

Dermatology (Facts) (Speedy Study Guide)

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DERMATOLOGY (FACTS)

SKIN FACTS

- 1 in 5 Americans will develop a type of skin cancer during their lifetime.
- Basal cell and squamous cell carcinomas are the most common forms of skin cancer and if detected early are easily treated and the cure rates are almost 95%.
- Melanoma is the most deadly type of skin cancer and can occur anywhere on the body.
- A broad spectrum sunscreen with a SPF of 30 or higher protects the skin from both UVA & UVB rays and is one of the most effective ways to prevent untold skin damage.
- Melanoma is the most common form of cancer for young adults age 25-29 years of age, and the 2nd most common cause in the ages of 15-24.
- People with more than 50 moles, light-colored skin, freckles, atypical moles, history of sunburns as child or a family history of melanoma are at an increased risk of melanoma.
- One person dies from melanoma almost every hour in the US.
- A person has a 1 in 10 chance of developing melanoma in their lifetime.
- The sun's rays are the strongest from 10am to 2pm. If you shadow is shorter than you are, seek shade.
- Hereditary thinning or baldness is the most common cause of alopecia but has in both men and women.
- A review of seven studies found a 73% increase in the risk of melanoma in those who had been exposed to indoor tanning.
- Nearly 70% of tanning salon patrons are Caucasian girls and women, age 18 to 29 years of age.
- After the age of 6 months, children should have a broad-spectrum sunscreen applied regularly. Sunscreen should be applied 15 to 30 minutes before going outside, and reapplied at least every 2 hours (more often, if swimming).
- Nails often reflect the general state of health. Changes in nails such as discoloration or thickening may signal health problems including the kidneys, liver, heart and lung, and possibly anemia or diabetes.
- Alopecia areata, the most common form of alopecia, is often described as the "itch that rashes" and approximately 10-20% of children age 10 and older in the US have developed the condition.
- Acne is the most common skin condition in the US, and approximately 80% of people age 11 to 39 experience at least minor acne.
- Acne is caused by a number of factors. Foods, such as chocolate and greasy foods, do not cause acne but certain foods may make acne worse.
- Acne is caused by several main factors including: blockage of the hair follicles, production of oil by the skin, the bacteria within the hair follicles, and an inflammatory response to the skin.
- Exposure to ultraviolet (UV) radiation is the main cause of premature aging.
- Sunscreen is important to protect the skin and avoid premature aging. Use an SPF of 15 or higher for daily protection and an SPF of 30 or higher when going outside for any extended period of time.

HAIR FACTS

- Acne is a skin condition that consists of pimples, deeper lumps (cysts or nodules), and plugged pores (blackheads and whiteheads), that occur on the face, neck, chest, back, shoulders, and over the upper arms.
- Acne usually begins in puberty, but the condition is not restricted by any age group. Adults in their 20s, 30s, 40s -- even into their 50s -- can develop acne.
- Acne is caused by three major factors:
 1. Overproduction of oil by enlarged oil glands in the skin.
 2. Blockage of the hair follicles that release oil.
 3. Growth of bacteria, called P. acnes, within the hair follicles.
- Scientific research has led to many new acne therapies and changes in existing treatment options.



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Reviews

*This pdf is really gripping and interesting. We have go through and that i am confident that i will planning to read yet again once again later on. You wont feel monotony at at any time of your time (that's what catalogs are for relating to in the event you question me).
(Miss Madisyn Gulgowski)*

DERMATOLOGY (FACTS) (SPEEDY STUDY GUIDE)



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