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Vocabulary Builder Reference from...

Jen Gunter: 5 skin health myths to stop believing now
| TED Talk

https://www.ted.com/talks/jen_gunter_5_skin_health_myths_to_stop_believing_now

Advanced Words Only

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Session 1: Word List

misunderstand

v. to interpret or understand something in the wrong way
synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

flawless

adj. without any imperfections or errors; perfect or impeccable in appearance or performance

synonym: perfect, impeccable, faultless

(1) **flawless** execution, (2) **flawless** performance

The football team had a **flawless** season and went undefeated all year.

radiant

adj. emitting light or heat; shining brightly

synonym: shining, glowing, brilliant

(1) **radiant** smile, (2) **radiant** light

She looked **radiant** on her wedding day.

devoid

adj. completely lacking or free from something

synonym: empty, lacking, void

(1) **devoid** of life, (2) air **devoid** of pollution

The room was **devoid** of any furniture or decorations.

blemish

n. a mark or imperfection that detracts from the appearance of something, typically a person's skin or features; (verb) to spoil, mar, or damage the appearance or quality of something

synonym : defect, flaw, imperfection

(1) **blemish** my record, (2) skin **blemish**

I have a **blemish** on my face that I am trying to cover with makeup.

epidermis

n. the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature

synonym : skin, cuticle, derma

(1) **epidermis** layer, (2) **epidermis** cells

Excessive exposure to UV radiation harms the **epidermis** and increases the risk of skin cancer.

keratin

n. a fibrous protein that is the main structural component of hair, nails, and the outer layer of skin in mammals and birds; also found in horns, hooves, and feathers

synonym : ceratin

(1) **keratin** treatment, (2) **keratin** protein

Keratosis is a skin condition characterized by the formation of excess **keratin** on the skin's surface

microbe

n. a tiny living thing that can only be seen with a microscope and that may cause disease

synonym : germ, microorganism, bacterium

(1) pathogenic **microbe**, (2) **microbes** sterilizer

Microbes thrive on the surface of the human skin.

synthesize

v. to combine a substance to make a more complex product or compound

synonym : incorporate, amalgamate

(1) **synthesize** molecules, (2) **synthesize** information

The spider can **synthesize** multiple different silk proteins.

melanin

n. a natural pigment found in the skin, hair, and eyes of animals, responsible for the color and tone of these features

synonym : pigment, coloration, hue

(1) **melanin** production, (2) **melanin** deficiency

People with more **melanin** in their skin can better protect themselves from the sun's harmful rays.

pathogen

n. a bacterium, virus, or other microorganism that causes disease

synonym : germ, microbe, bacterium

(1) plant **pathogen**, (2) the **pathogen** in the air

mRNA vaccines are approved faster because they do not contain inactivated **pathogens**.

dermis

n. the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue

synonym : skin layer, corium, cutis

(1) hair follicle **dermis**, (2) skin **dermis**

The **dermis** layer contains nerve endings, which enable us to feel sensations such as pressure and pain.

scaffold

n. a temporary platform or structure used to support workers and materials during construction or maintenance work

synonym : platform, staging, framework

(1) **scaffold** construction, (2) go to the **scaffold**

The construction workers set up the **scaffold** to reach the top of the building.

collagen

n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

synonym : gelatin, protein, tissue

(1) **collagen** supplement, (2) **collagen** production

Our natural **collagen** production decreases as we age,

leading to wrinkles, sagging skin, and joint pain.

follicle

n. a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion

(1) **follicle** cell, (2) damaged **follicle**

The pigments in your hair **follicles** determine the color of your hair.

exfoliate

v. to remove dead skin cells from the surface of the skin, often through mechanical or chemical means, to improve its appearance and texture

synonym: peel, shed, flake

(1) **exfoliate** skin, (2) **exfoliate** dead cells

You shouldn't **exfoliate** too often as it can cause irritation and damage to your skin

bunk

n. a piece of furniture that provides a place to sleep, typically a narrow bed frame supported by a solid structure; nonsense or untruthful talk, often intended to deceive or mislead; a type of overnight accommodation, particularly in a military or institutional setting

synonym: nonsense, rubbish, bunkum

(1) bunch of **bunk**, (2) military **bunk**

The crowded dorm room had **bunk** beds to accommodate all the students.

sunscreen

n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

synonym: sunblock, sun cream, suntan lotion

(1) **sunscreen** lotion, (2) natural **sunscreen**

Wearing **sunscreen** to protect your skin from harmful UV rays is important.

ultraviolet

adj. relating to or occupying the part of the spectrum beyond the violet end, especially radiation

synonym: black light, UV light, invisible light

(1) **ultraviolet** protection, (2) **ultraviolet** light

Ultraviolet radiation can cause skin damage if one is exposed for too long.

penetrate

v. to pass into or through something, often by overcoming resistance

synonym: pierce, stab, go through

(1) **penetrate** a cell, (2) **penetrate** quickly into the skin

Western ideology slowly **penetrates** through the eastern countries.

sunburn

n. a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays

synonym: burn, tan, redness

(1) get a **sunburn**, (2) **sunburn** cream

I forgot to put on sunscreen, and now I have a painful **sunburn** on my back.

pheomelanin

n. a type of melanin pigment found in humans and other animals that is responsible for red and yellow coloration in hair, skin, and other tissues, sometimes associated with increased susceptibility to skin damage and cancer

(1) **pheomelanin** production, (2) **pheomelanin** synthesis

The amount of **pheomelanin** in the skin can impact its susceptibility to sunburn.

freckle

n. a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight

synonym: spot, speck, beauty mark

(1) tiny **freckle**, (2) **freckle** cream

I have a **freckle** on my nose that gets darker in the summertime.

permeate

v. to spread throughout; to pass through or penetrate every part of something

synonym: penetrate, diffuse, infiltrate

(1) **permeate** the air, (2) **permeate** the fabric

The aroma of freshly baked bread **permeated** the entire bakery.

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

dermatology

n. a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases

synonym: skin care, skin medicine, skin science

(1) pediatric **dermatology**, (2) **dermatology** research

She visited a **dermatology** clinic to get treatment for her skin condition.

acral

n. relating to the peripheral areas of the body, such as the hands and feet

synonym: peripheral, distal, terminal

(1) **acral** dermatitis, (2) **acral** erythema

Acral melanoma is a rare subtype of skin cancer that typically appears on the palms of the hands or soles of the feet.

melanoma

n. a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas

synonym: skin cancer, melanocarcinoma, pigmented tumor

(1) **melanoma** diagnosis, (2) **melanoma** treatment

Protecting your skin from the sun by wearing sunscreen and protective clothing can help reduce the risk of **melanoma**.

distrust

n. a lack of trust or confidence in someone or something
synonym: suspicion, doubt, misgiving

(1) **distrust** in politics, (2) growing **distrust**

The employee's consistent tardiness and lack of accountability made her coworkers develop **distrust** in her abilities.

pore

n. a tiny hole in the skin of people or other animals that sweat can pass through; (verb) to read carefully or study attentively

synonym: stoma, foramen

(1) woody **pore** fungi, (2) **pore** over reference books

I was sweating at every **pore**.

lubricate

v. to apply a substance, such as oil or grease, to reduce friction or wear on a surface

synonym: grease, oil, make slippery

(1) **lubricate** the economy, (2) **lubricate** the hinges with oil

The mechanic **lubricated** the gears to prevent them from grinding.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

irritate

v. to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore

synonym: annoy, vex, bother

(1) **irritate** skin, (2) **irritate** my partner

The sound of his chewing loudly **irritates** me during dinner.

comedo

n. a type of acne lesion or pimple that forms when a hair follicle becomes blocked with oil and dead skin cells; also known as a blackhead or whitehead

synonym : pimple, blackhead, blemish

(1) open **comedo**, (2) inflammatory **comedo**

The dermatologist diagnosed the patient with multiple **comedones**, causing her acne.

clog

v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

synonym : block, jam, obstruct

(1) **clog** a filter, (2) **clog** artery

The drain was **clogged** with hair and needed to be cleaned out.

overgrow

v. to grow or thrive over so as to cover with herbage

synonym : overrun, choke, overwhelm

(1) **overgrow** neighboring corals, (2) aquatic plants **overgrow**

Weeds **overgrow** throughout the garden.

aggravate

v. to make a problem or situation worse; to irritate or annoy someone

synonym : irritate, provoke, worsen

(1) **aggravate** the situation, (2) **aggravate** an injury

Stress can **aggravate** existing health conditions and cause further problems.

conclusive

adj. serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt

synonym : decisive, definitive, convincing

(1) **conclusive** information, (2) **conclusive** statement

The research provided **conclusive** evidence that the new treatment was effective.

absolve

v. (especially in religion or law) to declare someone free from guilt, punishment, or responsible for something

synonym: exempt, acquit, forgive

(1) **absolve** you from this responsibility, (2) **absolve** a person of a sin

The lender offered to **absolve** him of \$500 in debt on condition of work.

mole

n. small velvety-furred burrowing mammal having small eyes and fossorial forefeet; a spy who works against enemy espionage; a small congenital pigmented spot on the skin

(1) **mole** catcher, (2) **mole** planted by the FBI

The **mole** burrowed in the ground.

Session 2: Spelling

1. ke____n treatment
n. a fibrous protein that is the main structural component of hair, nails, and the outer layer of skin in mammals and birds; also found in horns, hooves, and feathers
2. con_____ve information
adj. serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt
3. damaged fo____le
n. a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
4. m__e planted by the FBI
n. small velvety-furred burrowing mammal having small eyes and fossorial forefeet; a spy who works against enemy espionage; a small congenital pigmented spot on the skin
5. ex_____te dead cells
v. to remove dead skin cells from the surface of the skin, often through mechanical or chemical means, to improve its appearance and texture
6. c__g artery
v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

ANSWERS: 1. keratin, 2. conclusive, 3. follicle, 4. mole, 5. exfoliate, 6. clog

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|----------------------------------|-----------|---|
| 7. su_____n cream | <i>n.</i> | a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays |
| 8. a det_____nt of crop yields | <i>n.</i> | a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result |
| 9. military b__k | <i>n.</i> | a piece of furniture that provides a place to sleep, typically a narrow bed frame supported by a solid structure; nonsense or untruthful talk, often intended to deceive or mislead; a type of overnight accommodation, particularly in a military or institutional setting |
| 10. tiny fr_____e | <i>n.</i> | a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight |
| 11. di_____st in politics | <i>n.</i> | a lack of trust or confidence in someone or something |
| 12. the pa_____en in the air | <i>n.</i> | a bacterium, virus, or other microorganism that causes disease |
| 13. ag_____te the situation | <i>v.</i> | to make a problem or situation worse; to irritate or annoy someone |
| 14. natural su_____en | <i>n.</i> | a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays |
| 15. ov_____ow neighboring corals | <i>v.</i> | to grow or thrive over so as to cover with herbage |

ANSWERS: 7. sunburn, 8. determinant, 9. bunk, 10. freckle, 11. distrust, 12. pathogen, 13. aggravate, 14. sunscreen, 15. overgrow

16. me____ma diagnosis *n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
17. pediatric der____gy *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
18. ep____is cells *n.* the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature
19. phe____in synthesis *n.* a type of melanin pigment found in humans and other animals that is responsible for red and yellow coloration in hair, skin, and other tissues, sometimes associated with increased susceptibility to skin damage and cancer
20. co____en supplement *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
21. pe____te the air *v.* to spread throughout; to pass through or penetrate every part of something
22. me____ma treatment *n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
23. ra____t light *adj.* emitting light or heat; shining brightly

ANSWERS: 16. melanoma, 17. dermatology, 18. epidermis, 19. pheomelanin, 20. collagen, 21. permeate, 22. melanoma, 23. radiant

24. de___d of life *adj.* completely lacking or free from something
25. ac__l erythema *n.* relating to the peripheral areas of the body, such as the hands and feet
26. fo_____le cell *n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
27. fl_____ss execution *adj.* without any imperfections or errors; perfect or impeccable in appearance or performance
28. pe_____te quickly into the skin *v.* to pass into or through something, often by overcoming resistance
29. me_____n deficiency *n.* a natural pigment found in the skin, hair, and eyes of animals, responsible for the color and tone of these features
30. phe_____in production *n.* a type of melanin pigment found in humans and other animals that is responsible for red and yellow coloration in hair, skin, and other tissues, sometimes associated with increased susceptibility to skin damage and cancer
31. ult_____et light *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
32. sc_____ld construction *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work

ANSWERS: 24. devoid, 25. acral, 26. follicle, 27. flawless, 28. penetrate, 29. melanin, 30. pheomelanin, 31. ultraviolet, 32. scaffold

33. ab_____e a person of a sin *v.* (especially in religion or law) to declare someone free from guilt, punishment, or responsible for something
34. lu_____te the economy *v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
35. traditional me_____al *adj.* of or relating to the treatment or cure of disease
36. co_____en production *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
37. me_____n production *n.* a natural pigment found in the skin, hair, and eyes of animals, responsible for the color and tone of these features
38. ke_____n protein *n.* a fibrous protein that is the main structural component of hair, nails, and the outer layer of skin in mammals and birds; also found in horns, hooves, and feathers
39. ult_____et protection *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
40. skin de_____s *n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
41. pe_____te a cell *v.* to pass into or through something, often by overcoming resistance

ANSWERS: 33. absolve, 34. lubricate, 35. medicinal, 36. collagen, 37. melanin, 38. keratin, 39. ultraviolet, 40. dermis, 41. penetrate

42. skin bl____h *n.* a mark or imperfection that detracts from the appearance of something, typically a person's skin or features; (verb) to spoil, mar, or damage the appearance or quality of something
43. growing di____st *n.* a lack of trust or confidence in someone or something
44. hair follicle de____s *n.* the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
45. der____gy research *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
46. go to the sc____ld *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work
47. ab____e you from this responsibility *v.* (especially in religion or law) to declare someone free from guilt, punishment, or responsible for something
48. su____en lotion *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
49. open co____o *n.* a type of acne lesion or pimple that forms when a hair follicle becomes blocked with oil and dead skin cells; also known as a blackhead or whitehead
50. syn____ze information *v.* to combine a substance to make a more complex product or compound

ANSWERS: 42. blemish, 43. distrust, 44. dermis, 45. dermatology, 46. scaffold, 47. absolve, 48. sunscreen, 49. comedo, 50. synthesize

51. fr____e cream *n.* a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight
52. c__g a filter *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
53. bunch of b__k *n.* a piece of furniture that provides a place to sleep, typically a narrow bed frame supported by a solid structure; nonsense or untruthful talk, often intended to deceive or mislead; a type of overnight accommodation, particularly in a military or institutional setting
54. pe____te the fabric *v.* to spread throughout; to pass through or penetrate every part of something
55. fl____ss performance *adj.* without any imperfections or errors; perfect or impeccable in appearance or performance
56. environmental det____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
57. mis____and each other *v.* to interpret or understand something in the wrong way
58. ir____te my partner *v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
59. ep____is layer *n.* the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature

ANSWERS: 51. freckle, 52. clog, 53. bunk, 54. permeate, 55. flawless, 56. determinant, 57. misunderstand, 58. irritate, 59. epidermis

60. m__e catcher *n.* small velvety-furred burrowing mammal having small eyes and fossorial forefeet; a spy who works against enemy espionage; a small congenital pigmented spot on the skin
61. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
62. bl_____h my record *n.* a mark or imperfection that detracts from the appearance of something, typically a person's skin or features; (verb) to spoil, mar, or damage the appearance or quality of something
63. lu_____te the hinges with oil *v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
64. woody p__e fungi *n.* a tiny hole in the skin of people or other animals that sweat can pass through; (verb) to read carefully or study attentively
65. con_____ve statement *adj.* serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt
66. get a su_____n *n.* a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays
67. ac__l dermatitis *n.* relating to the peripheral areas of the body, such as the hands and feet
68. inflammatory co____o *n.* a type of acne lesion or pimple that forms when a hair follicle becomes blocked with oil and dead skin cells; also known as a blackhead or whitehead

ANSWERS: 60. mole, 61. medicinal, 62. blemish, 63. lubricate, 64. pore, 65. conclusive, 66. sunburn, 67. acral, 68. comedo

80. ra____t smile

adj. emitting light or heat; shining brightly

ANSWERS: 80. radiant

Session 3: Fill in the Blanks

1. I was sweating at every _____.
n. a tiny hole in the skin of people or other animals that sweat can pass through;
(verb) to read carefully or study attentively
2. The football team had a _____ season and went undefeated all year.
adj. without any imperfections or errors; perfect or impeccable in appearance or performance
3. The pigments in your hair _____ determine the color of your hair.
n. a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
4. I have a _____ on my nose that gets darker in the summertime.
n. a small, pigmented spot on the skin, typically of the face that is caused by exposure to sunlight
5. The _____ layer contains nerve endings, which enable us to feel sensations such as pressure and pain.
n. the layer of skin beneath the epidermis that contains blood vessels, nerves, and connective tissue
6. The lender offered to _____ him of \$500 in debt on condition of work.
v. (especially in religion or law) to declare someone free from guilt, punishment, or responsible for something
7. The crowded dorm room had _____ beds to accommodate all the students.
n. a piece of furniture that provides a place to sleep, typically a narrow bed frame supported by a solid structure; nonsense or untruthful talk, often intended to deceive or mislead; a type of overnight accommodation, particularly in a military or institutional setting

ANSWERS: 1. pore, 2. flawless, 3. follicles, 4. freckle, 5. dermis, 6. absolve, 7. bunk

8. Excessive exposure to UV radiation harms the _____ and increases the risk of skin cancer.
- n.* the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature
9. The _____ burrowed in the ground.
- n.* small velvety-furred burrowing mammal having small eyes and fossorial forefeet; a spy who works against enemy espionage; a small congenital pigmented spot on the skin
10. The construction workers set up the _____ to reach the top of the building.
- n.* a temporary platform or structure used to support workers and materials during construction or maintenance work
11. I have a _____ on my face that I am trying to cover with makeup.
- n.* a mark or imperfection that detracts from the appearance of something, typically a person's skin or features; (verb) to spoil, mar, or damage the appearance or quality of something
12. The drain was _____ with hair and needed to be cleaned out.
- v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
13. The sound of his chewing loudly _____ me during dinner.
- v.* to annoy, provoke, or cause resentment or anger in someone; to inflame or make sore
14. I forgot to put on sunscreen, and now I have a painful _____ on my back.
- n.* a painful reddening of the skin caused by overexposure to the sun's ultraviolet rays

ANSWERS: 8. epidermis, 9. mole, 10. scaffold, 11. blemish, 12. clogged, 13. irritates, 14. sunburn

15. The research provided _____ evidence that the new treatment was effective.

adj. serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt

16. mRNA vaccines are approved faster because they do not contain inactivated _____.

n. a bacterium, virus, or other microorganism that causes disease

17. One _____ of success is having a positive attitude and a strong work ethic.

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

18. The aroma of freshly baked bread _____ the entire bakery.

v. to spread throughout; to pass through or penetrate every part of something

19. People with more _____ in their skin can better protect themselves from the sun's harmful rays.

n. a natural pigment found in the skin, hair, and eyes of animals, responsible for the color and tone of these features

20. She looked _____ on her wedding day.

adj. emitting light or heat; shining brightly

21. The employee's consistent tardiness and lack of accountability made her coworkers develop _____ in her abilities.

n. a lack of trust or confidence in someone or something

22. Wearing _____ to protect your skin from harmful UV rays is important.

n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

ANSWERS: 15. conclusive, 16. pathogens, 17. determinant, 18. permeated, 19. melanin, 20. radiant, 21. distrust, 22. sunscreen

23. _____ radiation can cause skin damage if one is exposed for too long.
adj. relating to or occupying the part of the spectrum beyond the violet end, especially radiation
24. The room was _____ of any furniture or decorations.
adj. completely lacking or free from something
25. The amount of _____ in the skin can impact its susceptibility to sunburn.
n. a type of melanin pigment found in humans and other animals that is responsible for red and yellow coloration in hair, skin, and other tissues, sometimes associated with increased susceptibility to skin damage and cancer
26. The mechanic _____ the gears to prevent them from grinding.
v. to apply a substance, such as oil or grease, to reduce friction or wear on a surface
27. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
28. Our natural _____ production decreases as we age, leading to wrinkles, sagging skin, and joint pain.
n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
29. Stress can _____ existing health conditions and cause further problems.
v. to make a problem or situation worse; to irritate or annoy someone
30. The dermatologist diagnosed the patient with multiple _____ causing her acne.
n. a type of acne lesion or pimple that forms when a hair follicle becomes blocked with oil and dead skin cells; also known as a blackhead or whitehead

ANSWERS: 23. Ultraviolet, 24. devoid, 25. pheomelanin, 26. lubricated, 27. misunderstand, 28. collagen, 29. aggravate, 30. comedones,

31. Protecting your skin from the sun by wearing sunscreen and protective clothing can help reduce the risk of _____.
- n.* a type of skin cancer that originates in the cells that produce pigment, usually occurring on sun-exposed skin areas
32. You shouldn't _____ too often as it can cause irritation and damage to your skin
- v.* to remove dead skin cells from the surface of the skin, often through mechanical or chemical means, to improve its appearance and texture
33. Weeds _____ throughout the garden.
- v.* to grow or thrive over so as to cover with herbage
34. Keratosis is a skin condition characterized by the formation of excess _____ on the skin's surface
- n.* a fibrous protein that is the main structural component of hair, nails, and the outer layer of skin in mammals and birds; also found in horns, hooves, and feathers
35. The spider can _____ multiple different silk proteins.
- v.* to combine a substance to make a more complex product or compound
36. _____ thrive on the surface of the human skin.
- n.* a tiny living thing that can only be seen with a microscope and that may cause disease
37. The _____ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease

ANSWERS: 31. melanoma, 32. exfoliate, 33. overgrow, 34. keratin, 35. synthesize, 36. Microbes, 37. medicinal

38. _____ melanoma is a rare subtype of skin cancer that typically appears on the palms of the hands or soles of the feet.

n. relating to the peripheral areas of the body, such as the hands and feet

39. She visited a _____ clinic to get treatment for her skin condition.

n. a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases

40. Western ideology slowly _____ through the eastern countries.

v. to pass into or through something, often by overcoming resistance

ANSWERS: 38. Acral, 39. dermatology, 40. penetrates