

SUBJECT: SKIN DISEASES & DISORDERS

LESSON OBJECTIVES:

- Describe the aging process and the factors that influence the aging of the skin
- Define important terms relating to skin disorders
- Discuss which skin disorders may be handled in the salon and which should be referred to a physician

Inspirational thought for the day: “Attitude is more important than the past, than education, than money, than circumstances, than what people do or say. It is more important than appearance, giftedness, or skill.” – Charles Swindoll

I) AGING OF SKIN

A) The sun and its effects

- 1) 80% to 85% of aging caused by sun’s rays
- 2) UVA rays
- 3) UVB rays

B) Sun exposure precautions

- 1) Wear protective lotion
- 2) Avoid prolonged exposure
- 3) Apply sunscreen liberally after swimming
- 4) Use full or broad spectrum sunscreen
- 5) Avoid exposing children under 6 months
- 6) Wear hat and protective clothing outdoors

C) The ABCD cancer checklist

- 1) A-Asymmetry
- 2) B-Border
- 3) C-Color
- 4) D-Diameter
- 5) E-Evolving

D) Skin aging and the environment

- 1) Pollutants

E) Defense against environment

- 1) Good daily skin care routine
- 2) Washing and exfoliating
- 3) Use of moisturizers, protective lotions, foundation

F) Aging and lifestyle

- 1) Smoking
- 2) Illegal drugs
- 3) Drinking alcohol

II) SKIN DISORDERS

A) Lesions of the skin

- 1) Types
 - (a) Primary
 - (b) Secondary
 - (c) Tertiary

B) Primary lesions

- 1) Bulla
- 2) Cyst
- 3) Macule
- 4) Papule
- 5) Pustule

- 6) Tubercle
 - 7) Tumor
 - 8) Vesicle
 - 9) Wheal
- C) Secondary lesions
- 1) Crust
 - 2) Excoriation
 - 3) Fissure
 - 4) Keloid
 - 5) Scale
 - 6) Scar or cicatrix
 - 7) Ulcer
- D) Disorders of sebaceous glands
- 1) Comedones
 - 2) Milia
 - 3) Acne
 - 4) Seborrheic dermatitis
 - 5) Asteatosis
 - 6) Rosacea
 - 7) Steatoma
- E) Disorders of sudoriferous glands
- 1) Anhidrosis
 - 2) Bromidrosis or osmidrosis
 - 3) Hyperhidrosis
 - 4) Miliaria rubra or prickly heat
- F) Skin inflammations
- 1) Dermatitis
 - 2) Eczema
 - 3) Herpes simplex
 - 4) Psoriasis
- G) Pigmentations of the skin
- 1) Albinism
 - 2) Chloasma
 - 3) Lentigines
 - 4) Leukoderma
 - 5) Nevus
 - 6) Stains
 - 7) Tan
 - 8) Vitiligo
- H) Hypertrophies of the skin
- 1) Keratoma
 - 2) Mole
 - 3) Skin tag
 - 4) Verruca
- I) Skin cancer
- 1) Basal cell carcinoma
 - 2) Squamous cell carcinoma
 - 3) Malignant melanoma
- J) Avoiding skin problems
- 1) Dermatitis
 - (a) Dermatitis venenata
 - (b) Irritant contact dermatitis

(c) Allergic contact dermatitis

K) Prolonged contact

1) Takes from 4 to 6 months

(a) Overexposure causes sensitivity

(b) Sensitization

L) Irritant contact dermatitis

1) Causes release of histamines

2) Area becomes red and warm

3) Skin may be damaged

M) Self-protection

1) Sanitation