

## SKINCARE

*Information adapted from Noxema complimentary School Packets.*

Your skin is one of the body's most vital organs. Surprised? It's the body's largest- made up of 26 billion cells. That's a lot of skin you're in, so let's get to know it better.

### WHAT IS THE PURPOSE OF THE SKIN?

1. The skin protects the "inner" you. It encases your internal organs and shields them from injury due to the bumps and jiggles you give them all day long when you walk, run or jump. Your skin also keeps out most harmful bacteria.
2. The skin regulates your temperature. When it's cold outside, the skin's blood vessels contract or shrink to hold heat within the body. When it's hot outside, the skin's blood vessels expand to release heat, and the sweat glands excrete salty water or sweat, which helps cool you down as it evaporates.
3. The skin keeps you aware. It's full of tiny nerves that alert you to dangers- like fire that can burn, and sharp objects that can cut. These same nerves tell you when something feels good - like a warm bath or a gentle touch.

### WHAT REALLY CAUSES BLEMISHES????

Pimples are a result of a "disorder" of the oil glands in the skin. It begins when you hit your teen years. That's when the body starts producing the hormone androgen and when 85% of teenagers have problems with acne.

ANDROGEN is a hormone that tells your sebaceous glands in increase oil production. How much oil is produced is determined by your genes. If your parents had oily or blemished skin, chances are you will have that tendency too.

The skin's oil (called sebum) mixes with dead skin cells to clog the pores and form a comedo. When the comedo stays beneath the skin's top layer it is called a whitehead. When it breaks through the skin, exposure to the air turns it into a blackhead. If bacteria get into the act, the clogged pore can become inflamed causing a blemish.

### WHAT CAN YOU DO??????

For starters, keep your skin **CLEAN**. It's basic to a clear healthy complexion. Daily cleansing with preparations that are effective and thorough helps remove excess oil, used up skin cells and bacteria. For special problems, seek the advice of a dermatologist.