1. An organ contains

A. skin and bones.
B. two or more tissues grouped together that function together.
C. at least four tissues grouped together that function together.
D. one variety of each of the four tissue types.
E. all one type of tissue.

2. The human integumentary system includes

A. skin, nails, hair follicles, and glands.
B. just the skin.
C. the epidermis, dermis, and subcutaneous layer.
D. muscles and bones.
E. skin, hooves, and horns.

3. Nerve fibers scattered throughout the dermis are associated with

A. hair, oil glands, and sweat glands.
B. bone, tendons, and muscles.
C. the subcutaneous layer.
D. muscles, glands, and sensory receptors.
E. fingernails and toenails.

4. Which of the following is not correct concerning the skin?

A. The dermis is usually thicker than the epidermis.
B. The epidermis is composed of stratified squamous epithelium.
C. The subcutaneous layer is between the dermis and the epidermis.
D. The dermis contains smooth muscle and nerve tissue.
E. The skin contains some immune cells.

5. As cells are pushed from the deeper part of the epidermis toward the surface

A. they divide continually.
B. their supply of nutrients improves.
C. they die.
D. they become dermal cells.
E. they become cancerous.

6. The skin

A. retards water loss from deeper tissues.
B. excretes wastes.
C. regulates body temperature.
D. synthesizes vitamin D.
E. all of these.

7. The major blood vessels that supply skin cells are found in the

A. epidermis.
B. epidermis and dermis.
C. dermis.
D. subcutaneous layer.
E. bone.

8. Skin cancer cells are most likely to develop from

A. pigmented epithelial cells.
B. pigmented melanocytes.
C. nonpigmented epithelial cells.
D. nonpigmented melanocytes.
E. nonpigmented dermal cells.

9. Which of the following is not a method for helping prevent pressure ulcer formation?

A. Massaging the skin
B. Eating foods rich in proteins
C. Providing adequate fluid intake
D. Maintaining one body position
E. Stimulating blood flow

10. The main function of melanocytes is to

A. remove dead cells by phagocytosis.
B. help control body temperature.
C. produce melanin.
D. produce vitamin D.
E. act as sensory receptors.

11. Epidermal cells are supplied with nutrients from blood vessels located in the

A. epidermis.
B. dermis.
C. subcutaneous layer.
D. stratum corneum.
E. stratum basale.

12. Pressure ulcers are usually associated with skin overlying

A. bony projections.
B. skeletal muscles.
C. a thick layer of fat.
D. nerve fibers.
E. the hands.

13. Cutaneous carcinomas are most commonly caused by exposure to

A. X rays.
B. gamma radiation.
C. ultraviolet light.
D. mutagenic chemicals.
E. carcinogenic chemicals.

14. Which of the following is a characteristic of the person most likely to develop a cutaneous carcinoma?

A. Over forty years of age
B. Often works outdoors
C. Light-complexioned skin
D. Often plays outdoors
E. All of these

15. The most common cause of cutaneous melanoma is

A. relatively short exposure to high intensity sunlight.
B. prolonged exposure to low intensity sunlight.
C. occasional exposure to X rays.
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16. Injections that are administered into the tissues of the skin are called

A. subcutaneous.
B. intradermal.
C. intramuscular.
D. hypodermic.
E. intravenous.

17. Skin cells play an important role in the production of vitamin

A. A. 
B. B. 
C. D. 
D. E. 
E. C. 

18. Exposure to ultraviolet light darkens the skin by stimulating production of

A. melatonin.
B. carotene.
C. hemoglobin.
D. cyanin.
E. melanin.

19. In healthy skin, the production of epidermal cells is closely balanced with the loss of skin cells.

True    False


True    False

21. The outermost layer of the epidermis is stratum basale and the innermost layer is stratum corneum.

True    False

22. The dermis is very flat compared to the epidermis, which has ridges projecting inward and elevations called papillae.
23. Carcinomas appear most often in the skin of the neck, face and scalp.

True  False

24. Three physiological factors that affect the color of skin are: volume of blood in dermal vessels, carotene in the subcutaneous layer and various diseases.

True  False

25. The deepest cells of the epidermis make up the stratum ___________.

________________________________________

26. __________ is the pigment produced by melanocytes.

________________________________________

27. The __________ of the subcutaneous layer acts as a heat insulator.

________________________________________

28. The shaft of a hair is composed of

A. dead epidermal cells.
B. living epidermal cells.
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29. A nail consists of a

A. nail fork and nail spoon.
B. nail bed and nail plate.
C. nail rail and nail groove.
D. nail follicle and nail papilla.
E. none of the above.
30. Eccrine sweat glands

A. are most common in the armpits and groin.
B. respond primarily to elevated body temperature.
C. respond primarily to emotional stress.
D. usually are associated with hair follicles.
E. are examples of holocrine glands.

31. Acne is a disorder involving the

A. sweat glands.
B. hair follicles.
C. sebaceous glands.
D. apocrine glands.
E. eccrine glands.

32. The secretion of the sebaceous glands is called sebum.

True    False

33. Hair color is determined by the amount of keratin protein produced during keratinization.

True    False

34. The __________ glands of the skin respond to emotional stress and begin to function at puberty.

35. The arrector pili muscle is composed of __________ muscle tissue.

36. Dark hair contains an abundance of __________.

37. The regulation of body temperature is of vital importance because
A. it should remain close to 37 degrees C.
B. slight shifts in temperature can disrupt the rates of metabolic reactions.
C. it is the product of chemical reactions.
D. the skin plays an important role in pigment production.
E. a person needs to feel comfortable in any environmental temperature.

38. Which of the following is a normal response to excess loss of body heat in a cold environment?

A. Dermal blood vessels constrict.
B. Sweat glands become inactive.
C. Skeletal muscles contract involuntarily.
D. Less blood flows to dermal vessels.
E. All of these

39. When the body temperature rises above normal, dermal blood vessels are likely to constrict.

True    False

40. The granulations that appear during the healing of a large, open wound are composed mainly of

A. blood clots.
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41. A burn that involves the epidermis only is called a deep partial-thickness burn.

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6 Summary

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