

Authors' contribution:

SzB -1,2,3,4,6

MSS - 1,4,5,6

1. Conception and design
2. Data collection
3. Data analysis and interpretation, including statistical analysis
4. Manuscript preparation
5. Literature review
6. Critical evaluation and acceptance of the manuscript.

Terry's nails in a nephrology outpatient clinic

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64-year-old patient was referred to the outpatient nephrology clinic by GP with a diagnosis of chronic kidney disease stage 3b. The patient neither claimed a previous history of kidney problems nor other chronic medical conditions requiring medical attention. He visited his GP due to headaches for a few weeks. On presentation, besides high blood pressure, the whitening opacity of nearly the entire nail bed of each fingernail attracted attention (Figure 1) and was concordant with Terry's nail description [1]. The white nail beds were indistinguishable from the lunula, and just a narrow segment of normal pink at the distal border of each nail was visible. Richard Terry (1954) described this morphology of nails in 3 patients when he studied the nails of patients with liver cirrhosis [1]. Such nail abnormalities were later described in other chronic conditions, including congestive heart failure, chronic kidney disease, chronic allograft nephropathy and diabetes mellitus [2]. Terry's nails can also be a non-pathological manifestation of normal ageing [3]. Although the pathophysiology of this condition remains not fully understood, changes in nail vascularity as a consequence of an overgrowth of connective tissue are considered responsible.

Lindsay's nails (half and half nail) should be considered in differential diagnosis [4]. In Lindsay's nail, the

proximal part of the nail is white and the distal one occupying 20% - 60% of nail bed is reddish-brown (probably being the result of an increase of β -melanocyte-stimulating hormone).

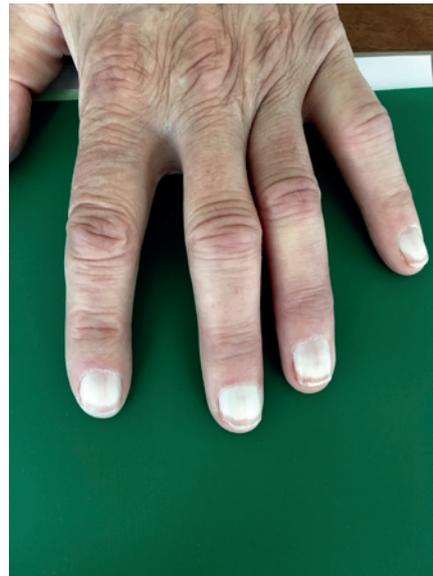


Figure 1
Photograph demonstrating Terry's nails 0.5–3.0 mm pink distal band with proximal nail bed whiteness occupying approximately 80% of its surface.

References:

1. **Terry R.** White Nails in Hepatic Cirrhosis. *Lancet.* 1954; 263: 757–759.
2. **Holzberg M, Walker HK.** Terry's Nails: Revised Definition and New Correlations. *Lancet.* 1984; 323: 896–899.
3. **Witkowska AB, Jasterzbski TJ, Schwartz RA.** Terry's Nails: A Sign of Systemic Disease. *Indian J Dermatol.* 2017; 62: 309–311.
4. **Lindsay PG.** The half-and-half nail. *Arch Intern Med.* 1967; 119: 583–587.

Authors declare no conflict of interests.

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