

EXTRA VIDEOS

1 ▶ Watch the video and complete the table with the missing information.

Viviscal - The Hair Growth Cycle posted by Viviscal Canada Brand


Phase of hair growth	What happens during the phase	Duration of the phase	Percentage of hair in the phase
.....	New hair develops from follicle and pushes out the old hair. The hair is attached to the dermal papilla.	Around
.....	The hair detaches from the dermal papilla.	1-2%
.....	The old hair appears dull and lifeless since it is no longer attached to its blood supply.	Around

2 ▶ Watch the video where Lynn Allienello talks about hirsutism and complete the text with the missing words.

Hair Removal Tips: Hirsutism posted by Double ACS

Hi, my name is Lynn Allienello, I'm a registered **1.** and registered electrologist and I own Electrology by Lynn. Today I'm going to talk about a condition called hirsutism, in which it's **2.** hair and it's generally in a condition where a woman has **3.** pattern hair growth, meaning that she has hair in the upper **4.**, or the **5.**, the side of the **6.**, the sternum, the neckline, the **7.** area. And it's a very embarrassing **8.** for someone who has this and a lot of **9.** aren't willing to openly discuss it or talk to the **10.** about it. Many **11.** don't even tell their doctor, they just **12.**, or wax, or thread and just go about their everyday lives and never mention this to their doctor. And it's **13.** that you do mention this to your doctor because there are oftentimes an underlying **14.** for the hirsutism. Some of those causes could be PCOS, which is Polycystic Ovarian **15.** It can result in **16.**, it can result in hirsutism, and it's a condition that can be **17.** if you let your doctor know that you have it. Another reason why someone could have hirsutism is a thyroid **18.** or adrenal hyperplasia or **19.** So, don't be **20.** to admit that you have a condition called hirsutism to your doctor because there can be a solution from the medical aspect and from the hair aspect. If you're looking for a **21.**, electrology is the only FDA approved **22.** of permanent hair **23.** I hope this information was **24.** to any of you out there that might be suffering from the condition of hirsutism. **25.**

GAMES AND INTERACTIVE ACTIVITIES

- 1  **PAIR WORK.** Each of you will receive a partially completed crossword puzzle. Take it in turns to give definitions for the words you have to your partner, to help him/her complete his/her crossword.



REAL-LIFE ACTIVITIES

1 PAIR WORK. These clients need your help to have information about the body hair disorder they suffer from. Match their questions to their photos and give them as much information as you can about their problems. Play clients and therapist.

- a. "As you can see, I have an excessive growth of dark hair on my face. What do you think my problem is?"
- b. "I compulsively pull out my hair all the time. What do you think my behaviour may be due to?"
- c. "I've been using lash extensions for months and now this is the situation! What do you think my problem is?"
- d. "I've got too much hair on my body, especially on the legs and arms. What do you think my problem is?"
- e. "In the latest months I've noticed these bald spots right in the middle of my beard. What do you think it might be?"
- f. "My eyebrows are getting thinner and thinner. What do you think my problem is?"



1. Antonio:



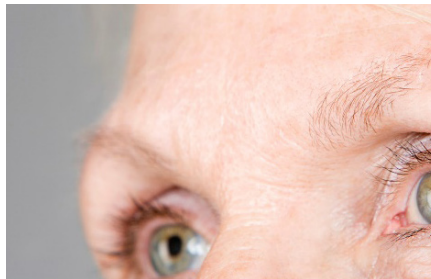
3. Jessie:



5. Samantha:



2. Carola:



4. Kelly:



6. Sarah:

2 GROUP WORK. Rank these body hairs putting the most useful ones at the top. Share and discuss your rankings in groups giving reasons for your choices.

- | | | | |
|------------|--------------------------|-----------------------|--------------------------|
| Beard | <input type="checkbox"/> | Hair on the head | <input type="checkbox"/> |
| Chest hair | <input type="checkbox"/> | Hair on legs | <input type="checkbox"/> |
| Eyebrows | <input type="checkbox"/> | Underarm hair | <input type="checkbox"/> |
| Eyelashes | <input type="checkbox"/> | Hair on the upper lip | <input type="checkbox"/> |

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