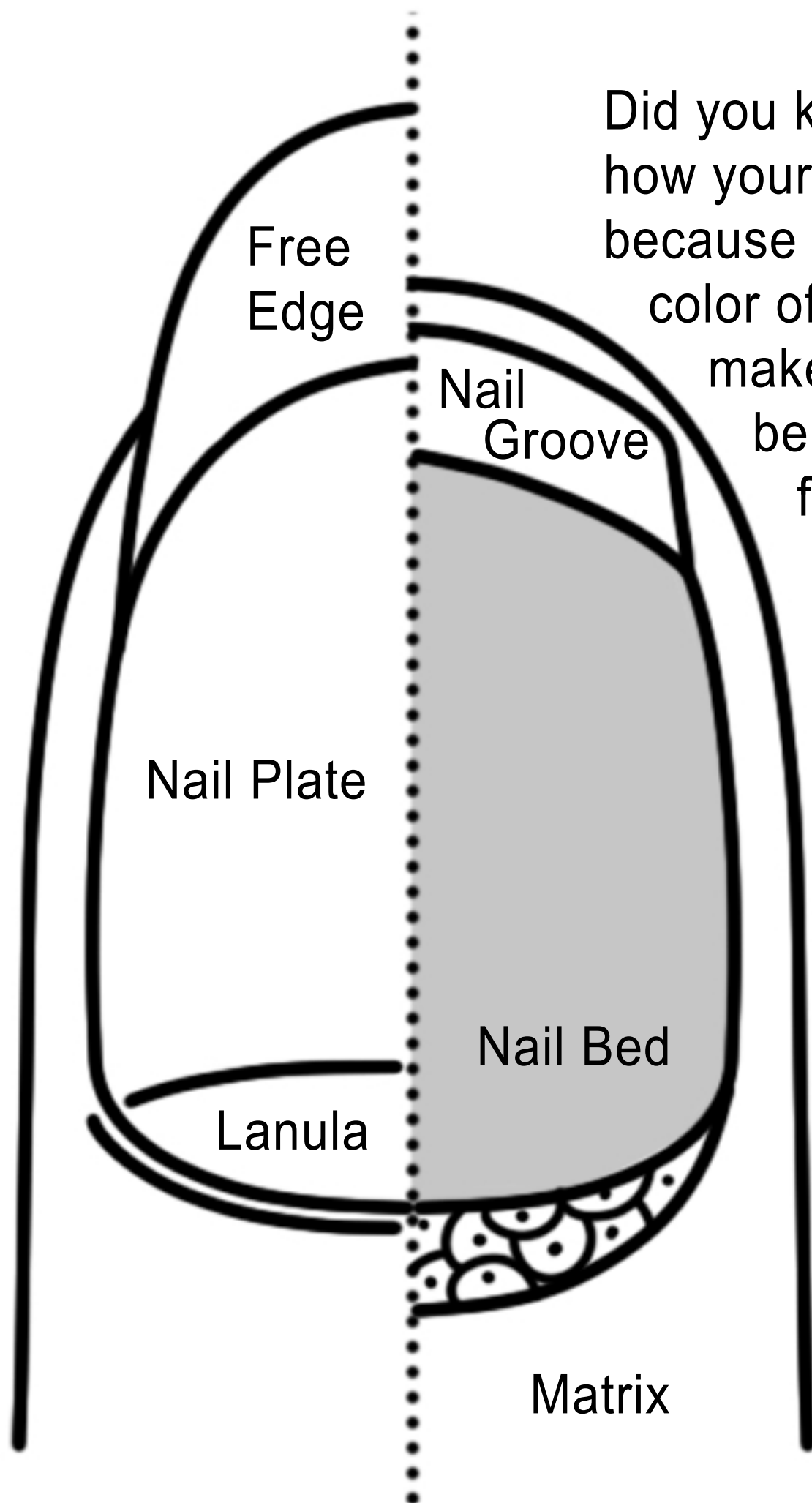


# Fingernail Diagram

Nails function both to protect the sensitive tips of your fingers and as tools. Just like your hair, nails are made of a special hardened protein called keratin. Nails are generally known to grow about 1 cm in 100 days, but this rate can depend on a lot of factors, like your age, sex, and health. What color are your nails? Color the nails on one hand the way healthy nails should look and the other showing some disease. Which disease did you pick?



Did you know that some conditions can affect how your fingernails look? This happens because the color of your nails is actually the color of your skin without pigment, which makes it easier to notice things that may be wrong. In order to keep your fingernails healthy, it is important to practice good hygiene such as cleaning and trimming your nails to prevent bacteria from growing under your fingernails.

White: Underlying health condition or aging.

Yellow: Fungal infection, regular tobacco smoking, lung disease.

Blue: Cyanosis (lack of oxygen).