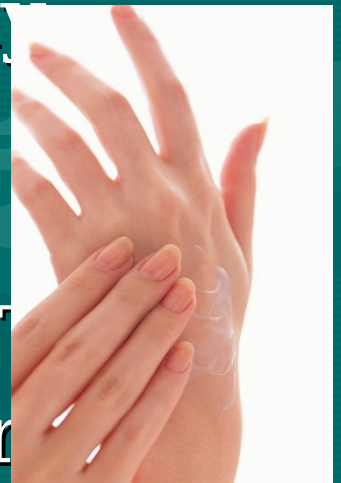


Skin Care

Presented Dr Nafisa

Facts about skin

- Skin is the barrier to the passage of harmful substances into the body.
- Largest organ in the body.
- Three distinct layers
 - Epidermis, Dermis, Subcutaneous Tissue
- Epidermis is the outermost layer
 - Thin as a pencil line, constantly replenished.
 - Melanin provides the coloring of your skin and helps protect it from ultraviolet light.



Facts continued...

- Dermis is beneath the Epidermis
 - Makes up 90% of your skin.
- Subcutaneous Tissue is the deepest layer.
 - Blood vessels and nerves run through this.
 - Protects organs
- Adult human body has two square yards of skin.
 - One square inch of skin includes millions of cells and includes structures such as oil glands, hair roots, and sweat glands.
- Specialized nerve endings sense heat, cold, and pain.

Skin Care/Hygiene

- Protect yourself from the sun.
 - Wear protective clothing.
 - Avoid sun from 10 a.m. to 4 p.m.
 - Use a sunscreen with SPF 15 or greater.
 - 20 min before going outside and after every two hours.
- Don't smoke!
- Wash skin gently.
 - 15 min showers.
 - Use warm instead of hot water.
 - Choose mild soaps without perfumes and dyes.
 - Remove eye makeup carefully.
 - Pat dry.

Hygiene Continued...

- Moisturize Regularly
 - Wait 20 min after bathing-if your skin feels tight you should use a moisturizer.
 - Choose a moisturizer with an SPF of at least 15 to help protect skin from the sun.
- Shave carefully
 - Press a warm wash cloth on skin to soften hair.
 - Apply shaving cream to protect your skin.
 - Use a clean, sharp razor. Don't use closest setting on electric razor.
 - Shave in the direction of hair growth.
 - Rinse skin with warm water.
 - Apply a lotion that doesn't contain alcohol.

Skin Conditions

- Acne
- Eczema
- Psoriasis
- Rosacea
- Melanoma
- Corns/Calluses



"YOU ARE RIGHT; IT DOES APPEAR TO BE SOME SORT OF FUNGUS."

Yucky Skin Conditions!



http://www.medicallook.com/diseases_images/acne2.jpg



- http://z.about.com/d/menshealth/1/0/X/1/derm_22330014.jpg



<http://www.medscape.com/pi/editorial/conferences/2001/747/art-aad-02.fig1.jpg>

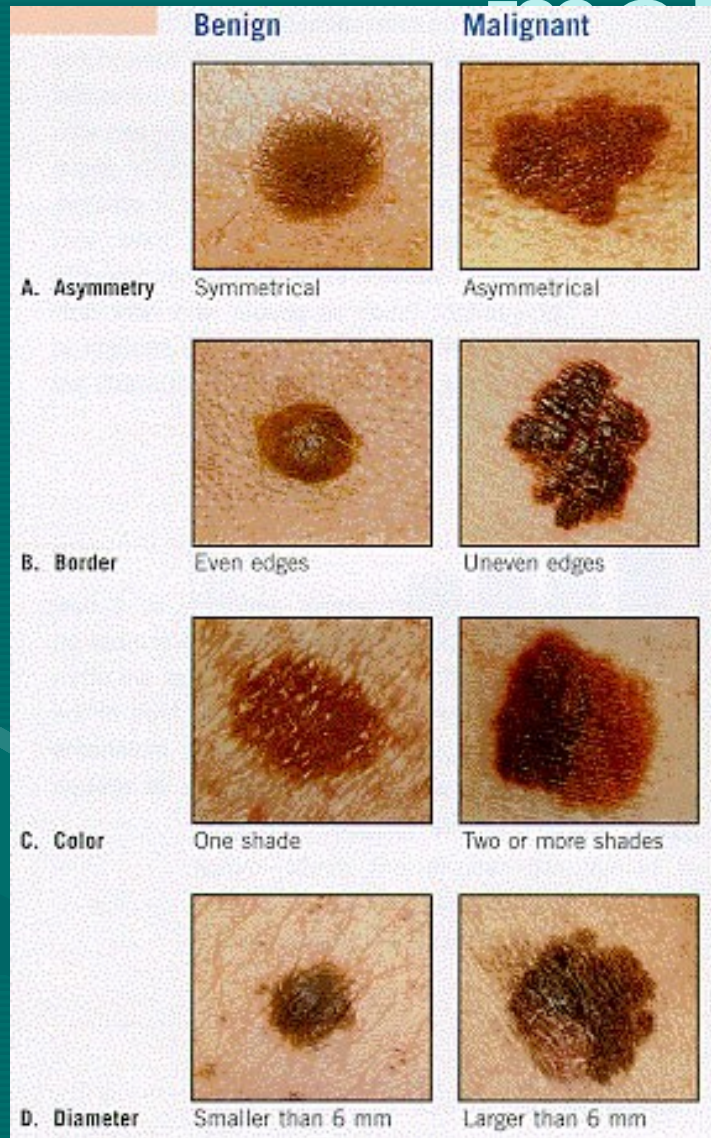


http://www.dermatology.co.uk/media/images/PSORIASIS_DRY_ON_ARM.jpg

Risk factors for skin disorders

- Melanoma
 - Hx of exposure to UV radiation (family history).
 - Hx of sunburns (esp. in childhood).
 - Caucasians: Fair skin, freckles, red hair, and blue eyes.
- Rosacea
 - Family hx
 - Certain triggers
 - Stress, hot weather, alcohol, caffeine, etc.
- Acne
 - Family hx
 - Wearing tight fitting clothes that rub against the skin.
 - Touching the face.
 - Sweating a lot.
 - Stress

A closer look at melanoma



- Risk Factors
 - Climate
 - Age
 - Fair skin
 - Hx of sunburn
 - Overexposure/tanning
- Prevention
 - Use sunscreen
 - Wear a hat, shirt, and sunglasses
 - Self-examination

<http://www.vaseline.com/brand-campaigns.html>



References

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