

Vocabulary

Sebaceous Activity

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1. **Acne** - A chronic inflammatory skin disorder of the sebaceous glands characterized by comedones and blemishes; also known as acne simplex or acne vulgaris. The occurrence of inflamed or infected sebaceous glands in the skin.

Benefit: inflammatory skin disorder of sebaceous glands

Fact: Acne is most common in teenagers and young adults.

2. **Acne Excoriee** - A disorder where clients purposely scrape off acne lesions, causing scarring and discoloration. Also known as the "picking" disorder

Benefit: picking disorder

Fact: associated with underlying depression, anxiety, or emotional problems.

3. **Adult Acne** - Acne breakouts from hormonal changes or other factors. Acne that develops or continues after 25 years of age.

Benefit: develops after age 25

Fact: Treatments include over-the-counter creams and cleanser, as well as prescription antibiotics.

4. **Asteatosis** - Dry, scaly skin from sebum deficiency, which can be due to aging, body disorders, alkaline, or harsh soaps or cold exposure. Diminished or arrested secretion of the sebaceous glands.

Benefit: dry scaly skin from sebum deficiency

Fact: dry scaling of the skin suggests scantiness or absence of sebum.

5. **Comedone** - An open comedone or blackhead; a mass of hardened sebum and skin cells in a hair follicle. When the follicle is filled with the excess of oil, a blackhead forms. It is dark because it is exposed to oxygen and oxidizes. Closed comedones do not have a follicular opening and are called milia or whiteheads. Is a clogged hair follicle or pore in the skin.

Benefit: whitehead or blackhead

Fact: Frequently found on the forehead and chin of those with acne.

6. Bulla - A large blister containing watery fluid; similar to a vesicle but larger. A bubble like cavity filled with air or fluid. Benefit: large blister containing water fluid Fact: containing serous or seropurulent fluid
7. Cyst - A closed abnormally closed sac containing fluid, infection or other matter above or below the skin. Are abnormal closed sac-like structures within a tissue that contain a liquid Benefit: below the skin, close sac containing fluid Fact: They're most commonly found on the face, neck, and trunk.
8. Enlarged pores - Larger pores due to excess oil and debris trapped in the follicles or expansion due to elasticity loss or trauma. Enlarged skin pores refer to conditions that present with visible topographic changes of skin surfaces. Benefit: larger pores Fact: A cause of large pores is age.
9. Extraction Manual removal of impurities and comedones. Removal of comedones or impurities in the skin. Benefit: manual removal of impurities Fact: something extracted
10. Lesions Mark, wound, or abnormality; structural changes in tissues caused by damage or injury. A region in an organ or tissue that has suffered damage through injury or disease, such as a wound, ulcer, abscess or tumor Benefit: structural changes in tissues Fact: There are numerous types of lesions with different naming classifications.
11. Nodules - Also refers to as tumors, but are smaller bumps caused by conditions such as scar tissue, fatty deposits, or infections. A small swelling or aggregation of cells in the body. Benefit: smaller bumps, tumor like

Fact: They can also develop in deeper skin tissues or internal organs.
12. Papule- A pimple; small elevation on the skin that contains no fluid but may develop pus. A small raised solid pimple or swelling, often forming part of a rash on the skin and typically inflamed but not producing pus Benefit: pimple Fact: rash on the skin and typically inflamed but not producing pus.
13. Pustule - An inflamed papule with a white or yellow center containing pus, a fluid consisting of white blood cells, bacteria, and other debris produced from an infection. A small blister or pimple on the skin containing pus. Benefit: pimple containing pus Fact: Symptoms include small tender bumps on the skin, often filled with pus.
14. Milia - A plug of sebaceous matter and cellular debris hardened within a follicle blocking the pore. Common in dry skin, pearl like nodules. A small white nodule resembling a seed, produced in the skin by the retention of sebaceous secretion Benefit: small white seed like blemish Fact: Milia usually disappear on their own in a few weeks in newborns, but can persist in older children and adults.
15. Primary Lesions Primary lesions are characterized by flat, non -palpable changes in skin color such as macules or patches, or an elevation formed by fluid in a cavity, such as vesicles, bullae, or pustules. Include the macule, bulla, nodule, tumor, and pustules. Benefit: changes in skin color Fact: Identifying the primary lesions, whenever possible, is the first step towards identification of the disease or cutaneous process.
16. Rosacea - A chronic congestion primarily on the cheeks and nose. Characterized by redness, dilation of blood vessels and in severe cases, the formation of papules and pustules. The cause is unknown but may be due to bacteria, mites, or fungus. Vascular dilation, vasodilation, of the blood vessels makes it worse. A condition in which certain facial blood vessels enlarge, giving

the cheeks and nose a flushed appearance. Benefit: congestion on cheeks and nose Fact: Key symptoms are facial redness with swollen red bumps and small visible blood vessels.
17. Sebaceous Filaments - Similar to open comedones, these are mainly solidified impactions of oil without the cell matter. Is a tiny collection of sebum and dead skin cells around a hair follicle Benefit: impactions of oil without the cell matter. Fact: They usually have white or yellow color, and can be expressed from the skin by pinching.
18. Sebaceous Hyperplasia - Benign lesions frequently seen in oilier areas on the face. An overgrowth of the sebaceous gland, they appear similar to open comedones; often donut shaped, with sebaceous material in the center. Is a common benign condition of sebaceous glands in adults of middle age or older. Benefit: overgrowth of sebaceous glands Fact: particularly nose, cheeks, and forehead
19. Seborrhea - Severe oiliness of the skin. An abnormal secretion from the sebaceous glands. Excessive discharge of sebum from the sebaceous glands. Benefit: severe oiliness Fact: In addition to scaly patches and red skin, seborrheic dermatitis can cause stubborn dandruff.
20. Steatoma - A sebaceous cyst or subcutaneous tumor. It is filled with sebum and ranges in size from a pea to an orange. It usually appears on the scalp. A sebaceous cyst or tumor of a sebaceous gland Benefit: sebaceous cyst Fact: fatty mass retained within a sebaceous gland.
21. Vasoconstricting - Vascular constriction of capillaries and blood flow. The constriction of blood vessels, which increases blood pressure. Benefit: constriction of capillaries and blood flow Fact: When blood vessels constrict, the flow of blood is restricted or decreased, thus retaining body heat

or increasing vascular resistance.