

UNDERSTANDING SKIN

OVERVIEW OF SKIN

On average one square cm contains:

- 10 hair follicles
- 15 sebaceous glands
- 12 nerves
- 100 sweat glands
- 360 cm of nerves
- 3 blood vessels

Tips for Healthy Skin



- Use sunscreen with SPF 30+
- Avoid sun between 10am - 4pm when sun rays are strongest.
- Wear protective clothing.



- Smoking makes your skin look older and contributes to wrinkles.
- Smoking narrows tiny blood vessels in the outermost layers of skin which decreases blood flow and makes skin paler.
- Smoking depletes the skin from oxygen and nutrients which are important to skin health.



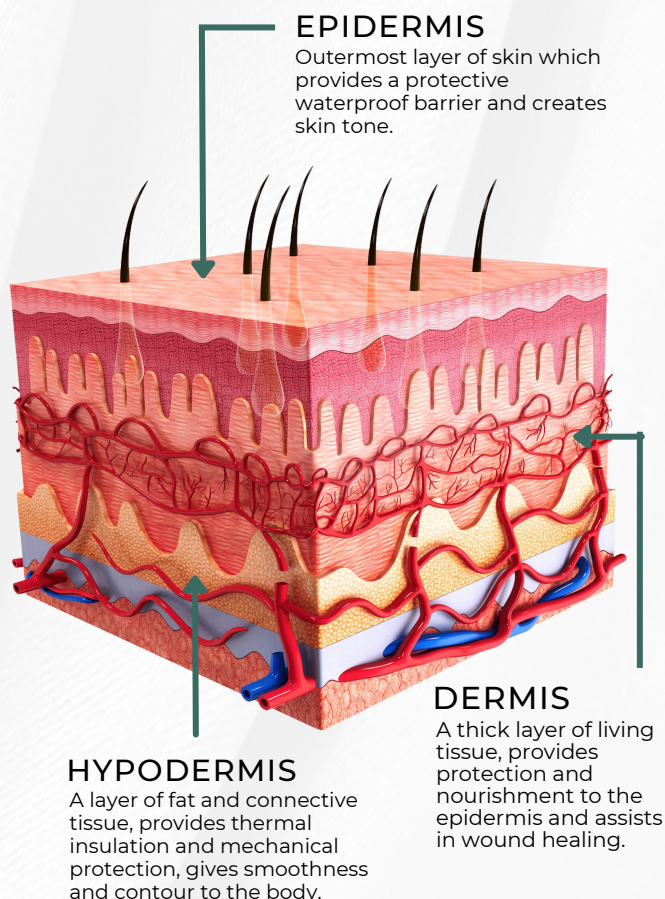
- Limit your bath time. Hot water & long showers remove oils from your skin. Use warm rather than hot water.
- Gently pat your skin dry with a towel to keep skin moisturized.
- Choose mild or gentle soaps.
- Moisturize dry skin with a moisturizer that suits your skin type.



- Healthy diet can help you look and feel your best.
- Eat plenty of fruits, vegetables, whole grains and lean proteins.
- Drink plenty of water to help your skin hydrated.



- Get enough sleep. Atleast 7-8 hours of sleep.
- Make time to do the things you enjoy.
- Regular exercise.
- Stay positive and be always happy.



Interesting Facts

- The skin is our largest organ.
- Skin colour is the result of a protein called melanin. The more melanin in the cells, the darker the skin.
- Skin is thickest on your feet and thinnest on your eyelids.
- Every 28 days skin renew itself.
- Every minute skin sheds about 30,000 to 40,000 cells which is almost 4 kg a year.
- Skin is home to 1,000 + species of bacteria. Over 50% of dust in a home is often a dead skin.
- Average adult skin when stretched out is 2 sq mtr and weigh about 3.6 kg.

KINDS OF SKIN PROBLEMS

1

Allergic contact dermatitis

Itchy red skin caused by an allergic reaction that develops after being exposed to a foreign substance such as latex.

2

Eczema

A general term to describe the inflammation of the skin, either due to an inherent skin defect, direct contact with an irritating substance, or to an allergic reaction.

3

Age Spots

Small, flat, brown spots often caused by years in the sun. Commonly shows up on sun exposed areas such as face, hands, shoulders and arms, back and feet.

4

Skin Tags

Small, soft, flesh coloured growths of skin often on a stalk. They are the most common bump on adult skin and is found in skin folds.

5

Skin Tears

A traumatic wound which is commonly found in the arms or legs of older adults, as a result of friction or shearing which separates the epidermis from the dermis.

6

Ringworm

A fungal infection of the skin which typically results in a red, itchy, scaly circular rash.

7

Shingles

A skin rash which usually appears on one side of the face or body, it is characterised by pain and a blistering rash. It is a viral infection caused by the same virus responsible for chickenpox.

8

Warts

Caused by many different types of virus called HPV. May be found on the skin or mucous membranes and can occur single or in groups.

9

Acne / Pimples

Commonly located on the face, neck and upper back. Breakouts of the skin composed by redness, blackheads, whiteheads, painful cysts and nodules.

10

Psoriasis

Patches are commonly located on the scalp, arms, legs and back. A chronic (long-lasting) disease in which the immune system becomes overactive, causing skin cells to multiply too quickly

11

Cellulitis

Caused by bacteria or fungi entering through the crack or cut on the skin. Might appear red on lighter skin & less noticeable on darker skin.

12

Melanoma

Most serious form of skin cancer which is more common to people with light skin. Might appear as mole that has changed color and gotten bigger over time.