

## 9 things you didn't know about

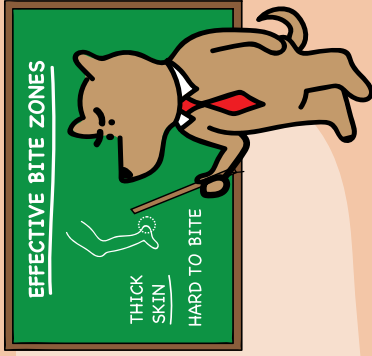
# Human Skin



**X sq. m**  
Light brown  
100% original Bear skin  
Also available in  
Tan Deep Brown

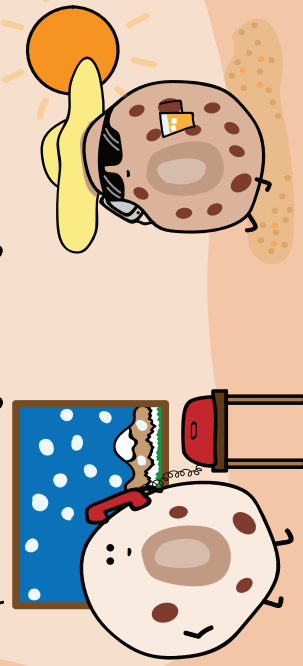
**2 sq. m**  
Flesh tint  
Authentic human skin Ring  
Also available in  
Copper Wheat

1. An average person's skin covers an area of ~ 2 m<sup>2</sup>, and accounts for ~15% of your body weight.

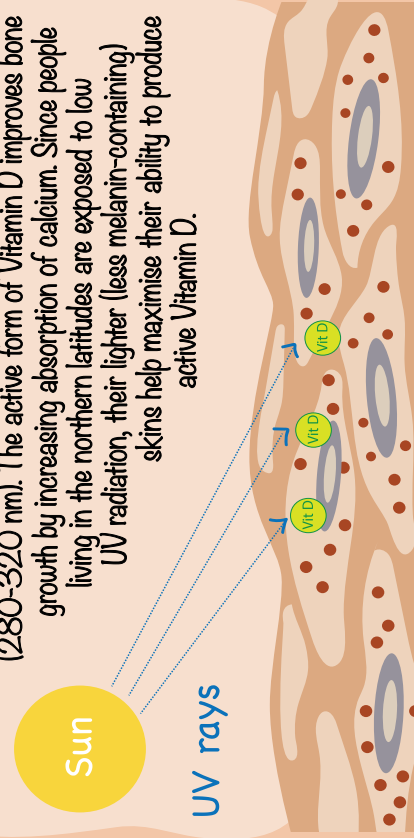


2. It's not as uniformly thin as we think! For e.g. the skin on your eyelids is as thin as 0.2 to 0.5 mm, but that on the palms of your hands & soles of your feet are as thick as 1.4 mm (to account for the wear and tear of gripping & walking).

3. It gets its colour from the pigment melanin, produced by cells called melanocytes in the skin's outermost layer. People (~ 1 in 20,000) with a hereditary condition called albinism are at higher risk of skin cancer because they carry mutations that prevent melanin production. When pigment-producing cells die or stop functioning only in certain skin areas, it results in white patches on the body - called Vitiligo.



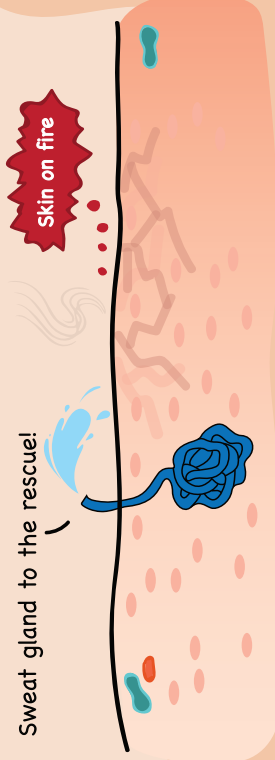
4. It's the site of a reaction that converts the pre-active form of Vitamin D to its active form on exposure to UV-B radiations (280-320 nm). The active form of Vitamin D improves bone growth by increasing absorption of calcium. Since people living in the northern latitudes are exposed to low UV radiation, their lighter (less melanin-containing) skins help maximise their ability to produce active Vitamin D.



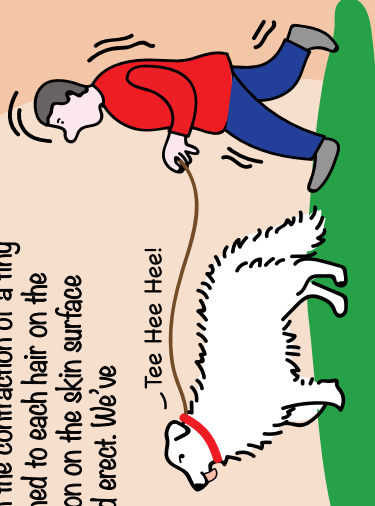
5. It has magical regenerative potential! An adult person sheds about 30,000 to 40,000 dead cells/minute - around 4 kg every year! Except during injury/inflammation, the outermost layer of our skin is replaced by an entirely new one every 4 weeks.



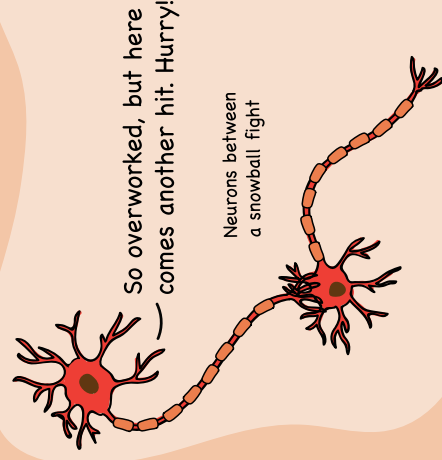
6. It acts as a thermostat, regulating body temperature through body fluids like blood and sweat. For e.g., when you feel hot, evaporating sweat (from sweat glands on the skin) helps cool your body. The blood vessels in your skin dilate, increasing blood flow. The warmer blood loses heat to the colder air at the skin surface by conduction. In contrast, when you feel cold, the blood vessels in your skin constrict, reducing flow of blood to its surface layers and, therefore, limit loss of body heat.



7. It may break out in goosebumps on sudden exposure to cold air. A goosebump is caused when the contraction of a tiny muscle (called arrector pili) attached to each hair on the skin produces a shallow depression on the skin surface and causes our skin hair to stand erect. We've inherited this tendency from our animal ancestors, where the rising of hair increases the amount of insulating air in contact with the skin. But, since we do not have a body coat, goosebumps may not help us in any way.

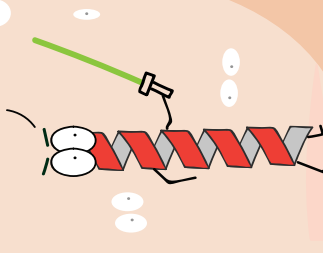


8. It has an extensive network of neurons connected to receptors for heat, cold, touch and pain that we rely heavily on to detect changes in our immediate environment. What if we lost the ability to feel pain? People born with the very rare condition Hereditary Sensory & Autonomic Neuropathy IV can't sense pain, heat or cold. Such people are more prone to serious self-injury and the risk of early death.



9. Is home to more than a 1000 species of bacteria, fungi and viruses - collectively called skin microbiota. For e.g. our skin harbours almost 50 million bacteria per square inch with as many as 500 million on oily surfaces like that of the face! Our skin produces specific anti-microbial peptides that kill most disease-causing bacteria, while letting beneficial ones grow! Some scientists argue that these good bacteria may have helped our ancestors avoid infections at a time when they weren't taking a bath regularly.

Keep away, disease-causing bacteria. The force is strong!



Contributed by:

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