



Health Virtual Learning

Chapter 8.2 Common Skin Problems

Truman High School

5/11/2020



Lesson: 5/11/2020

Objective/Learning Target:

1. Describe common skin problems.
2. Discuss ways to prevent and treat acne.
3. Discuss ways to protect skin from ultraviolet light damage.
4. Evaluate the effect of body art on health.

Acne

- Acne is a skin disease that causes pimples
- Pimples are created when pores in the skin become clogged with oil
- Oil and bacteria can leak into the skin, which causes infection and inflammation
- Most teenagers suffer from acne at some point



Critical Thinking...

At some point, most teenagers get acne.

Is there anything you can do to prevent acne breakouts and help them clear up quickly when they do occur? Give some examples.



Eczema

- A skin condition characterized by patches of red, itchy, dry, or swollen skin
- Flare-ups can be triggered by colds or other minor illnesses, as well as irritating substances



Skin Cancer

- Most cases of skin cancer are caused by exposure to ultraviolet (UV) light
- This invisible radiation comes from the sun, tanning beds, and sunlamps



Myth or Fact?

Nothing can be done to prevent sunburns.

MYTH

- Fact:** The simplest way to protect yourself is to stay out of the sun whenever possible.
- Fact:** You can wear clothing that protects any exposed skin.
- Fact:** You can wear sunscreen, which protects the skin by absorbing, reflecting, or scattering UV light.