The skin has many different functions which are:

- Heat regulation
- Protection
- Sensation
- Absorption
- Synthesis of Vitamin D
- Secretion
- Excretion
- Minor functions of the Skin
The skin has many different functions which are:

- Skin is a waterproof, protective barrier, but certain substances can be absorbed such as:
  - Fat-soluble substances such as Vitamins A, D, E and K.
  - Topical steroids used to treat skin conditions such as eczema.
  - Drugs used in transdermal patches, such as nicotine patches.
  - Some toxic chemicals such as mercury.
  - Essential oils used in aromatherapy.
SKIN

The skin has many different functions which are:

Minor functions of the skin:

Immunity

- Langerhans cells play an important role in the immune system.

Blood reservoir

- 8-10% of the body's total blood flow is in the dermis of a resting adult.
- When moderate exercise, dermal capillaries dilate and blood flow to the area increases to help cool the body.
- Strenuous exercise, dermal blood vessels constrict, so that more blood can circulate to the muscles.

Communication

- Connects information about our health and our emotions.
These are very tough, yet flexible fibres are resistant to a pulling force and give skin its extensibility (ability to stretch).

They contain protein collagen.

Large, flat cells that synthesize:

Collagen fibres:
- These are very tough, yet flexible fibres are resistant to a pulling force and give skin its extensibility (ability to stretch).
- They keep skin hydrated binding water.
- They contain protein collagen.

Elastic fibres:
- These are strong, thin fibres that give skin its elasticity (ability to return to its original shape after stretching).
- They contain protein elastin.
SKIN TYPES

NORMAL (BALANCED) SKIN:

• It is a balanced skin in which there are no signs of oily or dry areas.
• It has an even texture, good elasticity, small pores, feels soft and firm to the touch and is usually blemish free.

OILY SKIN:

• It is oil in there because an overproduction of sebum by sebaceous glands.
• This can be caused by hormones (puberty).
• It has uneven texture, normal elasticity, large pores, feels thick and greasy to touch, often has blemished such as comedones, papules, pustules, scars and it appears sallow (slightly yellow).
The superficial end of the hair that projects from the surface of the skin.

STRUCTURE of the HAIR

• Hairs are columns of keratinised dead cells.
• The longitudinal view is made up of two parts:

Hair shaft or “strand”:

The superficial end of the hair that projects from the surface of the skin.

Hair root: Penetrates into the dermis.
LIFE CYCLE of a HAIR

- The life cycle of a hair includes growing, transitional and resting stages.
CUTANEOUS GLANDS

SEBACEOUS GLANDS

- Epidermis
- Sebaceous gland
- Plugged follicle

Accumulation of epithelial cells and keratin
Accumulation of shed keratin and sebum
Propionibacterium acnes proliferation
Mild inflammation
Marked inflammation
Scarring
CUTANEOUS GLANDS

SUDORIFEROUS (SWEAT) GLANDS

ECCrine

Excrete waste and help regulate the body’s temperature by keeping it cool.

APOCRINE

Sweat, fatty acids and proteins.

The functions is not yet known, but they are activated by pain, stress and sexual foreplay.