Nail changes

Nail Plate Abnormality

Koilonychia (spooning)
→Iron Deficiency Anemia

Beau's lines (horizontal grooves)
→Systemic dx transiently halting nail growth (i.e. malnutrition, shock)

Pitting
→Psoriasis
→Alopecia Areata

Onycholysis
→Onychomycosis
→Psoriasis
→Hyperthyroidism

Hyperkeratosis (thickening)
→Onychomycosis
→Onychogryphosis

Trachyonychia (Linear Ridging)
→Alopecia Areata

Discoloration

Oil Drop sign
→Psoriasis

Brown/black linear streak
→Melanocytic nevus
→Malignant melanoma
→Drug-induced discoloration

Fungi
→If white/yellow-brown: Onychomycosis
→If green: Pseudomonas

Clubbing

Broncho-pulmonary dx
→Chronic hypoxia
→Bronchiectasis
→Lung cancer
→Asbestos
→Cystic fibrosis

Cardio-vascular dx
→Cyanotic heart disease

Gastro-intestinal dx
→IBD
→GI cancer

Endocrine dx
→Hyperthyroidism (grave's disease)

Other
→HIV
→Congenital defect

Nail Bed Abnormality

Blue discoloration
→Medications
→Wilson's disease
→Silver poisoning
→Cyanosis

Red Discoloration (dark red, thin lines, painful)
→Bacterial endocarditis
→Trauma

White discoloration

Terry's Nails (proximal 90% white)
→Liver cirrhosis
→Congestive heart failure
→Diabetes mellitus

Half & Half Nails
→Chronic renal failure
→Uremia

Muehrcke's lines (transverse lines)
→Nephrotic Syndrome

Nail Fold Abnormality

Telangiectasia
→SLE
→Scleroderma
→Dermatomyositis (DM)

Inflammation (erythema, swelling, pain)

Lateral Only
→Ingrown nail

Lateral and Proximal
→Acute paronychia
→Chronic paronychia

Legend:
Systemic disease
Primary dermatologic disease

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