

# Cornell Notes

Name  
Date  
Class  
Period

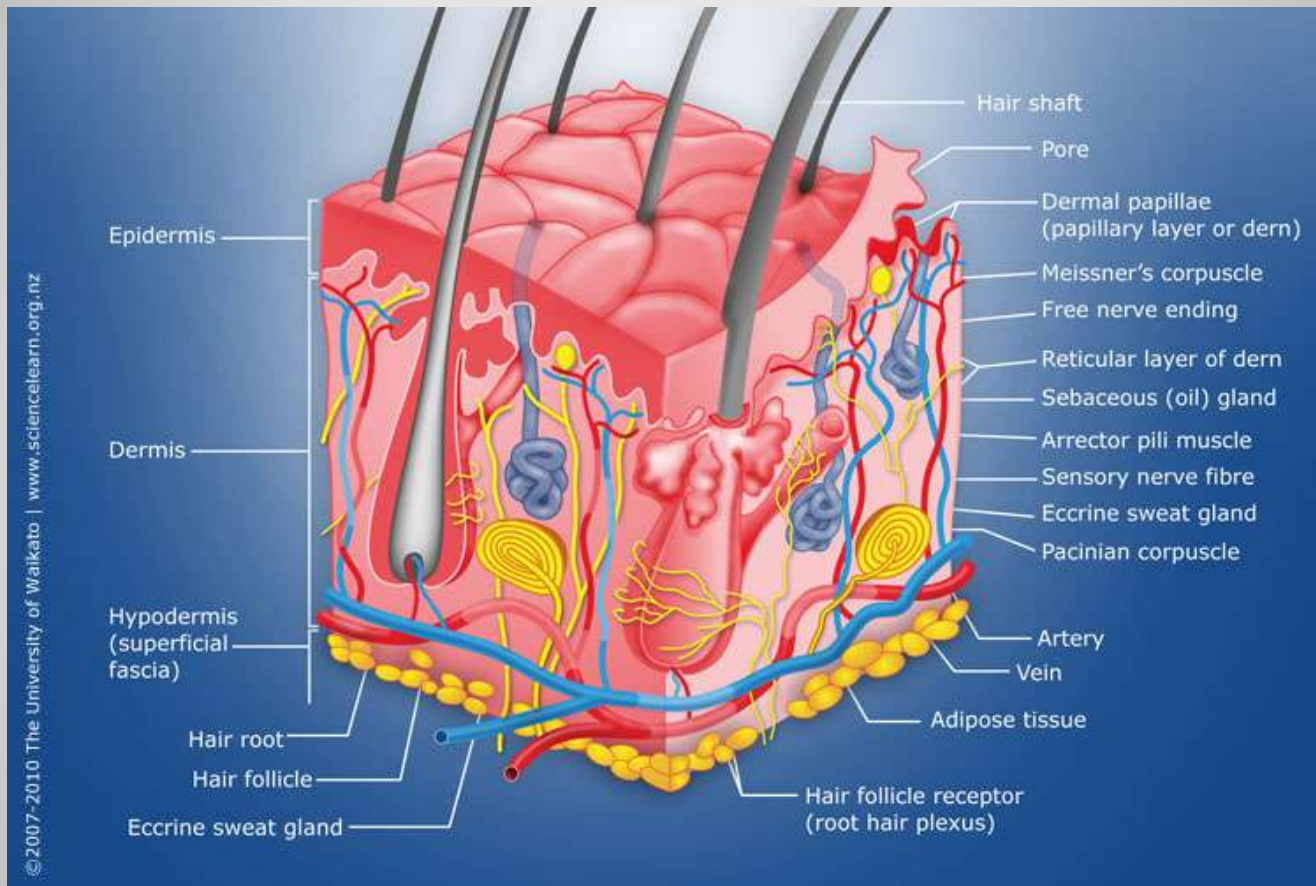
- |   |  |
|---|--|
| • Main Idea                                     | • Key words & ideas  |
| • Key   | • Important dates/people/places                                |
| • Question<br>(after notes<br>are<br>completed) | • Repeated/Stressed Info                                       |
|   | • Ideas/brainstorming written on<br>board / overhead projector |
|   | • Info from textbook/stories                                   |
|   | • Diagrams & Pictures  |
|   | • Formulas   |

Summary of your notes in your own words

## Cornell Notes

# Personal Health Care

Chapter 13



# Your Skin's Structure

- Epidermis: Outer, thinner layer of the skin that is composed of living and dead skin cells.
- Dermis: Is the thicker layer of the skin beneath the epidermis that is made up of connective tissue and contains blood vessels and nerves.
- Melanin: A pigment that gives the skin, hair, and iris of the eyes their color.

## Your Skin

- The three main functions to keep you healthy:
  1. Protection- The skin acts as a barrier
  2. Temperature Control- Sweating cools body glands located in the Dermis)
  3. Sensation- Sense of touch (receptors), allows you to feel pain, heat, pressure, and cold.

**Your Skin**

- Washing with mild soap and water.
- Well balanced diet
- Hydration
- U.V. Protection

**Keeping Your Skin Healthy**

- Acne- clogged pores, bacteria causes inflammation and pus forms
- Warts- caused by a virus... can spread
- Dermatitis (eczema)- when patches of skin become rough and inflamed.
- Fungal Infections- i.e.: ringworm and athlete's foot, spread by contact.
- Moles- Moles are growths on the skin that are usually brown or black. Moles can appear anywhere on the skin, alone or in groups.
  - Melanoma- form of skin cancer

## Some Skin Problems

## THE ABCDEs OF MELANOMA DETECTION

### WHAT TO DO

FAMILIARIZE YOURSELF WITH THIS LIST BEFORE YOUR MOLE CHECK.  
CONSULT YOUR DOCTOR IMMEDIATELY IF ANY MOLES OR PIGMENTED SPOTS EXHIBIT ANY OF THE FOLLOWING.



**A** Asymmetry - one half is unlike the other half



**B** Border - an irregular, scalloped or poorly defined border



**C** Colour - is varied from one area to another; has shades of tan, brown or black; or is sometimes white, red or blue



**D** Diameter - melanomas are usually greater than 6mm when diagnosed, but they can be smaller

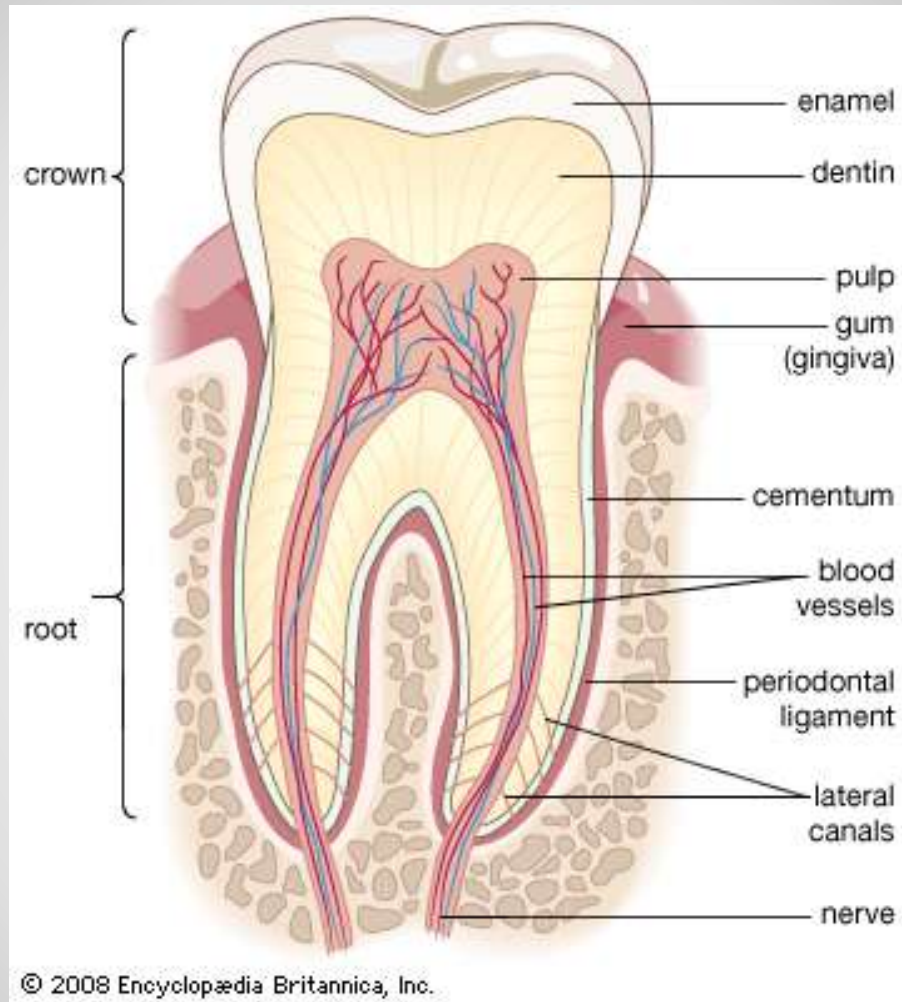


**E** Evolution - a mole or lesion that looks different from the rest or is changing in size, shape or colour



# Healthy Teeth and Mouth

13.2



# Parts of a tooth

- Oral hygiene includes brushing and flossing your teeth.
- Plaque- a combination of bacteria and other particles, which adheres to the outside of a tooth.

**Keeping Your Teeth and Mouth  
Healthy**

- Eat a well balanced diet; limit sugary drinks and snacks
- Brush after every meal, floss daily
- Get regular dental check-ups
- Avoid all tobacco products

**Maintain Your Dental Health**

- Bad breath- caused by foods, smoking, bacteria on tongue, and gum disease.
- Gum disease (periodontal disease)- an inflammation of the periodontal structures caused by bacterial infection
- Malocclusion- a misalignment of the upper and lower teeth.
- Impacted wisdom teeth

## Tooth and Mouth Problems



FIGURE 1 - Class II malocclusion showing as its primary etiological factor a significant skeletal deficiency in the mandible.

## Wisdom Teeth Symptoms

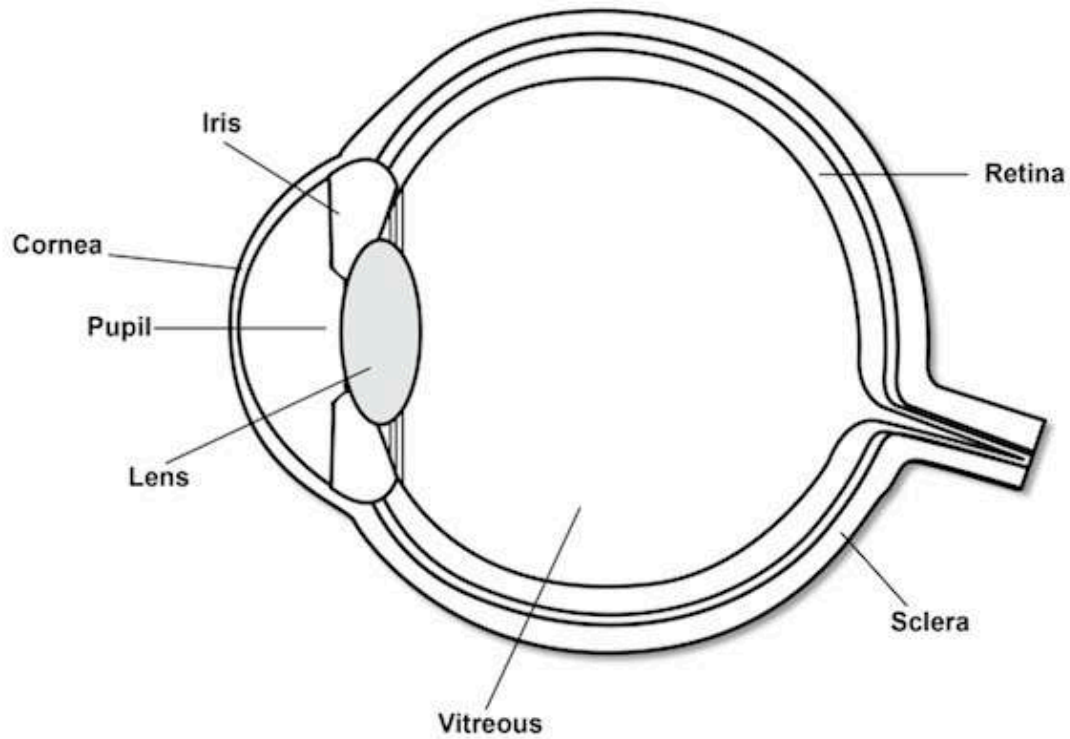
Possible symptoms with impacted/erupting wisdom teeth.



# Healthy Eyes and Ears

13.3

## Eye anatomy



**Parts of Your Eye**



- Sclera- the white part of the eyes, protects the inner layers of the eye
- Cornea- a transparent tissue that bends and focuses light before it enters the lens
- Retina- the inner layer of the eye wall, contains millions of light sensitive cells.

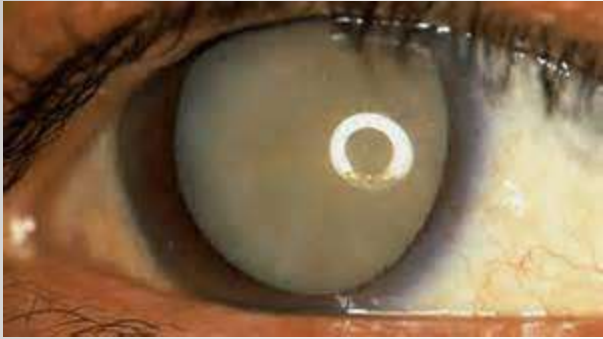
## Parts of Your Eye

- When light passes through the cornea, pupil, and lens to reach the retina, an image forms.

**Vision**

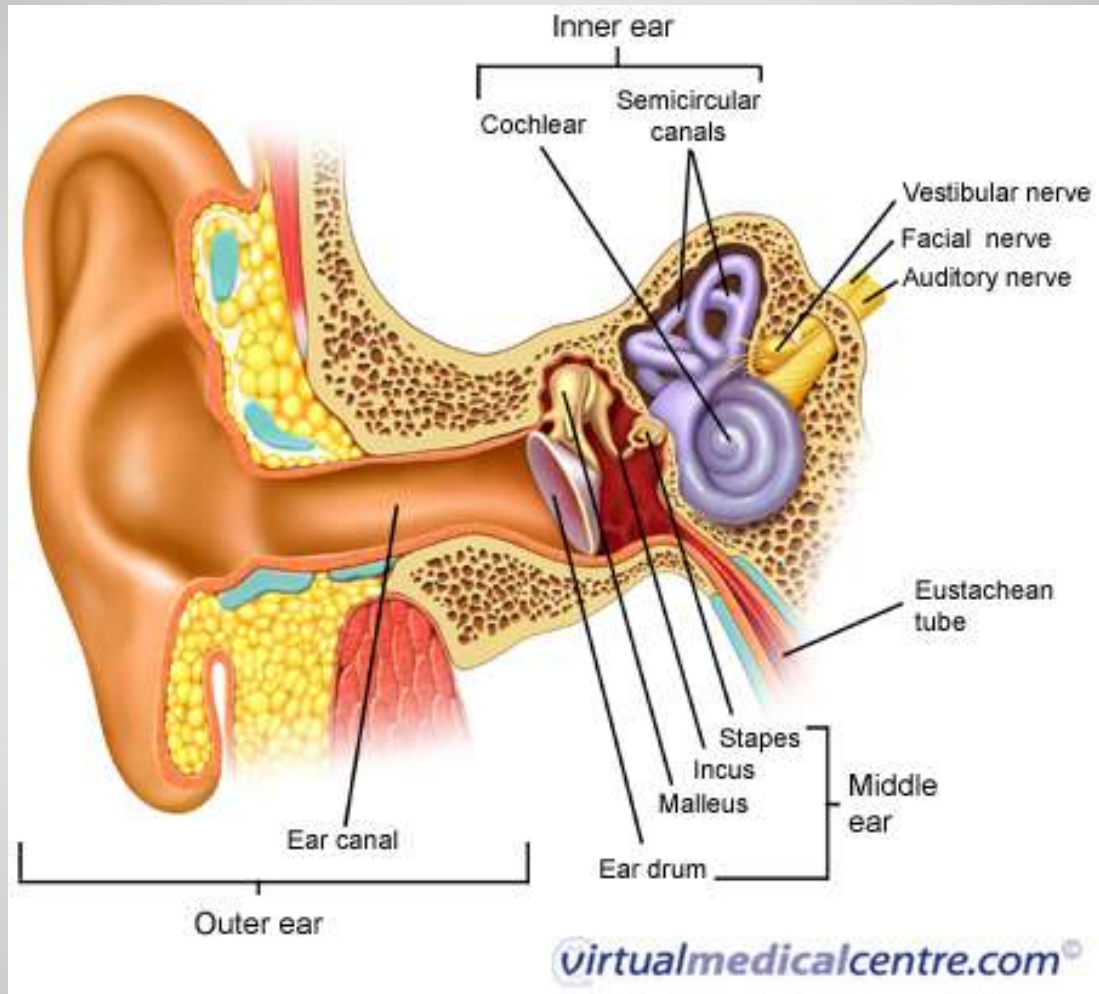
- Cataracts- Cataracts are cloudy areas that develop within the eye lens.
- Glaucoma- a condition that causes damage to your eye's optic nerve and gets worse over time.
- Macular degeneration- vision loss due to aging
- Nearsightedness- the inability to see distant objects clearly
- Farsightedness- the inability to see close objects clearly

## Eye Problems



- Well balanced diet
- Protect your eyes- sunglasses that block UV light
- Rest your eyes
- Get regular eye exams

**Keeping Your Eyes Healthy**



# Your Ear

- Outer ear- the visible part
- Middle ear- behind the eardrum are the auditory ossicles: the three bones linked together.
- Inner ear- consist of a network of curved and spiral passages.

## Parts of Your Ear

- Regular ear exams
- Keep foreign objects out of ear canal
- Reduce exposure to loud noise

**Keeping Your Ears Healthy**



How long can you listen safely with unprotected hearing

Decibel Level

Noise Source

