

Mayo Clinic Minute

Fingernails are clues to your health

Video	Audio
Vivien Williams VO: person showing nails	Your fingernails are clues to your overall health. Many people develop lines or ridges from the cuticle to the tip.
SULL0002 3:06 Rachel Miest, M.D. Dermatology Mayo Clinic	“Those are actually completely fine and just a part of normal aging.”
Vivien Williams VO: people’s nails	But Dr. Rachel Miest says there are other nail changes you should not ignore that may indicate ...
SULL0002 4:19 Rachel Miest, M.D.	“... liver problems, kidney problems, nutritional deficiencies ...”
Vivien Williams VO: Nails to images of each of the following type of issue (taken from .org slide show)	... and other issues. Here are six examples: No. 1 is pitting. This could be a sign of psoriasis. Two is clubbing. Clubbing happens when your oxygen is low and could be a sign of lung issues. Three is spooning. It can happen if you have iron-deficient anemia or liver disease. Four is called "a Beau’s line." It’s a horizontal line that indicates a previous injury or infection. Five is nail separation. This may happen as a result of injury, infection or a medication. And six is yellowing of the nails, which may be the result of chronic bronchitis.
	For the Mayo Clinic News Network, I’m Vivien Williams,