

# Being Well-Groomed

**HEALTH GOAL**

- I will be well-groomed.

Keeping the body clean and having a neat appearance is ***grooming***. Good grooming practices protect your health. When you keep your skin, hair, and nails clean, you help reduce the risk of infection from pathogens. Good grooming practices also improve the state of your social health. When you keep your body clean and have a neat appearance, other people find you more attractive.



# 31

## What You'll Learn

1. Explain how you can prevent body odor and treat acne. (p. 353)
2. Discuss common foot problems, including athlete's foot, ingrown toenails, blisters, calluses, corns, and bunions. (p. 354)
3. Discuss the causes and treatments of warts, moles, and psoriasis. (p. 354)
4. Discuss the possible risks of tattoos, body piercings, artificial fingernails, and tanning beds. (p. 355)
5. Discuss how to keep hair clean, what to do about dandruff, products for hair care, and hair removal. (p. 357)

## Why It's Important

Good grooming improves your physical and social health. How you present yourself demonstrates how you feel about yourself.

## Key Terms

- dermatologist
- acne
- antiperspirant
- deodorant
- moles
- psoriasis
- athlete's foot
- warts
- dandruff
- lice

## What Would You Do?

**Writing About Skin Care** Suppose that like many of your friends, you have pimples, but yours seem to be worse. You have been diligent in keeping your face clean and have used over-the-counter acne products, but the acne does not seem to be clearing up. After you read the information about skin care on page 353, write your course of action in your health journal.



Health TEKS covered by Lesson 31: 11, 2A, 4A, 5A, 5D, 6A, 6B, 12A, 16A

# Caring for Skin and Nails



Clean your skin thoroughly before going to bed, so that your skin can breathe freely at night. Eat a well-balanced diet, with all food groups represented. Drink plenty of water to help flush toxins out of your body.

## How to Care for Skin and Nails

**What to do if you have smelly feet** Foot odor is caused by bacteria. To prevent foot odor, wash your feet regularly with soap and scrub your toenails with a nail brush. Dry your feet well. Wear clean socks every day. Let your shoes air out after you wear them.

**Why some grooming products make your skin red and itchy** Some people have sensitive skin. If you have a reaction to a grooming product, such as a rash, stop using the product. If the rash does not clear up, contact a dermatologist or other physician. A **dermatologist** is a physician who specializes in skin care.

**What is acne?** A skin disorder in which pores are plugged with sebum, or oil, dead skin cells, and bacteria is called **acne**. One type of acne lesion is a **comedone**. When comedones are open, they commonly are called blackheads because the surfaces of the plugs have a blackish appearance. When comedones are closed, they commonly are called whiteheads—skin-colored or slightly inflamed bumps in the skin.

Acne usually appears first during puberty when oil glands produce and

secrete more oil. Factors that cause acne include hormones, excess sebum, bacteria, and inflammation. Acne is not caused by foods, beverages, or by dirt. Acne is not contagious.

**How to treat acne** Wash your skin gently with a clean washcloth and rinse well. Ask a physician to recommend a cleanser or over-the-counter topical medication. Keep hair away from your face. Select water-based cosmetics. Limit time in the sunlight to reduce perspiration. Do not squeeze, pick, scrub, or pop acne which can cause infection and scars. Contact a dermatologist if you have severe acne, acne that does not clear up, or acne accompanied by signs of infection. Severe, untreated acne may result in permanent scarring.

**How to prevent body odor** Body odor occurs when perspiration combines with bacteria. Regular bathing and use of an antiperspirant or deodorant help prevent body odor. An **antiperspirant** reduces the amount of perspiration. A **deodorant** reduces the amount of bacteria, may reduce the amount of perspiration, and contains fragrance to cover up odor.

### Make the Connection

**Integumentary System** For more information on the integumentary system, see page 222 in Lesson 19.





▲ If a mole changes color, size, or shape, have it checked by a dermatologist.

## Did You Know?

**HPV** There are more than 60 types of human papillomavirus (HPV).

▼ Psoriasis is not contagious.



**What are moles?** Smooth, raised areas on skin that can be lighter or darker than surrounding skin are called **moles**. Sun exposure increases the number of moles and may cause some moles to darken.

Some moles can develop into malignant melanoma, a serious form of cancer. Sunburns increase the risk of this type of cancer. Look for changes in color, size, or shape of your moles. If any moles look suspicious, see your physician, particularly if they become painful or bleed.

Most moles are not a threat to your health. There are other reasons, however, that moles may need to be removed. Some moles become irritated. Some moles are unattractive. Sometimes a mole that has been removed reappears. In this case, you should return to your dermatologist. You should never attempt to remove a mole by yourself.

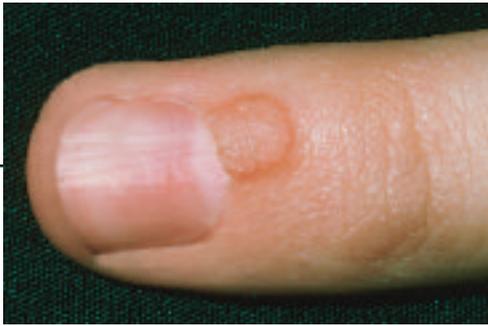
**What is psoriasis?** An immune system disease that often produces inflamed skin covered with thick, white scales is called **psoriasis**. Psoriasis can be so mild that a person does not notice he or she has it. It also can be so severe that it covers large areas of skin. Psoriasis appears most often on the scalp, knees, elbows, and torso. It also can occur in the fingernails, toenails, and joints. It is not contagious. Treatments include sunlight, ultraviolet B light (UVB), lasers, and topical and oral medications.

**Problems that can affect your feet** A fungus that grows on feet is called **athlete's foot** and is treated by

using foot powders or creams. An **ingrown toenail** grows into the skin causing swelling and infection. Clip toenails straight across to reduce the risk of ingrown toenails. A **blister** is a raised fluid-filled area that is caused by a burn or by an object rubbing against the skin. If a blister breaks, clean the area, treat it with an antiseptic, and cover it with a sterile bandage. A **callus** is a thick layer of skin caused by excess rubbing. Determine what causes the rubbing and make changes to stop it. A **corn** is a thick layer of skin, usually on or between toes, that results from excess rubbing of an ill-fitting shoe. Special pads can reduce pain caused by corns. A **bunion** is a deformity in the joint of the big toe that causes swelling and pain. Wearing low-heeled shoes with square or open toes helps prevent bunions. See a physician if a foot problem interferes with walking or lasts for a long period of time.

**What are warts?** Noncancerous growths on the skin that are caused by human papillomavirus (HPV) are called **warts**. Warts usually are the color of skin and rough to the touch, but they can be white, pink, or dark-colored and flat or smooth. Warts can occur wherever there is skin or mucous membranes.

Sometimes warts go away on their own, but warts that are painful, bothersome, or multiply should be removed. You should never attempt to remove warts on the face or genitals by using over-the-counter drugs or home remedies.



◀ Warts can occur on skin and mucous membranes.

One method of removing warts is by applying over-the-counter salicylic acid. Your doctor may apply cantharidin to kill the wart, and the dead wart will later be removed. Another method is cryotherapy, which involves applying liquid nitrogen to freeze the wart. Other methods include burning warts and removing warts with a laser. Talk to your doctor about the risks and benefits of each method.

**Risks involved with tattoos** A permanent design made by inserting pigment into the dermal layer of skin is called a *tattoo*. Skill levels of tattoo artists vary, therefore, pigment can be inserted improperly. Tattoos may fade or blur. Unsterile tattoo equipment can transmit diseases, such as hepatitis C.

Tattoo and permanent makeup removal can be painful, expensive, and require several treatments. In some cases, complete removal without scarring is not possible. Allergic reactions to tattoo pigments are rare, but when they occur, they can be very troublesome.

### **Risks associated with body piercings**

There is a risk of infection any time the skin is pierced. For this reason, the equipment used to perform a body piercing must be sterile. The site of a body piercing needs to be kept clean. Any redness, swelling, or pus that appears at the piercing site should be reported to your doctor. Sometimes, allergic reactions to jewelry or over-the-counter antibiotic ointments develop. Other risks

include bleeding, scarring, and permanent holes in the body. Oral piercings can lead to chipped or broken teeth, choking, difficulty speaking, and a high risk of infection.

**Risks of nail products** Nail products need to be kept away from children because they could put these products in their mouths or eyes. Some products are flammable.

Bacterial and fungal infections frequently occur with artificial nails. Nail discoloration, pain, redness, itching, or pus in or around a nail area may indicate infection. If infection is present, artificial nails should be removed and hands should be cleaned thoroughly. The infection may need to be treated by a doctor. Allergic reactions to nail products sometimes occur.

The Centers for Disease Control and Prevention (CDC) recommends that salons follow practices to prevent diseases, such as HIV and hepatitis. These practices include properly sterilizing manicure implements, state inspections, and proper hand washing by employees.

**Risks of tanning beds** Light that is emitted by a tanning bed is mostly ultraviolet A (UVA) rays. While UVA rays are less likely to cause burning than UVB rays, they can still damage the skin and increase the risk of skin cancer and immune system damage. Tanning causes the skin to age faster.

Lotions and sprays that contain dihydroxyacetone (DHA) are effective in making the skin appear tanned without the risks of Sun or tanning bed exposure. The tanned color usually lasts about five to seven days after the application.



▲ Infections can occur with artificial nails, so make sure that you choose a nail salon that has undergone a state inspection.

## Did You Know?

**Blood Donors** The American Red Cross prohibits people from donating blood for one year after getting tattooed. Tattooing exposes a person to diseases and infections, such as hepatitis B and C, tetanus, and HIV.

### Mini-Review

1. How can tattooing transmit hepatitis C?
2. What symptoms indicate an infection of the nails?

# FACTS ABOUT VISITING A DERMATOLOGIST

**Acne** A dermatologist is a doctor that specializes in the treatment of skin disorders and diseases. Many people visit a dermatologist to seek treatment for acne. Acne occurs when pores in the skin become blocked with oil and dead cells. Bacteria that thrive in an environment without oxygen cause the skin tissues to become inflamed and a pimple is formed.

Treatments for acne include over-the-counter creams, soaps, or pads that contain small amounts of benzoyl peroxide or salicylic acid. A dermatologist may prescribe a stronger medication such as a topical or oral antibiotic or a topical medicine that contains higher amounts of benzoyl peroxide than over-the-counter products.

**Skin cancer** In recent years there has been increased awareness and concern about skin cancer. Skin cancer results from the DNA in skin cells being damaged by ultraviolet B (UVB) rays from the sun. There are three types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and malignant melanoma.

If a dermatologist suspects that a person has a cancerous skin lesion, he or she will perform a biopsy. During a biopsy, part of the suspected tissue is removed. The tissue is later examined under a microscope in a laboratory. If the lesion is cancerous, the patient and doctor will discuss treatment options.

Early detection is an important part of treating skin cancer. Dermatologists recommend that people give themselves regular self-examinations. Being familiar with and monitoring the pattern of moles, freckles, and other pigmented areas on your skin for change is one of the most important things you can do to detect the early development of cancerous lesions.

**Mole mapping** For people who are at a high risk for developing skin cancer, such as those who have previously had a cancerous lesion, dermatologists recommend that these patients undergo a procedure called mole mapping.

Dermatologists can determine whether a mole is benign or cancerous.



During mole mapping, the entire surface of the patient's skin is digitally photographed. The photos of the moles are then magnified and used to monitor changes and irregularities in moles, such as changes in size, shape, or color. The photos are stored and used as a baseline to compare the appearance over time of moles during self-examination, as well as against future mole mapping sessions.

Mole mapping can be an important tool in the early detection of the most serious form of skin cancer, malignant melanoma. It also can help prevent unnecessary biopsies of benign moles.

## Investigating the Issue

Visit [tx.healthmh.com/skin\\_and\\_nails](https://tx.healthmh.com/skin_and_nails) to learn more information about the field of dermatology and skin disorders.

- Dermatologists treat disorders of the nails as well as skin. Research some common nail disorders and the treatments available.
- What other effects does exposure to ultraviolet rays have on the skin?
- What are the treatment options for the different types of skin cancer?

Use a software program to design a pamphlet that gives tips on how to reduce exposure to ultraviolet rays and protect your skin.

# Caring for Hair

Your hair makes a statement about your personal style. Caring for your hair is an important part of grooming. Healthy hair is shiny and flexible. Unhealthy hair is dull, limp, or oily.

## What to Know About Caring for Hair

**Wash** Wet hair with warm water and work shampoo into a lather. **Shampoo** is a mild detergent for the hair. If you have oily hair, do not rub your scalp vigorously which can stimulate the oil glands. Rinse well. If you use a conditioner after the shampoo, rinse well to remove it. **Conditioner** is a product that coats hair, helps detangle hair, and gives hair a smooth and shiny appearance. Squeeze extra water from hair and pat dry with a towel.

Choose a shampoo that meets the needs of your hair. Acidic shampoo smoothes hair. Shampoos for oily hair have more detergent than shampoos for dry or normal hair. Some people use a shampoo to control dandruff. **Dandruff** is a condition in which dead skin is shed from the scalp, producing white flakes.

**Style** Comb wet hair gently. Brushing wet hair may cause it to break. Let hair dry naturally or use a hair dryer set on warm or cool. Hair dryers set on hot, curling irons, and hot rollers can cause hair to become dry and brittle and have split ends. There are hair products to help hair keep its style. **Styling gel** is a jellylike substance that gives hair body and keeps it in place. **Hairspray** is a spray that stiffens hair to keep it in place. **Mousse** is a foam that keeps hair in place.

**Relaxer** is a product that takes curl out of hair. Curl activator puts curl into hair. Hair products may cause skin reactions and harm eyes. Incorrect use of hair products can damage hair.

**Head lice** Insects that live and lay eggs in human hair are called **lice**. You can avoid infection with head lice by not sharing brushes, combs, or hats with other people.

**Hair removal** There are products available to remove hair. A **razor** is a device with sharp blades used to shave hair off at the skin's surface. **Shaving cream** is a foam placed on hair to make shaving easier. **Shaving gel** is a jellylike substance placed on hair to make shaving easier. **Depilatories** are chemicals that dissolve hair at the skin's surface. **Waxing** is the use of hot wax to pull hairs out. **Laser hair removal** is the use of a laser to damage hair follicles. **Tweezing**, or plucking, is the use of metal forceps to manually pull hairs out. **Electrolysis** is the use of electricity to damage hair follicles. Hair removal products can cause reactions. If they are not used correctly, skin or hair follicles may be damaged.



### Mini-Review

1. Describe how to wash your hair.
2. List the methods of hair removal.

Caucasian hair ►  
varies in color  
and texture.



## Caring for Different Types of Hair

You inherit your hair type from your parents, and therefore, the race, or mixture of races, from which you have descended. Scientists have identified three basic types of hair—Asian, African, and Caucasian. These three types of hair look different. Each type also responds differently to hair treatments and to elements such as heat and humidity.

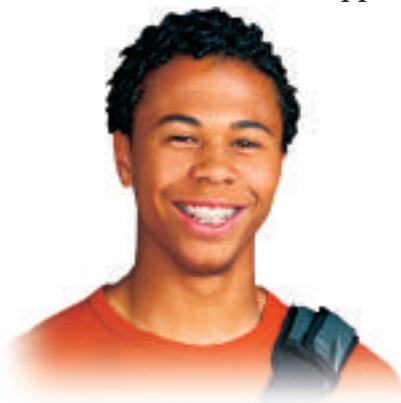
Asian hair is usually black and very straight. ▼



**Asian hair** People with Asian ancestry usually have very straight, black hair. The hair shaft is usually thick and round. The angle of the follicles causes hair to grow straight and perpendicular to the scalp. The density of Asian hair on the scalp (follicles per unit area of skin) is less than that of Caucasian hair. Asian hair grows about 1.3 cm a month.

Asian hair is on average the thickest and most coarse hair. Asian hair tends to be highly porous, absorbing, and retains moisture more quickly. Highly porous hair tends to color and perm faster. Use gentler solutions and customize the amount of recommended time for color and perm application.

African hair is usually black and tightly curled. ▼



**African hair** People with African ancestry usually have hair that is black and tightly curled. The hair shafts are oval in shape. African hair grows almost parallel to the scalp, twisting around itself as it grows. The density is about the same as Caucasian hair. African hair grows a little

less than 0.9 cm a month. African hair follicles produce more oils than follicles in other races, but due to the coil in the hair fiber the oils are not evenly distributed. The hair fiber is typically very dry; therefore, African hair needs more oils to supplement its natural oil production and help keep the hair fiber flexible. Also, tightly coiled hair is difficult to comb, so using oils helps reduce friction and static from combing, making hair more manageable. African hair is easily damaged by heat and chemicals. It is vulnerable to the drying effects of products such as relaxers, perms, and hair colorings. African hair requires more intensive conditioning and moisturizing.

**Caucasian hair** The most varied of the three groups is Caucasian hair. Caucasian hair fibers grow at an oblique angle to the scalp, and may be curly, wavy, or straight. The shaft can be circular or oval and is, on average, thinner than Asian hair. The color ranges from pale blond to black and every shade in between. The diameter of the hair also varies widely. Caucasian hair grows about 1.2 cm a month. Hair follicle density varies and can be related to hair color. Red hair is the least dense, blond hair is the most dense, and brown hair is somewhere in the middle. Hair care varies depending on its characteristics.

Over thousands of years, the basic groups have intermingled. Their descendants display every imaginable hair type and color.

acne  
antiperspirant  
athlete's foot  
blister  
callus  
dandruff  
deodorant  
dermatologist  
lice  
moles  
psoriasis  
warts



## 🔑 Key Terms Review

Complete the fill-in-the-blank statements with the lesson Key Terms on the left. Do not write in this book.

- \_\_\_\_\_ is a fungus that grows on feet.
- \_\_\_\_\_ is a condition in which dead skin is shed from the scalp producing white flakes.
- A(n) \_\_\_\_\_ is a product that reduces the amount of body odor, may reduce the amount of perspiration, and contains fragrance to cover up odor.
- \_\_\_\_\_ is a skin disorder in which pores in the skin are clogged with oil.
- \_\_\_\_\_ is an immune system disease that often produces inflamed skin that looks like raised red sores covered with thick, white scales.
- A(n) \_\_\_\_\_ is a product used to reduce the amount of perspiration.
- \_\_\_\_\_ are smooth raised areas on the skin that can be lighter or darker than the surrounding skin.
- \_\_\_\_\_ are insects that live and lay eggs in human hair.
- A(n) \_\_\_\_\_ is a physician who specializes in the care of the skin.
- \_\_\_\_\_ are noncancerous growths on the skin that are caused by a viral infection in the top layer of the skin or tissue.

## Recalling the Facts

- Discuss keeping your hair clean and styled.
- How can you prevent body odor?
- Discuss why it is dangerous to go to tanning beds.
- What can you do about athlete's foot?
- Why do some people have warts, and how are they treated?
- What can you do about ingrown toenails?
- How can acne be treated?
- Describe what you can do about foot odor.

## Critical Thinking

- Discuss the causes and treatments of blisters, calluses, corns, and bunions.
- Describe how good grooming improves your physical and social health.
- Analyze why some teens go tanning even though it damages their skin.
- What should you do if you have a bad reaction to a grooming product?

## Activities

### Responsible Decision Making

- Evaluate** All of your friends have the same tattoo on their lower leg and say that it is really cool. They suggest you have the same kind of tattoo applied by a guy they know, who does them in his basement. Write a response to this situation. Refer to the Responsible Decision-Making Model on page 61 for help.

### Real-Life Applications

- A mole on your neck sometimes becomes irritated by your shirt. What should you do?
- Why should you evaluate your decision to get artificial nails before you get them?
- Describe your hair type. How should you care for your hair?
- Why should you evaluate your decision to get a body piercing before you get one?

### Sharpen Your Life Skills

- Access Health Products** Find an advertisement for a skin, nail, or hair product that is designed to appeal to teens. What does the advertisement say about the product? How do the advertisers try to convince teens to buy the product? Would you buy the product? Why or why not?