

BRITTLE NAILS

Do you know?

- Nail problems are more common in women than in men.
- You can know a lot about a person just by looking at his nail.
- Almost everyone has brittle nails to some extent.

What are brittle nails?

Brittle nails can be dry or soft and they:

- Easily break.
- Peel from nails tips.
- Grow slowly.

Causes of brittle nails:

1. Brittle nails increase with age.
2. Frequent hand washing or water use (like swimming).
3. Using hands in rough and hard works (like in constructions).
4. Using of detergents, or other chemical and household preparations.
5. Using of certain nail polish remover especially that contains acetone as it makes nails dry.
6. Nails biting habit.
7. Poor nutrition (especially low intake of iron, zinc, calcium, vitamin C, folic acid, omega-3, and B-complex).
8. May be rarely associated with medical conditions (like thyroid problems, and skin disorders).

How can you prevent and treat brittle nails:

1. Take care of yours nails, by clipping and trimming them regularly.
2. Avoid frequent and excessive use and exposure to water.
3. Wear gloves when you use detergents or engaged in construction work.
4. Avoid nail polish remover which contains acetone and use nail polish remover at maximum once a week.
5. Try to overcome your biting nail habit by keeping your nails short, and paint them with dark color so when you bite them you will be concerned about their appearance.
6. Maintain a good nutrition especially that is rich in
 - a) Iron like: liver, meats, egg yolk, whole grains, dark green vegetables, legumes, and nuts.
 - b) Zinc: meat, seafood, eggs, milk, whole grains, and legumes.

- c) Calcium: milk, cheese, yoghurt, sardines, whole grains, egg yolk, legumes, nuts, and green leafy vegetables.
 - d) Vitamin C: citrus fruits, tomatoes, cabbage, leafy vegetables, potatoes, strawberries, melons and chili peppers.
 - e) Folic acid: vegetables, fruits, milk, yogurt, legumes, whole grains.
 - f) Omega-3: Seafood and fish oil from cod, and salmon.
 - g) B-complex: milk, meats, legumes, green vegetables, and eggs.
7. There are many dietary supplements in the pharmacies containing above vitamins and minerals also there is a special formulas for nails.
8. You can use nail lotion, solution, or moisturizer as they may prevent nails from becoming brittle.