

Fingernails – A Self-Diagnosis

Radio Show notes by Dr. David C. Kolbaba

Human Fingernails:

Fingernails are made of the same tissue found in the skin and hair... It's a protein called keratin.

Some of what we see in fingernails can actually precede typical manifestations of an underlying developing disease.

The speed of growth might indicate the current health status of the individual.

Fingernail growth rate: Takes 3 to 6 months to regrow completely.

Toenails: grow at 1/4 the speed as fingernails... 12 to 18 months to regrow completely.

Interesting facts:

- Index fingernail grows faster than the pinky fingernail.
- The fingernail is more permeable than the skin, making it more susceptible to the outside world. Think about that next time you injured your fingernail or exposed to chemicals, including nail preparation cosmetics. (That leeches into the body when using these toxic chemicals).

Rate of growth: Is dependent on healthiness of the individual... Age/weather/diet... Physical condition of the individual.

Fingernail diagnosis:

Horizontal ridges = Major health challenge... Singular Deeper ridge, signifies the time on the calendar... That it happened. (bottom, near the cuticle, means more recent) ... (Six months to fully grow out).

Beau's lines . . . High fevers/uncontrolled diabetes/zinc deficiency. (*Ask about our [Zinc Tally test](#)*). (Chronic malnourishment).

Vertical ridges = Arthritis. Adrenal challenges = Anemia.

Lunulas ... Half-moons... = Thyroid.

Spooning versus Cupping =

Convex spooning... Respiratory challenge, probably long-standing... (Seen with heavier smokers).

Concave spooning... Iron deficiency Anemia... Thyroid.
Hemochromatosis, a.k.a. too much iron absorbed from food.

Systemic lupus erythematosus... Inflammatory autoimmune disease.

White scuff marks on the nails: = Medications/chronic infection/some systemic diseases.

Frosted over: Poor Nutrition/congestive heart failure/liver disease/anemia.

Yellow nails... Fungus/lung disease/diabetes/psoriasis/severe thyroid.

Bluish nails: = Lung deficits/heart condition/ Wilson's disease... A.k.a. copper accumulation... (Might appear with severe kidney disease).

Cracking fingernails: = Thyroid/with yellow... Fungal infection.

Longitudinal Ink-stain: ... Possibly critically important... Skin cancer... Malignant melanoma... One of the worst/aggressive cancers... Some-Say-In-Science... The most treatable, if detected early.

Pitting: Psoriasis... Connective tissue disorder like Reiter's syndrome, and alopecia areata and autoimmune disease that causes hair loss.

Finger clubbing/with the nail following the curvature... Could be a sign of an inflammatory bowel disease/cardiovascular disease/certain lung diseases... Also observed in AIDS patients.

Forensic science looks at nails too:

White lines running across the nails: = "Mees' Lines"

Arsenic poisoning.

Tune in for our HealthQuest Radio show at 11 am with Dr. Kolbaba

on AM560 The Answer

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