.

Skin Problems

**Acne:** pores in the skin get clogged, bacteria causes’ inflammation, and pus forms. Treat acne; wash your face gently twice a day. Apply over the counter treatments, and avoid using oily products.

**Warts:** caused by a virus and are most commonly found on the hands, feet, and face.

**Dermatitis or eczema-** inflamed or scaly patch of skin, usually from an allergic reaction.

**Fungal Infections:** Ringworm and athletes foot are infections that can be spread by contact with skin or infected clothing, or in public showers.

**Boils:** these form when hair follicles (sacs or cavitites that surround the roots of hairs) become infected. The tissue becomes inflamed, and pus forms. Bursting or squeezing can cause it to spread.

**Vitiligo-** A condition in which patches of skin lose melatonin and have no pigment .

**Moles:** some may develop into melanoma (the most serious form of skin cancer: which can be deadly.)

\*\*Keep hair and Nails clean\*\*

**Healthy Teeth and Mouth**

**Periodentium-**is the area immediately around the tooth. Made up of gum, periodontal ligaments, and the jawbone. This supports the tooth and holds it in place. Tooth has three main parts: crown, neck, and root.

Crown- visible portion of the tooth protected with enamel ( hard substance made of calcium.)

Beneath enamel is dentin ( a layer of connective tissue that contributes to the shape and hardness of the tooth.)

**Pulp-** is the tissue that contains the blood vessels and nerves of a tooth.

\*\*\*Tooth decay occurs when the enamel is destroyed and bacteria penetrate the tooth.\*\*\*

**Plaque-** is a combination of bacteria and other particles, such as mall bits of food, which adheres to the outside of a tooth. Plaque damages the tooth by coating it, sealing out the saliva that normally protects the tooth.

**Halitosis-** or bad breath, can be caused by eating certain foods, poor oral hygiene, smoking, bacteria on the tongue, decayed teeth, and gum disease.

**Periodontal disease-** an inflammation of the periodontal structures, is caused by bacterial infection.

**Malocclusion**- misalignment of the upper and lower teeth, “bad Bite”.

**Healthy Ears and Eyes**

**Sclera-** the white part of the eye

**Cornea-** front of the eye, its transparent tissue that bends and focuses light before it enters the lens.

**Retina-** is the inner layer of the eye wall.

**Ears**

**Outer ear-** visible part of the ear called auricle. Channels sound waves into the external auditory canal.

**Middle Ear-** Directly behind the ear drum is the **auditory ossicles** three small bones linked together that connect the ear drum to the inner ear.

**Inner Ear-** the labyrinth consists of a network of curved and spiral passages that can be divided into three main parts.

**Conductive Hearing Loss-** sound waves are not passed from the outer ear to the inner ear, usually because of blockage or injury.

Sensorineural Hearing Loss- could be caused by a birth defect, exposure to noise, growing older, or medication problems.

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