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Pattern and clinical characteristics of nail changes in geriatric population

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Background: With increasing life expectancy, the proportion of geriatric population is on the rise. Although nail diseases do not usually affect life expectancy, they are important in terms of quality of life and the morbidity that they may cause.

Aim: The aim is to study the pattern and clinical characteristics of nail changes in geriatric population.

Materials & Methods: A total of 300 patients aged 60 years and above were studied for nail changes associated with ageing. A detailed history of each elderly patient was taken along with general physical, nail and hair examination. Relevant investigations were carried out.

Results: Out of 300 patients the majority of patients 204 (68%) were found to be in the age group of 65 to 75 years, of these 59% were males and 41% females. Yellow to grey discoloration (73%) and lunula loss (42%) were the commonest changes. A variety of nail plate changes were observed out of which brittle nails were seen in 46% followed by onychiauxis seen in 33% and onychocryptosis, in 23%. The most common contour change was platonychia in 32%, followed by pincer nails seen in 5%. Only 23% of the total nail changes were found to be of infective etiology.

Conclusion: Geriatric population is not just different in terms of age but also in the way they manifest the common diseases and the treatment options. In this study, we found the prevalence of nail changes and disorders has increased among elderly patients. It is thus, important to know the common nail diseases in order to be able to detect age specific nail changes and it is one of the important cutaneous markers for internal diseases.

Biography

Gitika Sanodia is currently doing her Residency in Dermatology from S S Institute of Medical Sciences in Karnataka, India. She completed her MBBS from Nkp Salve Institute of Medical Science and Center, Nagpur, India. Her passion for Dermatology has driven her to present various papers and posters in national and international conferences. Her areas of interest are dermatosurgery, keloid, neonatal dermatology, infective dermatology and laser.

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