

# SCIENCE SPAZA

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## GETTING TO KNOW THE SKIN YOU ARE IN

YOUR HAIR LOOKS GREAT.

THANKS, BUT IT'S SO TIGHT. MY HEAD HURTS!

THAT'S NOTHING! MY SKIN FEELS FUNNY AFTER USING THAT LIGHTENING CREAM. OH WELL, YOU KNOW WHAT THEY SAY. "SUFFER FOR BEAUTY."

NO THAT'S WRONG! MY DERMATOLOGIST SAYS SKIN IS LIKE A SHIELD THAT PROTECTS OUR BODIES. YOU HAVE TO TAKE GOOD CARE OF IT.

WHAT'S A DERMATOLOGIST?

A DERMATOLOGIST IS A DOCTOR THAT TREATS SKIN, HAIR AND NAILS.

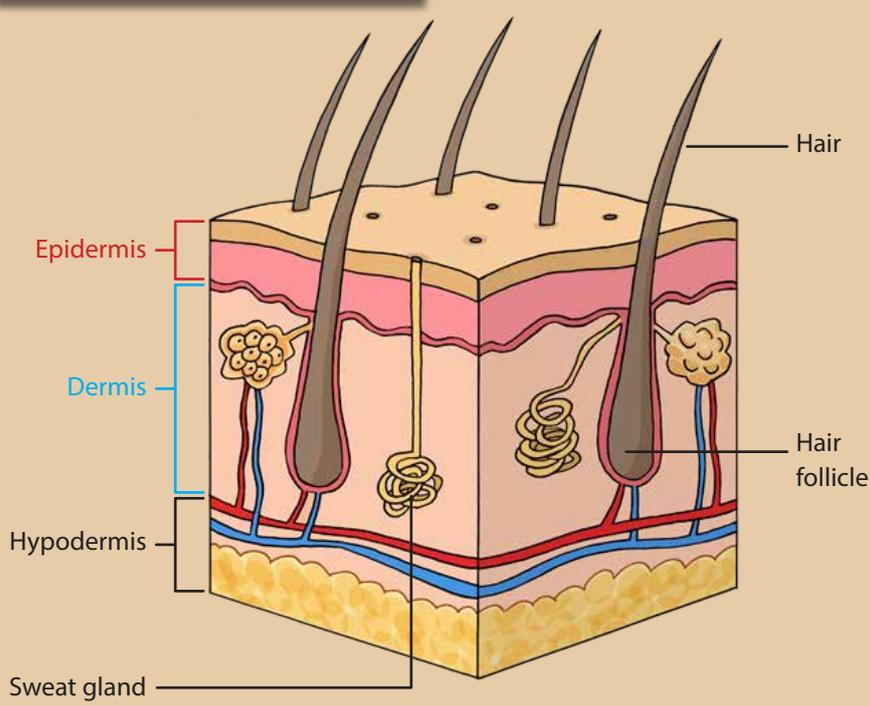
MY DERMATOLOGIST PROF DLOVA SAYS:

THE BEST THING YOU CAN DO TO BE HEALTHY AND BEAUTIFUL, INSIDE AND OUT, IS TO BE KIND TO THE SKIN YOU ARE IN.

THAT SOUNDS LIKE GOOD ADVICE!

THAT WON'T HURT ANYONE.

### SKIN MATTERS



YOUR SKIN IS A BUSY PLACE! IT'S THE PROTECTOR BETWEEN YOUR BODY AND THE ENVIRONMENT AROUND YOU AND IT'S ALWAYS WORKING TO KEEP YOUR BODY SAFE.

THE THREE SKIN LAYERS, CALLED THE EPIDERMIS, DERMIS AND HYPODERMIS ARE YOUR FIRST LINE OF DEFENCE AGAINST HARMFUL THINGS AROUND YOU.

HAIR GROWS FROM TINY HOLES IN YOUR SKIN CALLED FOLLICLES AND THE SWEAT GLANDS IN YOUR SKIN HELPS YOU TO STAY COOL.



Knowledge is Ncah!



# PETROLEUM JELLY FORMS A PROTECTIVE BARRIER

## YOU WILL NEED:

- TWO JARS
- TWO PIECES OF CLOTH
- ELASTIC BANDS OR ROPE
- PETROLEUM JELLY
- WATER
- SAND



**1** ADD WATER TO BOTH OF THE JARS



**2** COVER THE JARS WITH A COARSE CLOTH OR MESH. AN OLD TEA TOWEL WILL WORK OR YOU CAN USE A TEA STRAINER.



**3** SPREAD A LAYER OF PETROLEUM JELLY ON THE CLOTH OF ONE OF THE JARS.



**4** TIP THE JARS OVER. NOTE THAT THE JAR WITH THE PETROLEUM JELLY DOES NOT LET WATER OUT, WHILE THE OTHER JAR DOES.



**5** ADD SOME SAND TO THE TOP OF THE JARS. NOTE HOW SAND CANNOT GET INTO THE JAR WITHOUT PETROLEUM JELLY, WHILE IT FALLS INTO THE WATER OF THE OTHER JAR.



## WHAT HAPPENED HERE?

PETROLEUM JELLY IS A MIXTURE OF MINERAL OIL AND WAXES. THE PETROLEUM JELLY SEALED THE CLOTH TO FORM A PROTECTIVE BARRIER TO KEEP WATER IN AND SAND OUT OF THE JAR.

JUST LIKE THE SEALED CLOTH, HEALTHY SKIN SERVES TO PROTECT YOUR BODY FROM HARM ON THE OUTSIDE AND KEEP MOISTURE IN.

KEEP YOUR SKIN HEALTHY BY KEEPING IT MOISTURISED WITH YOUR FAVOURITE BODY MOISTURISERS.



# YOU MIGHT BE HARMING YOUR SKIN WITHOUT EVEN KNOWING!



Some skin-lightening creams contain dangerous chemicals that can cause permanent dark marks, make your skin sensitive, thin, hairy and even cause cancer!

Left: Skin damage caused by skin lightening chemicals



Above: Permanent hair loss caused by tight hairdos



Picking or squeezing pimples or acne can cause permanent scars and marks.

Left: Red bumps typical of acne

Tight hairstyles like braids, weaves or high ponytails can cause permanent hair loss, a condition called traction alopecia.

For the best and safest advice on skin care and haircare, speak to a qualified dermatologist.

## CAREERS IN DERMATOLOGY



**Prof Dlova** is a dermatologist, a medical doctor who specialises in treating skin, hair, and nail conditions. She works at the University of Kwa-Zulu Natal. Prof Dlova sees clinic patients, teaches medical students and doctors who want to be skin specialists, conducts ward rounds, does administration duties for her department and attends meetings here and abroad to present her research about the effect of beauty treatments on ethnic skin.

Interested? Here are some career options in this field:

Cosmetic dermatology, Hair specialist, Paediatric dermatologist, Dermsurgeon, Researcher

## CURRICULUM LINKS

- **Life Orientation FET Gr 10**  
Development of self in society – skin problems
- **Life Sciences FET Gr 10-12**  
Processes in Plants and animals;  
The role of skin in thermo-regulation and excretion.
- **Natural Sciences Gr 7-9**  
Body systems;  
Skin as part of the nervous system

Knowledge is NCAW!



# SKIN MAZE

FOLLOW PROF DLOVA'S LIST OF SKIN TERMS TO FIND YOUR WAY THROUGH THE MAZE. THE LAST LETTER OF EACH WORD IS THE FIRST LETTER OF THE NEXT. THE WORDS CAN GO FORWARDS, BACKWARDS, UP OR DOWN!

- Hypoderm • Moisture • Epidermis • Skin lightening • Gland
- Dermis • Sweat • Traction alopecia • Acne



A	E	I	<b>START HERE</b>				H	Q	Q	R	T	V	B	N	Y	H	J	U	O	P	B	N	B
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WE WOULD LOVE TO SEE PHOTOS OF YOUR EXPERIMENT! WHATSAPP YOUR PHOTOS TO 076 173 7130



The Vaseline Healing Project aims to improve quality of life of people worldwide by providing access to skin health care for those in need.



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