

Dr. Altman's Fun Fingernail Survey.

The hands and in particular, the fingernails often have a story to tell. Let's start with a normal fingernail and go from there. Fingernails in good health are pink colored, transparent, with a smooth, shiny arch shape. There should also be small, white, 1/2 moon-shapes near the cuticle. These are called *Lunulae*. There should be 8 of them, none on your pinky, and they shouldn't be more than 1/4 the size of your nail.

Check the boxes that apply to you.

<p>General conditions:</p> <ul style="list-style-type: none"><input type="checkbox"/> Thin & Soft<input type="checkbox"/> Brittle<input type="checkbox"/> Brittle & Cracks <p>Lunulae: (1/2 moons)</p> <ul style="list-style-type: none"><input type="checkbox"/> Less than 8<input type="checkbox"/> 10 lunulae<input type="checkbox"/> Oversized (more than 1/4 of nail)<input type="checkbox"/> Different sizes on each hand<input type="checkbox"/> Extremely large (almost to tip)<input type="checkbox"/> Large on pinkies only<input type="checkbox"/> No lunulae<input type="checkbox"/> Spike (looks like the moon with a nose) <p>Extras:</p> <ul style="list-style-type: none"><input type="checkbox"/> White spots<input type="checkbox"/> White stripes<input type="checkbox"/> Black spot on the ring finger<input type="checkbox"/> Upside-down triangle shape<input type="checkbox"/> Slow-growing, thick & hard	<p>Ridges: (raised lines):</p> <ul style="list-style-type: none"><input type="checkbox"/> Vertical (very obvious lines)<input type="checkbox"/> Vertical with splits in nail<input type="checkbox"/> Are you less than 40 years old?<input type="checkbox"/> Horizontal ridges<input type="checkbox"/> Horizontal with white stripes<input type="checkbox"/> Horizontal DIPS (not ridges) <p>Color:</p> <ul style="list-style-type: none"><input type="checkbox"/> Yellow<input type="checkbox"/> White (whole nail)<input type="checkbox"/> Cloudy<input type="checkbox"/> Red<input type="checkbox"/> Purple<input type="checkbox"/> Green<input type="checkbox"/> Blue<input type="checkbox"/> Brown<input type="checkbox"/> Grey<input type="checkbox"/> Black
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