

Healthy nails is healthy for toes, fingers

Your nails serve many purposes. They protect the tips of your fingers and toes and improve your sense of touch.

Nails can help you grip objects with your hands, open cans and scratch an itch. So it make sense that nails should be taken care of.

Check out these tips for nail health.



Photo above by Tatiana Foxy, below by Anna Frank, courtesy iStockphoto

Quick facts on healthy nails:

1 Taking care of nails can be by you or an expert at a nail salon. Healthy nails have a pink tone and are evenly trimmed. Unusual colors or thickening of nails can signal infection or other problems. Notify your doctor if you have concerns.



2 Clipping your finger nails is usually easy. Wash them with soap and water first. Then cut them evenly and not too low.

3 Ingrown nails are a common problem. For toes, this can happen from the way you walk or from tight shoes.

4 If you go to a salon, make sure the technician is licensed and

nail tools are sterilized. You do not want to be exposed to bacteria, fungus or viruses. Make sure the salon foot bath is clean.

5 The cuticle, the whitish half-moon part at the base of a nail, should remain intact. Do not push cuticles back to the nail's edge. The cuticle is important protection for your nails and should be left alone.



>> Learn more about nail health at www.aad.org