

# INTEGUMENTARY SYSTEM

The integumentary system is the largest of the body's organ systems. In humans, this system accounts for about 12 to 15 percent of total body weight and covers 1.5-2m<sup>2</sup> of surface area.

Rash  
Blister  
Athlete's foot  
Sunburn  
Skin cancer

Albinism  
Acne  
Cold Sores  
Impetigo  
Rubella

## Structures:

- Skin, hair, sweat and oil glands

## Functions:

- Forms the external body covering
- Protects deeper tissues from injury
- Involved in vitamin D synthesis
- Prevents desiccation, heat loss, and pathogen entry
- Site of pain and pressure receptors

## Layers of the skin:

- Epidermis
- Dermis
- Hypodermis

## QUESTIONS:

1. Name the structures of integumentary system and their function.
2. Give the functions of each layer of the skin.
3. Name some common skin disorders and give their description.
4. How can we keep our skin healthy?
5. What are the foods that can give nourishment to the skin?