1. Nails may be described as small ______________ into an individual's general health.

2. Certain health conditions may first be revealed by a change in the nails, a visible disorder, or poor nail growth.

   _____ True        _____ False

3. Some conditions are easily treated in the salon such as ingrown toenails.

   _____ True        _____ False

why study NAIL DISORDERS AND DISEASES?

4. List the reasons why a cosmetologist should study and have a thorough understanding of nail disorders and diseases.

   a) __________________________________________

   b) __________________________________________

   c) __________________________________________
Pinpoint Common and Uncommon Nail Disorders

5. Describe a normal healthy nail.

________________________________________________________________________

________________________________________________________________________

6. A ________________ is a condition caused by injury, heredity, or previous disease of the nail unit.

7. You can help your clients with nail disorders in what two ways?

1) ________________________________________________

2) ________________________________________________

8. When should a client with a nail disorder not receive services? __________________________

________________________________________________________________________

What should you do if any of these are present? ______________________________________

________________________________________________________________________

9. Visible depressions running across the width of the natural nail plate are __________. They usually result from ________________ or ________________ that has traumatized the body.

10. ________________ are a condition in which a blood clot forms under the nail plate, causing a dark purplish spot.

11. List at least three possible causes of discolored nails.

1) ________________________________________________

2) ________________________________________________

3) ________________________________________________

4) ________________________________________________

12. A noticeably thin, white nail plate that is much more flexible than normal is known as a(n) ____________; this condition is usually caused by _____________________________.

________________________________________________________________________
13. Describe the process of manicuring an eggshell nail.

14. A(n) ___________ is a condition in which the living skin around the nail plate splits and tears.

15. What will aid in correcting hangnails?

16. Under what circumstances should a cosmetologist intentionally cut or tear a client’s living skin?
   - a) Only when requested to by the client
   - b) Only if the client has an infected hangnail
   - c) Whenever the skin appears to be dry or rough looking
   - d) Under no circumstances

17. Name four signs of infection.
   1) ______________________________________
   2) ______________________________________
   3) ______________________________________
   4) ______________________________________

18. Koilonychia are hard spoon nails with a concave shape that appear scooped out.
   - True   - False

19. White spots, or ________________ spots, are whitish discolorations of the nails, usually caused by minor injury to the nail matrix.

20. The darkening of the fingernails or toenails is ________________.

21. ________________, or bitten nails, is the result of a person’s habit of chewing the nail or the hardened, damaged skin surrounding the nail plate.

22. The condition of split or brittle nails that have a series of lengthwise ridges giving a rough appearance to the surface of the nail plate is ________________.
23. Onychorhexis is usually caused by:
   a) 
   b) 
   c) 
   d) 
   e) 

24. It is never appropriate to apply a nail enhancement product if a client's nail bed is exposed.
   ______ True ______ False

25. Plicatured nail, also known as ________________, is a type of highly curved nail plate usually caused by injury to the ________________, but it may be ________________.

26. ________________ are vertical lines running down the length of the natural nail plate that are caused by ________________ of the nails, usually the result of ________________.

27. What can be done to minimize the appearance of ridges?
   a) 
   b) 

28. Splinter hemorhages are caused by physical trauma or injury to the ________________.

29. Explain why splinter hemorhages are always positioned lengthwise in the direction of nail growth.
   ________________
   ________________

30. An abnormal condition that occurs when the skin is stretched by the nail plate is ________________.

31. The terms cuticle and pterygium are the same thing and may be used interchangeably.
   ______ True ______ False

32. Nail pterygium is caused by damage to the ________________ or ________________, and should not be treated by pushing the extension of skin back with an instrument.
33. Explain the proper way to care for nail pterygium.

34. Nail plates with a deep or sharp curvature at the free edge have this shape because of the ____________; this is known as a ____________.

Recognize Nail Diseases

35. Match each of the following nail diseases with its description.

_____ 1. Onychosis  a) Ingrown nails
_____ 2. Onychia  b) The separation and falling off of a nail plate from the nail bed
_____ 3. Onychocryptosis  c) A bacterial inflammation of the tissues surrounding the nail
_____ 4. Onycholysis  d) A red, itchy rash on the skin on the bottoms of the feet and/or between the toes
_____ 5. Onychomadesis  e) A severe inflammation of the nail in which a lump of red tissue grows up from the nail bed to the nail plate
_____ 6. Nail psoriasis  f) Any deformity or disease of the natural nail
_____ 7. Paronychia  g) The lifting of the nail plate from the nail bed without shedding
_____ 8. Pyogenic granuloma  h) A fungal infection of the natural nail plate
_____ 9. Tinea pedis  i) Tiny pits or severe roughness on the surface of the nail plate
_____ 10. Onychomycosis  j) An inflammation of the nail matrix followed by shedding of the nail

36. Are there any nail diseases that should be treated in the salon?

_____ Yes  _____ No

37. People who work in jobs that require them to regularly place their hands in ________________ are more likely to develop nail infections.

38. ________________ are parasites that, under some circumstances, may cause infections of the feet and hands.

39. Why is nail fungi of concern to a salon? ________________
40. Which of the following statements is most accurate?

_____ a) It is highly likely that a client with a nail fungus could infect a cosmetologist

_____ b) Fungal infections of the fingernail are more common than fungal infections of the toenail

_____ c) A client with a fungal infection of the toenail could potentially infect another client

41. Fungal infections prefer to grow in conditions where the skin is warm, dry, and dark, that is, on feet inside shoes.

_____ True  _____ False

42. How can the transmission of fungal infections be avoided? __________________________

43. A bartender is most likely to develop which of the following nail infections?

_____ a) Onychomadesis  _____ c) Onycholysis

_____ b) Paronychia  _____ d) Onychocryptosis

44. The green, yellow, or black discoloration on a nail bed is usually a(n) __________________________ infection.

45. In the past, discolorations of the nail plate were incorrectly referred to as __________________________.

46. Describe the stages of a typical bacterial infection of the nail plate.

47. When is it appropriate for a cosmetologist to treat a client’s nail infection?

_____ a) Only if asked by the salon manager

_____ b) Under no circumstances

_____ c) If the client is unable to see a physician

_____ d) In cases where the infection appears mild

48. Bacterial infections under nail enhancements are a result of moisture trapped between the natural nail and the nail enhancements.

_____ True  _____ False
49. Which of the following conditions is usually caused by trauma, physical injury, or allergic reaction of the nail bed?
   _____ a) Nail psoriasis        _____ c) Onycholysis
   _____ b) Paronychia            _____ d) Onychomycosis

**Perform Hand, Nail, and Skin Analysis**

50. Performing a hand and nail analysis on a client is only important on the first visit to the salon.
   _____ True        _____ False

51. What is the first step in performing a hand, nail, and skin analysis?
   _____ a) Observe the temperature of the skin.
   _____ b) Observe the moisture level of the skin.
   _____ c) Clean the hands of both the cosmetologist and the client.
   _____ d) Determine if the client has any pain.

52. **ACTIVITY:** Play the “Who Am I?” game. Use colored construction paper or card stock and a large marker and write the terms of each of the nail disorders and diseases learned in this chapter on one side and the definition of the term on the opposite side. Enlist your fellow students in the activity to learn all the terms. Using a straight pin or safety pin, attach one term to the back of each student without telling that student what the term is. Throughout the day, other students should provide small clues to the student about the term until he or she is able to determine who he or she is (what the term is). Be creative in how you provide clues and make it fun.