

CH 4 DISORDERS AND DISEASES OF THE SKIN

MULTIPLE CHOICE

- 1. What is good advice for an esthetician who is working with a client who has a skin condition?** _____
 - a. The community of estheticians can help most directly if you post an anonymous picture of a client's condition on social media.
 - b. Do not continue with a service if you do not understand what condition you are dealing with.
 - c. Never discuss a skin condition with a client because it will be too embarrassing.
 - d. Never let the client know you do not know what condition the client may have.

- 2. What is NOT a benefit an esthetician can provide for a client who has a skin disorder?** _____
 - a. Helping a client's emotional well being
 - b. Stopping a service that might be harmful
 - c. Stopping the spread of infection
 - d. Diagnosing the medical condition for the client

- 3. What is a physician who treats disorders and diseases of the skin?** _____
 - a. Pediatrician
 - b. Dermatologist
 - c. Esthetician
 - d. Hematologist

- 4. Of the following, who is NEVER qualified to diagnose rosacea?** _____
 - a. A dermatologist
 - b. A nurse practitioner
 - c. An esthetician
 - d. A physician

- 5. What statement is true of skin conditions in general?** _____
 - a. They cannot be treated by estheticians.
 - b. They are rarely genetic.
 - c. They are difficult to categorize.
 - d. They are almost always contagious.

- 6. What type of physician would be most likely to work in conjunction with an esthetician in treating someone with hyperpigmentation?** _____
- a. A radiologist
 - b. A cardiologist
 - c. An epidemiologist
 - d. A dermatologist
- 7. What type of lesions are lesions in the early stages of development or change?** _____
- a. Primary
 - b. Tertiary
 - c. Secondary
 - d. Vascular
- 8. What body system do vascular lesions involve?** _____
- a. Nervous
 - b. Circulatory
 - c. Endocrine
 - d. Respiratory
- 9. What type of lesions are depressions in the skin?** _____
- a. Primary
 - b. Secondary
 - c. Vascular
 - d. Tertiary
- 10. A primary lesion _____.** _____
- a. is characterized by a pile of material on the skin surface or depressions in the skin
 - b. is a small epidermal cyst that appears as firm white papules
 - c. is characterized by flat, nonpalpable changes in skin color or by elevations formed by fluid in a cavity
 - d. is an abnormal cell mass resulting from excessive cell multiplication, varying in size, shape, and color
- 11. Which of the following best describes the term lesion?** _____
- a. A structural change in the tissue caused by damage or injury
 - b. A tiny round or oval pigmented area of skin on an area exposed to the sun
 - c. An inflammatory skin disorder of the sebaceous glands
 - d. A malformation of the skin from abnormal pigmentation

- 12. Which description best fits the definition of squamous cell carcinoma?** _____
- a. A condition characterized by red or pink scaly papules or nodules
 - b. A condition characterized by sores, reddish patches
 - c. A sebaceous cyst or subcutaneous tumor filled with sebum
 - d. A small epidermal cyst that appears as firm white papules
- 13. How often should people visit a physician to check for cancerous lesions?** _____
- a. Once every other year
 - b. Once every three to five years
 - c. Once a year
 - d. Once every six months
- 14. What is a condition characterized by black or dark patches on the skin which are usually uneven in texture, jagged, or raised?** _____
- a. Basal cell carcinoma
 - b. Melasma
 - c. Malignant melanoma
 - d. Squamous cell carcinoma
- 15. What are pink or flesh-colored precancerous lesions that feel sharp or rough and are a result of sun damage?** _____
- a. Ephelids
 - b. Comedones
 - c. Lentigines
 - d. Actinic keratoses
- 16. What change in shape would be an indication that a mole might be cancerous?** _____
- a. A mole that is growing smaller
 - b. A mole that is growing larger on one side than another
 - c. A mole that is perfectly symmetrical in shape
 - d. A mole that has rounded edges
- 17. A melanoma has a diameter that is at least as large as _____.** _____
- a. a bottle cap
 - b. a pencil eraser
 - c. a quarter
 - d. a pinpoint

- 18. What color is a melanoma?** _____
- a. Pink
 - b. Bright red
 - c. Dark
 - d. Lighter than the rest of the skin tone
- 19. A melanoma's border is usually _____.** _____
- a. irregular
 - b. consistent
 - c. black
 - d. red
- 20. Grade III acne is characterized by _____.** _____
- a. many close comedones and more open comedones
 - b. redness and inflammation, many comedones, papules, and pustules
 - c. minor breakouts, mostly open comedones
 - d. cysts with comedones, papules, pustules, and inflammation
- 21. Which of the following best describes the term steatoma?** _____
- a. A vascular lesion that is an abnormally dilated
 - b. A chronic inflammatory skin disorder of the sebaceous glands
 - c. An inflammatory, painful, itching disease of the skin
 - d. A sebaceous cyst or subcutaneous tumor filled with sebum
- 22. Where are sebaceous filaments often found?** _____
- a. Neck
 - b. Ears
 - c. Chin
 - d. Nose
- 23. What grade of acne is cystic acne?** _____
- a. III
 - b. IV
 - c. I
 - d. II
- 24. What does adrenaline help the body to do?** _____
- a. Fall asleep
 - b. Regulate its temperature
 - c. Cope with stressful events
 - d. Digest food

- 25. What statement about acne is true?** _____
- a. Acne is a skin disorder of the sebaceous glands.
 - b. Acne only occurs during a person's teenage years.
 - c. Acne is a skin disorder of the sudoriferous glands.
 - d. Acne is usually caused by environmental conditions.
- 26. Sebaceous filaments are best described as _____.** _____
- a. mainly small, solidified impactions of oil without the cell matter
 - b. small epidermal cysts that appear as firm white papules
 - c. vascular lesions that are abnormally dilated
 - d. a noninflamed buildup of cells, sebum, and other debris inside follicles
- 27. When considering the different grades of acne, Grade I acne is characterized by _____.** _____
- a. many close comedones, more open comedones, and occasional papules and pustules
 - b. cysts with comedones, papules, pustules, and inflammation from tissue damage
 - c. minor breakouts, mostly open comedones, some closed comedones, and a few papules
 - d. redness and inflammation, many comedones, papules, and pustules
- 28. Grade II acne is characterized by _____.** _____
- a. minor breakouts, mostly open comedones, some closed comedones, and a few papules
 - b. redness and inflammation, many comedones, papules, and pustules
 - c. cysts with comedones, papules, pustules, and inflammation from tissue damage
 - d. many closed comedones, more open comedones, and occasional papules and pustules
- 29. Which of the following is a small elevation on the skin that contains fluid but may develop into a pustule?** _____
- a. Cyst
 - b. Pustule
 - c. Papule
 - d. Pilosebaceous unit
- 30. Retention hyperkeratosis is _____.** _____
- a. the most common and the least severe type of carcinoma
 - b. benign lesions frequently seen in oilier areas of the face
 - c. small epidermal cysts that appear as firm white papules
 - d. a hereditary factor in which dead skin cells build up from not shedding

- 31. Which of the following is an inflamed papule with a white or yellow center containing pus?** _____
- a. Millium
 - b. Cyst
 - c. Comedo
 - d. Pustule
- 32. Acne is characterized by _____.** _____
- a. inflammation, dry or oily crusting, and itchiness
 - b. white irregular patches of skin
 - c. groups of red blisters that form a rash in a ring or line
 - d. excess sebum production
- 33. Seborrhea _____.** _____
- a. is an abnormal secretion from the sebaceous gland
 - b. is acute or chronic in nature, with dry or moist lesions
 - c. is a chronic, relapsing form of dermatitis
 - d. involves benign lesions frequently seen in oilier areas of the face
- 34. Sebaceous hyperplasia _____.** _____
- a. is a hypertrophy of the papillae and epidermis caused by a virus
 - b. results in the eruption of red vesicles and burning, itching skin
 - c. are whitish, pearl-like masses of sebum and dead cells under the skin
 - d. is described as doughnut-shaped with an indentation in the center
- 35. How many women in their childbearing years does polycystic ovarian syndrome (PCOS) affect?** _____
- a. 1 in 10 women
 - b. 1 in 20 women
 - c. 1 in 2 women
 - d. 1 in 5 women
- 36. What is a symptom of PCOS that an esthetician can help with?** _____
- a. Rosacea
 - b. Cysts
 - c. Hair loss
 - d. Hair growth
- 37. What is NOT a symptom of PCOS?** _____
- a. Acne
 - b. Sleeplessness
 - c. Hair growth
 - d. Hair loss

- 38. What is true of PCOS?** _____
- a. It affects both women and men.
 - b. It cannot be cured.
 - c. It is a psychosomatic and not a genetic condition.
 - d. Its symptoms cannot be treated by estheticians.
- 39. Varicose veins _____.** _____
- a. are often white, yellow, or flesh-colored
 - b. are whitish, pearl-like masses of sebum and dead cells under the skin
 - c. are a cosmetic irregularity that do not need medical treatment
 - d. are sometimes treated with sclerotherapy, a nonsurgical injection into the vein
- 40. Rosacea is characterized by _____.** _____
- a. inflammation, dry or oily scaling or crusting, and/or itchiness
 - b. red patches covered with white-silver scales
 - c. groups of red blisters that form a rash the shape of a ring or line
 - d. visible vessels and skin sensitivity
- 41. Telangiectasia _____.** _____
- a. is visible capillaries that are commonly found on the face
 - b. are small epidermal cysts that appear as firm white papules
 - c. is visible vascularity that is abnormally dilated and twisted veins
 - d. involves benign lesions frequently seen in oilier areas of the face
- 42. Caffeine consumption might be limited for a client with _____.** _____
- a. varicose veins
 - b. telangiectasia
 - c. melanoma
 - d. rosacea
- 43. Someone with rosacea should _____.** _____
- a. avoid spicy foods
 - b. spend time in a steam room
 - c. go out in the sun often
 - d. avoid high frequency treatments
- 44. Couperose skin is _____.** _____
- a. caused by varicose veins
 - b. another word for rosacea
 - c. highly contagious
 - d. not a medical condition

- 45. What vascular condition can an esthetician help a client with?** _____
- a. Rosacea
 - b. Varicose veins
 - c. Couperose
 - d. Telangiectasia
- 46. What vascular condition is treated with sclerotherapy?** _____
- a. Telangiectasia
 - b. Varicose veins
 - c. Rosacea
 - d. Couperose
- 47. What is also called pityriasis versicolor?** _____
- a. Leukoderma
 - b. Tinea versicolor
 - c. Albinism
 - d. Vitiligo
- 48. What is the biggest external cause of pigmentation disorders?** _____
- a. Sun exposure
 - b. Smoking
 - c. Diet low in protein
 - d. Diet high in fat
- 49. What is a small, flat colored spot on the skin?** _____
- a. Nevus
 - b. Fissure
 - c. Macule
 - d. Lentigo
- 50. Which of the following are an example of macules?** _____
- a. White patches
 - b. Birthmarks
 - c. Lentigines
 - d. Freckles
- 51. What term is best described as a malformation of the skin from abnormal pigmentation or dilated capillaries?** _____
- a. Macule
 - b. Tan
 - c. Lentigo
 - d. Nevus
- 52. What is a flat, pigmented area similar to a freckle?** _____
- a. Nevus
 - b. Skin tag
 - c. Keratoma
 - d. Lentigo

- 53. What term is best described as a fungal condition that inhibits melanin production?** _____
- a. Albinism
 - b. Tinea versicolor
 - c. Leukoderma
 - d. Vitiligo
- 54. Vitiligo is characterized by _____.** _____
- a. white, irregular patches of skin that are totally lacking pigment
 - b. flat, nonpalpable changes in skin color formed by fluid in a cavity
 - c. red patches covered with white-silver scales
 - d. extreme redness and dilation of blood vessels
- 55. Which of the following is a rare genetic condition characterized by the lack of melanin pigment in the body?** _____
- a. Vitiligo
 - b. Leukoderma
 - c. Tinea versicolor
 - d. Albinism
- 56. A tan _____.** _____
- a. is caused by exposure to the sun
 - b. is a type of hormonal hyperpigmentation disorder caused by pregnancy
 - c. is a malformation of the skin from dilated capillaries
 - d. is a skin condition caused by actinic bronzing
- 57. When considering the different types of lesions, tinea versicolor is characterized by _____.** _____
- a. inflammation, dry or oily scaling or crusting, and/or itchiness
 - b. clusters of small blisters or crusty lesions filled with bacteria
 - c. white, brown, or salmon-colored flaky patches from the yeast of the skin
 - d. white irregular patches of skin that are totally lacking pigment
- 58. The term hyperpigmentation best fits which of the following descriptions?** _____
- a. A change in pigmentation due to melanin production
 - b. A pigmented nevus
 - c. A lack of pigment
 - d. An overproduction of pigment

59. Leukoderma is _____. _____
- a. the loss of pigmentation
 - b. the overproduction of pigment
 - c. a malformation of the skin from abnormal pigmentation or dilated capillaries
 - d. a pigmented nevus
60. What is a term for hyperpigmentation triggered by hormonal changes? _____
- a. Vitiligo
 - b. Leukoderma
 - c. Hypopigmentation
 - d. Melasma
61. What color dye is a common allergen that causes allergic contact dermatitis? _____
- a. Yellow
 - b. Blue
 - c. Green
 - d. Red
62. What causes the itchy feeling that often accompanies contact dermatitis? _____
- a. Histamines
 - b. Keratosis
 - c. Psoriasis
 - d. Eczema
63. When considering the different types of lesions, eczema is characterized as _____. _____
- a. a chronic, relapsing form of dermatitis
 - b. groups of red blisters that form a rash that occurs in a ring or line
 - c. an inflammatory, painful, itching disease of the skin
 - d. an inflammation, dry or oily scaling or crusting, and/or itchiness
64. When considering the different types of lesions, seborrheic dermatitis is characterized by _____. _____
- a. red patches covered with white-silver scales
 - b. inflammation, dry or oily scaling or crusting, and/or itchiness
 - c. clusters of small blisters or crusty lesions filled with bacteria
 - d. flat, nonpalpable changes in skin color

- 65. Which of the following is an inflammatory skin condition caused by exposure and direct skin contact to allergens?** _____
- a. Eczema
 - b. Irritant contact dermatitis
 - c. Atopic dermatitis
 - d. Allergic contact dermatitis
- 66. Atopic dermatitis is _____.** _____
- a. an acute inflammatory disorder of the sweat glands
 - b. a chronic inflammatory skin disorder of the sebaceous glands
 - c. an inflammatory, painful, itching disease of the skin
 - d. a chronic, relapsing form of dermatitis
- 67. Which description best fits the definition of dermatitis?** _____
- a. A structural change in the tissues caused by damage or injury
 - b. An overproduction of pigment
 - c. An inflammatory skin disorder of the sebaceous glands
 - d. An inflammatory condition of the skin
- 68. What is redness and bumpiness in the cheeks or upper arms?** _____
- a. Hyperkeratosis
 - b. Psoriasis
 - c. Keratoma
 - d. Keratosis pilaris
- 69. Which of the following conditions is caused by blocked follicles?** _____
- a. Keratosis pilaris
 - b. Keratoma
 - c. Psoriasis
 - d. Hyperkeratosis
- 70. Which of the following gives the definition of hypertrophy?** _____
- a. A deficiency in perspiration due to failure of the sweat glands
 - b. The term used to refer to an inflammatory condition of the skin
 - c. A chronic excessive perspiration caused by heat, genetics, stress, or medications
 - d. The term used to describe thickening of a tissue
- 71. Psoriasis _____.** _____
- a. results in the eruption of red vesicles
 - b. is usually found in patches on the scalp, elbows, knees, chest, and lower back
 - c. is usually red and bumpy and found on the cheeks, upper arms, or thighs
 - d. results from sun damage

- 72. Which of the following best describes the term verruca?** _____
- a. Hypertrophy of the papillae and epidermis caused by a virus
 - b. Fungal infection that produces symptoms of thick, brittle, discolored nails
 - c. Bacterial infection of the skin that often occurs in children
 - d. Also known as ringworm and caused by a fungus
- 73. What term is best described as small outgrowths or extensions of the skin that look like flaps?** _____
- a. Skin tag
 - b. Tan
 - c. Keratoma
 - d. Mole
- 74. The term hyperkeratosis best fits which of the following descriptions?** _____
- a. An acquired thickened patch of epidermis
 - b. A malformation of the skin from abnormal pigmentation or dilated capillaries
 - c. The thickening of the skin caused by a mass of keratinocytes
 - d. The over production of pigment
- 75. What is a brownish spot ranging in color from tan to bluish black?** _____
- a. Mole
 - b. Pustule
 - c. Keratoma
 - d. Papule
- 76. The term keratoma best fits which of the following descriptions?** _____
- a. The lack of pigment
 - b. The term used to describe thickening of a tissue
 - c. A term for hyperpigmentation triggered by hormonal changes
 - d. An acquired, thickened patch of epidermis
- 77. Which of the following best completes the statement below? Herpes zoster is characterized by _____.** _____
- a. clusters of small blisters or crusty lesions filled with bacteria
 - b. singly or clustered warts that are flesh colored, brown or black
 - c. inflammation, dry or oily scaling or crusting, and/or itchiness
 - d. groups of red blisters that form a rash that occurs in a ring or line

- 78. Choose the option that best completes the following statement. When considering the different types of lesions, impetigo is characterized by _____.** _____
- a. a vesicle or group of vesicles on a red, swollen base
 - b. white, brown, or salmon-colored flaky patches
 - c. thick, brittle, and discolored nails
 - d. clusters of small blisters or crusty lesions filled with bacteria
- 79. Herpes simplex virus 1 is characterized by _____.** _____
- a. clusters of small blisters or crusty lesions filled with bacteria
 - b. groups of red blisters that form a rash that occurs in a ring or line
 - c. blisters that usually appear on the lips or nostrils
 - d. fungal infection that produces symptoms of thick, brittle, discolored nails
- 80. Conjunctivitis _____.** _____
- a. is caused by blocked follicles
 - b. is also known as pityriasis versicolor
 - c. is caused by exposure to the sun
 - d. is also known as pinkeye
- 81. Tinea corporis _____.** _____
- a. is a hypertrophy of the papillae and epidermis caused by a virus
 - b. is characterized by blisters that usually appear on the lips or nostrils
 - c. is a skin irritation that spreads into a circular infection that is red and scaly
 - d. produces symptoms of thick, brittle, discolored nails
- 82. _____ is infectious and contagious.** _____
- a. Verruca
 - b. Tinea versicolor
 - c. Skin tag
 - d. Keratosis pilaris
- 83. A wart is also known as _____.** _____
- a. tinea
 - b. impetigo
 - c. herpes
 - d. verruca

- 84. Estheticians should never work on clients who have _____.** _____
- a. tinea
 - b. active herpes lesions
 - c. ringworm
 - d. verruca
- 85. What condition affects a client's nails?** _____
- a. Tinea
 - b. Onychomycosis
 - c. Impetigo
 - d. Verruca
- 86. What is the disorder in which a person picks at their skin to the point of injury?** _____
- a. Dermatillomania
 - b. Onychomycosis
 - c. Impetigo
 - d. Body dysmorphic disorder
- 87. A psychological disorder in which the client has a preoccupation with their appearance may be _____.** _____
- a. body dysmorphic disorder
 - b. impetigo
 - c. onychomycosis
 - d. dermatillomania
- 88. Where do steatomas usually appear?** _____
- a. Shoulders, back, and chest
 - b. Scalp, neck, and back
 - c. Arms, legs, and torso
 - d. Face, neck, and chest
- 89. Which of the following describes the term pseudofolliculitis?** _____
- a. A medical term for persistent itching
 - b. A sebaceous cyst or subcutaneous tumor filled with sebum
 - c. Swelling from a fluid imbalance in the cells
 - d. A condition also known as razor bumps, which resembles folliculitis without the pus or infection

- 90. Which description best fits the definition of hyperhidrosis?** _____
- a. An inflammatory skin condition caused by exposure and direct skin contact to allergens
 - b. A chronic inflammatory skin disorder of the sebaceous glands characterized by comedones and blemishes
 - c. Swelling from a fluid imbalance in the cells or from a response to injury, infection, or medication
 - d. Excessive perspiration caused by heat, genetics, medications, or medical conditions
- 91. Which of the following best describes the term anhidrosis?** _____
- a. Excessive perspiration due to an underlying medical condition
 - b. Chronic excessive perspiration caused by heat, genetics, stress, or medications
 - c. A deficiency in perspiration due to failure of the sweat glands
 - d. Foul-smelling perspiration, usually in the armpits or on the feet
- 92. Miliaria rubra is _____.** _____
- a. a localized inflammatory reaction caused by exposure to caustic irritants
 - b. an abnormal secretion from the sebaceous glands
 - c. an inflammatory, painful, itching disease of the skin
 - d. an acute inflammatory disorder of the sweat glands