

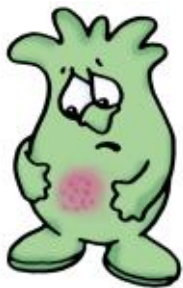
A Note about Fingernails

Thousands of germs can survive under and around fingernails. Be sure to clean areas under fingernails if they are visible dirty, and pay special attention to these areas when you wash or use alcohol hand rubs for cleaning hands. Freshly applied nail polish does not increase the number of germs present, but chipped nail polish may harbour germs. Persons with artificial nails are more likely to have more germs under and around nails than those who do not wear them.

Nutrition:

Food provides the energy and nutrients you need to be healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals, and water.

Learning to eat nutritiously is not hard. The key is to eat a variety of foods including vegetables, fruits, and whole – grain products. Eat lean meats, poultry, fish, beans, and low – fat dairy products and drink lots of water.



This brochure provides basic general information only, and is to be used as a guide, not as a complete resource on the subject....

If you have any further question, please ask your physician or nurse or call the hospital Epidemiologist.



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YOUR [SKIN] IS THE SOURCE OF INFECTION



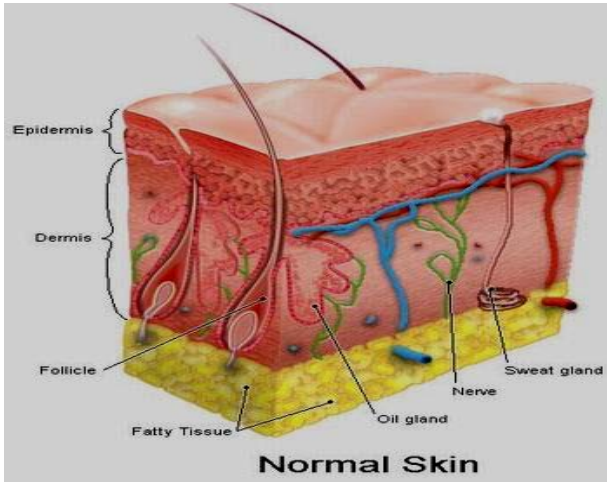
Spa



**We care about your
total health.**

[Skin] is the source of infection:

Skin is the largest organ in the body. It consists of three layers –the epidermis, the dermis and the subcutaneous tissue. Hair and nails are both modified forms of skin.



The skin serves as the body's natural protective covering. It prevents germs and other potentially harmful agents from entering the body. It shields internal organs, muscles, nerves, blood vessels and other structures from the sun's harmful rays and protects the body from injury. In addition to providing protection, the skin prevents the loss of essential fluids (i.e., blood, water), regulates body temperature and senses painful and pleasant stimuli. The skin is also a minor source of waste disposal and an indicator of health problems

Function of the skin:

The skin performs the following functions:

Protection: an anatomical barrier between the internal and external environment in bodily defence; Langerhans cells in the skin are part of the adaptive immune system.

Sensation: contains a variety of nerve endings that react to heat and cold, touch, pressure, vibration, and tissue injury.

Heat regulation: the skin contains a blood supply far greater than its requirements which allows precise control of energy loss by radiation.

Control of evaporation: the skin provides relatively dry and impermeable barrier to fluids loss. Loss of this function contributes to the massive fluid loss in burns.

Storage and synthesis: acts as storage center for lipids and water, as well a means for synthesis of vitamin D by action of UV on certain parts of the skin.

Absorption: Oxygen, nitrogen and carbon dioxide can diffuse into the epidermis in small amounts. The skin is an important site of transport in many organisms.

Hygiene [A forgotten Practice]

Unclean skin favors the development of pathogenic organisms – dead cells that continually slough off of the epidermis mix with the secretions of the sweat and sebaceous glands and the dust found on the skin to form a filthy layer on its surface. If not washed away, the slurry of sweat and sebaceous secretions mixed with dirt and dead skin is decomposed by bacterial flora, producing a foul smell.

Functions of the skin are disturbed when it is excessively dirty; it becomes more easily damaged, the release of antibacterial compounds decreases and dirty skin is more prone to develop infections.

The skin supports its own ecosystem of micro-organisms including yeast and bacteria, which can not be removed by any amount of cleaning.