

Example of integumentary system - current events essay

[Health & Medicine](#), [Stress](#)



As most of you and everyone knows stresses causes health problems like heart attack and hypertension. However did you know that stress can cause harsh damage to your skin? According to an article in the Times of India, “Your flawless complexion suddenly breaks out into acne or begins exhibition of early wrinkles. Either you control the stress, or visit a doctor” (TNN, 1). Skin specialists think of aberration on a person, skin whenever they spot a person with stress. Stress can also cause rosacea, a skin problem which is goaded by stress. It also causes other skin problems like acne, psoriasis and wrinkle (TNN, 1).

When one is under stress, the production of sebum is initiated as well as that of adrenaline. As a result the hormone adrenaline causes blood to flow away from the skin to the muscles in reaction to provide the strength required to deal with disaster. However, if this goes on for a long time, overproduction of the hormone as well a pale bloodless look are experienced. According to the science daily, chronic stress also stiffens the muscles which cause a barrier to the flow of blood to the skin (2). Consequently the condition prevents the removal waste products that are deposited beneath the tissues, “leaving a pallid, dull skin in its place” (TNN, 1).

I think the hindrance of the normal skin functioning is what leads to the skin problems. Most people with stress have suffered skin problems without their knowledge; but now I know for you, you are lucky to know what maybe causing your skin acne lesions to get more inflamed and persistent or why your rosacea is becoming redder. Stress causes the more permeability to the skin, makes it more reactive as well a sensitive. If you want to have a better complexion it is time to control your stress.

Works Cited

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