

International Skin Beauty Academy

Chapter 19 Test: The Integumentary System

Student Name: _____

Date: _____

Score: _____

Section 1 | True / False (25 points)

Directions: Circle True or False for each statement.

#	STATEMENT	TRUE	FALSE	HINT
1	A wart is a contagious disorder of the skin caused by a very small, wingless insect or mite.	True	False	p. 484
2	Scabies is a chronic and potentially life-disruptive disorder primarily of the facial skin, often characterized by flare-ups and remissions.	True	False	p. 482
3	Psoriasis is characterized by episodes of redness, itching, and dry scales on the skin, which are typically silvery and thick.	True	False	p. 482
4	Small blisters are also known as vesicles.	True	False	p. 478
5	Herpes simplex is a skin infection caused by bacteria. It is most common in children and is contagious.	True	False	p. 480
6	Impetigo is an infection that primarily affects the hands, feet, or genital area.	True	False	p. 481,
7	Herpes zoster, also known as shingles, is a viral infection that causes a painful rash.	True	False	p. 481
8	Folliculitis is an inflammation or infection of hair follicles.	True	False	p. 480
9	Eczema is a chronic skin condition caused by an allergic-type reaction on the skin that is characterized by scaling, itching, and rashes.	True	False	p. 479
10	Decubitus ulcers, also called pressure sores or bedsores, refer to an area of skin and tissue that breaks down.	True	False	p. 478
11	Cellulitis is an allergic reaction of the skin caused by irritating substances contacting it.	True	False	p. 477,
12	Alopecia is baldness or loss of hair.	True	False	p. 477
13	Acne vulgaris, or simply acne, is a common skin condition that occurs when oil and dead skin cells clog the skin's pores.	True	False	p. 476
14	Malignant melanoma is a type of cancer arising from the melanocyte cells of the skin.	True	False	p. 473
15	Contact dermatitis is an acute spreading bacterial infection below the surface of the skin characterized by redness (erythema), warmth, swelling, and pain.	True	False	p. 477,
16	The integumentary system has five main functions.	True	False	p. 469
17	Intact skin serves as a protective barrier to the internal structures and compartments of the body.	True	False	p. 469
18	Matrix is another name for the nail bed.	True	False	p. 472
19	When the temperature of the body drops, the blood vessels in the skin dilate.	True	False	p. 470
20	Nerve endings are specialized, each providing a specific type of sensory reaction.	True	False	p. 470
21	One function of the skin is to absorb substances.	True	False	p. 470
22	The growth of bacteria found in perspiration causes body odor.	True	False	p. 470
23	The stratum granulosum contains several layers of living cells that are still capable of mitosis, or cell division.	True	False	p. 471

#	STATEMENT	TRUE	FALSE	HINT
24	The stratum lucidum is a translucent layer lying directly beneath the stratum corneum.	True	False	p. 471
25	The reticular layer is the thin upper layer of the dermis adjacent to, or attached to, the bottom part of the epidermis.	True	False	p. 471

Section 2 | Multiple Choice (53 points)

Directions: Circle the letter of the single best answer for each question.

1. By age _____, approximately half of adults have some gray hair.

- A) 40
- B) 50
- C) 70
- D) 80

Hint: p. 475

2. Tinea corporis is caused by a(n) _____.

- A) worm
- B) bacterium
- C) increase in sebum
- D) fungus

Hint: p. 483

3. Rosacea primarily affects the _____.

- A) palms of the hands
- B) facial skin
- C) knees and elbows
- D) skin in the genital area

Hint: p. 482

4. Sebum protects the skin from _____.

- A) discoloration
- B) sunburns
- C) wrinkles
- D) dehydration

Hint: p. 472

5. Impetigo is caused by _____.

- A) a fungus
- B) bacteria
- C) a virus
- D) lice

Hint: p. 481

6. Symptoms of herpes simplex include all of the following except _____.

- A) nausea
- B) mouth sores
- C) fever blisters
- D) fever

Hint: p. 480

7. According to the National Pressure Ulcer Advisory Panel, which stage of decubitus ulcers is described as a reddened area on the skin that does not blanch (turn white) when pressed?

- A) I
- B) II
- C) III
- D) IV

Hint: p. 479

8. As a person ages, the papillae grow less dense, and the skin becomes _____.

- A) tighter
- B) looser
- C) thicker
- D) thinner

Hint: p. 475

9. There are at least _____ types of human papillomaviruses (HPVs).

- A) 20
- B) 40
- C) 60
- D) 80

Hint: p. 484

10. _____ is a protein that works to strengthen and firm the skin.

- A) Melanin
- B) Keratin
- C) Corneum
- D) Stratum

Hint: p. 471

11. Scabies is common among all of the following except _____.

- A) schoolchildren
- B) roommates
- C) sexual partners
- D) same race

Hint: p. 482

12. All of the following are TRUE about a fetus whose mother has herpes simplex virus type-2 (HSV-2) except _____.

- A) the virus can cause congenital abnormalities
- B) a newborn can contract the virus from the mother
- C) the baby should be born via Cesarean section
- D) it is best if the baby is born vaginally

Hint: p. 480

13. _____ is the crescent-shaped white area at the base of the nail.

- A) Matrix
- B) Eponychium
- C) Hard keratin
- D) Lunula

Hint: p. 472

14. Common sites of folliculitis include all of the following except the _____.

- A) face
- B) scalp
- C) armpits
- D) arms

Hint: p. 480

15. Which of the following is not true about cellulitis?

- A) It is contagious.
- B) Diabetes is a risk factor.
- C) It occurs below the surface of the skin.
- D) It is an acute spreading bacterial infection.

Hint: p. 477

16. Melanin protects the skin from _____.

- A) harmful bacteria
- B) breakdown
- C) the sun's harmful rays
- D) dehydration

Hint: p. 470

17. The _____ is the middle layer of skin.

- A) dermis
- B) epidermis
- C) subcutaneous tissue
- D) subcutaneous fat

Hint: p. 471

18. The subcutaneous tissue provides the skin with all the following except _____.

- A) support
- B) cushion
- C) moisture
- D) insulation

Hint: p. 471,

19. The sudoriferous glands secrete _____.

- A) perspiration
- B) oils
- C) sebum
- D) keratin

Hint: p. 470

20. _____ of sensory receptors (nerves) are in the skin for the sensations of pain, touch, heat, cold, and pressure.

- A) Hundreds
- B) Thousands
- C) Millions
- D) Trillions

Hint: p. 470

21. Vitamin _____ is produced by the skin.

- A) A
- B) B
- C) C
- D) D

Hint: p. 469

22. A lost fingernail may take _____ to regrow.

- A) 3[(1/2)] to 5[(1/2)] months
- B) 6 to 8 months
- C) 6 to 8 weeks
- D) 3 to 5 weeks

Hint: p. 472

23. Which of the following is not one of the four layers or strata of the epidermis?

- A) Stratum corneum
- B) Stratum lucidum
- C) Stratum granulosum
- D) Stratum keratin

Hint: p. 471

24. Perspiration is mostly _____ with a small amount of salt and other chemical compounds.

- A) water
- B) oil
- C) toxins
- D) minerals

Hint: p. 470

25. A lost toenail may take as long as _____ to regrow.

- A) 3 to 5 months
- B) 6 to 8 months
- C) 9 to 10 months
- D) 11 to 12 months

Hint: p. 472

26. Which of the following is not one of the three major types of skin cancer?

- A) Basal cell
- B) Squamous cell
- C) Melanoma
- D) Rosacea

Hint: p. 473

27. Which of the following is the most common place for basal cell carcinoma?

- A) Nose
- B) Head
- C) Neck
- D) Back

Hint: p. 473

28. Basal cell carcinoma is a slow-growing cancer that is usually detected and treated in the _____ of development.

- A) pre-stages
- B) early stages
- C) middle stages
- D) late stages

Hint: p. 473

29. Skin cancers are more common in those who have one or more of the following except _____.

- A) light-colored skin
- B) blue or green eyes
- C) blonde hair
- D) brown hair

Hint: p. 475

30. Acne most often affects teens due to _____.

- A) diet
- B) sports
- C) hormonal changes
- D) stress

Hint: p. 475

31. The following are all common locations for a decubitus ulcer, except _____.

- A) wrists
- B) coccyx
- C) heels
- D) shoulders

Hint: p. 478

32. _____ is characterized by oozing and honey-color crusted blisters that grow larger day by day.

- A) Acne
- B) Urticaria
- C) Folliculitis
- D) Impetigo

Hint: p. 481,

33. _____, also known as hives, is a red, raised, severely itchy rash.

- A) Tinea
- B) Rosacea
- C) Urticaria
- D) Psoriasis

Hint: p. 483

34. The _____ is the visible portion of the hair.

- A) shaft
- B) root
- C) bulb
- D) follicle

Hint: p. 472

35. Contraction of the pilomotor _____ causes goose bumps or the sensation of the hair standing on end.

- A) nerve
- B) muscle
- C) skin
- D) vein

Hint: p. 472

36. The hairs around all of the following except the _____ serve to filter out foreign particles and prevent their entrance to the sensory organs.

- A) eyes
- B) ears
- C) nose
- D) mouth

Hint: p. 472

37. The nail consists of all the following except _____.

- A) the heading
- B) the matrix
- C) the root
- D) the body

Hint: p. 472

38. Which of the following can be TRUE of a newborn's skin?

- A) Milia are present.
- B) Papillae are denser.
- C) Collagen is decreased.
- D) Fewer elastic fibers are present.

Hint: p. 475

39. Cystic lesions are _____ that are large and deep.

- A) cuts
- B) follicles
- C) pimples
- D) warts

Hint: p. 476

40. The ABCDEs of melanoma changes in a mole include all of the following except _____.

- A) asymmetry
- B) border
- C) crusting
- D) diameter

Hint: p. 475

41. Verrucae is another name for _____.

- A) lesions
- B) warts
- C) cysts
- D) scars

Hint: p. 484

42. Which of the following is not a side effect of Botox treatments?

- A) Headache
- B) Bruising
- C) Darkening of the skin
- D) Eyelid drooping

Hint: p. 484

43. A precancerous lesion can be removed with a _____.

- A) light chemical peel
- B) deep chemical peel
- C) Botox treatment
- D) microdermabrasion

Hint: p. 485

44. Which treatment uses acid concentrations to remove damaged layers of skin?

- A) Chemical peel
- B) Mohs surgery
- C) Microdermabrasion
- D) Laser resurfacing

Hint: p. 485

45. Of the following treatments to refresh the skin and make it look younger, which treatment is the least aggressive and invasive?

- A) Deep chemical peel
- B) Light chemical peel
- C) Botox
- D) Microdermabrasion

Hint: p. 485

46. How long does a full-face laser resurfacing generally take?

- A) 10 to 15 minutes
- B) 20 to 30 minutes
- C) 40 to 50 minutes
- D) one to two hours

Hint: p. 485

Chapter 19: The Integumentary System

47. Lunula is defined as _____.

- A) the smooth surface of the nail
- B) the white area of the nail beyond the fingertips
- C) the skin that is covered by the nail
- D) the crescent-shaped white area at the base of the nail

Hint: p. 472

48. Alopecia can be caused by any of the following except _____.

- A) hormonal changes
- B) nutritional deficiencies
- C) pollution
- D) stress

Hint: p. 477

49. _____ have been known to produce keloids.

- A) Surgeries
- B) Piercings
- C) Burns
- D) All of the above

Hint: p. 482

50. _____ generally presents itself in the form of a ring, with red, scaly patches.

- A) Scabies
- B) Tinea corporis
- C) Seborrheic dermatitis
- D) Urticaria

Hint: p. 483

51. The medical term for "jock itch" is _____.

- A) tinea cruris
- B) tinea pedis
- C) tinea capitis
- D) tinea corporis

Hint: p. 483

52. Severe itching due to an acute hypersensitivity to medications or environmental stimuli is known as _____.

- A) seborrheic dermatitis
- B) contact dermatitis
- C) psoriasis
- D) urticaria

Hint: p. 483

53. The _____ is most responsible for the regeneration of the epidermis.

- A) stratum lucidum
- B) stratum granulosum
- C) stratum germinativum
- D) subcutaneous layer

Hint: p. 471