

Health is written on your hands

Ever wonder why a physician looks at your hands during an examination? Here's what the doc sees



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1 Pale fingertips

Dermatologist Rinky Kapoor cautions, "If your fingertips turn blue or are extremely pale, this is a sign of low oxygen in the blood," a condition which is called cyanosis. Some people experience this when they travel to high altitudes or to low-temperature regions, but if you notice blue colouration even at normal temperatures, then it could be a more serious issue. Heart and lung related diseases could cause blue fingertips. In fact, it has been noticed that kids born with heart malfunctions have blue fingertips since birth. It could also be an indicator of diseases like scleroderma, arthritis, and Raynaud's disease," adds Kapoor.

2 Constant redness in palms

Kapoor says, "If you have always had red palms, then there is nothing to worry about because it's completely normal." On the other hand, if you are suddenly noticing redness in your palms, then you might have 'primary palmar erythema,' where the redness is caused by an increased dilatation

of the surface capillaries in the hand.

Some of the underlying causes for this include "hormonal changes, an excess of red blood cells in the blood, and liver-related diseases."

3 Sweaty palms

Monica Goel, a general physician, says "Excessive sweaty palms are one of the first symptoms of autonomic nerve disorders." However, she says, if you are a seasoned drinker, then this might also just be your body's way of telling you that you are drinking more alcohol than you can handle. If that's the case, it may be the right time to cut down on your alcohol consumption and become a more casual drinker.

4 White spots on the nails

The white spots you sometimes see on nails are called Leukonychia (or milk spots), and they are fairly common in both kids and adults. While these white spots can be easily clipped off when the nail grows out, it is important to treat the root cause if they occur often. Goel explains, "The main reason behind these white spots is calcium deficiency and in some cases Vitamin D deficiency, which can be easily treated by taking the necessary supplements."

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