

WHAT DO YOUR NAILS REVEAL ABOUT YOUR HEALTH?

A change in color or shape? Are your nails spotted, streaked, rippled, or bumpy? These are all warning signs that you should not overlook, as they may indicate that you have an illness ranging from minor to dangerous, such as cancer.

So, how can you tell if your nails appearance reveals any disease?



Pale or white nails

If your nails are white with dark edges, it may signal a liver problem. A white nail with a pink stripe may indicate aging, congestive heart disease, kidney failure, or diabetes. White spots on the nail plate suggest a calcium shortage. If nails are half white and half pink, it may indicate that the nitrogen level in the blood is above average. However, if the nail plates are entirely white, it is a sign of anemia or liver damage.

Yellow fingernails

The culprit could be poor-quality nail polish or smoking habits, but it could also be a fungal infection, which is the most prevalent cause of yellow nails. Yellow nails may suggest more serious health conditions, such as severe thyroid or lung disease, respiratory disorders, diabetes, or psoriasis.



Bluish nails

If your nails are bluish in color, it could mean that your body is not getting enough oxygen, or it could indicate emphysema or heart issues.

Dark nail color

A trauma to the nail can lead to underlying bleeding. However, a dark color may also indicate a hematoma under the nail due to a bruise, as well as melanoma. However, brown spots or a thickening of the nail may indicate skin cancer.

As the nail color is an indicator of a disease, so is the change in shape.

Wavy nails

A wavy nail surface may be an early sign of psoriasis or arthritis.

Brittle or cracked nails

Dry, brittle, and cracking nails are indicative of thyroid disease and hypothyroidism. They could also be due to regular exposure to chemicals such as cleaning products, or resulting from vitamin A, B, and C deficiencies. Cracked nails are also caused by anemia, cardiovascular disease, or fungal infections. Nail brittleness is associated with vitamin B12 and biotin deficiencies.

Lines on the nails

Horizontal lines indicate possible psoriasis, diabetes, circulatory disease, or severe zinc deficiency. Vertical stripes can be hereditary, a sign of aging, or related to vitamin B12 or magnesium deficiency.

So, keep an eye on your nails!

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