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欧乐旅行援助时刻在您身边

## 健康速递 Health Issues

### 指甲告诉可以透露的健康状况 About Your Health Just By Looking At Your Nails

When most of us look at our hands, we might notice that we need to trim, clean, or stop biting our fingernails, and that's about it.

大多数人在看自己的手时，可能会注意到我们得剪指甲了、我们得洗手了、我们不能再咬指甲了，我们普通人知道的差不多就是这些了。

But if you ask a dermatologist, they can see a whole lot more. Everything from poor diet and stress to serious kidney problems can be revealed by a glance at your fingernails.

但如果让皮肤科医生看，他们会看出更多。小至不良的饮食习惯和个人压力，大至严重的肾脏问题，医生一眼就可从指甲中看出端倪。

There are about 30 different nail signs that can be associated with medical issues, though many may indicate more than one problem, according to Dr. Amy Derick, a clinical instructor of dermatology at Northwestern University.

美国西北大学的皮肤科临床讲师艾米·德里克指出，指甲上的30种不同症状可能与疾病有关，而许多症状代表的还不只是一种疾病。

Here are eight of the things a doctor can tell about your health based on your fingernails.

根据你的指甲，医生可对你的健康状况作出一些判断，以下是其中的八种：

1、People with emphysema and other lung problems frequently develop what's known as "clubbed" nails. When this happens, the fingertips become rounder and the curve of the nail changes, developing a steeper up and down pitch.

患有肺气肿等肺部疾病的人常会形成所谓的“棒状”指甲。棒状指甲就是指尖变圆，指甲盖弧度变大。

2、People who aren't eating well and have vitamin or dietary deficiencies may have thinner than normal nails, which are more likely to break.

饮食不健康，缺乏维生素或饮食不规律的人的指甲可能比一般人的指甲薄，更容易断裂。

3、Small little pits or indentations can be a sign of arthritis, psoriatic arthritis, or eczema. Arthritis affects the joints and can be related to psoriasis, which, like eczema, affects the skin.

指甲上的小凹痕是患上关节炎，银屑病性关节炎或湿疹的先兆。关节炎会损害关节并可能引发像牛皮癣、湿疹这样的皮肤病。

4、Horizontal lines, also known as Beau's lines, are associated with serious physical stress. They look like an indented line across the nail, and frequently occur in people who have gone through chemotherapy. They can also occur after some illnesses, injuries, or with severe malnourishment. Interestingly, there may be an altitude connection too. They've also been found in people who dove 1000 feet and others who participated in an Everest expedition.

指甲上的横纹，也叫博氏线，预示着严重的身体压力。戴博士指出，它们横贯指甲，呈锯齿状的横纹状，常见于正在接受化疗的人的指甲上。一些疾病、伤病初愈，或严重营养不良的人亦会出现此状。有趣的是，这也可能与海拔高度的变化有关。潜水1000英尺以上或去珠峰探险过的人的指甲也会如此。

5、Vertical lines, however, are generally not such a big deal. Some people are more genetically prone to them than others, but they're commonly associated with aging. Occasionally they may appear in malnourished people. 然而出现纵线却不是大问题。一些人更容易因遗传而获得这种症状，但是这种症状多与衰老相关。营养不良的人偶尔也会有这种症状出现。

6、When people are iron-deficient, their nails can turn spoon-like. Instead of curving down and covering the finger normally, they'll start to rise up on the sides and front, going from the normal convex shape to a more concave shape, like the part of a spoon that holds liquid.

缺铁的人，指甲会变得像勺子。与正常指甲向下包住指尖的形状不同，缺铁的人指甲前端和两侧会向上翘起，形成凹面，就像能盛水的勺子前端。



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7、Kidney and liver problems can create "half-and-half nails," where one part of the nail is white and the other part dark or pink. Kidney and liver problems frequently cause discoloration that shows up in nails and skin.  
肾病和肝病会引起“对半两色甲”，指甲的颜色一半白，一半粉色或黯淡无光。肾病和肝病常会引起指甲和皮肤变色。

8、A nail that lifts up out of the nail bed can also indicate kidney or thyroid issues. Many thyroid problems and autoimmune diseases like Graves or lupus create complications that dermatologists notice while examining patients.

指甲从甲床上脱出说明人体患有肾病或甲状腺疾病。皮肤科医生在为病人检查时发现，许多甲状腺疾病和自身免疫病（如格雷夫斯病或红斑狼疮）都伴随此类症状。

Doctors note that because disease diagnosis is complex and some symptoms can be associated with different diseases, you should always see a medical professional if you are concerned about something you notice.

医生指出，由于疾病诊断复杂，且一些症状可能表征着不同的疾病，如果你很在意自身存有的一些症状，还是看看专业医师吧。

### ● 北京明德医院 Oasis International Hospital

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