

# Nailed It

## What your nails say about your health.

### MEDICAL PROBLEMS CAN AFFECT YOUR NAILS.

Marshfield Clinic & Shine<sup>365</sup> provide what you need to know about nail health.

CONDITION	CAUSE	POTENTIAL HEALTH ISSUE	SEE YOUR DOCTOR
Yellow Nails	Nail polish residue	None	No
	Fungus in toenails	Can lead to bacteria infection in legs or sores that heal poorly in diabetic skin	Yes, if they are bothersome, cause pain or if you have a history of diabetes or cellulitis.
	Yellow nail syndrome – thickened, curved nails that stop growing	Can signify lung and respiratory problems; associated with swelling of arms and legs from fluid build-up	Yes
Dry, Cracked or Brittle Nails	Aging	None	No
	Poor moisturization	None	No. Try soaking nails and coating in Vaseline® for 15-20 minutes.
	Malnutrition	Nutrient deficiencies can lead to health problems including fatigue, dizziness, poor immune function and tooth decay	Yes, if problem persists. Take a daily vitamin that includes B vitamins.
White Spots	Trauma from minor nicks and bangs	None	No
	White nails from internal disease	Can indicate heart disease, kidney failure, diabetes or rheumatoid arthritis	Yes
Pitting	Skin disease	Most commonly psoriasis, but can also occur with eczema	Yes
	Hair disease	Patchy hair loss (alopecia areata)	Yes
Vertical Ridges	Aging	None	No
Horizontal Ridges	Habit picking occurs only on thumbs and/or index fingers	Anxiety, obsessive compulsive disorder	No
	Beau's lines – deep horizontal lines present on all nails	Significant physical or mental stress	Yes, if you are unaware of any underlying reason issues are occurring.
Vertical Pigmented Streaks	Moles	Skin cancer (melanomas)	Yes