

〈教育セミナー〉

アクセサリーオーガンとオーラルケアの香粧品学～エチケットのサイエンス～

爪と健康

衛藤 光

The Nail and Health

Hikaru ETO

Abstract

It is well known that the nail is important not only for protecting fingers, helps doing delicate work, keeps standing balance, and for gait dynamics, but also for cosmetic reasons. Beautiful nails give clean and healthy image to others. From medical standpoint, the nail shows various signs according to one's health conditions, and therefore, it is said that the nail is a health barometer. If the sign appears on one or a few limited nails, it means the disease is skin limited, and the sign appears on most or all the nails it means the disease is systemic. It is known that the nail abnormality appears approximately 10% of all the skin diseases. In the present paper, I will show various nail changes related to systemic diseases, including onycholysis, white nail, yellow nail, brown and black nail, red nail, Hippocratic fingers, spoon nail, onychotrophy, and abnormalities of periungual regions.

Key words: onycholysis, white nail, Hippocratic nail, spoon nail.