**Integumentary System Guided Notes:**

1. List the structures of the Integumentary system:
2. The skin acts as a physical \_\_\_\_\_\_\_\_\_\_ between the inside and the outside of the body.
3. The integumentary system contains nerve endings. These nerve ending help us monitor…..
4. How does the skin regulate homeostasis?
5. Where is your skin the thickest? The thinnest?
6. Changes in the skin could possibly indicate….
7. As the environment warmed up, humans adapted by losing body hair. Why did we keep the hair on our heads?
8. What is the purpose of fingernails?
9. Describe what your skin would feel like if you had no oil glands.
10. Explain how sweat glands would help regulate your temperature.
11. What are the 3 layers of skin:

**Epidermal Layer**

1. Describe the basal layer of the epidermis.
2. What are Langerhans cells?
3. What do melanocytes produce? What do they determine?
4. Why is skin color a “delicate balance”?
5. The darkest skinned people are those whose culture originates at the \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Describe Albinism.
7. Which layers of the skin are tattoos given in?

**Dermal Layer**

1. Describe how blood vessels can help control heat loss (temperature).
2. List the purpose of each type of protein found in the dermis.

 Keratin:

 Collagen:

 Elastin:

1. The dermal layer contains 2 types of sweat glands: \_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_
2. These sweat glands are found in the armpits and groin and produce sweat that is stinky:
3. These sweat glands are associated with cooling the body by releasing water & salts that will evaporate off the skin:
4. What is acne?
5. What is another name for the Subcutaneous fat layer of the skin?
6. What is stored in the subcutaneous layer?
7. What is the difference between a blackhead and a whitehead?
8. It is recommended that EVERYONE wear sunscreen EVERYDAY of SPF \_\_\_ OR GREATER!!!!!
9. When should you be concerned about a mole on your body?
10. What layer/s of skin are burned in a 1st degree burn? 2nd degree burn? 3rd degree burn?