

Comprehensive Study Guide: Integumentary, Nervous, and Endocrine Systems

Layers of the Skin and Epidermis Structure

The skin is composed of three main layers, arranged from the most superficial to the deepest: **epidermis**, **dermis**, and **hypodermis**. The **epidermis** is made up of **stratified squamous epithelial tissue**, which provides a protective barrier. Its layers from outermost to innermost include the **stratum corneum**, **lucidum** (only in thick skin), **granulosum**, **spinosum**, and **basale**. The **dermis** contains connective tissue, blood vessels, nerves, and various glands, providing support and nourishment to the epidermis. The **hypodermis** (or subcutaneous tissue) primarily consists of **adipose tissue**, serving functions such as insulation, cushioning, and energy storage.

Keratin and Keratinocytes in the Skin

Keratinocytes are the predominant cell type in the epidermis, responsible for producing **keratin**, a **fibrous protein** that imparts **protection and structural strength**. Keratin forms a tough, water-resistant barrier that protects underlying tissues from mechanical injury, pathogens, and water loss, thus maintaining skin integrity and barrier function.

Thick versus Thin Skin

Thick skin has a **thicker epidermis**, notably with a prominent **stratum lucidum**, and is found on areas subject to high friction such as the **palms and soles**. It lacks hair follicles and sebaceous glands. In contrast, **thin skin** covers most of the body, has a thinner epidermis, and contains **hair**

Nervous And Endocrine Systems Study Guide

Puja Mehta



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