

中文題目:甲狀腺功能亢進症相關的指甲病變－病例報告

英文題目:Distal fingernail change associated with hyperthyroidism -case report

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#### Background:

Dermatologic abnormalities can provide clues to underlying systemic diseases on physical examination. The separation of the nail plate from the nail bed or onycholysis may be the least frequently finding recognized in hyperthyroidism or hypothyroidism patients. This report shows a female patient with hyperthyroidism presented as distal lateral separation of the nail plate from the nail bed on her left fingernail.

#### Case Presentation:

This 39-year-old female patient was referred to our Endocrine Clinic for distal lateral separation of the nail plate from the nail bed of her left index finger > 2 months.

She denied body weight、intake and menstruation changes, but complaint palpitation、heat intolerance、bad temper and insomnia.

There was no distinctly psoriatic skin change found on limbs on physical examination. The results of thyroid function tests suggested hyperthyroidism. Initial thyroid ultrasonography was carried out and showed as multiple nodular goiter. The screening tests for autoimmune disorders were reported negative findings.

Under the impression of multiple nodular goiter with hyperthyroidism, she received medical therapy and her thyroid function returned to normal as well as the fingernail change was improved thereafter.

Conclusion: The nail unit may show specific changes like onycholysis on careful physical examination. The nail abnormalities can provide clues to underlying systemic diseases like endocrine disorders, limit the differential diagnosis and initiate further work-up.