

Physical Diagnosis through Tongue and Nail Observation

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Goals and objectives of these class – to readily and easily be able to identify signs and symptoms of illness and disease that reflect clinically in the nails and tongue.

Hour One

Nomenclature for the tongue

Factors involved in good tongue diagnosis

Tongue Presentations

Normal

Cracked

- Prevalence
- Etiology
- Symptoms
- Palliative Care

Red

- Prevalence B7 deficiency
B7 function, foods, associated symptoms
B12, patients with predisposition to deficiency, associated symptoms, foods
Kawasaki disease
Allergies
Scarlet Fever
Toxic Shock Syndrome
Medications
- Etiology
- Symptoms
- Palliative Care

Pale Tongue – review anemia

Green tongue – prevalence/predisposition to

Hour Two

Geographic tongue and gastrointestinal health correlated

Foods that aggravated geographic tongue

Palliative treatment

Autoimmune fissures

Sjogren's – a review

Big, scalloped tongue – dehydration

Autoimmune

Foods to avoid

Other factors/diagnosis impacting tongue size/scalloping

Yellow Coated Tongue – conditions that result in this

Swollen, red, smooth Tongue – conditions that result in this

B6 deficiency

B1 deficiency

B12

Folate deficiency

Associated symptoms and diagnoses for each deficiency

Glossitis - prevalence/predisposition to

B2 deficiency

Black tongue prevalence and predisposition to Niacin deficiency & a review of pellagra

Fungal overgrowth and the at risk population

Hairy tongue – leukoplakia - a review

White coating that won't come off the tongue a review of these differential diagnoses

Leukoplakia

Lichen planus

Thrush

Syphilis

Syphilis prevalence in the USA and in the St Louis area

Squamous cell carcinoma of the tongue – presentation and risk factors

Dysarthria defined and conditions that can cause it

Red spots on the tongue – common causes reviewed

Deviated tongue – etiology

Moving/lolling/wagging tongue etiology

Hour Three

Canker Sores – a review of patient predispositions and foods that aggravate

Apthous ulcers – patient predisposition, nutrient deficiencies

Micro/Macroglossia

Tongue Tied

Fasciculations ALS tongue

Kawasaki (mucocutaneous lymph node syndrome) and it's relevance as a COVID-19 symptom in children
Kawasaki like multisystem inflammatory syndrome

Transverse furrows in the tongue (scrotal tongue) – patient predispositions, nutrient malabsorption
Nails

Introduction to nail evaluation

Review of nail parts

Nail issues to be attentive to

Missing Lunula and Vitamin deficiencies – a review

Non-traumatic separation of the moon from the cuticle – review this diagnostic sign of diabetes

Blue lunula – diabetes, Wilson's disease (copper metabolism issue), colloidal silver toxicity

Brown or Red Lunula – cardiovascular and renal review

Black Lunula – fluoride toxicity

Yellow Lunula = tetracycline

Large Lunula – systemic or cardiovascular – review

White spots in nails – etiology

White nail bed with darker edges – etiology

Hour Four

Fungal infections of nails and health issues that mimic the look of fungal infections

Blueish nail beds

Rippled or pitted nails Psoriasis
 Reiter's Syndrome
 Alopecia

Sarcoidosis
Pemphigus

Nails that crack or split Thyroid disease
 Nutritional deficiencies

Puffy Nail Fold etiologies

Dark Line beneath the Nail (longitudinal)

Short Irregular Nails

Clubbing – etiology

More on fungal infections of nails
Yellow Nail Syndrome – a review

Nail Spooning – etiology

Lindsay ½ and ½ nails – etiology

Transverse white streak in one nail only – etiology

Beau's lines

Brittle Nails

Darier Disease and Candy Cane Nails

Splinter Hemorrhages – differential

Mees lines

Muehrcke Lines

White nail bed

Brown Gray Nails

References:

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'Tongue Diagnosis in Chinese Medicine Giovanni Maciocia

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'<https://reference.medscape.com/slideshow/fingernail-abnormalities-6002456#34>

'Reza Sedighi Manesh, UCSF1 and R. Jeffrey Kohlwes, M.D., MPH1,2

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NIH

Mayo Clinic Briefs

Tongue diagnosis books text 1 and 2

<https://www.hopkinsmedicine.org>

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