

13 health problems that crescent-shaped on nails are trying to warn you

Have you ever wondered what a small semicircle on nails means? Here are 13 crescent-shaped health problems on your nails trying to warn you. Invite you to consult!

Nails are an important part of the body, but very few of us pay attention or rarely get curious. Have you ever wondered what a small semicircle on nails means? In fact, a small semicircle occupying a very important part of the nail structure can help predict your own health.

1. What will happen to your body after 10 hours of nail polish?
2. Streaks on nails can be a warning sign for melanoma
3. Look at the tongue guess: 13 signs not to be missed

The white crescent around the base of the nail is called **lunula**, which in Latin means "*small moon*", which is the most sensitive part of the nail, responsible for protecting the blood vessels below the bottom. the fifth of the epidermis. Lunula or nail sores often appear most obvious and obvious on the thumb but not everyone.

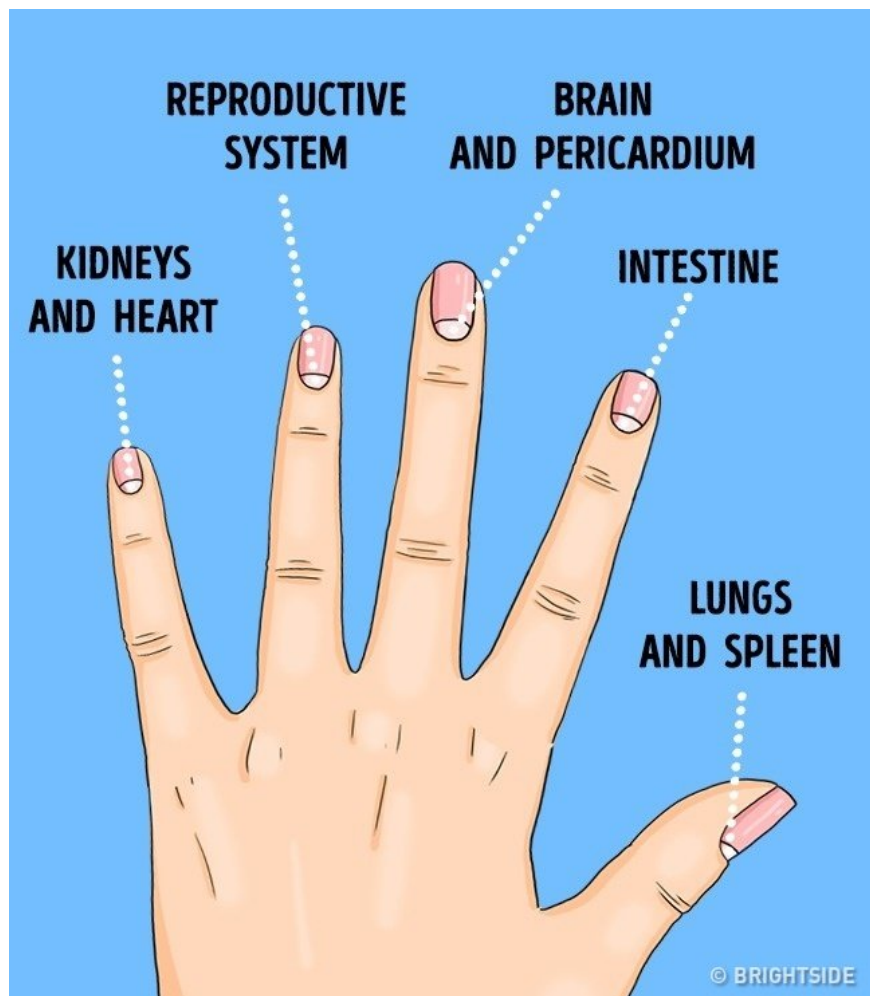


Many experts around the world think that **nail sickness may reveal some very important information about overall health** . For example, traditional Chinese medicine believes that the lack of nail sickness indicates anemia and malnutrition, while a pale or blue colored sickle is indicative of diabetes. If a person's sickle nail has a red stain it is very likely that he or she has cardiovascular disease.

Remember, never damage your nails, or your nails will become permanently deformed. In addition, the change in color, shape or size of nail sores (*also known as Lunulae*) can signal the presence of a certain disease. Here

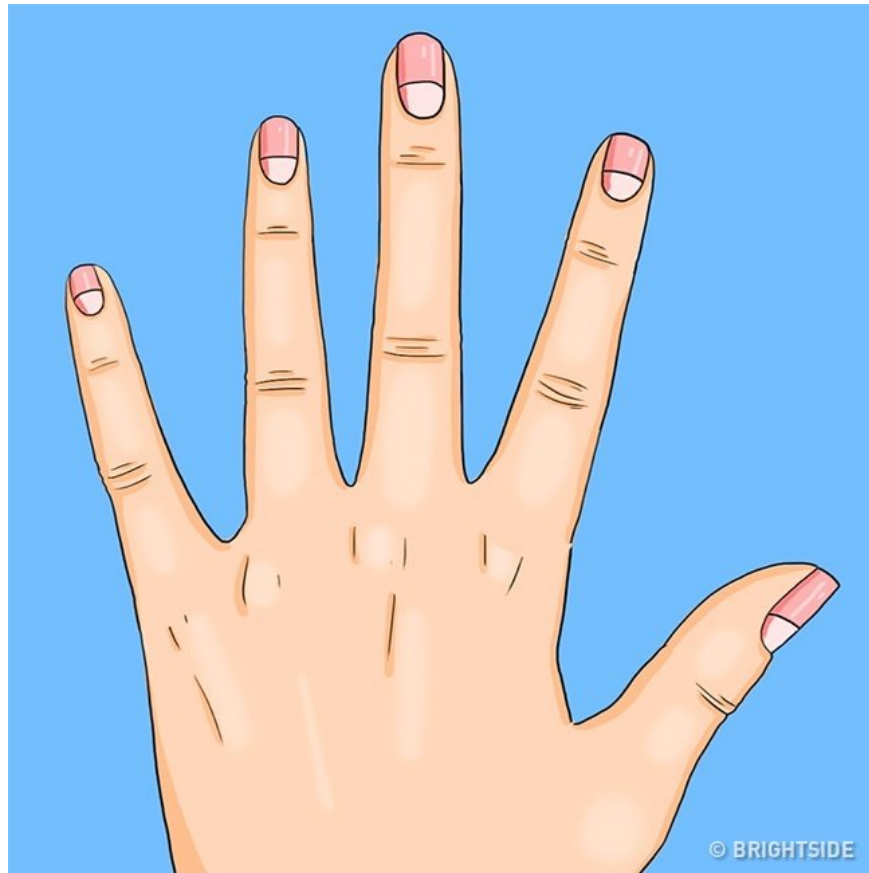
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Lunulae changed on a finger



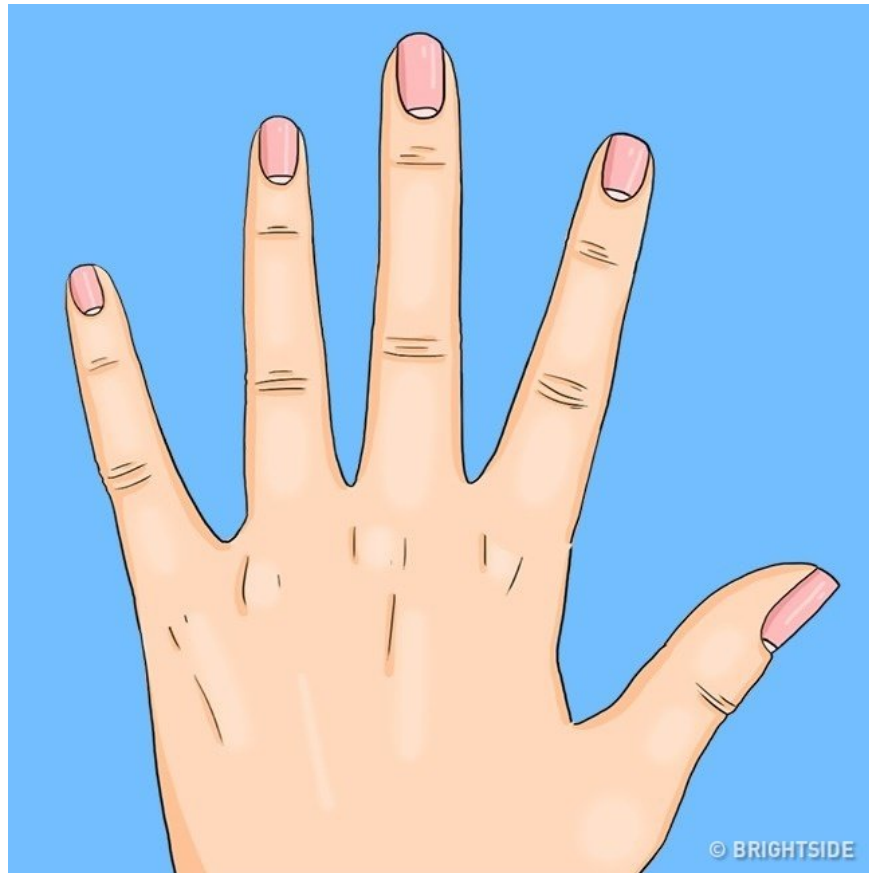
1. **Sickle nails on the little finger:** As a rule, almost lunulae or nail sickles on the little finger are invisible or non-existent. It is related to the activity of the kidneys, small intestine and heart. If the size of the nail sores on the pinky finger increases, it may be the result of high blood pressure.
2. **Sickle of nails on ring finger:** Ring finger represents the activity of the reproductive and lymphatic system. A faint, unclear nail sickle may also suggest digestive problems.
3. **Middle finger:** reflects the activity of the brain and the cardiovascular system. The absence of nail sickness on the middle finger can indicate blood vessel problems and high blood pressure.
4. **Fingernail sickness in the index finger:** can disappear or decrease significantly due to intestinal dysfunction, pancreas or chronic ear, nose and throat diseases.
5. **Sickle of nails on the thumb:** reflecting the activity of the lungs and spleen. A normal nail sickle accounts for no more than 25% of the nail area. Nail sickness may be significantly smaller in smokers or older when there is arterial hypertension.

Big nails



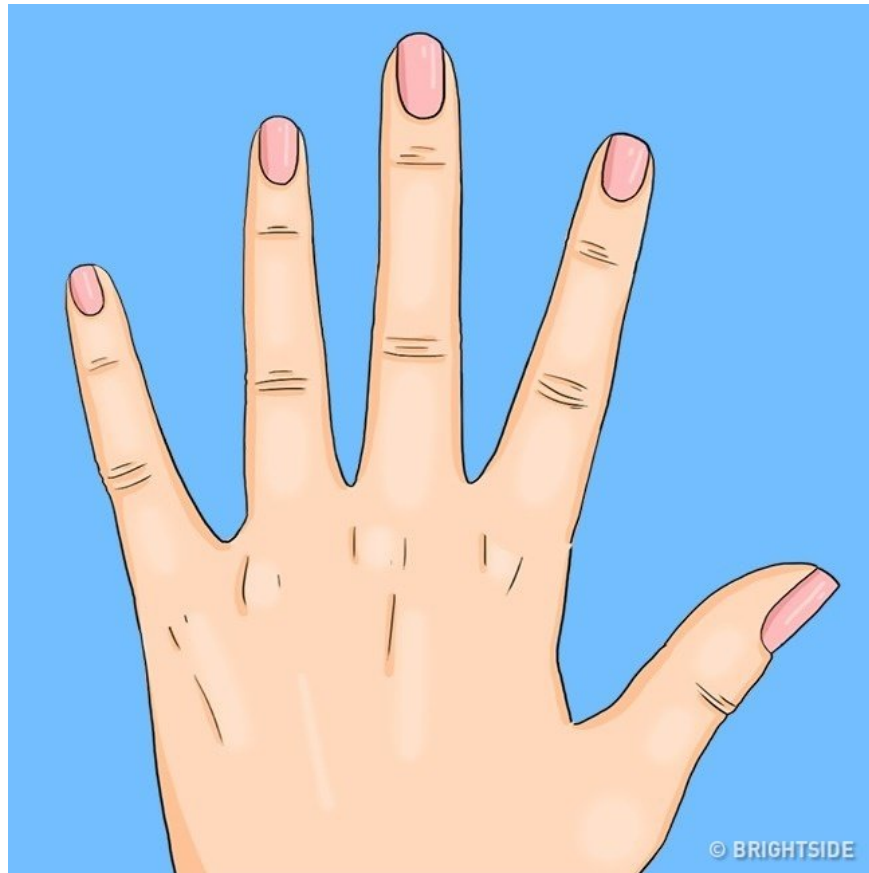
1. Lunulae or nail sickle is considered large when they account for one-third (*or more*) of nail area. This sign shows problems with the cardiovascular system, broken heart and low blood pressure.
2. **Large fingernails** can be found in athletes and people with careers who need a lot of physical activity. If a person does not participate in sports, a large nail sickle may appear due to stress.

Small nails



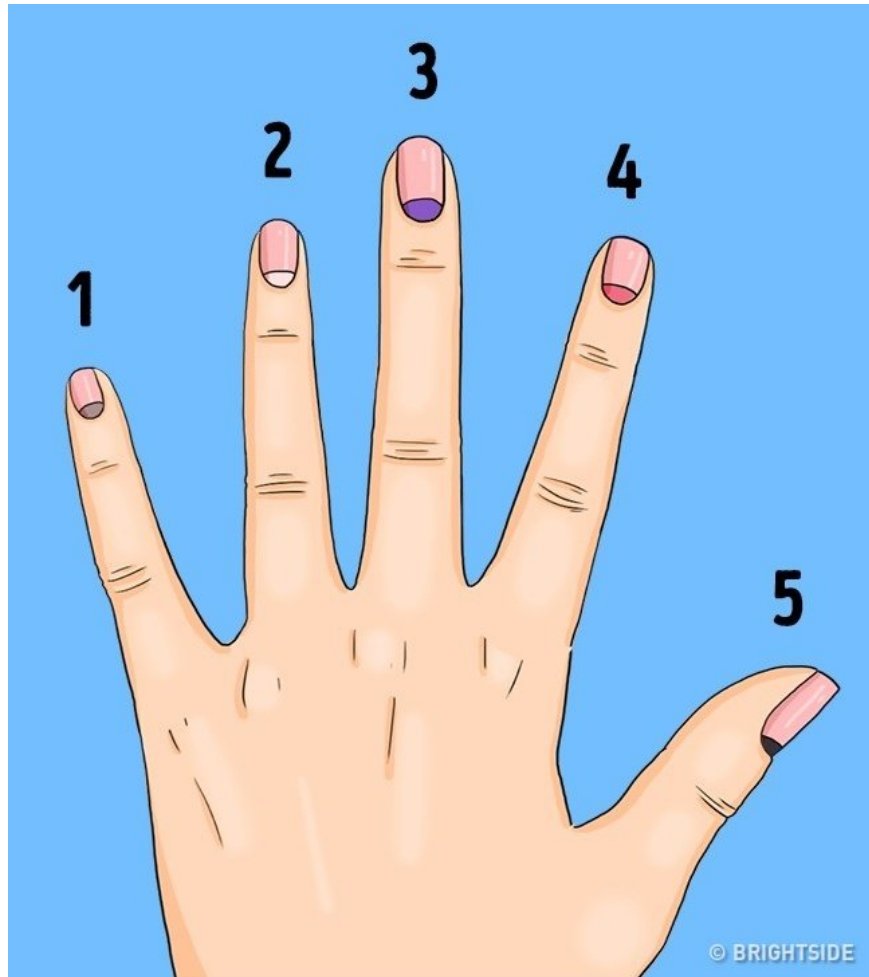
1. **Small nails** show low blood pressure or circulatory disorders. This may also be a sign of a weak immune system, poor metabolism, iron and vitamin B12 deficiency.
2. If the nail sores are separated from the rest of the nail plate (*pink part*) with horizontal lines, it indicates the problem of blood sugar and the progress of diabetes.

No nail sores found



1. **Don't panic if you don't find** your or your child's **fingernails** . Nail sickness usually does not appear on a child's nail during the early life, but only after a while. For some people, nail sickness does not appear to be due to the physiological properties of the nail structure.
2. However, a sudden disappearance of nail sickness is perceived by modern medicine as one of the symptoms of circulatory disorders. This study shows that the absence of nail sickness is associated with thyroid disorders or a deficiency of vitamin B12 and iron.

The sickness of the nails changes color



1. Gray nail sickness: shows severe fatigue, digestive disorders and nutrient absorption disorders.
2. Sick white nails: healthy and natural.
3. Purple nail sickle is a sign of poor blood circulation and lack of oxygen in organs and tissues. Dizziness and headaches can often occur.
4. Pink (*or red*) nail sickles may indicate low physical activity or lung problems.
5. Black fingernails are a rare and very dangerous sign. According to the study, this is a symptom of heavy metal poisoning.

Refer to some more articles:

1. What is the reason why many people like to bite their nails so much?
2. Will Zika virus treat brain cancer?
3. 4 "anti-scientific" weight loss tips can make you fat

Having fun!

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