



**Koilonychia (Spoon Nails)**

# Koilonychia

- Transverse and longitudinal concavity of the nail, resulting in a “spoon-shaped” nail.
- Normal nail variant in infants, but corrects itself within the first few years of life.
- Causes by iron deficiency anemia, hemochromatosis, Raynaud's disease, SLE, trauma, occupational exposure of the hands to petroleum-based solvents, nail-patella syndrome

## Causes

### > Physiological

- Post natal growth spurt
- Adolescent growth spurt
- Menstruation
- Pregnancy

### > Iron loss due to bleeding

- Hook worm Infestations
- Hemorrhage
- Peptic ulcers
- Erosions from anti-inflammatory drugs

### > Inadequate diet

### > Malabsorption

- Inflammatory bowel disease
- Helicobacter pylori* gastritis



## Koilonychia (spoon nails)

3 types:

- Idiopathic
- Hereditary
- Acquired :
  - Trauma, dermatologic diseases,
  - Raynaud's phenomenon, iron deficiency (not the most common cause)

# Koilonychia in iron deficiency anaemia



- Koilonychia or spoon-shaped nails in iron deficiency anaemia. Koilonychia has a high degree of specificity for iron deficiency but it is a relatively uncommon feature, occurring only in severe chronic iron deficiency.



# SPOONED NAILS (KOILONYCHIA)

- Water drop test: imagine placing a drop of water on the nail. If it would not fall off it is spooned
- Causes:
  - Iron deficiency
  - DM
  - Protein deficiency especially in sulfur-containing amino acids (cysteine or methionine)

