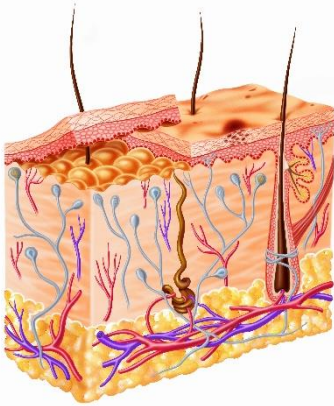


Name: \_\_\_\_\_



# 10 Minutes with Science

## Hair



Almost the entire body is covered in a delicate layer of fiber called hair, or body hair. Only the inside of the navel, mucous membranes, the palms of the hands, and the soles of the feet do not have hair.

All of our hair, fuzzy or other is made of a protein called keratin, which gives it its characteristic flexibility. All hairs have a root and a stem, or shaft, that sticks out of the skin, like a plant. The root of the hair is sunk in a cavity called a 'hair follicle', in the layer of skin called the 'dermis'.

The papilla, where the root of each hair is, is composed of blood vessels and connective tissue; which provide the hair with all the substances it needs for its development.

How many hairs do we have? An adult can have approximately five million hairs scattered throughout his or her body. On our scalp we have between 90,000 and 140,000 hairs. Although in the past it was thought that the hair on the head had no practical function, it is now known that it helps to regulate the temperature of the head and to cushion the blows that are received especially by children.

Hair does not grow in a definite way, rather, its growth depends on a cyclical process known as a 'hair cycle'. This means that each of the follicles where the hair is located has its own cycle to expel old hair and grow new hair; which makes each hair grow independent of others around it. That's why, under normal conditions, a person can lose up to one hundred hairs on his head every day.



Name: \_\_\_\_\_

## ANSWER THE QUESTIONS

1. What's the dermis made of?
  - a. The scalp
  - b. Dead keratin fibers
  - c. Hair follicles
  - d. From a protein called dermis



2. We don't have hair in...
  - a. The navel
  - b. Mucous membranes
  - c. The soles of hands and feet
  - d. All of the above



3. An adult may have:
  - a. 2 million hairs
  - b. 3 million hairs
  - c. 4 million hairs
  - d. 5 million hairs
4. On our scalp we have between 90,000 and 140,000 hairs.
  - a. True
  - b. False

5. How many hairs typically fall out every day?
  - a. 10
  - b. 50
  - c. 100
  - d. None

