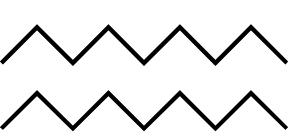




# SKIN CARE 101

KELLY KIMBALL

3RD YEAR MEDICAL STUDENT, LICENSED  
COSMETOLOGIST & ESTHETICIAN



# Learning Objectives



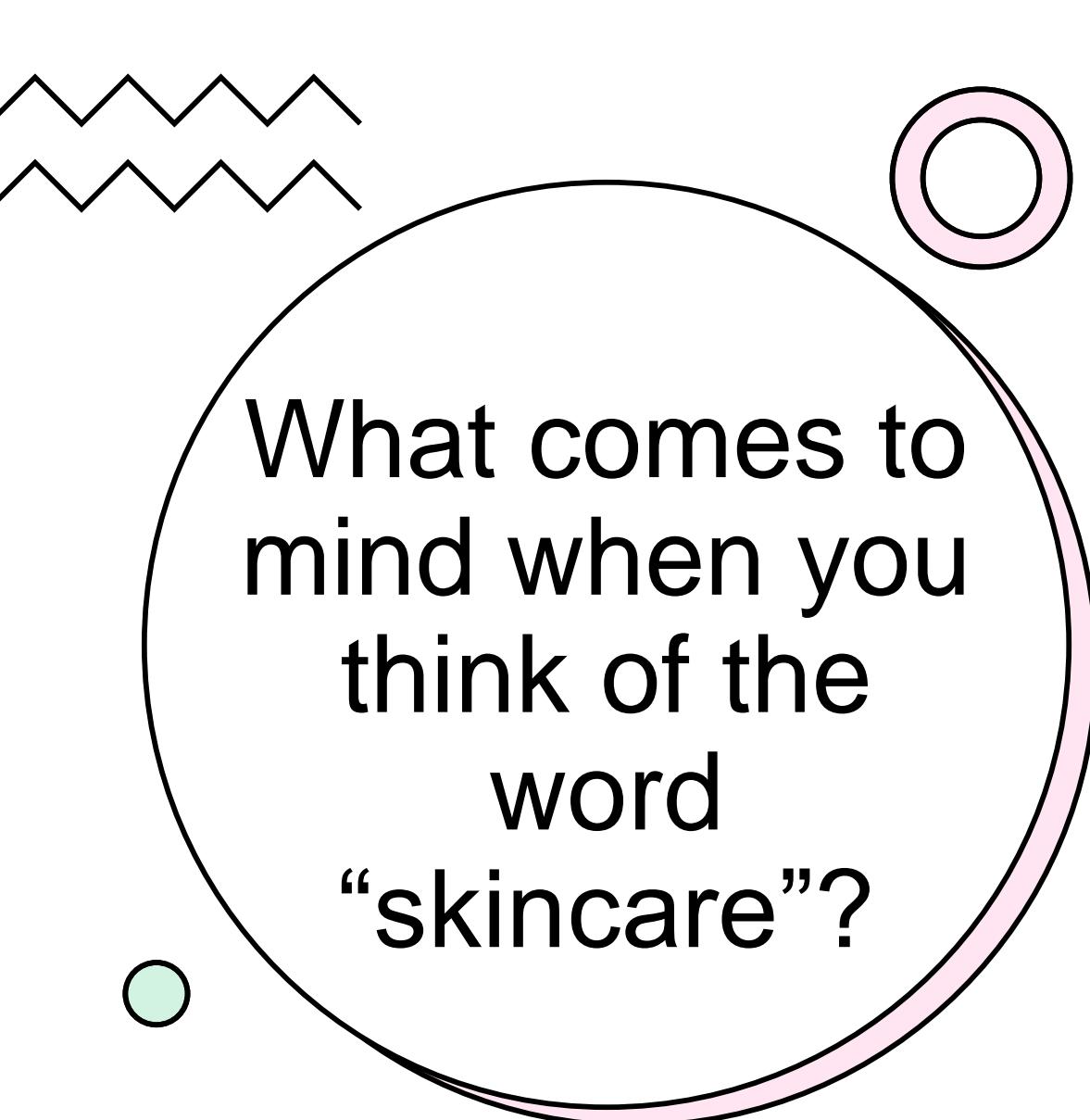
- Describe the components of a skincare routine
- Understand the importance of daily sunscreen application
- Understand the cause of common skin concerns



**"Your skin isn't just your skin, it's a beautiful reflection of everything you've been through."**

**-Unknown**

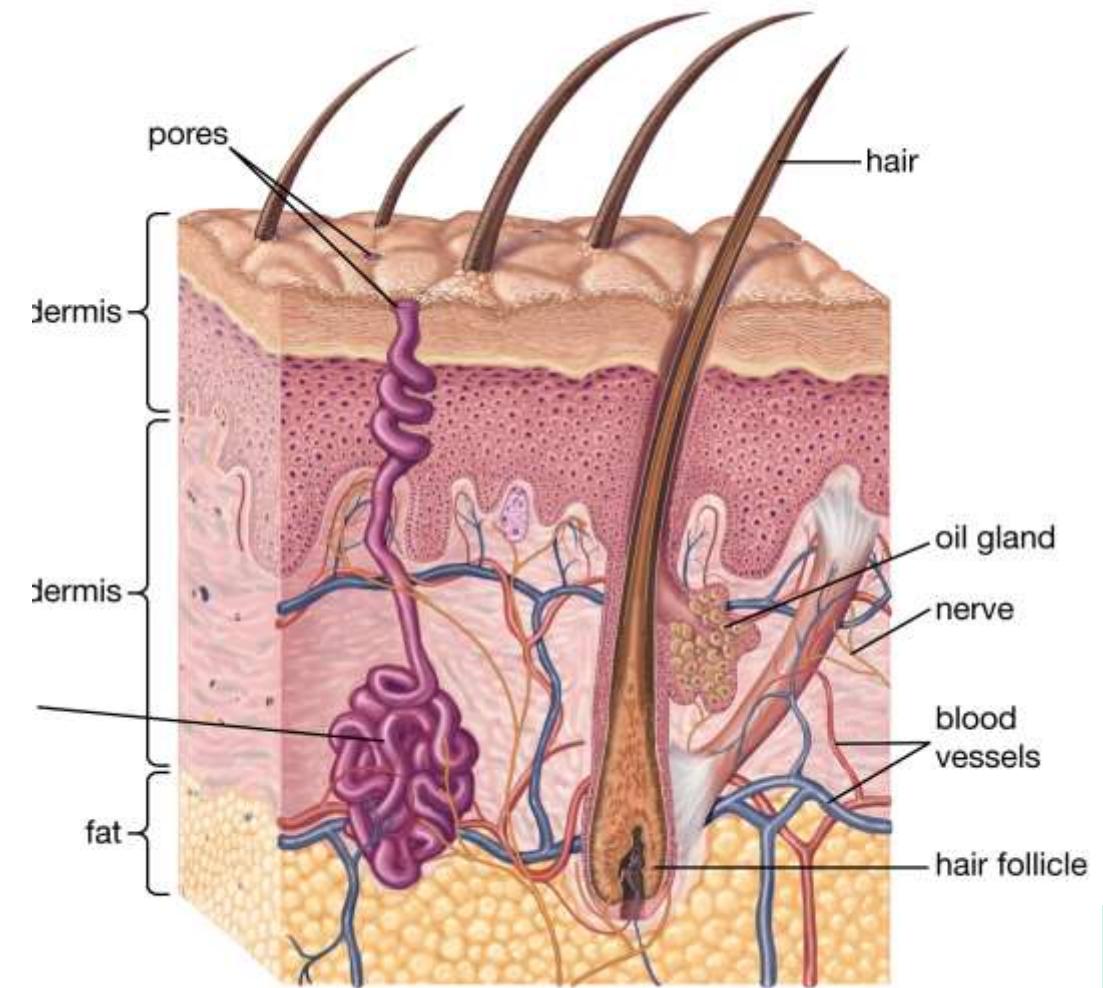




What comes to  
mind when you  
think of the  
word  
“skincare”?

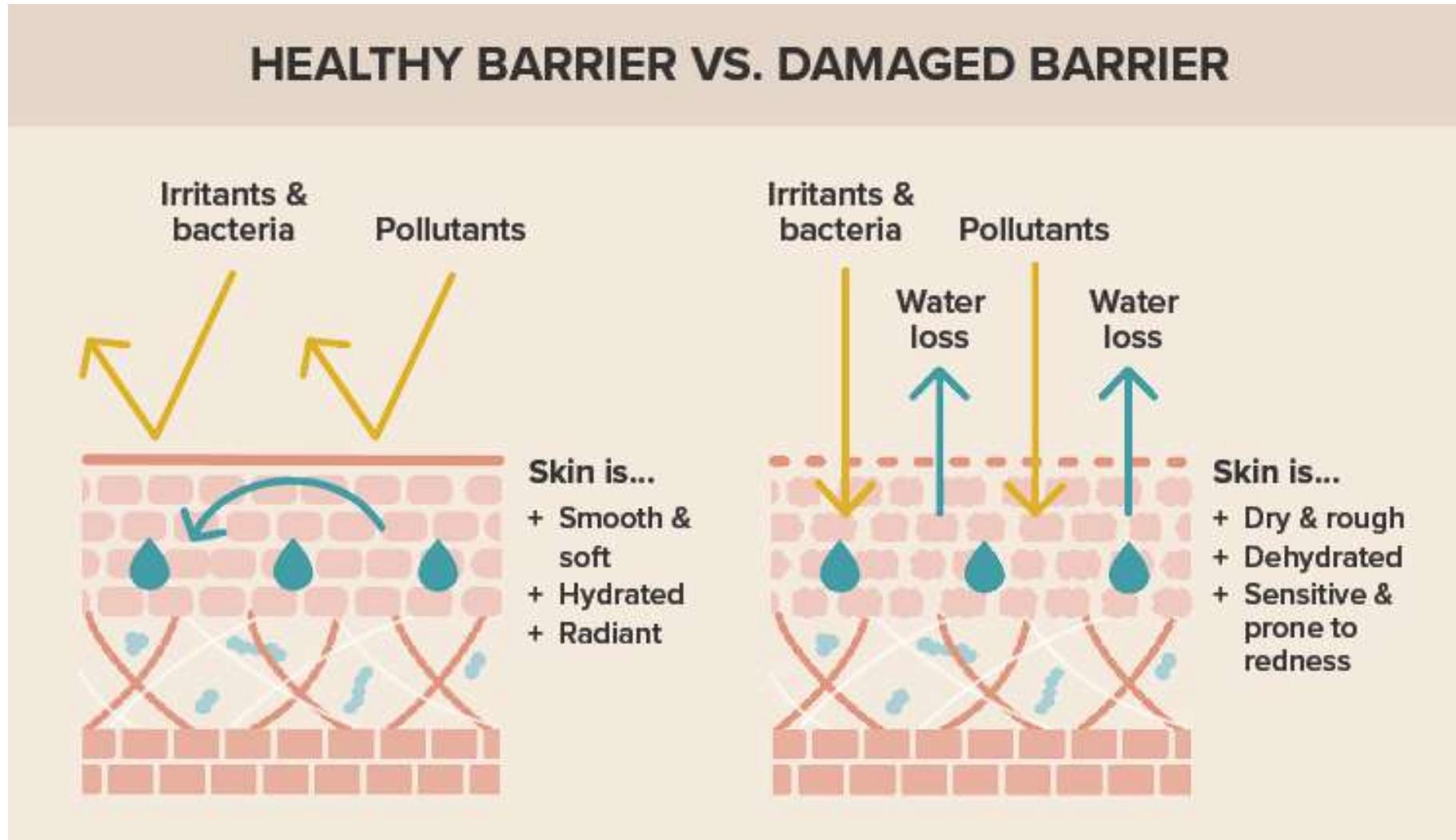


OUR SKIN  
IS CRAZIER  
THAN YOU  
MIGHT  
THINK



Encyclopædia Britannica, Inc.

# ○ Skin = Barrier



# Types of Skin

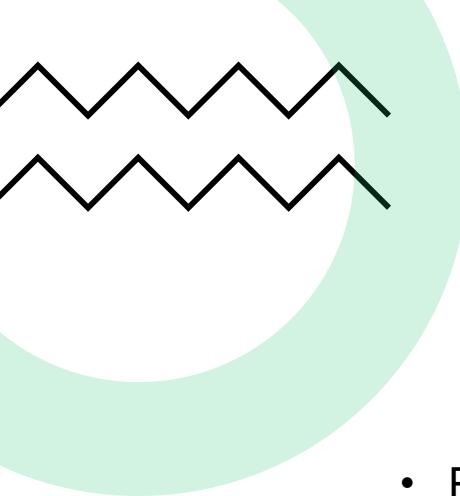
- Dry
  - Produces less oil than normal skin. As a result of the lack of oil, it cannot retain moisture and build a protective shield against external influences.
- Sensitive
  - More reactive than usual to the elements (heat, cold, wind) or products.
  - Nerve endings in the top layer of skin becoming irritated.
  - Irritation of nerve endings occurs when the skin's natural barrier is weakened or broken down by triggers.
- Oil-prone
  - Increased oil production compared with normal skin.
- Combination
  - Mix of skin types



# Common Skin Care Concerns

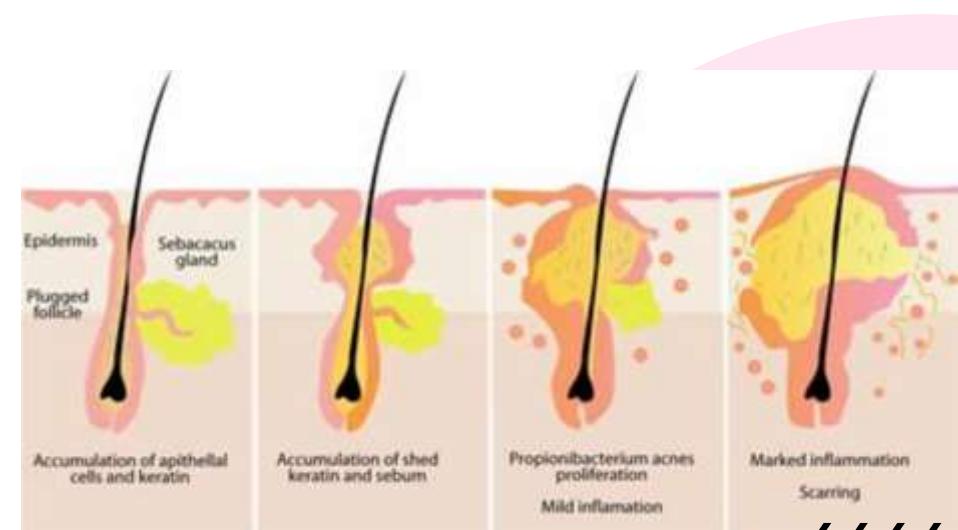
- Dryness
- Oil/ Acne Prone
- Aging/ Wrinkles
- Sensitivity





# What Causes Acne?

- Pores of your skin become blocked by hair, sebum (an oily substance), bacteria (P. Acnes) and dead skin cells.
- Blockages produce blackheads, whiteheads, nodules and other types of pimples.
- If you have acne, know you're not alone!
  - Most common skin condition that people experience.
  - 80% of people ages 11 to 30 will have at least a mild form of acne, and most people are affected by it at some point in their lives.
- Factors that can make acne worse/ bring on a "breakout": hormones (menstrual cycle), stress, air pollution, dirty hair/ pillowcases



# What causes wrinkles?

- Aging

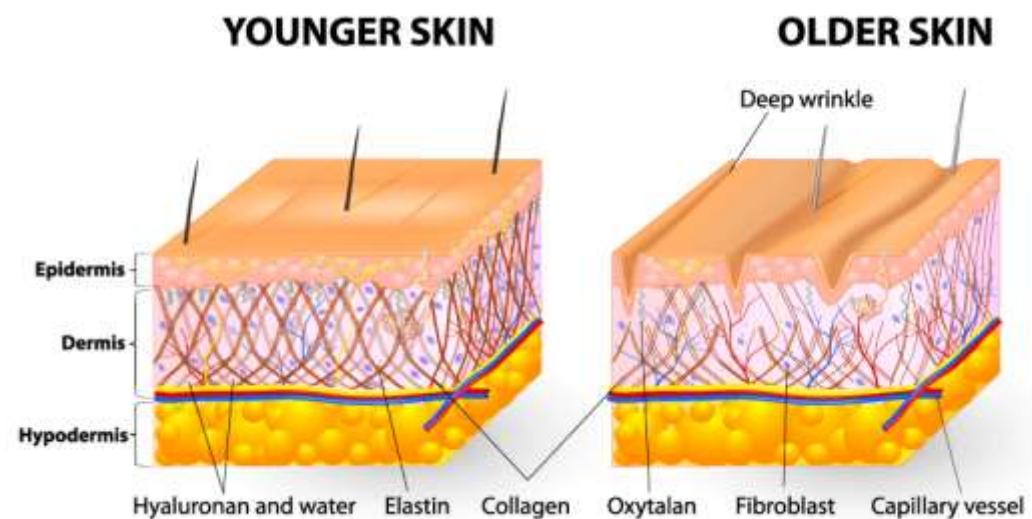
- As people age, skin cells divide more slowly, and the middle layer of the skin, called the dermis, begins to thin. The dermis is composed of a network of elastin and collagen fibers, which offer support and elasticity. As this network loosens and unravels with time, depressions are created on the skin surface.

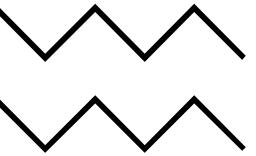
- Smoking

- Smoking causes a marked reduction in the production of new collagen. Decreased collagen results in the development of wrinkles.

- Sun exposure

- Exposure to UV light breaks down collagen fibers and leads to the production of abnormal elastin.





# The Components of a Skincare Routine

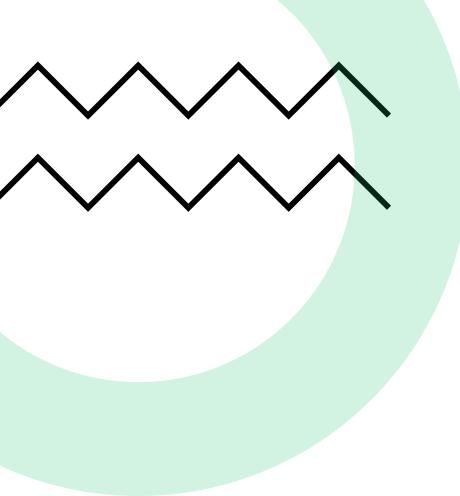
Cleanser

Sunscreen

Moisturizer

Serum





# Cleanser

- At the end of the day, it's important to cleanse to remove not only skin-care products and makeup that you applied in the morning, but also excess oil, sweat, dead skin cells, pollutants, and other debris that collect on the skin throughout the day

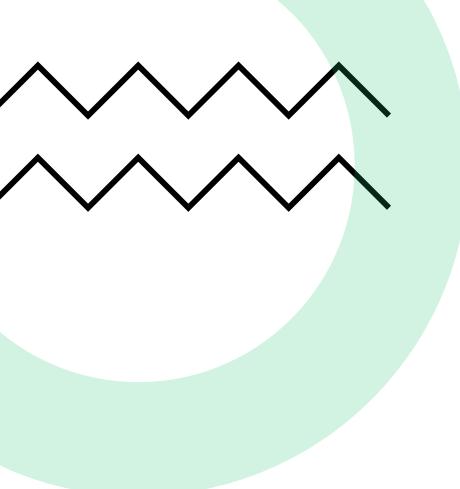


# Moisturizer



- Oil-free, fragrance-free moisturizer will be well tolerated in all skin types, from acne-prone to sensitive
  - Hyaluronic acid: Plumps skin and restores lost hydration.
  - Ceramides: Crucial for skin-barrier strength and overall health (and important for those with dry skin and eczema).
  - Vitamin C: Provides antioxidant protection and overall skin brightening.
- Oil-prone skin still needs to be moisturized! Those with oily skin should seek out noncomedogenic moisturizers. The term *noncomedogenic* on a product label means that the ingredients will not block pores and cause further breakouts





# Serum

- High-potency, lightweight topicals that are formulated with a higher concentration of active ingredients — such as vitamin C and hyaluronic acid — to target more specific skin concerns.
- They should be layered underneath your moisturizer — a general rule of thumb is to apply products with a thinner consistency underneath thicker ones, such as moisturizers and oil.





# Sunscreen

- Sunscreen is your first line of defense and protection against skin cancer. If you were to do nothing else for your skin, sun protection is the most important.
- **SPF 30 or higher**, and apply it daily (even when it's cloudy), always as the final step in your skin-care routine
- Chemical or mineral-based (in some cases, both are combined into one formula).
  - Mineral sunscreens work as a shield, blocking the sun's rays from penetrating the skin, thanks to ingredients like zinc oxide or titanium dioxide.
  - Chemical sunscreens, on the other hand, protect the skin against UV rays by absorbing them, relying on ingredients such as octocrylene or avobenzone.





The top 3

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# Cleanser

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# Moisturizer

---

# Sunscreen



# When it comes to skin care...

- Less is more!
  - Stick to products that do not have too many ingredients and are fragrance-free, and try new products one by one so you can see how your skin reacts
  - Apply only enough product for a thin layer across the face (dime-size)





## Demo

- Look into your goodie bag and follow along!



# SKIN CANCER AND SUN PROTECTION

Rachel Krevh

01

Discuss the features  
of normal and  
abnormal moles

02

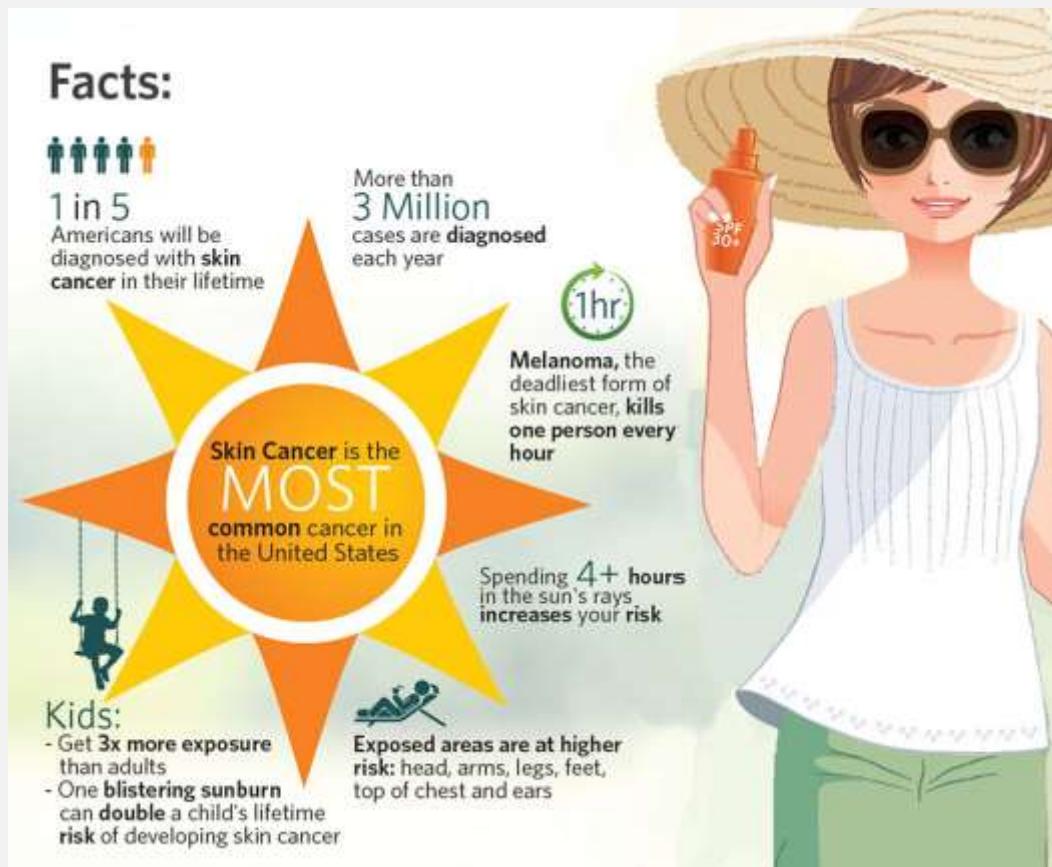
Differentiate the  
clinical features of  
melanoma

03

Understand the  
importance of  
sunscreen

**LEARNING OBJECTIVES**

# DID YOU KNOW?

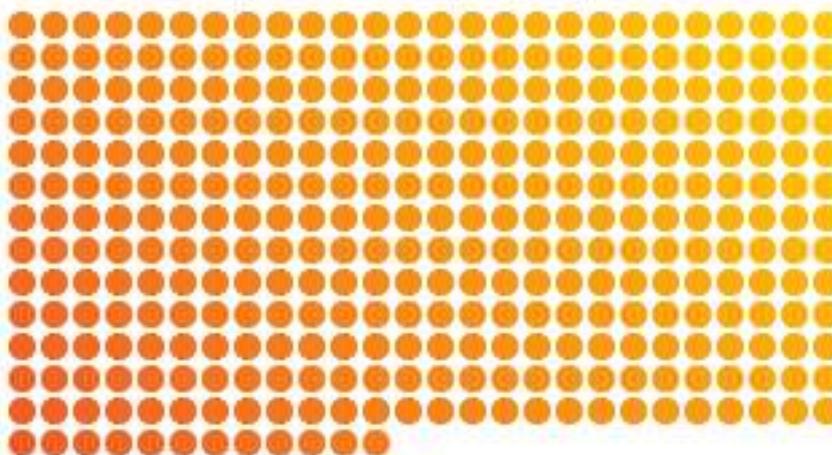


# SKIN CANCER IS THE **MOST COMMON** OF ALL CANCER TYPES

## NEW CANCER CASES IN THE U.S. THIS YEAR

○ = 10,000 cases

SKIN CANCER (non-melanoma) | 3,500,000



PROSTATE CANCER | 233,000



BREAST CANCER | 235,030



LUNG CANCER | 224,210



COLORECTAL CANCER | 136,830

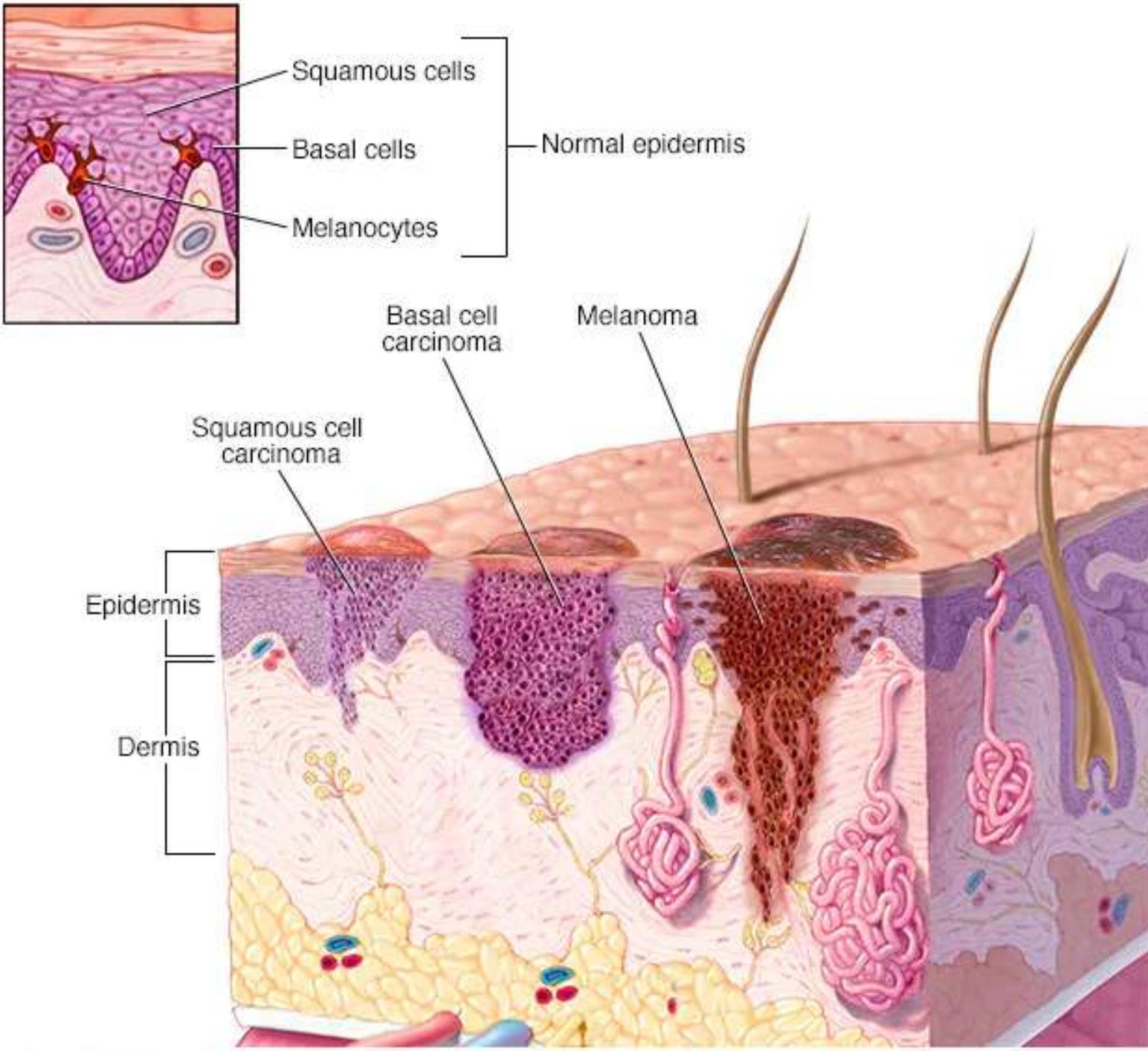


3.5M cases of non-melanoma skin cancer diagnosed in 2.2M people, with some patients having more than one diagnosis.

Skin cancer cases don't just outweigh these four cancers — they outweigh all cancers combined!

## WHAT IS SKIN CANCER?

- Abnormal growth of skin cells
  - Most often develops on skin exposed to the sun.
  - Can also occur on areas of your skin not ordinarily exposed to sunlight.
- There are three major types of skin cancer — basal cell carcinoma, squamous cell carcinoma and melanoma.



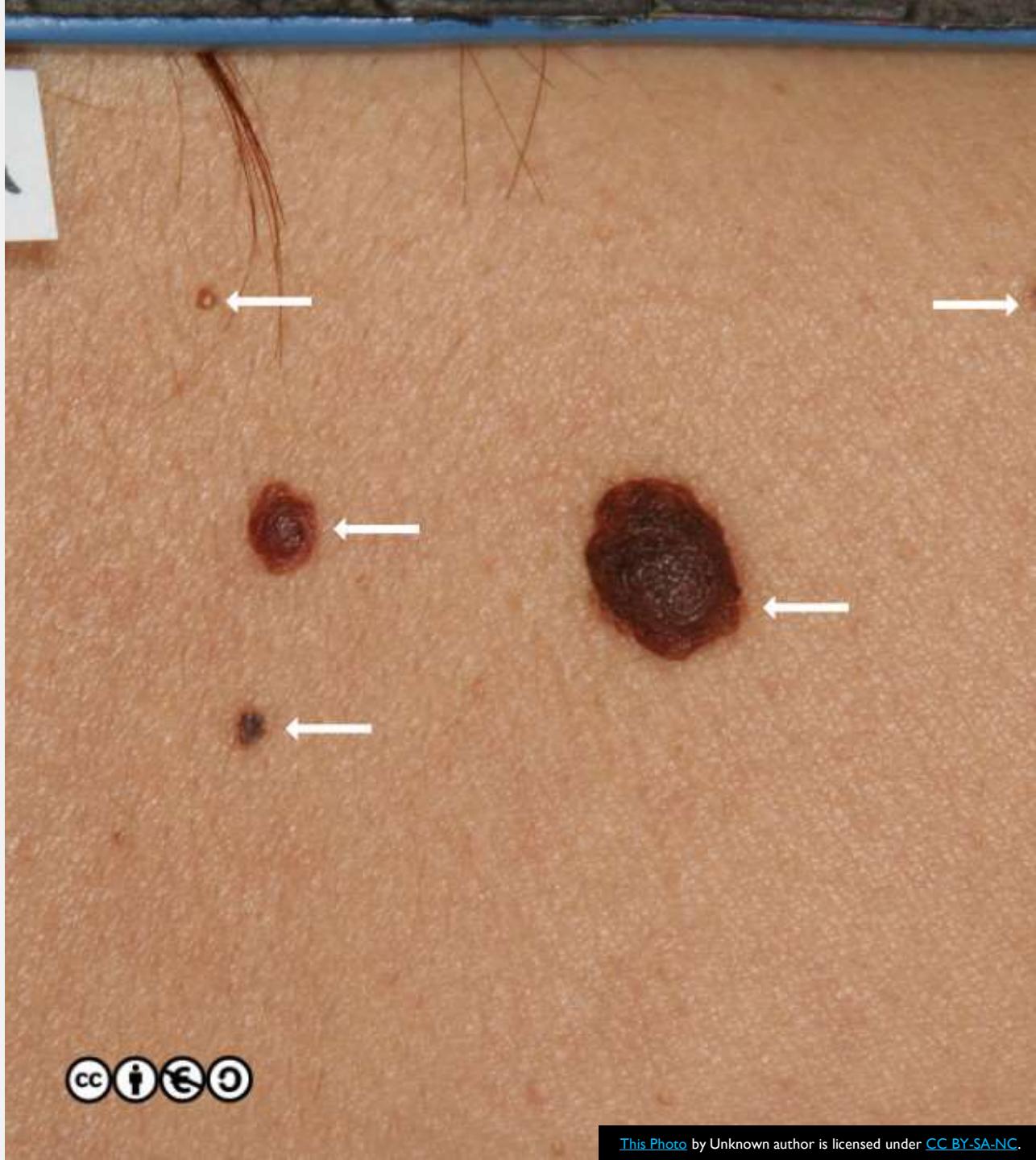
## WHAT ARE THE RISK FACTORS?

- Fair skin
  - Blonde or red hair, light-colored eyes, freckle or sunburn easily
- History of sunburns
  - Having had one or more blistering sunburns as a child or teenager increases your risk of developing skin cancer as an adult.
- Excessive sun exposure
- Moles and other pre-cancerous skin marks
- Family history of skin cancer
- Weakened immune system
  - HIV/AIDS, organ transplant, autoimmune diseases
- Prior exposure to radiation
  - Ex. Radiation for other types of cancer



# MOLES

- AKA a Nevus (Nevi)
- Uniform in appearance & relatively small.
- Primarily develop during childhood/young adulthood.
- Increased numbers acquired moles suggest an increased risk for melanoma development.
- Synonyms: nevus cell nevus, nevocellular nevus, nevocytic nevus, soft nevus, neuronevus, pigmented nevus, pigmented mole, common mole, melanocytic nevus, hairy nevus, cellular nevus, and benign melanocytoma.



PIGMENTED PAPULE  
(BUMP), SLIGHTLY  
CONVOLUTED  
SURFACE



# ATYPICAL MOLE



Source: Usatine RP, Smith MA, Mayaux EJ, Chumley HS: *The Color Atlas of Family Medicine*, Second Edition: [www.accessmedicine.com](http://www.accessmedicine.com)  
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# HOW DO I KNOW IF A MOLE IS "SUSPICIOUS"



## ABCDE criteria

A mnemonic device that summarizes cutaneous changes that are concerning for melanoma.

- Asymmetry
- Border irregularities
- Color variation
- Diameter  $\geq 6$  mm
- Evolving size, shape, and/or color

## LIFETIME RISK FOR MELANOMA

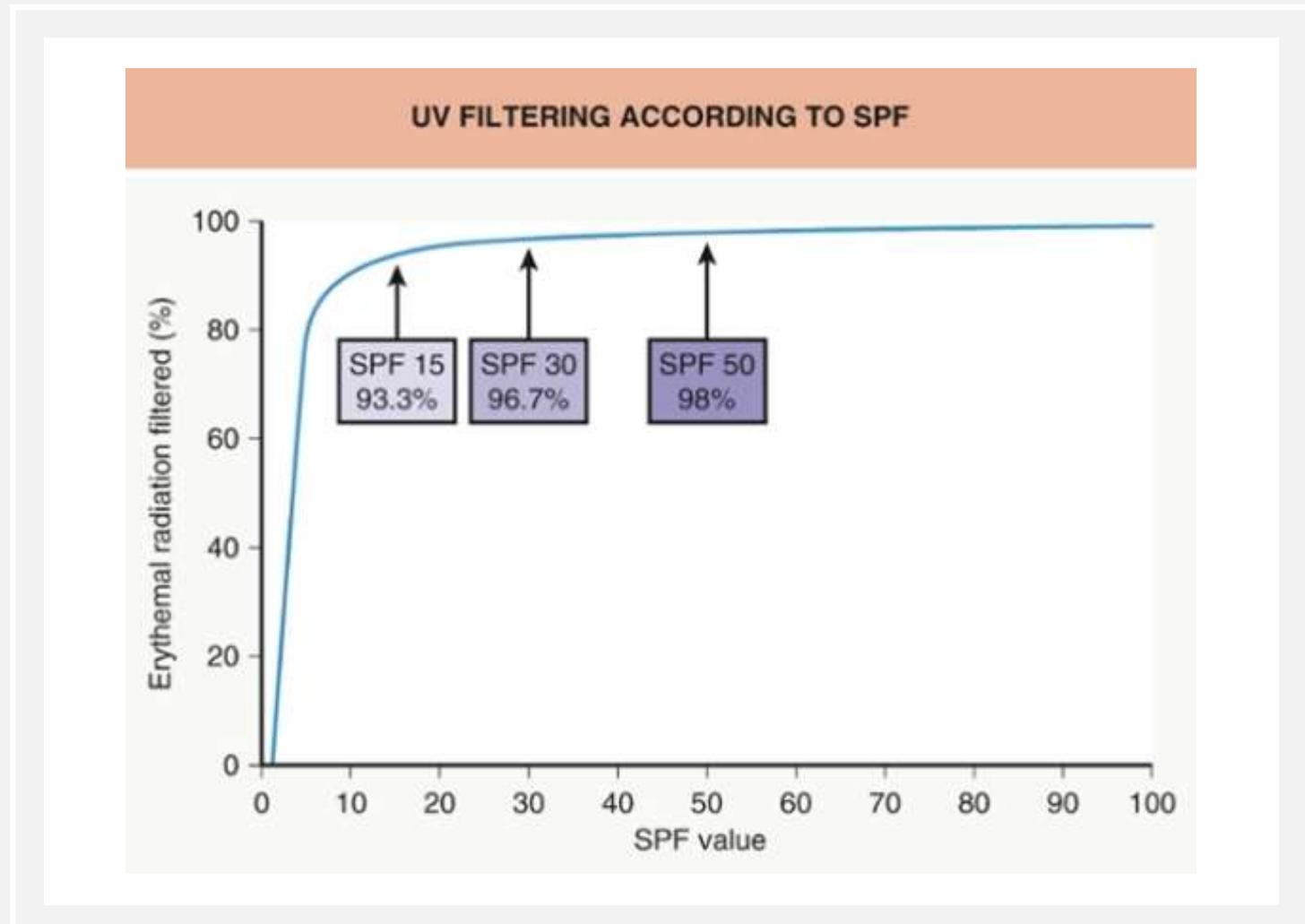
- ~ 2.4% (1 in 40) for White population
- ~ 0.1% (1 in 1,000) for Black population
- ~ 0.5% (1 in 200) for Hispanic population

HOW CAN I  
PREVENT SKIN  
CANCER?



# SUNSCREEN AND SPF

- Apply a broad-spectrum, water-resistant sunscreen with an **SPF of 30 or higher**.
- Broad Spectrum – protects against UVA and UVB rays.
- **Sun Protective Factor AKA SPF**
  - SPF 30 - would take skin 30 times longer in the sun to develop the same level of redness as unprotected skin.



# HOW TO APPLY SUNSCREEN

- Use sunscreen whenever you are going to be outside, even on cloudy days.
- Apply enough sunscreen to cover all skin not covered by clothing. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body.
- Don't forget to apply to the tops of your feet, your neck, your ears and the top of your head.
- When outdoors, **reapply sunscreen every two hours**, or after swimming or sweating.





## PRACTICE SAFE SUN HABITS

- **Seek shade**
  - Seek shade when appropriate, remembering that the sun's rays are the strongest between 10 a.m. and 2 p.m.
- **Wear sun-protective clothing**
  - Wear a lightweight and long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection, when possible. For more effective protection, select clothing with an ultraviolet protection factor (UPF) number on the label.
- **Apply sunscreen**
  - Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing. Remember to reapply every two hours or after swimming or sweating.

# BODY MOLE MAP

**DETCT Skin Cancer: Body Mole Map**

Follow these instructions regularly for a thorough skin exam: 1) Look at what to look for. 2) Examine your skin. 3) Record your spots and remember. 4) Look for any changes. Contact your dermatologist or make an appointment if you notice any new, fast, and/or irregular changes in your skin.

**1 The ABCDEs of Melanoma**  
What to Look for:

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

**A**symmetry: One half unlike the other half.

**B**order: Irregular, scalloped, or poorly defined border.

**C**olor: Varied, including shades of tan, brown, and/or black; some areas may be white, red, or blue.

**D**iameter: Larger than one-fifth the size of a pencil eraser (about 6 mm), but can be smaller, but have borders of a pencil eraser.

**E**volving: A mole that is changing in size or shape, or is changing in new, often darker, colors.

**2 Skin Cancer Self-Examination**  
How to Check Your Spots:

Checking your skin means taking note of all the spots on your body. Here's how to find all your spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your own. Ask someone to help when checking your skin, especially in hard-to-see places.

Front and back of torso and back of arms, especially legs.

Head, including front, sides, back of neck, and scalp.

Look in body openings and corners. Axilla (armpit), groin, and rectum.

Between back and neck and scalp with a friend.

**3 Record Your Spots**  
Make notes of your spots on the images below so you can regularly track changes.

**MOLE #**

	<b>A</b> Asymmetrical shape of mole	<b>B</b> Type of border?	<b>C</b> Color of mole	<b>D</b> Characteristics of Mole. Use ruler provided	<b>E</b> Does have multi changes?
1	Asym., irreg.	Irregular	Pink	1.2mm	YES, LARGER
2					
3					
4					
5					
6					
7					
8					
9					
10					

Name: \_\_\_\_\_ Date: \_\_\_\_\_ © 2014 American Academy of Dermatology

## TAKE HOME MESSAGE

**Perform regular skin self-exams to detect skin cancer early, when it's most treatable**

See a doctor if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding.

**WANT AN EXPERT'S OPINION?**

# Introduction



# What is Mental Health?

Why is it important?



“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.”

Factors that contribute to mental health include:

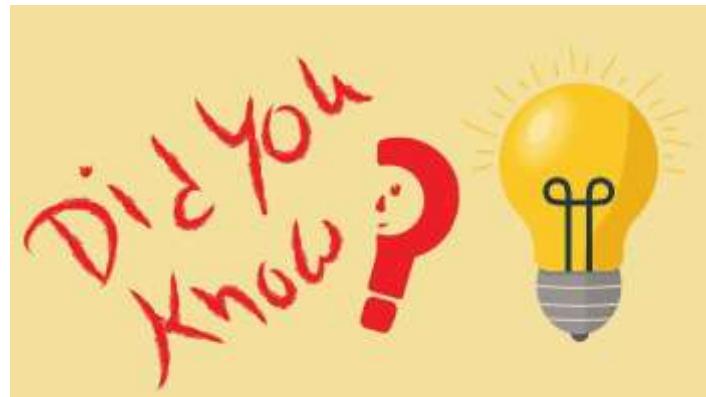
- Biological factors (genes, brain chemistry)
- Life experiences
- Family history



Mental health problems are among the most common health conditions in the U.S.

In 2014, about:

- One in 5 American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression



# Ways to Maintain Positive Mental Health



# What exactly is self care?

- According to the National Institute of Mental Health, taking the time to incorporate self-care into daily routine is important because self-care allows one to live well and improve physical and mental health.
- Self care allows for managing stress levels, lower risks of illness, and increase daily energy
- Self care can be whatever YOU want it to be that will help YOU be rejuvenated (big or small!) and helps your own mental/physical health
- Examples of self care: getting exercise, eating healthy meals, getting appropriate amounts of sleep per night, practicing gratitude, and set goals/priorities to name a few!

# What are your current methods for self care?



## Activity #1: circle all traits that you feel accurately describe you and feel free to write in positive traits that are not listed

Active	Curious	Kind
Admirable	Dedicated	Lively
Adventurous	Easygoing	Loving
Agreeable	Educated	Loyal
Amiable	Enthusiastic	Neat
Amusing	Ethical	Nice
Appreciative	Exciting	Optimistic
Athletic	Extraordinary	Organized
Authentic	Fair	Passionate
Benevolent	Firm	Patient
Brave	Focused	Peaceful
Bright	Forgiving	Playful
Brilliant	Friendly	Polite
Calm	Generous	Principled
Capable	Gentle	Reliable
Caring	Good-natured	Respectful
Charming	Grateful	Responsible
Cheerful	Happy	Self-disciplined
Clean	Hardworking	Selfless
Clear-headed	Helpful	Sincere
Clever	Heroic	Skillful
Compassionate	Honest	Strong
Confident	Hopeful	Sweet
Considerate	Humble	Thoughtful
Cooperative	Innocent	Trustworthy
Courageous	Intelligent	Understanding
Courteous	Inventive	Unselfish
Creative	Joyful	Wise

# Activity #2 - Implement mental health everyday

- Self Care Action Plan
- Importance of incorporating self-care and wellness in life in the way that fits you!
- Personal handout and plan to implement what you learned!



See the Triumph's "My Self-Care Action Plan"

# At Home Activity - 5 Things Journal

- Take 5 minutes out of your day in the evening and write down 5 things
- Bringing it back to ideas of mindfulness
  - What we love about ourselves
  - What makes us happy
  - What we are thankful for
  - What we can improve
  - What we did well
  - What we are proud of
  - What we want to accomplish

# References

- [Mental Health Myths and Facts | MentalHealth.gov](https://www.mentalhealth.gov/conditions/mental-health-myths-and-facts)
- [What Is Mental Health? | MentalHealth.gov](https://www.mentalhealth.gov/conditions/what-is-mental-health)
- U.S. Department of Health and Human Services. (n.d.). *Caring for your mental health*. National Institute of Mental Health. Retrieved January 11, 2022, from [https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health#part\\_8446](https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health#part_8446)

Thank you for your time!

Questions?



# Free Health Care Resources Near Norma Herr Women's Shelter

1) Circle Health Clinic- they offer: Primary Care, Dental, Behavioral/ Mental Health, HIV Services

Phone: (216) 721-4010

2) Collinwood Health Center- they offer: Adult Medicine, Pediatrics, Family Medicine, Gynecology and Family Planning, HIV/STD Testing, Mammography, Ultrasound Services, Laboratory and X-ray, Dental, Optometry, Pharmacy, Behavioral/Mental Health, Health Education, Social Work, Dermatology, Referral Services

Phone: (216) 851-1500

3) Neighborhood Family Practice - Ridge Community Health Center- they offer: Medical Care, Family Planning, Women's Health, Behavioral Health, Dental Health, Refugee Service

Phone: (216) 281-0872

## Skincare from the Inside Seminar Curriculum

- **Welcome/ Intros/ Overview:** *Kelly*
- **Pre-Seminar Survey:** *Kelly*
- **Workshop #1: Mental Health and Wellness:** *Adrianna, Payas, Shreya.*
  - Mental Health Introduction with PowerPoint (5 minutes)
  - Activity #1: Self – characteristics worksheet (5-10 minutes)

Active	Curious	Kind
Admirable	Dedicated	Lively
Adventurous	Easygoing	Loving
Agreeable	Educated	Loyal
Amiable	Enthusiastic	Neat
Amusing	Ethical	Nice
Appreciative	Exciting	Optimistic
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Cooperative	Innocent	Trustworthy
Courageous	Intelligent	Understanding
Courteous	Inventive	Unselfish
Creative	Joyful	Wise

(We will also be giving the option to add their own positive traits that are not listed)

- Activity #2:
- 3 things to be thankful for (Mindfulness booklet) description and take-home activity
- Giving a handout (self-care plan)

### How much time do you have?

5 minutes	15 minutes	30 minutes
Try a breathing exercise: Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat.	Organize a small space in your home.	Download a mindfulness app. There are many free apps available online.
Dance or sing to a favorite song.	Play with your kids. Do something simple like color or draw with them.	 Play a game, work on a puzzle, or try a new online game.
Change position: stretch your arms, legs, and back.	Take a power nap.	 Join a parent support group on parentsanonymous.org.
Take a quick walk outside.	Call a friend or family member to catch up and check in.	Go for a jog, do tai chi, or any physical activity that makes you happy.
Water your plants or garden.	Take a bath or shower.	

- Activity #3 (Self-Care Action Plan)
- The women can fill out their own plan so that they can implement self-care and wellness in their daily lives.
- Hand out (below)



[See the Triumph's "My Self-Care Action Plan"](#)

- **Workshop #2: Skincare: Kelly**

Kelly: Will go through PowerPoint Material (20 min)

Kelly: Will lead the skincare demo (5-10 min)

- **Workshop #3 Skin Cancer and Sun Protection: Rachel**

Rachel: Will go through PowerPoint material (20 min)

Rachel: Will lead interactive body mapping demo (5 min)

- **Post-Seminar Survey: Kelly**

- **Concluding Remarks: Kelly**

- **Skin checks:** *Drs. Graham and Mostow*