

Anatomy and Physiology of the Skin

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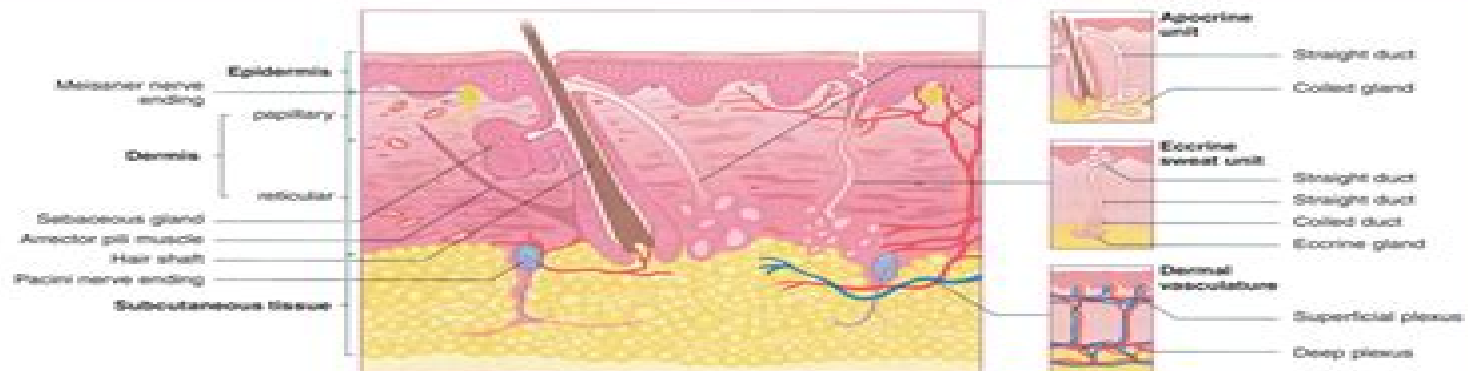
Introduction

The skin is the largest organ of the body, accounting for about 15% of the total adult body weight. It performs many vital functions, including protection against external physical, chemical, and biologic assailants, as well as prevention of excess water loss from the body and a role in thermoregulation. The skin is continuous, with the mucous membranes lining the body's surface (Kanitakis, 2002).

The integumentary system is formed by the skin and its derivative structures (see Figure 1-1). The skin is composed of three layers: the epidermis, the dermis, and subcutaneous tissue (Kanitakis, 2002). The outermost level, the *epidermis*, consists of a specific constellation of

cells known as *keratinocytes*, which function to synthesize keratin, a long, threadlike protein with a protective role. The middle layer, the *dermis*, is fundamentally made up of the fibrillar structural protein known as *collagen*. The dermis lies on the subcutaneous tissue, or *panniculus*, which contains small lobes of fat cells known as *lipocytes*. The thickness of these layers varies considerably, depending on the geographic location on the anatomy of the body. The eyelid, for example, has the thinnest layer of the epidermis, measuring less than 0.1 mm, whereas the palms and soles of the feet have the thickest epidermal layer, measuring approximately 1.5 mm. The dermis is thickest on the back, where it is 30–40 times as thick as the overlying epidermis (James, Berger, & Elston, 2006).

Figure 1-1. Cross-Section of Skin and Panniculus



Note. From *Andrews' Diseases of the Skin: Clinical Dermatology* (10th ed., p. 1), by W.D. James, T.G. Berger, and D.M. Elston, 2006, Philadelphia: Elsevier Saunders. Copyright 2006 by Elsevier Saunders. Reprinted with permission.

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