

# What is the Integumentary System?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Levels of Organization

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Integumentary System

- The integumentary system is one of \_\_\_\_\_ organ systems that make up your body.
- The \_\_\_\_\_ is a group of organs that form a protective outer layer.
- This system is made up of the \_\_\_\_\_, hair, fingernails, and \_\_\_\_\_ glands.
- The integumentary system is about \_\_\_\_\_ of your body weight
- It can vary in thickness from less than \_\_\_\_\_ to \_\_\_\_\_.

## Integumentary System: The Skin

- Your skin is the \_\_\_\_\_ organ of the integumentary system.
- It is also the \_\_\_\_\_ organ in your body.
- Skin has several functions:
  - Prevents water \_\_\_\_\_
  - Protects the body from harmful \_\_\_\_\_
  - \_\_\_\_\_ the body against injury, extreme temperatures, and damaging sunlight.
  - Helps to \_\_\_\_\_ your temperature
  - Helps get rid of \_\_\_\_\_
- The skin is made up of \_\_\_\_\_, muscle, connective, and epithelial tissue.
- Depending on its location, your skin may be \_\_\_\_\_ or \_\_\_\_\_.

## Integumentary System: Layers of Skin

- The epidermis consists of epithelial tissue, while the \_\_\_\_\_ consists of connective tissue.
- Epithelial tissue regenerates itself. Because the skin is a protective \_\_\_\_\_, it is necessary to regenerate new cells constantly.
- Skin cells are \_\_\_\_\_ cells that are found in layers.
- The \_\_\_\_\_ is the skin's thin outer layer.
- It consists of \_\_\_\_\_ layers of cells.
- \_\_\_\_\_ is made from a special protein and makes up the outer layer of the epidermis.
- Keratin is the same \_\_\_\_\_ that makes up hair, skin, and nails.
- The lowest layer of the epidermis contains cells with \_\_\_\_\_, a skin pigment.
- Differences in skin \_\_\_\_\_ result from variations in the pigment these cells produce.
- \_\_\_\_\_ protect the sensitive tips of your fingers and your toes from injury.
- They are composed of \_\_\_\_\_.
- Hair is found on skin over almost your \_\_\_\_\_ body.
- Hair \_\_\_\_\_ determine whether your hair is curly, straight, or wavy.
- Hair follicles are small folds of \_\_\_\_\_ that push into the dermis.
- Blood vessels at the base of the follicle provide the hair roots with \_\_\_\_\_.

#### Integumentary System: Other Parts of the Skin

- A \_\_\_\_\_ is a group of cells that makes special chemicals for your body.
- \_\_\_\_\_ found around the bottom of hair follicles help prevent your hair and skin from drying out.
- They produce an oily material that reaches the skin's surface where hair comes out from the \_\_\_\_\_.
- Sweat glands connect to \_\_\_\_\_ on the skin's surface.
- They rid the body of \_\_\_\_\_ water and certain wastes.
- Your body loses \_\_\_\_\_ of skin cells every day because they are cut off from their supply of nutrients and oxygen.
- Your body sheds the dead skin cells constantly when you \_\_\_\_\_ or rub against a piece of clothing.
- These cells are replaced by the new skin cells \_\_\_\_\_.

### Caring for Your Skin

- \_\_\_\_\_ exposure is important.
- It provides the body with \_\_\_\_\_.
- However, you only need \_\_\_\_\_ of Sun exposure on skin without sunscreen once a week to receive what you need

### Protection from the Sun

- When your skin is exposed to sunlight, extra \_\_\_\_\_ is made.
  - Which makes your skin \_\_\_\_\_.
- This helps protect you from getting \_\_\_\_\_ by the ultraviolet radiation (UV) in sunlight.
- \_\_\_\_\_ destroys cells of the epidermis
- Other problems associated with too much Sun exposure include \_\_\_\_\_.

### Safety Precautions to Guard Against the Sun

1. Avoid Sun exposure when the Sun is strongest, between \_\_\_\_\_ in the morning and \_\_\_\_\_ in the afternoon. Stay in the shade.
2. Wear protective \_\_\_\_\_ such as long pants, a long-sleeve shirt, and a hat with a wide brim.
3. Wear \_\_\_\_\_ with 100% UV protection.
4. If you are going to be out in the Sun for very long, wear \_\_\_\_\_ to protect your skin from damaging UV rays. Reapply sunscreen \_\_\_\_\_.

### Hygiene

- Good \_\_\_\_\_ is essential to maintain health.
- The skin is your outer layer of \_\_\_\_\_ against bacteria, viruses, and other foreign cells.
- \_\_\_\_\_ regularly with soap and water removes dead skin and bacteria that can cause body odor.
- Using \_\_\_\_\_ and drinking plenty of \_\_\_\_\_ also help to control body odor.

### Hygiene: Athlete's Foot

- A common condition that can be easily managed with proper bathing is \_\_\_\_\_.
- This condition is caused by a \_\_\_\_\_ that grows best in warm, moist environments.

- The fungus causes \_\_\_\_\_ and itching, especially around the toes.
- This condition can be avoided by wearing \_\_\_\_\_, bathing, and keeping your feet \_\_\_\_\_.
- A severe condition may require a visit to the \_\_\_\_\_ to obtain a prescription to kill the fungus.

#### Hygiene: Washing Hair

- It is important to keep your hair \_\_\_\_\_ with regular shampooing and brushing.
- This can \_\_\_\_\_ dead cells, dirt, and oils that accumulate on the hair.
- A common condition that can be easily managed is \_\_\_\_\_.
- Dandruff forms when many \_\_\_\_\_ drop off your scalp at one time.
- Regular \_\_\_\_\_ and shampooing can prevent dandruff.

#### Hygiene: Acne

- \_\_\_\_\_ regularly also controls acne.
- \_\_\_\_\_ is a common skin disorder that starts during adolescence and usually appears on the face, back, and upper chest.
- It forms when oil, dirt, and bacteria get \_\_\_\_\_ in the skin.
- The bacteria cause an infection that forms a \_\_\_\_\_.
- \_\_\_\_\_ can be treated with topical over-the-counter treatments
- However, severe case may require a visit to the \_\_\_\_\_.
- It is important to care for acne, because severe cases can cause \_\_\_\_\_ on the skin.

#### Skin First Aid

- Skin is the largest \_\_\_\_\_ of the human body.
- It consists of several \_\_\_\_\_ that replace cells rapidly.
- This unique property provides the body with near-constant protection from the outside \_\_\_\_\_.
- However, skin can be \_\_\_\_\_.
- Most small bruises, blisters, or cuts to the skin will heal \_\_\_\_\_.
- But some problems, such as puncture wounds and deep cuts and scrapes, need treatment called \_\_\_\_\_.
- \_\_\_\_\_ can be more serious.
- A \_\_\_\_\_ burn only damages the epidermis and leaves the skin red and swollen.

- \_\_\_\_\_ burns damage the epidermis and the top dermis and cause red and blistered skin.
- \_\_\_\_\_ burns are the most severe, destroying the entire skin layer.

#### Scripture Spotlight

- *Read the story in Matthew 17:14-18 of a boy who probably had severe burns. Of how many things do you think Jesus healed the boy that day?*