

## Integumentary System Study Guide

1. Which portion of the epidermis has actively reproducing cells?
2. Are keratin levels higher in superficial or deep epidermis?
3. Blood vessels and nerves are present in which layer of skin?
4. In what layer of skin can you find melanocytes?)
5. What structure pulls the hair follicle into an upright position?
6. What structure is responsible for whorled ridges on epidermal surfaces?
7. What region of the integumentary system is responsible for shock absorption?
8. Which skin gland produces sweat?
9. Which skin gland produces oil/sebum?
10. In a hair, the outermost single layer of cells that overlap one another like shingles is called the \_\_\_\_.
11. The part of a hair that projects from the surface of the scalp or skin is called the hair \_\_\_\_.
12. The skin that covers the palms of the hands and the soles of the feet has an extra layer of epidermis called the stratum \_\_\_\_.
13. The type of burn that involves injury to the epidermis and the upper region of the dermis and is red, blistered, and painful is termed as a \_\_\_\_ degree burn.
14. The white crescent area located over the nail matrix is called the \_\_\_\_.
15. Baldness is medically termed \_\_\_\_.
16. The most external skin region is composed of \_\_\_\_ epithelia.
17. What are the types of epithelial tissue membranes?
18. What is the first threat to life from a massive third-degree burn?
19. Where are mucous membranes located in the body?
20. How is the "tanning" effect (darkening of the skin) that occurs when a person is exposed to the sun somewhat protective?
21. When a person has severe burns, what are the two most life-threatening concerns?
22. Which part of the skin has no blood supply of its own?
23. List the layers of the epidermis in order from innermost to outermost.
24. List five protective functions of the integumentary system.
25. Explain the importance of the "rule of 9s".
26. What happens to skin cells as they progress from the deeper portion of the epidermis toward the surface?
27. Which membranes are classified as a connective membrane?
28. Explain how the skin helps regulate body temperature.
29. Define and explain the function of the arrector pili.
30. Explain the ABCD rule.
31. Identify four changes that occur to the skin and subcutaneous connective tissue as a result of aging, and state how these changes can be delayed.
32. What protein within the skin prevents it from soaking up water when a person takes a shower?
33. What skin structures are found in the dermis?
34. What causes acne?
35. What is the composition of the secretions of eccrine glands?

- 36. How are eccrine glands different from apocrine glands?
- 37. What do the nails you clip, the hair you cut and the skin you rub off have in common?
- 38. How does vitamin D help keep us healthy?
- 39. What percentage of the body is burned if a 16 year old male burned his back, the back of his left leg, and his entire right arm?

Identify the labeled structures on the skin cross section below.

