

## Mayo Clinic Minute

### Fingernails are clues to your health

Video	Audio
	Your fingernails are clues to your overall health. Many people develop lines or ridges from the cuticle to the tip.
<b>Rachel Miest, M.D. Dermatology Mayo Clinic</b>	“Those are actually completely fine and just a part of normal aging.”
	But Dr. Rachel Miest says there are other nail changes you should not ignore that may indicate ...
<b>Rachel Miest, M.D.</b>	“... liver problems, kidney problems, nutritional deficiencies ...”
	... 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 DeeDee Stiepan.