

Personal Health Care Notes (1/5/15)

Personal Hygiene and Consumer Choices

Hygiene: Cleanliness

Consumer: A person who buys products and services

Comparison Shopping: Collecting information, comparing products, evaluating their benefits, and choosing products with the best value.

Warranty: A written agreement to repair a product or refund your money if a product does not function properly.

Skin & Hair

How many **layers of skin** are there? – 3

Acne (3 common forms): A skin condition caused by active oil glands that clog hair follicles.

1. **Whiteheads**: Forms when a pore gets plugged up with the skin's natural oils and dead skin cells.
2. **Blackheads**: When a whitehead reacts to the air and darkens.
3. **Pimple**: A clogged follicle can burst, which lets in bacteria. The follicle then becomes infected to form a pimple.

Dermatologist: A doctor who specializes in problems of the skin.

Ultraviolet (UV) Rays: An invisible form of radiation that can enter skin cells and change their structure.

UV Index: A scale that categorizes levels of UV radiation reaching Earth's surface.

Melanin: The substance that gives skin its color.

Dandruff: A skin condition with many dead skin cells flaking off the outer layer of the scalp.

Mouth & Teeth

Plaque: A thin, sticky film that builds up on teeth, leading to tooth decay.

Tartar: A hardened plaque that hurts gum health.

Gingivitis: A common disorder in which the gums are red and sore and bleed easily.

Fluoride: A chemical that helps prevent tooth decay.

3 Main Parts of the tooth: Crown, Neck, Root

Orthodontist: A dentist who prevents or corrects problems with the alignment or spacing of teeth.

Eyes & Ears

**3 vision problems:

1. **Farsightedness**: A condition in which faraway objects appear clear while near objects look blurry.
2. **Nearsightedness**: A condition in which objects that are close appear clear while those far away look blurry.
3. **Astigmatism**: An eye condition in which image appear wavy or blurry.

Optometrist: A health care professional who is trained to examine the eyes for vision problems and prescribe corrective lenses.

Ophthalmologist: A physician who specializes in the structure, functions, and diseases of the eye.

Decibel: The unit for measuring the loudness of sound.

3 Types of the Ear:

Outer / Middle / Inner ear