Nails
Examination and Disorders

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Overview

• Demystify nails

• QUIZ
• Talk
  – Examination nails and and site specific disease
• QUIZ
  – answers and cover common nails disease
• MCQ

Case 1

• 25 year old woman
• Noticed at pedicure
• Single toe

• What is diagnosis?
• How would you diagnose?
• How would you treat?
Case 2

• 12 year old girl
• 4 nails

• Diagnosis?
• Treatment?
• Concerns?

Case 3

8 year old twin

4 year history of nail problem left foot only. No help numerous topicals. Twin sister no nail issues. Family history psoriasis. Fungal/ mycotic elements only

Case 4

• 50 year female
• nail problem months
• sister has nails problems
• skin NAD
• GP- negative nail clippings
• Terbinafine for 1 year

• Diagnosis/Differential Diagnosis?
• Thought re terbinafine choice and length treatment?
Case 5

- 42 year old from South America
- No response to loceryl 6 months
- Diagnosis?
- Differential?
- Management?

Case 6

- What clinical signs are evident?
- What is the differential?
- What other skin manifestations may be present?
- What other nail changes can be present with this condition?

Case 7

- 50 year old lady
- Housewife
- Concern re ‘weak’ nails
- Medically well
- Diagnosis?
- Treatment?
- Preventions?
Case 8

- 10 year old boy
- Teased at school
- Tried OTC products

- Diagnosis?
- Management options?
- Concerns?

Case 9

55 year old woman
Few years hx of nail changes

What is the diagnosis?
Would the prognosis be different if one nail was affected?

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Nail Examination and site specific diseases of the nail

Sites of nail disease

- 1. Nail plate
- 2. Nail colour
- 3. Nail fold and cuticle
- 4. Nail shape
- 5. Lesions around the nail

1. Nail plate

- Pitting
- Ridging
- Thickening (onychogryphosis)
- Crumbling
- Splitting
- Rough (trachyonychia)
Pitting
- Punctate depression nail plate
- Damage to matrix
- Psoriasis
- Alopecia areata
- Eczema

1. Nail plate
- Pitting
- Ridging
- Thickening (onychogryphosis)
- Crumbling
- Splitting
- Rough (trachyonychia)

Ridging
- Transverse
  - Beau’s lines
  - Eczema
  - Psoriasis
  - Paronychia
- Longitudinal
  - Habit picking
  - Aging
  - Lichen planus
  - Psoriasis
  - Fungal
1. Nail plate

- Pitting
- Ridging
- Thickening (onychogryphosis)
- Crumbling
- Splitting
- Rough (trachyonychia)

Thickening

- Rams horn nails
- Elderly/Psoriasis/Trauma

1. Nail plate

- Pitting
- Ridging
- Thickening (onychogryphosis)
- Crumbling
- Splitting
- Rough (trachyonychia)
Crumbling

- Tinea
- Psoriasis

1. Nail plate

- Pitting
- Ridging
- Thickening (onychogryphosis)
- Crumbling
- Splitting
- Rough (trachyonychia)

Splitting: Distal

- = lamellar onychoschizia
- Distal edge
- Repeated soaking in water/detergent
Splitting: Longitudinal

• Extension of ridging
• Psoriasis/ Fungal/ Lichen Planus

1. Nail plate

• Pitting
• Ridging
• Thickening (onychogryphosis)
• Crumbling
• Splitting
• Rough (trachyonychia)

Rough

• Sandpapered nails
• 20 Nail dystrophy
• Psoriasis/ Lichen Planus/ Alopecia Areata
2. Nail Colour

- Yellow
- Green
- White
- Purple/Black
- Streaks

Yellow Nail Syndrome

- Yellow/green
- Hard
- Elevated longitudinal curve
- Loss cuticle/pain/shed
- Associated medical disease

Fungal/Psoriasis

2. Nail Colour

- Yellow
- Green
- White
- Purple/Black
- Streaks
Green

- Green Nail Syndrome: Pseudomonas
- Keep nail short
- Vinegar soaks

2. Nail Colour

- Yellow
- Green
- White
- Purple/Black
- Streaks

White

1. Trauma
- manicuring

2. Superficial White Onychomycosis
- chalky white spots
3. Onycholysis

- Distal nail plate detached
- Detached nail white/yellow
- Causes
  - Skin disease (PSO)
  - Infections (Fungal/ candida)
  - Metabolic (hyperTH)
  - Environment (trauma/ UV)
  - Drugs (tetracyclines)
  - Tumours

4. Other

- Chronic renal failure/ Low albumin/ Cirrhosis
- Familial
- Arsenic

2. Nail Colour

- Yellow
- Green
- White
  - Purple/Black
- Streaks
Purple/ Black

- Melanoma
- Haematoma
- Blood under nail plate
- Move distally with growth
- Painful

Haematoma

- Dermoscopy
  - Blood spots
  - Proximal round edge
  - Distal linear and parallel
- Treatment
  - Drain if painful
  - Refer

2.Nail Colour

- Yellow
- Green
- White
- Purple/Black
- Streaks
Streaks

• Longitudinal melanonychia
  – Familial/ trauma/ drugs/ Pregnancy/ HIV/ genetic
  – Matrix naevus
  – Melanoma

Splinter Haemorrhages

• Longitudinal dark-red lines- distal nail
• Damage to nail bed capillaries
• Causes
  – Traumatic
  – Psoriasis
  – Fungal
  – Endocarditis (SBE)

3. Nail Fold and Cuticle

• Cuticle
• Subungual hyperkeratosis
• Paronychia
• Ingrown nail
Cuticle

- Traumatic
  - Biting

- Ragged/ Telangiectasia
  - Connective tissue

3. Nail Fold and Cuticle

- Cuticle
- Subungual hyperkeratosis
- Paronychia
- Ingrown nail

Subungual Hyperkeratosis

- Scale under hyponychium
- Psoriasis/ Fungal/ Crusted scabies
3. Nail Fold and Cuticle

- Cuticle
- Subungual hyperkeratosis
- Paronychia
- Ingrown nail

Paronychia

- Acute
  - Swollen, red, pain
  - Staph/ strep/ HSV
  - Minor trauma
  - Antibiotic +/- surgery

- Chronic
  - Inflamed proximal nail fold
  - No cuticle
  - Nail plate abnormality
  - More than one finger
  - "Z" infection
  - Avoid water

3. Nail Fold and Cuticle

- Cuticle
- Subungual hyperkeratosis
- Paronychia
- Ingrown nail
Ingrown Nail

- Nail plate spicule into lateral nail fold
- Painful
- Improper cutting of nail

Treatment
- Educate
- Remove spicule: floss/ cotton
- Destruction lateral matrix: chemical/ surgery

4. Nail Shape

- Clubbing
- Koilonychia
- Others
Clubbing

- Bulbous digits
- Congenital
  - CHD/CF
- Acquired
  - Lung: ca lung/PTB
  - CVS: SBE
  - GIT: IBD/Liver
  - Infection: HIV
  - Endocrine: hyperTH

4. Nail Shape

- Clubbing
- Koilonychia
- Others

Koilonychia

- Nail plate thin/flat/spoon
- Normal in children
- Adults: iron deficiency

Spoon nail
4. Nail Shape

- Clubbing
- Koilonychia
- Others

Other

- Congenital malalignment
- Pachyonychia
- Pincer/Trumpet Nails

5. Lesions around the nail

- Benign
  - Warts
  - Fibroma
  - Myxoid cyst
  - Corn/callus

- Malignant
  - Melanoma
  - SCC
  - Bowens
Benign

- Wart
  - keratolytics
  - cryotherapy
  - cantharidin
  - Immunotherapy
  - IL Bleomycin
  - Laser
- Myxoid Cyst
  - Nodule drains fluid
  - Compresses matrix-groove

Malignant

- Melanoma
- SCC
- Bowens

Bowens disease

- Single nail,
- warty changes of nail fold
- ooze from edge of nail
- Inflammation and crusting