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by Pppp Ppp

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Manicure and Pedicare Services

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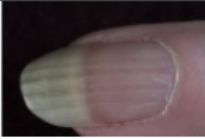
Part A-Nail Diseases and Disorders

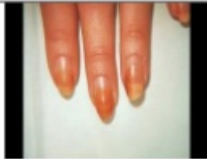
Condition	Appearance	Picture	Causes	Treatment	Referral
Tinea Pedis	Scaly rash which is itching, burning, & stinging.	 (www.mayoclinic.com)	-Excessive sweating. -Occlusive wear	Topical antifungal therapy	Medical professional
Tinea Corporis	yellow nail discoloration	 (https://www.medicinenet.com)	Infected soil or clothes	Fungicidal Medications	Medical professional
Blue Nails	Fingernails turning blue	 https://www.mymed.com/	Lack of oxygen in red blood cells	Restore adequate oxygen within the blood	Medical professional
Leuconychia	White discoloration appearance on nails		Injury to the nail base	Naturally heal overtime	Medical professional
4 Beau's Lines	Deep grooved lines which run side	 https://www.may	Infection within the nail fold	Moisturizers or Topical ointments	Medical professional

	to side fingernails or toenails	oclinic.org >			
Pterygium	Nail fold fused with the underlying matrix	 https://www.nails-mag.com/	Skin disease lichen planus	anti- inflammatory medications	Medical professional
Koilonychia	Nails curving like a spoon	 https://www.shutterstock.com/	Nutritional deficiencies or autoimmune conditions.	Iron supplements	Medical professional
Paronychia	Inflammation around the nail	 https://www.shutterstock.com/	Biting nails or ingrown nails	Antibiotics	Medical professional

Tina ungium	Nail separating from nail bed, white or yellow discoloration on nail	 https://www.medicinenet.com/	Fungus growing in nails	Antifungal medication	Medical professional
Onychocryptosis	Slight edema within the nail fold	 https://www.medicinenet.com/	Ingrown toe nail	Oral antibiotics	Medical professional
Calluses	hard, thick skin on toes	 https://www.pinterest.com/pin/547046685984313990/?lp=true	Pressure from shoes or friction in toes	Moisturizing lotion or cream	Medical professional

Heel fissures	Yellow calluses within the heel edge	 https://www.gettyimages.com/detail/photo/dry-and-cracked-soles-of-feet-on-white-background-royalty-free-image/157437956	Walking barefoot, wearing sandals.	Moisturizing the feet, Using pumice stone daily	Medical professional
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Corrugations/ furrows	Long ridges appearing across the nails	 https://www.google.com/url?sa=i&source=images&cd=&ved=2ahUKEwjMmvP66-7mAhUCcBQKHdbdBaMQjRx6BAgBEAQ&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F339458890653401163%2F&psig=AOvVaw0mSyy4JtJPQRPML3qu9Z_O&ust=1578394811287125	Poor blood circulation, frostbite, lack of zinc, medication side-effects	Zinc supplements	Medical professional
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Eczema/dermatitis	Itchy watery blisters on the fingers	 https://dermnetnz.org/topics/hand-dermatitis-images/	Handling irritant substances, Frequently immersing hands in water, Stress.	Steroid creams, antibiotics	Medical professional
Discoloured nails	Nails turn yellow or green	 https://www.emedicinehealth.com/image-gallery/dyscoloration_of_nail_plates_picture/images.htm	Fungal infection, bruising, melanoma	Antifungal cream	Medical professional

Habit tic	Detached cuticle	 https://www.aocd.org/page/HabitTicNailDeformity	Constant external trauma within nail matrix	Massaging using bland ointment.	Podiatrist
Onychotrophia	Thickening of nails. After sometime may turn yellow or white	 https://www.nailsmag.com/384457/onychotrophia	Acute trauma. Hereditary causes	Removal of a portion of the thickened nail.	Podiatrist
Splinter haemorrhage	Thin reddish brown or red blood lines under the nail	 https://dermnetnz.org/topics/splinter-haemorrhage/	Injury on the fingernail	Over-the-counter antifungal	Medical professional

Bunions	Bulging bump within the big toe, limited movement of the big toe.	 https://www.nailsmag.com/389320/what-are-bunions	Wearing tight shoes, foot stress, inherited foot type	Padding, Acetaminophen, Cortisone injections.	Medical professional
Corns	Thickened areas of skin which emerge on the toes.	 https://www.medicinenet.com/image-collection/corns-picture/picture.htm	Wearing tight shoes, Walking for long periods	File with pumice stone, Applying moisturizing lotion or cream	Medical professional
Eggshell nails	Curved, thin, brittle nails	 https://www.instagram.com/health-updates/eggshell-nails/	Trauma or imbalance within the body	Taking appropriate nutrients	Medical professional

Hammer toes	Bending or curling toes	 https://www.medicalnewstoday.com/articles/315600.php#treatment_and_prevention	Arthritis or traumatic toe injury	Wear toe pads, over-the-counter creams	Medical professional
Hangnails	Jagged skin pieces which stiffly jut out from the fingernails' sides	 https://www.menshealth.com/health/a19547021/hang-nail-treatment/	Excessive finger picking, Dry skin	vitamin E oil, Topical antibiotic cream	Medical professional
Onychauxis	Abnormally thick toenails	 https://www.footfiles.com/subject/onychiauxis	Hereditary, Trauma	Wearing comfortable shoes, Taking nutrient rich foods	Medical professional

Onycholysis	Nails detached from the underneath skin	 https://www.medicalnewstoday.com/articles/319851.php#symptoms	Reaction to chemicals, fungal infections, injuries	Antifungal medication	Medical professional
Onychophagy	Badly bitten nails	 https://www.shutterstock.com/image-photo/closeup-fingers-nails-bitten-man-health-1233609271	Uncontrollable nail biting	Bitter-tasting nail polish	Medical professional

Onychorrhexis	Vertical ridges within fingernails	 https://www.researchgate.net/figure/3/Onychorrhexis-on-the-toenail-and-superficial-white-onychomycosis-on-the-second-nail_fig1_264200193	Excessive picking, exposure to moisture or chemicals	Steroid injections, applying topical corticosteroid	Medical professional
Brittle nails	Splitting or peeling of nails	 https://www.shutterstock.com/image-photo/damaged-nails-213362983	Exposure to moisture, iron deficiency	moisturizing hand lotions, taking biotin supplements	Medical professional

Part B

Condition	Reason for not Performing Treatment	Referral
Allergic Reactions	To avoid adverse effects on the client's health	Medical professional
Diabetics	Treatment may impact negatively on client's health	Medical professional
Loss of tactile sensation	The need for expertise consultation	Podiatrist
Recent fractures of sprains	The need for expertise consultation	Podiatrist
Bruising or swelling	² Lack of the much needed technical know-how	Medical professional
Recent operations	² Lack of the much needed technical know-how	Podiatrist
Cuts and abrasions	The desire to safeguard the client's health	Medical professional

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