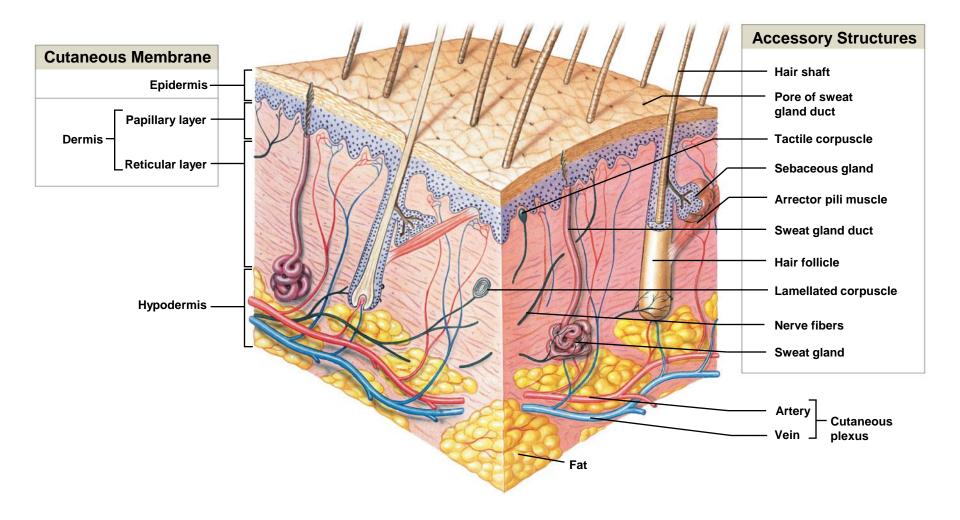


5 The Integumentary System

PowerPoint[®] Lecture Presentations prepared by Jason LaPres Lone Star College—North Harris

- The Integument
 - Is the largest system of the body
 - 16% of body weight
 - 1.5 to 2 m² in area
 - The integument is made up of two parts
 - 1. Cutaneous membrane (skin)
 - 2. Accessory structures (hair/nails)

- Two Components of the Cutaneous Membrane
 - 1. Outer epidermis
 - Superficial epithelium (epithelial tissues)
 - 2. Inner dermis
 - Connective tissues



- Accessory Structures
 - Originate in the dermis
 - Extend through the epidermis to skin surface
 - Hair
 - Nails
 - Multicellular exocrine glands

THINK PAIR SHARE....

- What is gangrene of the skin?
- How do pain relieving creams work?

- Connections
 - Cardiovascular system
 - Blood vessels in the dermis
 - Nervous system
 - Sensory receptors for pain, touch, and temperature
 - Receptors "receive/sense the message" for pain, touch, and temperature and convert that mechanical or chemical message into an electrical signal that is sent to the brain and processed.

Do capsaicin pain relieving creams really work?

The capsaicin in red pepper fools your brain into sensing heat when there is not any.

•Capsaicin acts like a neurotransmitter and binds to a nerve receptor called the TRPV1 channel and temporarily changes the shape of the receptor so the channel gate opens.

•Heat above 42 degrees Celsius/ 108 degrees Fahrenheit also changes its shape and opens the nerve cell's gates to charged particles called ions.

•lons then flood into the nerve cell producing an electrical signal to a second nerve.

•The signal travels from nerve to nerve to reach the brain, and pain, perceived as heat, is felt.

•So when you eat hot chili peppers or put capsaicin creams on your skin, you think you are hot, but you are not.

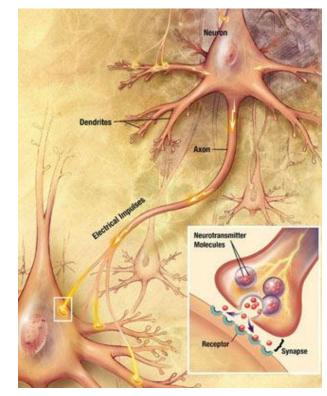
•You even respond as if you are hot, for example, it makes you sweat.

TRP channels are key players in mediating pain signaling

Chemical Signal (capsaicin)

TRP Channel

Electrical Signal



- Hypodermis (Superficial Fascia or Subcutaneous Layer) NOT PART OF THE SKIN! This is below the cutaneous layer.
 - Loose connective tissue
 - Below the dermis

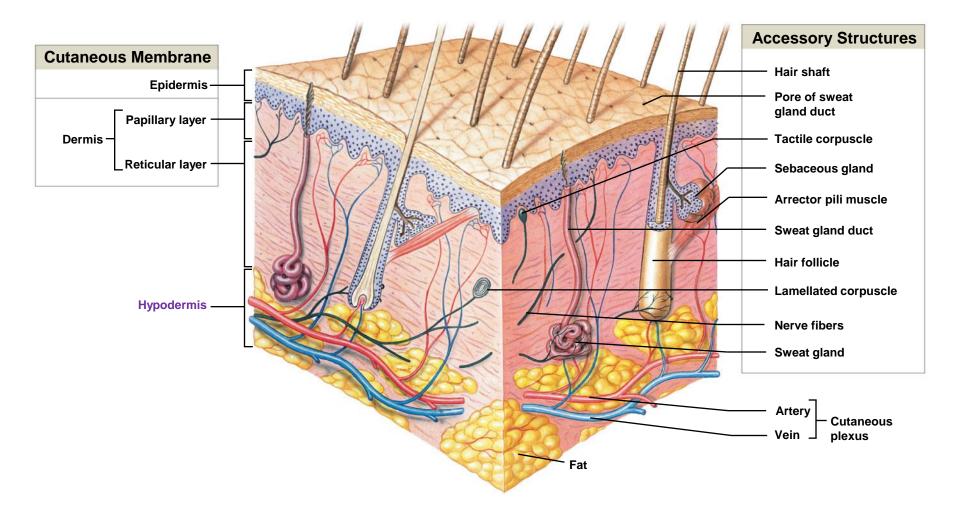
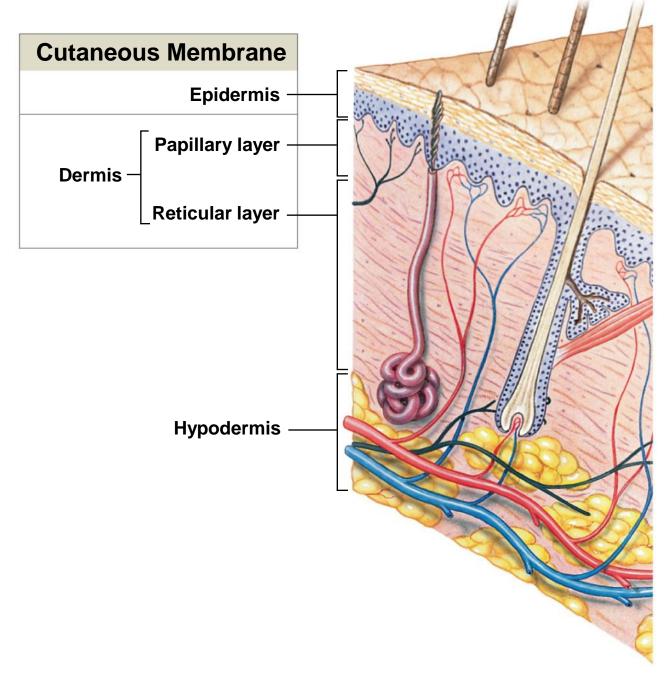


Figure 5-1 The Components of the Integumentary System



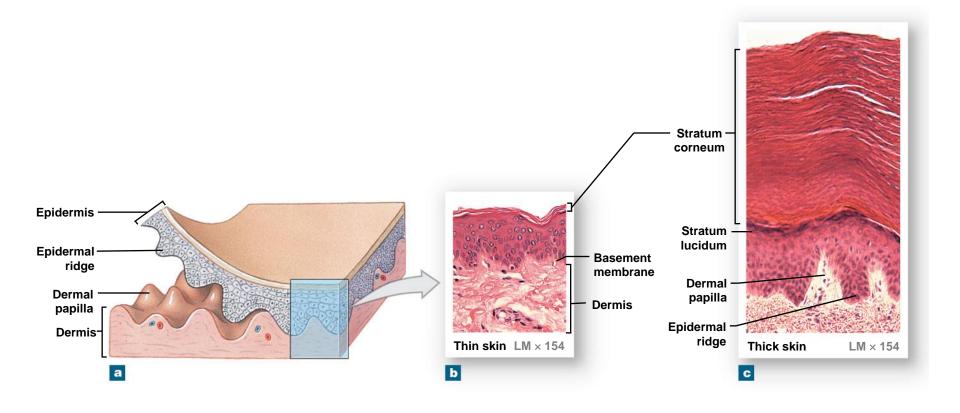
- Functions of Skin
 - *Protection* of underlying tissues and organs
 - *Excretion* of salts, water, and organic wastes (glands)
 - Maintenance of body temperature (insulation and evaporation)
 - *Production* of melanin

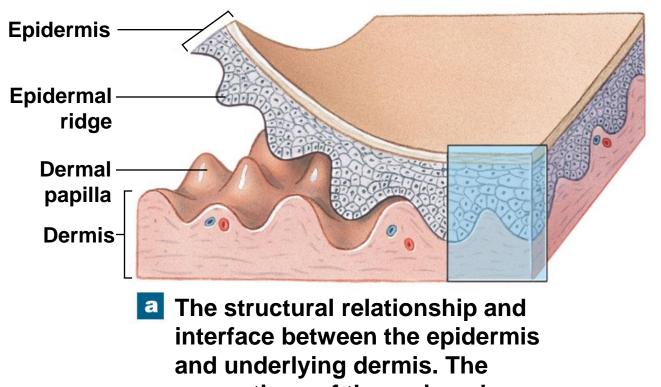
- Functions of Skin
 - Production of keratin
 - Synthesis of vitamin D₃
 - Storage of lipids
 - *Detection* of touch, pressure, pain, and temperature

- The Epidermis (top layer)
 - Is avascular stratified squamous epithelium
 - Nutrients and oxygen diffuse from capillaries in the dermis

What does avascular mean?

What do stratified squamous epithelium cells look like?



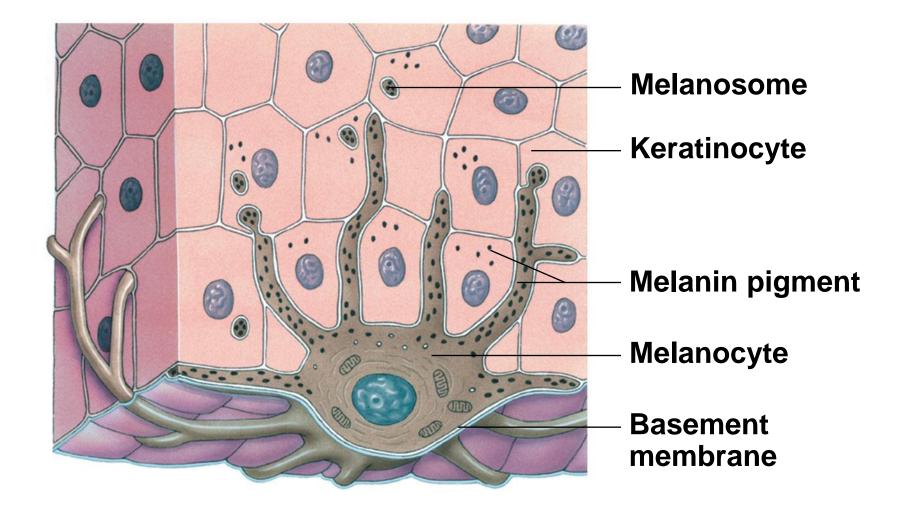


proportions of the various layers differ with the location sampled.

5-1 Cells of the Epidermis

- Keratinocytes-produce keratin, a protein that hardens and waterproofs the skin. Mature keratinocytes at the skin surface are dead and filled almost will all keratin.
- **Melanocytes**-produce melanin, a pigment that protects cells from UV rays. Transferred to keratinocytes.
- Langerhans cells-phagocytic macrophages that interact with white blood cells during an immune response
- Merkel cells-found at the epidermal-dermal boundary.
 Sense touch and pressure
 - Disc shaped

- Cells of the Epidermis
 - Keratinocytes
 - Contain large amounts of keratin
 - Are the most abundant cells in the epidermis



Thin Skin

- Covers most of the body
- Has four layers of keratinocytes

Thick Skin

- Covers the palms of the hands and soles of the feet
- Has five layers of keratinocytes

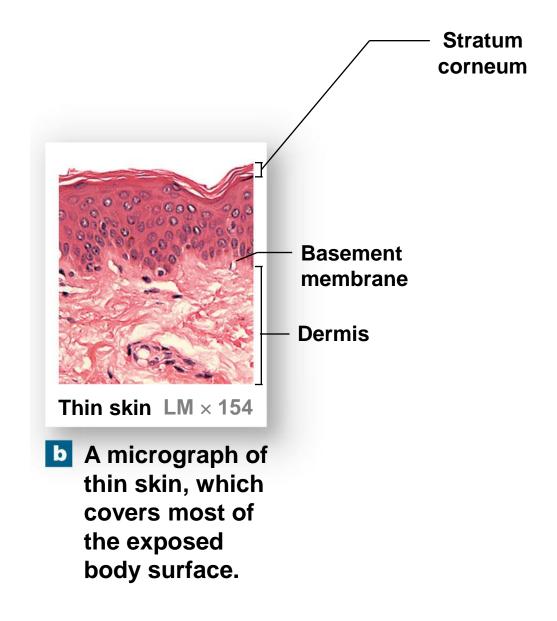
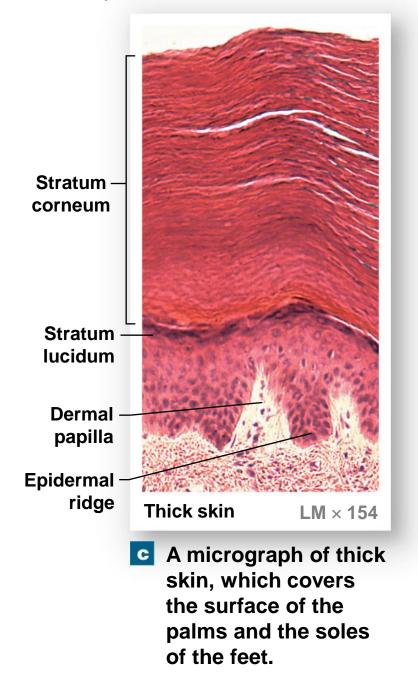
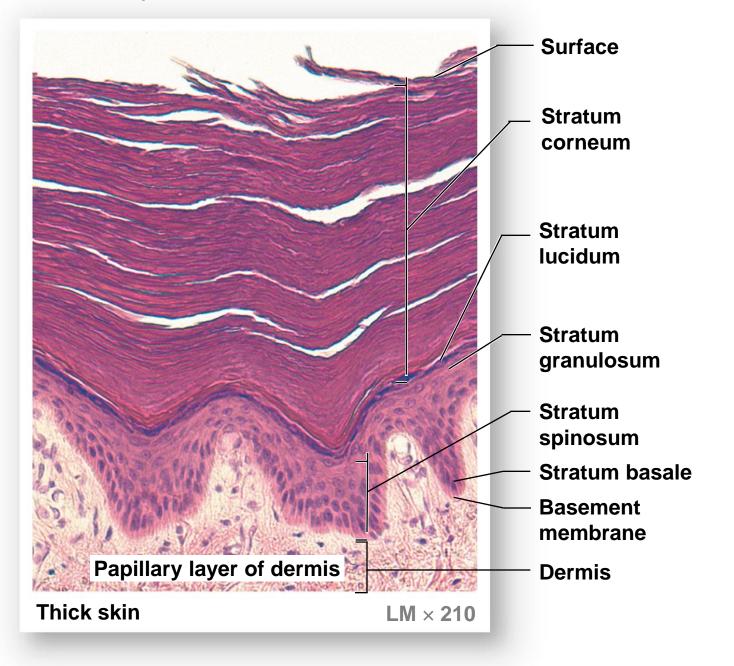


Figure 5-2c The Basic Organization of the Epidermis



- Structures of the Epidermis
 - The five *strata* of keratinocytes in thick skin
 - From basal lamina to free surface
 - 1. Stratum basale (bottom, basal = basement)
 - 2. Stratum spinosum
 - 3. Stratum granulosum
 - 4. Stratum lucidum—found only in thick skin
 - 5. Stratum corneum (Top)

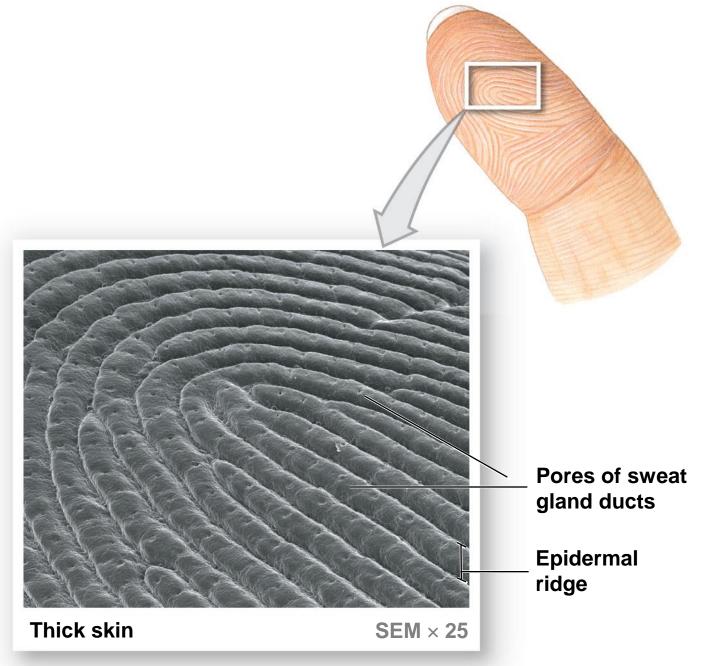
Figure 5-3 The Structure of the Epidermis



Stratum Basale (bottom)

- Is attached to basement membrane
- Forms a strong bond between epidermis and dermis
- Forms epidermal ridges (e.g., fingerprints)
- **Dermal papillae** (tiny mounds)
 - Increase the area of basement membrane
 - Strengthen attachment between epidermis and dermis

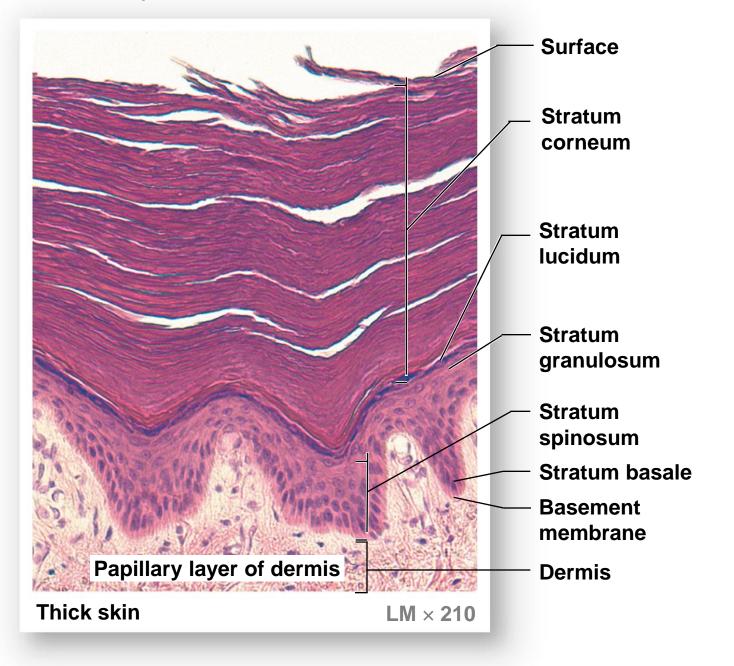
Figure 5-4 The Epidermal Ridges of Thick Skin



- Specialized Cells of Stratum Basale
 - Merkel cells
 - Found in hairless skin
 - Respond to touch (trigger nervous system)
 - Melanocytes
 - Contain the pigment melanin
 - Scattered throughout stratum basale

- **Stratum Spinosum** the "spiny layer"
 - Produced by division of stratum basale
 - Eight to ten layers of keratinocytes
 - Cells shrink until cytoskeletons stick out (spiny)
 - Continue to divide, increasing thickness of epithelium
 - Contain *dendritic (Langerhans) cells*, active in immune response

Figure 5-3 The Structure of the Epidermis



• Stratum Granulosum — the "grainy layer"

Stops dividing, starts producing

Keratin

- A tough, fibrous protein
- Makes up hair and nails
- Keratohyalin
 - Dense granules
 - Cross-link keratin fibers

- Cells of Stratum Granulosum
 - Produce protein fibers
 - Dehydrate and die
 - Create tightly interlocked layer of keratin surrounded by keratohyalin

- **Stratum Lucidum** the "clear layer"
 - Found only in thick skin
 - Covers stratum granulosum

- Stratum Corneum the "horn layer" Top layer
 - Exposed surface of skin
 - 15 to 30 layers of keratinized cells
 - Water resistant
 - Shed and replaced every 2 weeks

Keratinization

- The formation of a layer of dead, protective cells filled with keratin
- Occurs on all exposed skin surfaces except eyes
- Skin life cycle
- It takes 15–30 days for a cell to move from stratum basale to stratum corneum

Perspiration

Insensible perspiration

Interstitial fluid lost by evaporation through the stratum corneum

Sensible perspiration

- Water excreted by sweat glands
- Dehydration results:
 - From damage to stratum corneum (e.g., burns and *blisters* [insensible perspiration])
 - From immersion in hypertonic solution (e.g., seawater [osmosis])

- Hydration
 - Results from immersion in hypotonic solution (e.g., freshwater [osmosis])
 - Causes swelling of epithelial cells, evident on the palms and soles

- Skin Color is Influenced by Two Pigments
 - **1.** Carotene
 - 2. Melanin

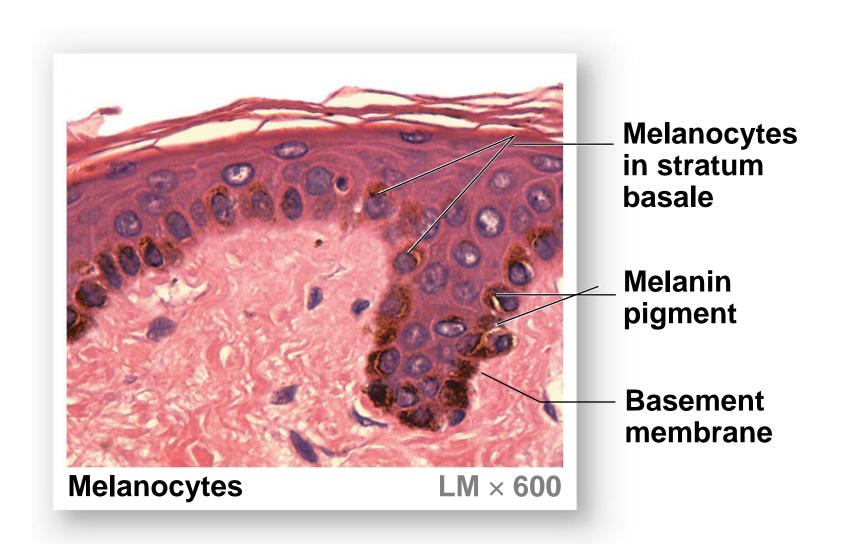
• Blood circulation (red blood cells)

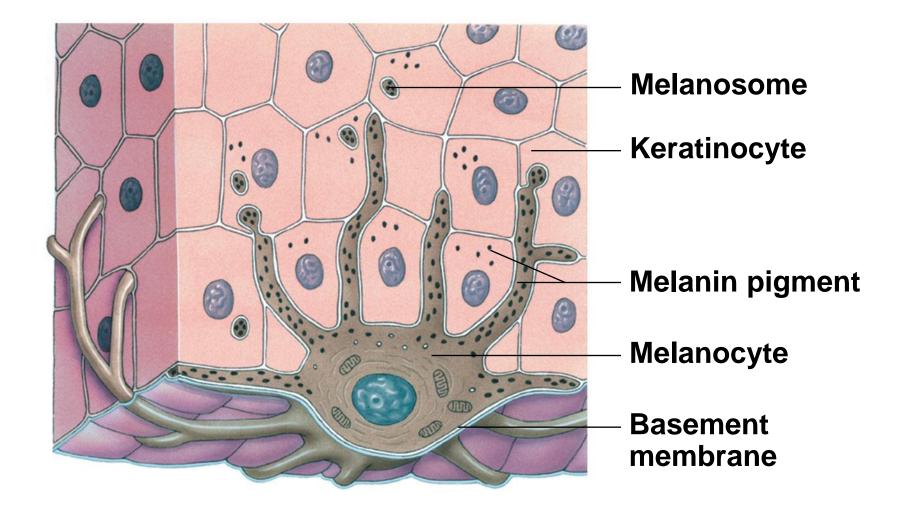
Carotene

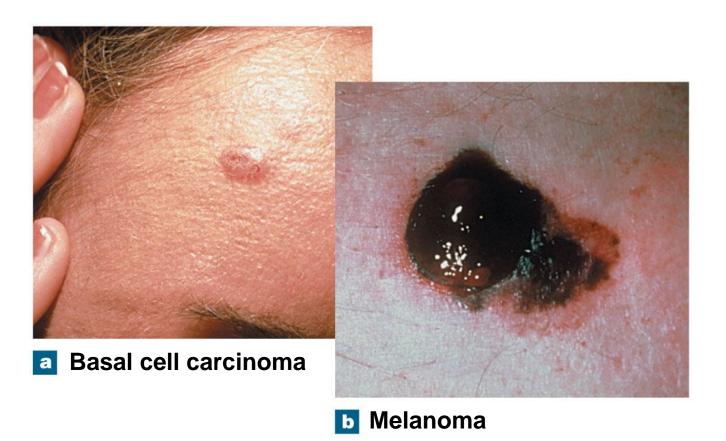
- Orange-yellow pigment
- Found in orange vegetables "carrot"
- Accumulates in epidermal cells and fatty tissues of the dermis
- Can be converted to vitamin A
- Why are eating carrots good for your vision?

Melanin

- Yellow-brown or black pigment
- Produced by **melanocytes** in stratum basale
- Stored in transport vesicles (*melanosomes*)
- Transferred to keratinocytes







- Function of Melanocytes
 - Melanin protects skin from sun damage
 - Ultraviolet (UV) radiation
 - Causes DNA mutations and burns that lead to cancer and wrinkles

(http://www.cdc.gov/cancer/skin/basic_info/indoor_tanni ng.htm)

 Skin color depends on melanin production, not number of melanocytes

- Capillaries and Skin Color
 - Oxygenated red blood contributes to skin color
 - Blood vessels dilate from heat, skin reddens
 - Blood flow decreases, skin pales
 - Cyanosis
 - Bluish skin tint
 - Caused by severe reduction in blood flow or oxygenation



- Illness and Skin Color
 - Jaundice
 - Buildup of bile produced by liver
 - Yellow color



- Vitiligo
 - Loss of melanocytes
 - Loss of color



5-3 Vitamin D₃

Vitamin D₃

- Body can also synthesize it (from cholesterol) when sun exposure is adequate
- Epidermal cells produce **cholecalciferol** (vitamin D₃)
 - In the presence of UV radiation
- Liver and kidneys convert vitamin D₃ into calcitriol
 - Aids absorption of calcium and phosphorus
- Insufficient vitamin D₃
 - Can cause rickets



In the absence of vitamin D, dietary calcium is not properly absorbed, resulting in hypocalcaemia (low calcium), leading to skeletal and dental deformities and neuromuscular symptoms.

5-4 Epidermal Growth Factor (EGF)

Epidermal Growth Factor (EGF)

- Powerful peptide growth factor
- Produced by glands (salivary and duodenum)
- Used in laboratories to grow skin grafts
- Functions of EGF
 - Promotes division of germinative cells
 - Accelerates keratin production
 - Stimulates epidermal repair
 - Stimulates glandular secretion

5-5 The Dermis (underneath the epidermis)

The Dermis

- Located between epidermis and subcutaneous layer
- Anchors epidermal accessory structures (hair follicles, sweat glands)
- Two components
 - 1. Outer papillary layer
 - 2. Deep reticular layer

- The Papillary Layer (outer)
 - Consists of areolar tissue
 - Contains smaller capillaries, lymphatics, and sensory neurons
 - Has dermal papillae projecting between epidermal ridges

The Reticular Layer (deep)

- Consists of dense irregular connective tissue
- Contains larger blood vessels, lymphatic vessels, and nerve fibers
- Contains collagen and elastic fibers
- Contains connective tissue proper

- Dermatitis (itis=inflammation)
 - An inflammation of the papillary layer
 - Caused by infection, radiation, mechanical irritation, or chemicals (e.g., poison ivy)
 - Characterized by itch or pain

- Dermal Strength and Elasticity
 - Presence of two types of fibers
 - 1. Collagen fibers
 - Very strong, resist stretching but bend easily
 - Provide flexibility
 - 2. Elastic fibers
 - Permit stretching and then recoil to original length
 - Limit the flexibility of collagen fibers to prevent damage to tissue
 - Skin turgor
 - Properties of flexibility and resilience

Dermis Cells

- Meissner's (tactile) corpuscles- respond to touch
 - Look like flattened discs
- Lamellated (pacinian)-responds to deep pressure
 - Look like onions



corpuscles (touch)



- Skin Damage
 - Sagging and wrinkles (reduced skin elasticity) are caused by:
 - Dehydration
 - Age
 - Hormonal changes
 - UV exposure

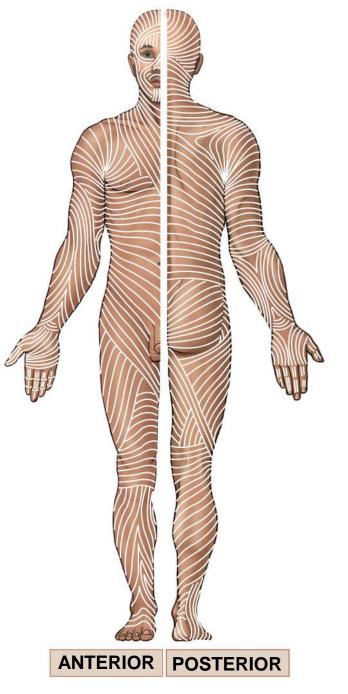
Skin Damage

Stretch marks

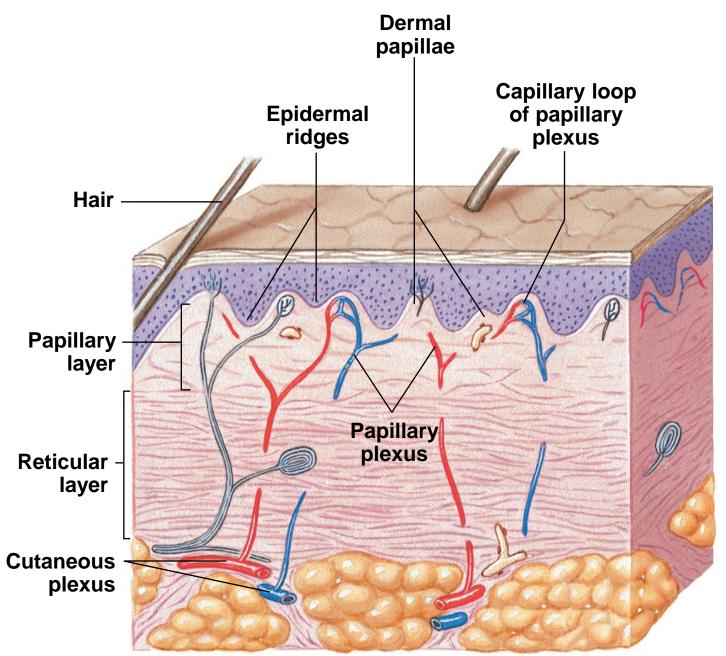
- Thickened tissue resulting from excessive stretching of skin due to:
 - Pregnancy
 - Weight gain



- Cleavage Lines
 - Collagen and elastic fibers in the dermis
 - Arranged in parallel bundles
 - Resist force in a specific direction
 - Cleavage (tension) lines establish important patterns
 - A parallel cut remains shut, heals well
 - A cut across (right angle) pulls open and scars



- The Dermal Blood Supply
 - Cutaneous plexus
 - A network of arteries along the reticular layer
 - Papillary plexus
 - Capillary network from small arteries in papillary layer
 - Venous plexus
 - Capillary return deep to the papillary plexus
 - Contusion
 - Damage to blood vessels resulting in "black-and-blue" bruising



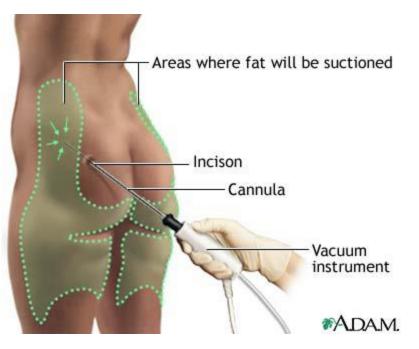
- Innervation of the Skin
 - Nerve fibers in skin control:
 - Blood flow
 - Gland secretions
 - Sensory receptors
 - Light touch—tactile corpuscles, located in dermal papillae
 - Deep pressure and vibration—*lamellated corpuscles,* in the reticular layer

5-6 The Hypodermis- NOT SKIN!

- The Hypodermis (Subcutaneous Layer=below the cutaneous layer)
 - Lies below the integument
 - Stabilizes the skin
 - Allows separate movement
 - Made of elastic areolar and adipose tissues
 - Connected to the reticular layer of integument by connective tissue fibers
 - Few capillaries and no vital organs
 - Stores fat and anchors skin
 - The site of subcutaneous injections using hypodermic needles. WHY??

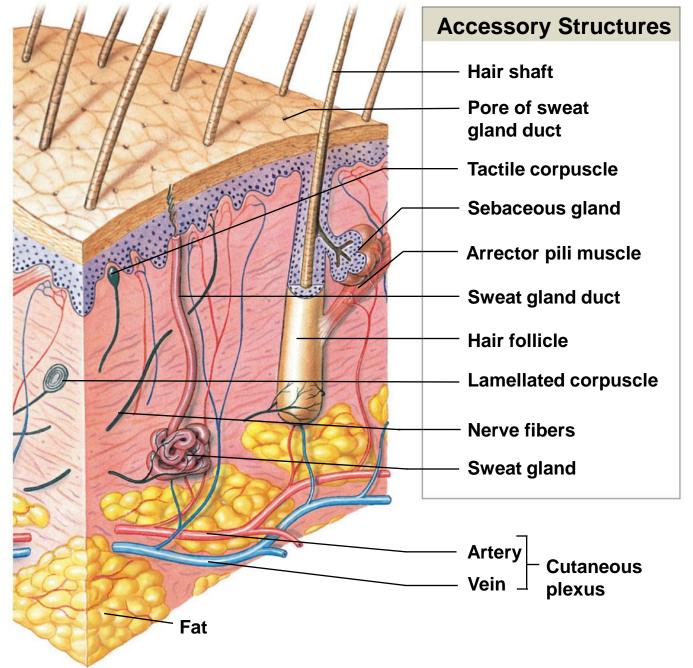
5-6 The Hypodermis

- Deposits of Subcutaneous Fat
 - Distribution patterns determined by hormones
 - Reduced by cosmetic liposuction (lipoplasty)

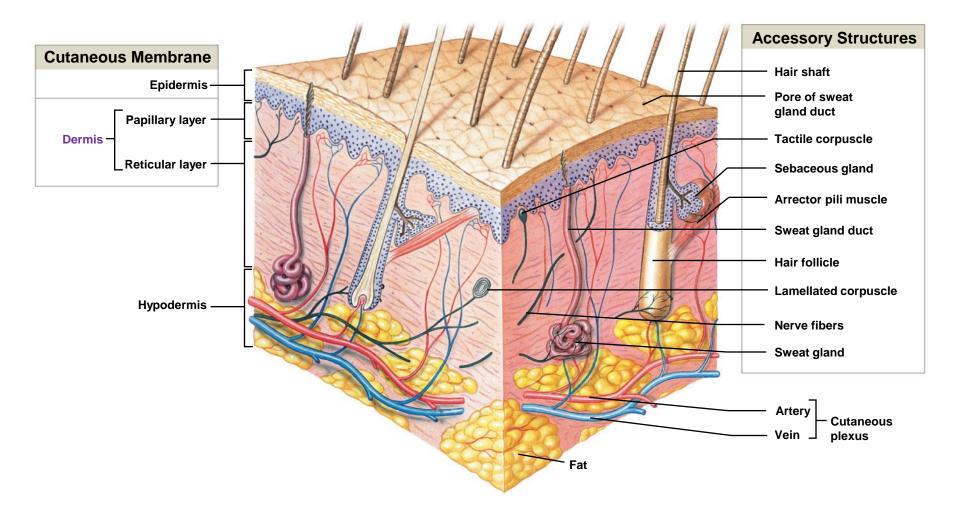


http://health.howstuffworks.com/wellness/cosmetic-treatments/liposuction2.htm

Figure 5-1 The Components of the Integumentary System



- Hair, Hair Follicles, Sebaceous Glands,
 Sweat Glands, and Nails
 - Integumentary accessory structures
 - Located in dermis
 - Project through the skin surface



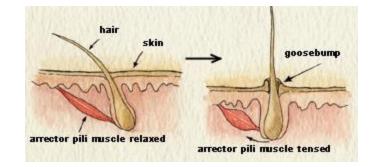
Human Body

- The human body is covered with hair, *except:*
 - Palms
 - Soles
 - Lips
 - Portions of external genitalia

- Functions of Hair
 - Protects and insulates
 - Guards openings against particles and insects
 - Is sensitive to very light touch

Why do we have eyelashes?

- Accessory Structures of Hair
 - Arrector pili
 - Involuntary smooth muscle
 - Causes hairs to stand up
 - Produces "goose bumps"
 - Sebaceous glands
 - Lubricate the hair
 - Control bacteria. HOW??



What does this mean?

- Regions of the Hair
 - Hair root
 - Lower part of the hair
 - Attached to the integument
 - Hair shaft
 - Upper part of the hair
 - Not attached to the integument

Figure 5-10a Hair Follicles and Hairs

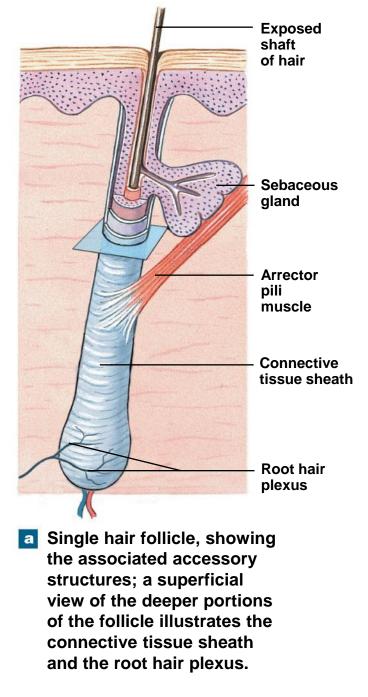
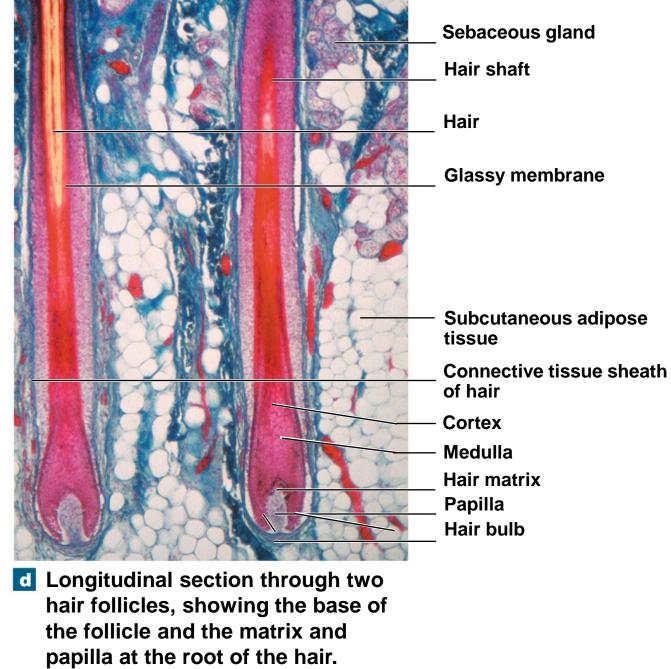
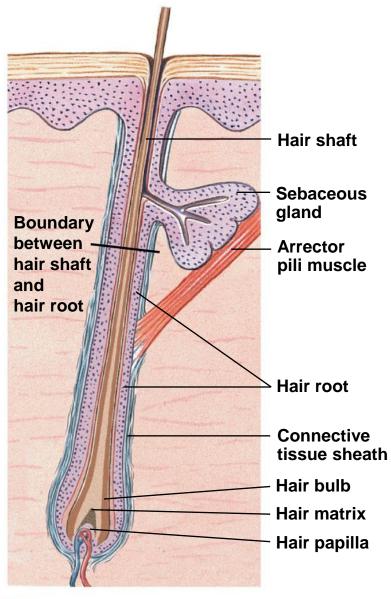


Figure 5-10d Hair Follicles and Hairs



- Hair Production
 - Begins at the base of a hair follicle, deep in the dermis
 - The hair papilla contains capillaries and nerves
 - The hair bulb produces hair matrix
 - A layer of dividing basal cells
 - Produces hair structure
 - Pushes hair up and out of skin



C Diagrammatic sectional view along the long axis of a hair follicle.

- Hair Shaft Structure
 - Medulla
 - The central core
 - Cortex
 - The middle layer
 - Cuticle
 - The surface layer

Figure 5-10b Hair Follicles and Hairs

Hair Structure

The medulla, or core, of the hair contains a flexible soft keratin. The cortex contains thick layers of hard keratin, which give the hair its stiffness. The cuticle, although thin, is very tough, and it contains hard keratin.

Follicle Structure

The internal root sheath surrounds the hair root and the deeper portion of the shaft. The cells of this sheath disintegrate quickly, and this layer does not extend the entire length of the hair follicle.

The external root sheath extends from the skin surface to the hair matrix.

The glassy membrane is a thickened, clear layer wrapped in the dense connective tissue sheath of the follicle as a whole.

Connective tissue sheath

Cross section through a hair follicle and a hair, near the junction between the hair root and hair shaft.

- Keratin
 - As hair is produced, it is keratinized
 - Medulla contains flexible **soft keratin**
 - Cortex and cuticle contain stiff hard keratin

- Layers in the Follicle
 - Internal root sheath
 - The inner layer
 - Contacts the cuticle in lower hair root
 - External root sheath
 - Extends from skin surface to hair matrix
 - Glassy membrane
 - A dense connective tissue sheath
 - Contacts connective tissues of dermis

Figure 5-10b Hair Follicles and Hairs

Hair Structure

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Connective tissue sheath

Cross section through a hair follicle and a hair, near the junction between the hair root and hair shaft.

Why is hair sampled for diagnostic purposes?

Hair Growth Cycle

- Growing hair
 - Is firmly attached to matrix
 - Root absorbs nutrients and incorporates them into the hair structure.
- At the end of the growth cycle, the follicle becomes inactive and the hair stops growing.
 - Club hair
 - Follicle gets smaller, and over time the connections between the hair matrix and the club hair root break down.
- When another cycle begins, the follicle becomes active, produces a new hair, and the old club hair is pushed to the surface and shed.

Figure 5-10b Hair Follicles and Hairs

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Connective tissue sheath

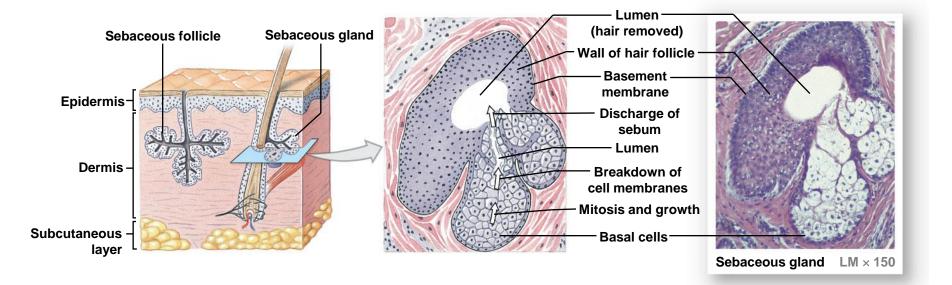
Cross section through a hair follicle and a hair, near the junction between the hair root and hair shaft.

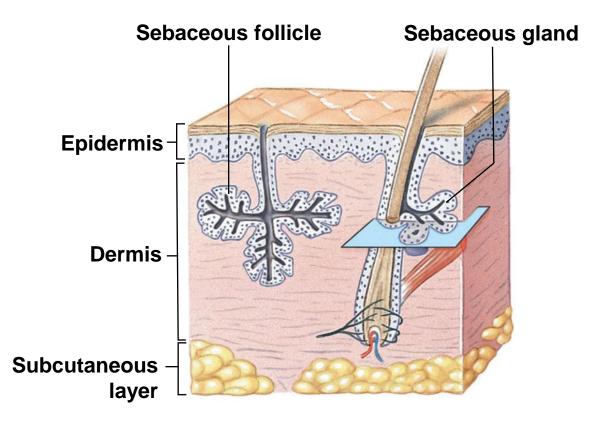
- Types of Hairs
 - Vellus hairs
 - Soft, fine
 - Cover body surface
 - Terminal hairs
 - Heavy, pigmented
 - Head, eyebrows, and eyelashes
 - Other parts of body after puberty

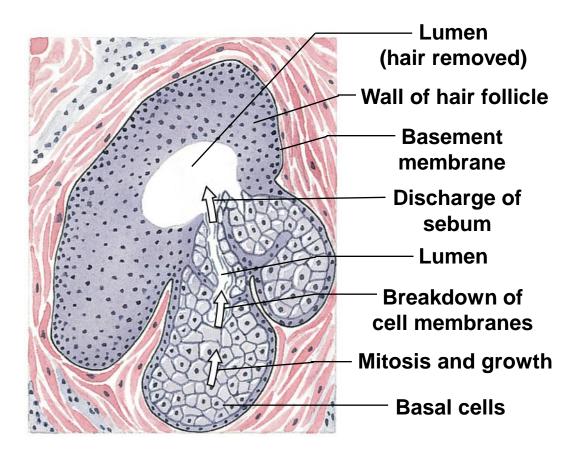
- Hair Color
 - Produced by melanocytes at the hair papilla
 - Determined by genes

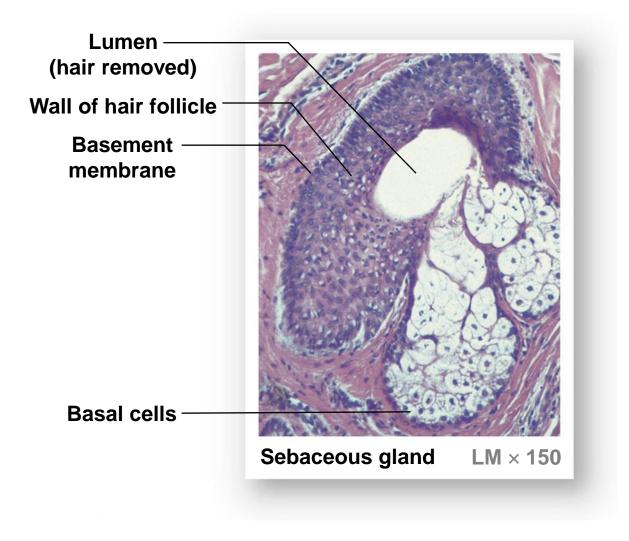
- Exocrine Glands in Skin
 - Sebaceous Glands (oil glands)
 - Holocrine glands
 - Secrete **sebum**
 - Two Types of **Sweat Glands**
 - 1. Apocrine glands
 - 2. Merocrine (eccrine) glands
 - Watery secretions

- Types of **Sebaceous** (Oil) **Glands**
 - Simple branched alveolar glands
 - Associated with hair follicles
 - Sebaceous follicles
 - Discharge directly onto skin surface
 - Sebum
 - Contains lipids and other ingredients
 - Lubricates and protects the epidermis
 - Inhibits bacteria





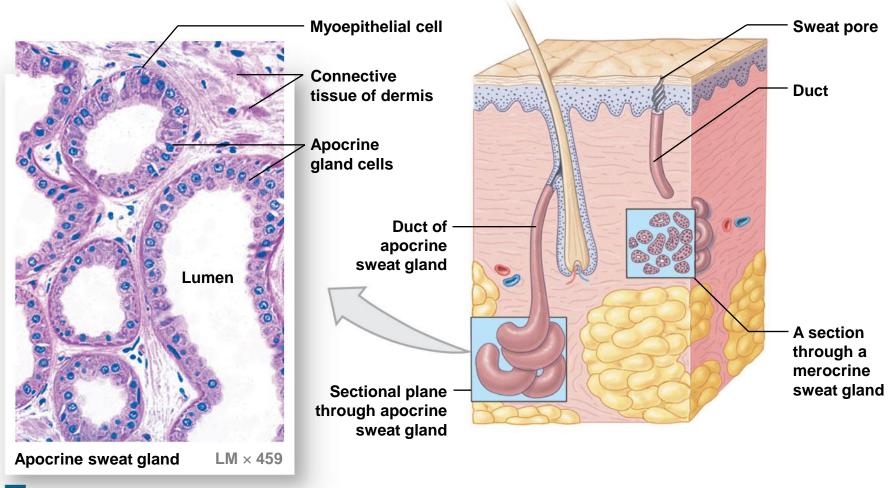




Apocrine Sweat Glands

- Found in armpits, around nipples, and groin
- Secrete products into hair follicles
- Produce sticky, cloudy secretions
- Break down and cause odors
- Surrounded by myoepithelial cells
 - Squeeze apocrine gland secretions onto skin surface
 - In response to hormonal or nervous signal

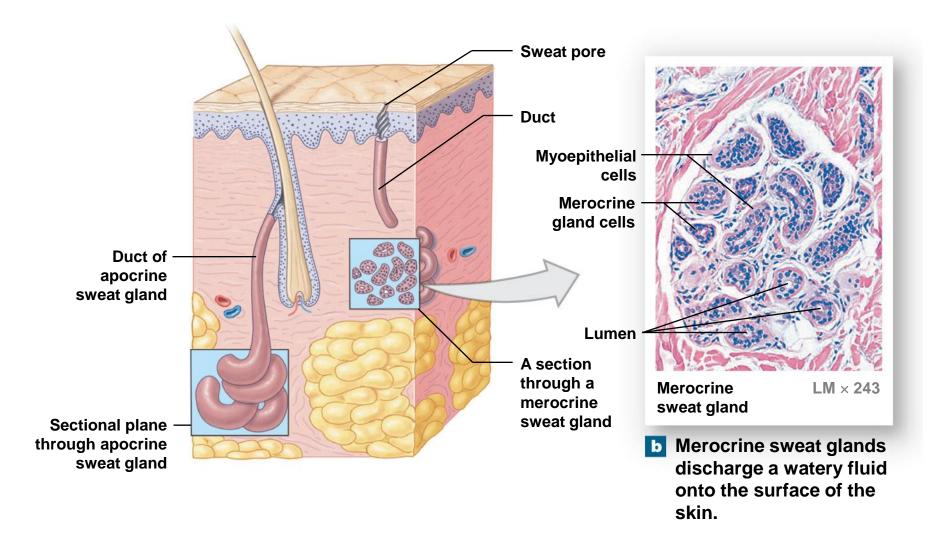
What causes the odor? Figure 5-12a Sweat Glands



a Apocrine sweat glands secrete a thick, odorous fluid into hair follicles.

• Merocrine (Eccrine) Sweat Glands

- Widely distributed on body surface
- Especially on palms and soles
- Coiled, tubular glands
- Discharge directly onto skin surface
- Sensible perspiration
- Water, salts, and organic compounds
- Functions of merocrine sweat gland activity
 - Cools skin
 - Excretes water and electrolytes
 - Flushes microorganisms and harmful chemicals from skin



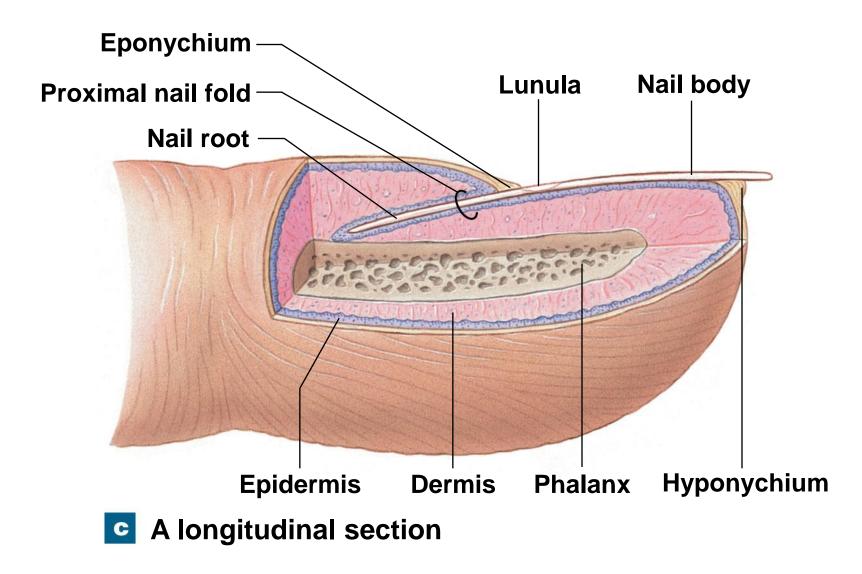
- Other Integumentary Glands
 - **1. Mammary glands**
 - Produce milk
 - 2. Ceruminous glands
 - Produce **cerumen** (earwax)
 - Protect the eardrum

- Control of Glands
 - Autonomic nervous system (ANS)
 - Controls sebaceous and apocrine sweat glands
 - Works simultaneously over entire body
 - Merocrine sweat glands
 - Controlled independently
 - Sweating occurs locally
 - Thermoregulation
 - The main function of sensible perspiration
 - Works with cardiovascular system
 - Regulates body **temperature**

5-9 Nails

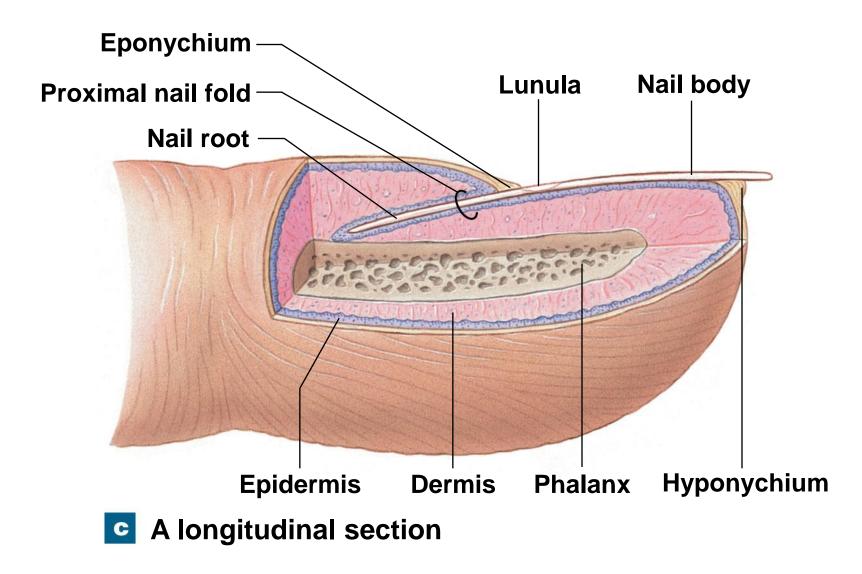
Nails

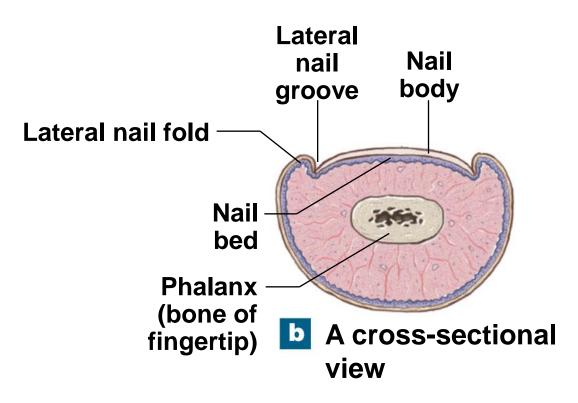
- Protect fingers and toes
- Made of dead cells packed with keratin
- Metabolic disorders can change nail structure
- Nail Production
 - Occurs in a deep epidermal fold near the bone called the nail root



5-9 Nails

- Structure of a Nail
 - Nail body
 - The visible portion of the nail
 - Covers the nail bed
 - Lunula
 - The pale crescent at the base of the nail
 - Sides of nails
 - Lie in lateral nail grooves
 - Surrounded by lateral nail folds

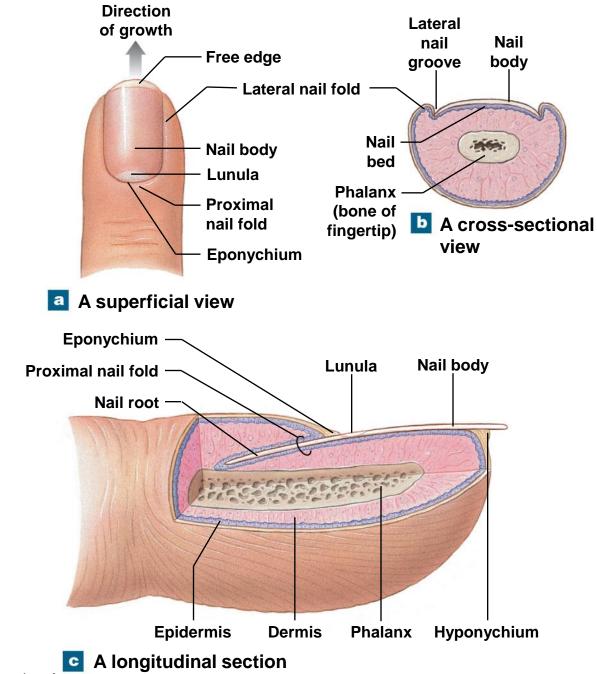


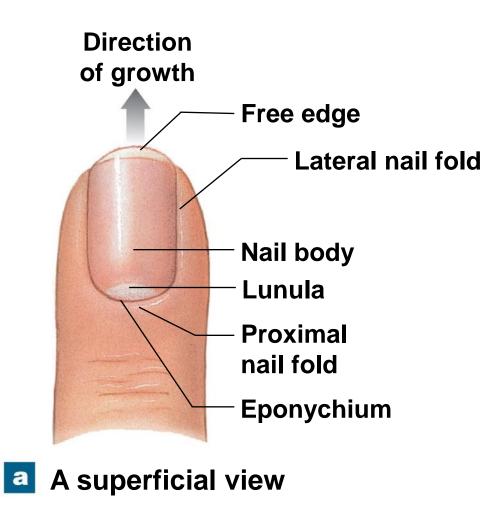


5-9 Nails

- Structure of a Nail
 - Skin beneath the distal free edge of the nail
 - Is the hyponychium (onyx = nail)
 - Visible nail emerges:
 - From the **eponychium** (cuticle)
 - At the tip of the proximal nail fold

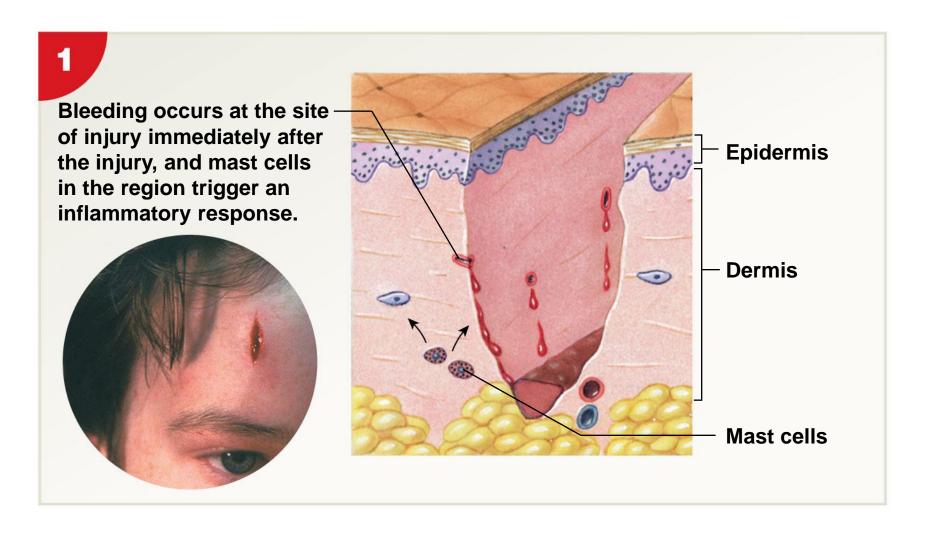
Figure 5-13 The Structure of a Nail





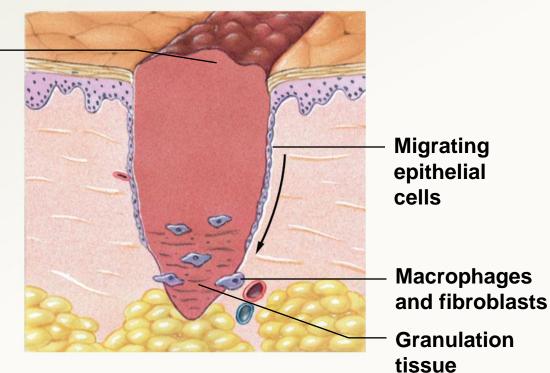
5-10 Repair of the Integument

- Repair of the Integument Following an Injury
 - Bleeding occurs
 - Mast cells trigger inflammatory response
 - A **scab** stabilizes and protects the area
 - Germinative cells migrate around the wound
 - Macrophages clean the area
 - Fibroblasts and endothelial cells move in, producing granulation tissue



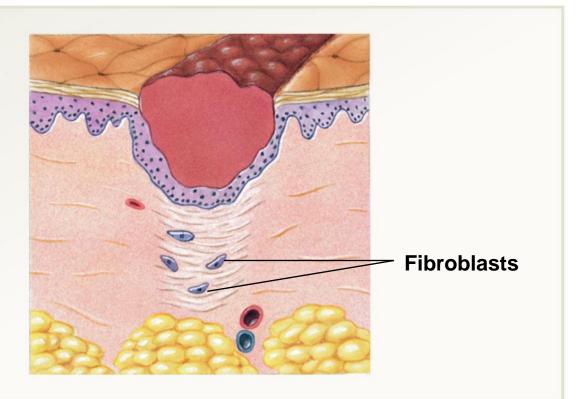
2

After several hours, a scab has formed and cells of the stratum basale are migrating along the edges of the wound. Phagocytic cells are removing debris, and more of these cells are arriving via the enhanced circulation in the area. Clotting around the edges of the affected area partially isolates the region.



3

One week after the injury, the scab has been undermined by epidermal cells migrating over the meshwork produced by fibroblast activity. Phagocytic activity around the site has almost ended, and the fibrin clot is breaking up.



4

After several weeks, the scab has been shed, and the epidermis is complete. A shallow depression marks the injury site, but fibroblasts in the dermis continue to create scar tissue that will gradually elevate the overlying epidermis.



5-10 Repair of the Integument

- Repair of the Integument Following an Injury
 - Fibroblasts produce **scar tissue**
 - Inflammation decreases, clot disintegrates
 - Fibroblasts strengthen scar tissue
 - A raised **keloid** may form



5-11 Effects of Aging on the Integumentary System

- Effects of Aging
 - Epidermal thinning
 - Decreased numbers of dendritic (Langerhans) cells
 - Decreased vitamin D₃ production
 - Decreased melanocyte activity
 - Decreased glandular activity (sweat and oil glands)

5-11 Effects of Aging on the Integumentary System

- Effects of Aging
 - Reduced blood supply
 - Decreased function of hair follicles
 - Reduction of elastic fibers
 - Decreased hormone levels
 - Slower repair rate

5-11 Importance of the Integumentary System

- Importance of the Integumentary System
 - Protects and interacts with all organ systems
 - Changes in skin appearance are used to diagnose disorders in other systems