



Skin @ School

Extra worksheet about ichthyosis

from:

Developed by the umbrella organization 'Huid Nederland' in cooperation with the Dutch association for dermatologists (NVDV), nurse practitioners, patient representatives and education experts.

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Ichthyosis

This lesson is about the skin condition ichthyosis. You learn what this skin condition is and how people live with it.



People who have ichthyosis cannot sweat properly and get hot more quickly than other people.

Rough skin

Ichthyosis is a non-contagious, chronic disease. People with ichthyosis have rough skin that looks like the skin of a fish. The name of the disease comes from ichthus, the Greek word for fish.

The epidermis (the outermost layer of skin) has two layers: the **horny layer** and, underneath, the **base layer**. In the base layer, new **skin cells** are constantly being formed that move up to the horny layer. This process is called **cornification**. In most people's skin, the skin cells die in the horny layer. After a while, they drop off (are shed) as flakes (loose pieces of skin), without us noticing.

For people with ichthyosis, cornification and flaking take place too quickly. The flakes of skin in their horny layer are not shed properly and so they build up. The horny layer then gets thicker and flakes are produced that look like the scales (plates) on the skin of a fish. The skin is sometimes cracked or red or has blisters.

Because of this thick horny layer, people with ichthyosis cannot sweat properly. They need to be careful not to get too hot, as they could faint if they do. They are also more likely to get a skin infection than other people. People with ichthyosis use a greasy ointment every day to protect their skin and keep it smooth. There is not yet a cure for ichthyosis.



1. Fill in the correct words.

- a The epidermis is made up of the _____ and, underneath, the _____ layer.
- b Flaking is the _____ of loose pieces of skin.
- c Cornification is the movement of _____ to the _____.
- d A scale on fish skin is called a _____.

2. Circle the correct words.

- a Ichthyosis **is / is not** a chronic disease.
- b Ichthyosis **is / is not** contagious.
- c In the skin of people with ichthyosis, cornification and flaking take place **slowly / quickly**.
- d People with ichthyosis have a horny layer that is **thicker / thinner** than other people's.
- e People with ichthyosis **can / cannot** sweat properly.
- f People with ichthyosis get hot **more slowly / more quickly** than other people.
- g People with ichthyosis **sometimes / often** use a greasy ointment.

3. Find the information

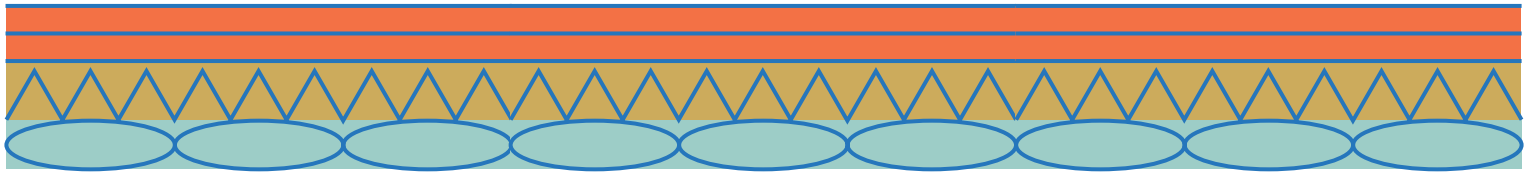
Watch the film *Schubben als huid* by Topdoks (in Dutch). You can find the link to the film at www.huidhuis.nl (9:30 minutes).

- a Elin needs to take a break more often than other people when she is dancing. Explain why this is.

- b Write down one difference between Elin's skin and the skin of the presenter Elbert.

- c The doctor says it looks like a snowstorm when Elin takes her shirt off. Explain why this is.

- d Write down two things that Elin uses to cool down.



4.

To finish

Fill in the word that means the following in the puzzle.

1	first layer of the skin (above the base layer)
2	outside layer of skin (horny layer plus base layer)
3	second layer of skin (underneath the horny layer)
4	piece of skin
5	shedding of loose pieces of skin
6	plate (on the skin of a fish)
7	loose piece of skin
8	movement of skin cells up to the horny layer

