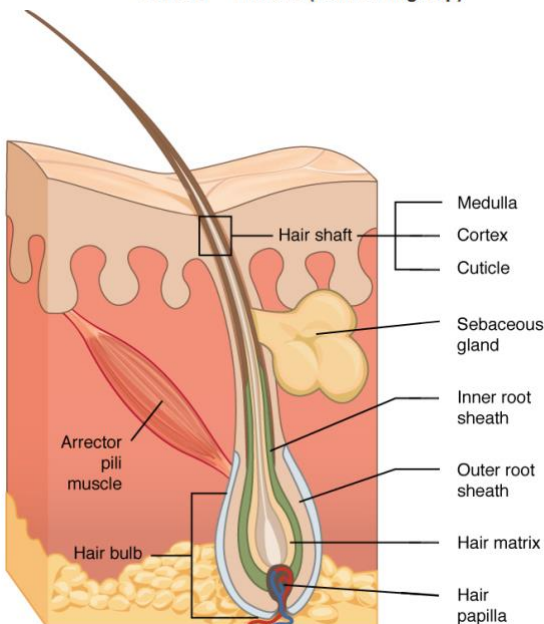
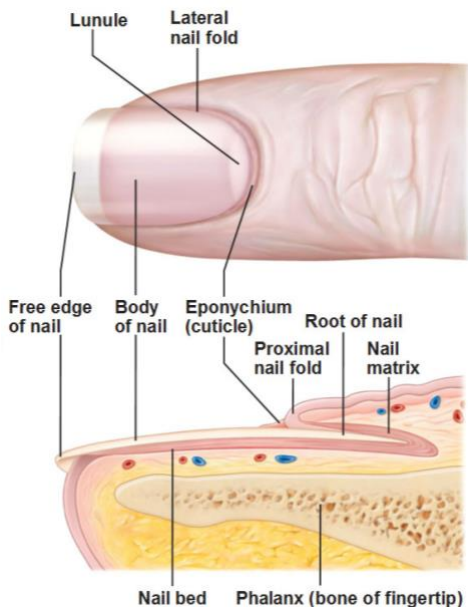


The Integumentary System

The integumentary system is an organ system consisting of the skin, hair, nails, and exocrine glands.



- The skin consists of three layers: the **epidermis**, **dermis**, and **subcutaneous tissue**, with the epidermis on the outer surface and the subcutaneous tissue being the deepest
 - The skin functions to protect the body from the exterior environment
- **Hair** is made of columns of tightly packed dead keratinocytes (cells that produce keratin, a type of protein)
 - Hair consists of 3 major parts: the follicle, root, and shaft
- **Nails** function to reinforce and protect the ends of the fingers and toes.
- The **sudoriferous glands**, also known as sweat glands, are exocrine glands that secrete water and salt from the skin or hair.
- **Sebaceous glands** are exocrine glands that produce and excrete an oily substance called sebum from the skin
- **Ceruminous glands** are exocrine glands only found in the ear canals, and produce and secrete cerumen, or ear wax.

FUN FACT: The skin is the largest organ of the human body! It accounts for about 15% of your body weight, and the average person has about 300 million skin cells.

Sources: <https://www.innerbody.com/anatomy/integumentary>

Written by Shreya Ohri