

THE _____ ARE SLITS OR FURROWS ON EACH SIDE OF THE NAIL.

UNDERSTANDING THE NAIL ANATOMY: THE ROLE OF THE _____ ARE SLITS OR FURROWS ON EACH SIDE OF THE NAIL

THE _____ ARE SLITS OR FURROWS ON EACH SIDE OF THE NAIL. THESE SMALL, OFTEN OVERLOOKED FEATURES OF OUR FINGERNAILS AND TOENAILS PLAY A SIGNIFICANT ROLE IN THE OVERALL HEALTH AND APPEARANCE OF OUR NAILS. RECOGNIZING AND UNDERSTANDING THESE STRUCTURES CAN HELP IN IDENTIFYING POTENTIAL HEALTH ISSUES AND MAINTAINING NAIL HYGIENE. IN THIS COMPREHENSIVE GUIDE, WE'LL EXPLORE WHAT THESE SLITS OR FURROWS ARE, THEIR FUNCTIONS, COMMON CONDITIONS ASSOCIATED WITH THEM, AND TIPS FOR PROPER NAIL CARE.

WHAT ARE THE SLITS OR FURROWS ON EACH SIDE OF THE NAIL?

DEFINITION AND DESCRIPTION

THE SLITS OR FURROWS ON EACH SIDE OF THE NAIL ARE KNOWN AS NAIL SIDEWALLS OR LATERAL NAIL FOLDS. THESE ARE THE NARROW, GROOVE-LIKE INDENTATIONS THAT RUN ALONG THE EDGES OF THE NAIL PLATE, ADJACENT TO THE SKIN OF THE FINGER OR TOE. THESE FURROWS ARE NATURAL ANATOMICAL FEATURES THAT HELP CONTAIN AND SUPPORT THE NAIL AS IT GROWS OUT FROM THE NAIL MATRIX.

WHILE THEY MAY SEEM INSIGNIFICANT, THESE FURROWS ARE CRUCIAL FOR:

- PROTECTING THE NAIL BED FROM EXTERNAL TRAUMA
- ALLOWING SPACE FOR NAIL EXPANSION
- FACILITATING NAIL MAINTENANCE AND GROWTH

PHYSIOLOGICAL SIGNIFICANCE

THE FURROWS OR SLITS SERVE SEVERAL VITAL FUNCTIONS:

- STRUCTURAL SUPPORT: THEY HELP THE NAIL MAINTAIN ITS SHAPE AND STABILITY.
- SENSORY FEEDBACK: THEY PROVIDE SENSORY INPUT, ALERTING US TO PRESSURE OR INJURY.
- GROWTH REGULATION: THEY ACCOMMODATE CHANGES IN NAIL SIZE AS THE NAIL GROWS.

UNDERSTANDING THESE FEATURES IS ESSENTIAL BECAUSE ALTERATIONS IN THEIR APPEARANCE CAN SIGNAL UNDERLYING HEALTH ISSUES.

COMMON CHARACTERISTICS OF THE SLITS OR FURROWS

APPEARANCE

TYPICALLY, THESE FURROWS ARE:

- SLIGHTLY INDENTED LINES OR GROOVES

- RUNNING ALONG EACH SIDE OF THE NAIL
- VARYING IN DEPTH AND WIDTH DEPENDING ON INDIVIDUAL DIFFERENCES

THEY ARE USUALLY SYMMETRICAL AND CONSISTENT IN HEALTHY NAILS. HOWEVER, CHANGES IN THEIR APPEARANCE CAN BE INDICATIVE OF HEALTH PROBLEMS.

VARIATIONS AND ANOMALIES

SOME COMMON VARIATIONS INCLUDE:

- SHALLOW FURROWS: NORMAL WITH AGING OR MINOR TRAUMA.
- DEEP GROOVES OR RIDGING: MIGHT SUGGEST NUTRITIONAL DEFICIENCIES OR DERMATOLOGICAL CONDITIONS.
- IRREGULAR PATTERNS: CAN INDICATE SYSTEMIC DISEASES OR INFECTIONS.

RECOGNIZING THESE VARIATIONS CAN HELP IN EARLY DETECTION OF HEALTH ISSUES.

FACTORS INFLUENCING THE FORMATION OF NAIL FURROWS

GENETICS AND AGE

GENETICS PLAY A SIGNIFICANT ROLE IN NAIL STRUCTURE. SOME INDIVIDUALS NATURALLY HAVE MORE PRONOUNCED FURROWS OR GROOVES. ADDITIONALLY, AGING CAN CAUSE THE NAILS TO BECOME MORE RIDGED OR GROOVED DUE TO DECREASED CELL TURNOVER.

HEALTH AND NUTRITIONAL STATUS

DEFICIENCIES IN:

- IRON
- ZINC
- BIOTIN
- PROTEIN

CAN LEAD TO CHANGES IN NAIL TEXTURE, INCLUDING THE DEVELOPMENT OF FURROWS OR RIDGES.

TRAUMA AND EXTERNAL FACTORS

INJURIES TO THE NAIL OR REPEATED TRAUMA CAN CAUSE:

- PERMANENT GROOVES
- SPLITTING
- IRREGULARITIES

ENVIRONMENTAL EXPOSURES, SUCH AS PROLONGED WATER CONTACT OR HARSH CHEMICALS, CAN ALSO AFFECT NAIL INTEGRITY.

MEDICAL CONDITIONS

CERTAIN HEALTH CONDITIONS ARE ASSOCIATED WITH CHANGES IN THE SIDE FURROWS:

- ECZEMA AND PSORIASIS: CAN CAUSE RIDGING AND FURROWING.

- ALOPECIA AREATA: MAY LEAD TO NAIL PITTING AND FURROWS.
- LICHEN PLANUS: CAUSES LONGITUDINAL RIDGES AND FURROWS.
- NUTRITIONAL DEFICIENCIES: IRON DEFICIENCY ANEMIA OFTEN PRESENTS WITH SPOON-SHAPED NAILS AND FURROWS.

CONDITIONS RELATED TO CHANGES IN THE SIDE FURROWS

FURROWS AND RIDGING AS NORMAL AGING

AS PEOPLE AGE, IT IS COMMON FOR NAILS TO DEVELOP:

- VERTICAL RIDGES
- FURROWS OR GROOVES

THESE ARE USUALLY HARMLESS BUT CAN BECOME MORE PROMINENT OVER TIME.

BEAU'S LINES

THESE ARE DEEP, HORIZONTAL FURROWS THAT RUN ACROSS THE NAIL, OFTEN CAUSED BY:

- SEVERE ILLNESS
- TRAUMA
- CHEMOTHERAPY
- HIGH FEVER

THEY TEMPORARILY HALT NAIL GROWTH, LEAVING VISIBLE GROOVES.

NAIL PITTING AND GROOVES IN DERMATOLOGICAL DISEASES

CONDITIONS SUCH AS PSORIASIS CAN LEAD TO:

- PITTING (SMALL DENTS)
- LONGITUDINAL GROOVES OR FURROWS
- NAIL DEFORMITIES

THESE CHANGES REQUIRE MEDICAL ATTENTION FOR PROPER MANAGEMENT.

FUNGAL INFECTIONS

FUNGAL INFECTIONS CAN CAUSE:

- THICKENING OF THE NAIL
- DISCOLORATION
- IRREGULARITIES IN THE SIDE FURROWS

PROPER DIAGNOSIS AND TREATMENT ARE ESSENTIAL TO PREVENT SPREAD.

DIAGNOSING AND ADDRESSING NAIL FURROW ISSUES

WHEN TO SEEK MEDICAL ADVICE

CONSULT A HEALTHCARE PROFESSIONAL IF YOU NOTICE:

- SUDDEN OR SEVERE CHANGES IN THE FURROWS
- PAIN OR SWELLING AROUND THE NAIL
- DISCOLORATION OR THICKENING
- NAIL LOSS OR DETACHMENT

EARLY DIAGNOSIS CAN HELP MANAGE UNDERLYING CONDITIONS EFFECTIVELY.

DIAGNOSTIC METHODS

DOCTORS MAY PERFORM:

- PHYSICAL EXAMINATION
- NAIL SCRAPINGS OR BIOPSIES
- BLOOD TESTS FOR NUTRITIONAL DEFICIENCIES OR SYSTEMIC DISEASES

THESE TESTS HELP DETERMINE THE CAUSE OF ABNORMAL FURROWING OR GROOVING.

TREATMENT OPTIONS

TREATMENT DEPENDS ON THE UNDERLYING CAUSE:

- NUTRITIONAL SUPPLEMENTATION FOR DEFICIENCIES
- TOPICAL OR SYSTEMIC MEDICATIONS FOR INFECTIONS OR SKIN CONDITIONS
- TRAUMA MANAGEMENT TO PREVENT FURTHER INJURY
- LIFESTYLE MODIFICATIONS SUCH AS AVOIDING HARSH CHEMICALS

PROPER NAIL CARE ROUTINES CAN ALSO IMPROVE NAIL HEALTH.

TIPS FOR MAINTAINING HEALTHY NAILS AND SIDE FURROWS

PROPER NAIL CARE PRACTICES

- KEEP NAILS CLEAN AND DRY
- AVOID BITING OR PICKING AT THE NAILS AND SIDEWALLS
- USE GENTLE NAIL PRODUCTS
- MOISTURIZE REGULARLY TO PREVENT DRYNESS
- TRIM NAILS CAREFULLY TO PREVENT TRAUMA

DIET AND NUTRITION

ENSURE A BALANCED DIET RICH IN:

- IRON
- ZINC
- BIOTIN
- PROTEIN

THESE NUTRIENTS SUPPORT STRONG, HEALTHY NAILS.

PROTECTING YOUR NAILS

- WEAR GLOVES WHEN HANDLING CHEMICALS OR DOING CHORES
- AVOID EXCESSIVE EXPOSURE TO WATER
- BE CAUTIOUS TO PREVENT TRAUMA TO THE NAIL EDGES

CONCLUSION: APPRECIATING THE SUBTLE FEATURES OF OUR NAILS

THE SLITS OR FURROWS ON EACH SIDE OF THE NAIL ARE MORE THAN JUST MINOR ANATOMICAL FEATURES—THEY ARE INDICATORS OF OVERALL HEALTH AND NAIL INTEGRITY. RECOGNIZING THEIR NORMAL APPEARANCE VERSUS SIGNS OF POTENTIAL ISSUES ALLOWS FOR EARLY INTERVENTION AND PROPER NAIL CARE. WHETHER YOU'RE LOOKING TO MAINTAIN HEALTHY NAILS OR ADDRESSING CONCERNS RELATED TO NAIL FURROWS, UNDERSTANDING THESE FEATURES IS ESSENTIAL. REGULAR NAIL HYGIENE, A BALANCED DIET, AND PROMPT MEDICAL ATTENTION WHEN NEEDED CAN HELP ENSURE YOUR NAILS REMAIN STRONG, HEALTHY, AND BEAUTIFUL FOR YEARS TO COME.

FREQUENTLY ASKED QUESTIONS

WHAT ARE THE SLITS OR FURROWS ON EACH SIDE OF THE NAIL CALLED?

THEY ARE CALLED THE LATERAL NAIL GROOVES OR LATERAL NAIL SLITS.

WHY ARE THE LATERAL NAIL GROOVES IMPORTANT IN NAIL HEALTH?

THEY HELP DELINEATE THE EDGES OF THE NAIL AND CAN INDICATE NAIL HEALTH OR UNDERLYING CONDITIONS WHEN ABNORMAL.

ARE THE SLITS OR FURROWS ON EACH SIDE OF THE NAIL PRESENT AT BIRTH OR DO THEY DEVELOP OVER TIME?

THEY ARE PRESENT FROM BIRTH AS PART OF NORMAL NAIL ANATOMY, THOUGH THEIR APPEARANCE CAN CHANGE WITH AGE OR HEALTH CONDITIONS.

CAN THE APPEARANCE OF THE LATERAL NAIL SLITS INDICATE ANY MEDICAL CONDITIONS?

YES, CHANGES SUCH AS DEEPENING OR WIDENING OF THESE FURROWS CAN BE ASSOCIATED WITH CONDITIONS LIKE PSORIASIS, ECZEMA, OR TRAUMA.

HOW CAN I DIFFERENTIATE BETWEEN NORMAL LATERAL NAIL GROOVES AND ABNORMAL FURROWS?

NORMAL GROOVES ARE USUALLY SHALLOW AND SYMMETRICAL, WHILE ABNORMAL FURROWS MAY BE DEEP, IRREGULAR, OR ASYMMETRICAL, INDICATING POSSIBLE HEALTH ISSUES.

ARE THE LATERAL NAIL SLITS UNIQUE TO HUMANS OR DO OTHER ANIMALS HAVE SIMILAR STRUCTURES?

MANY ANIMALS WITH CLAWS OR NAILS HAVE SIMILAR STRUCTURES, BUT THE SPECIFIC ANATOMY AND PROMINENCE CAN VARY ACROSS SPECIES.

WHAT IS THE ROLE OF THE LATERAL NAIL GROOVES IN NAIL GROWTH AND MAINTENANCE?

THEY HELP DEFINE THE NAIL'S LATERAL EDGES, FACILITATE PROPER GROWTH, AND ALLOW SPACE FOR EXPANSION AS THE NAIL LENGTHENS.

CAN EXTERNAL FACTORS LIKE TRAUMA OR NAIL BITING AFFECT THE LATERAL NAIL FURROWS?

YES, TRAUMA OR REPEATED NAIL BITING CAN CAUSE CHANGES OR DEEPENING OF THESE FURROWS, SOMETIMES LEADING TO DEFORMITIES.

ARE THERE ANY COSMETIC TREATMENTS OR REMEDIES TO IMPROVE THE APPEARANCE OF ABNORMAL LATERAL NAIL FURROWS?

TREATMENTS FOCUS ON UNDERLYING CAUSES; COSMETIC OPTIONS INCLUDE NAIL FILING OR OVERLAYS, BUT CONSULTATION WITH A DERMATOLOGIST IS RECOMMENDED FOR PERSISTENT ISSUES.

IS IT NORMAL FOR THE LATERAL NAIL GROOVES TO VARY IN DEPTH AND WIDTH FROM PERSON TO PERSON?

YES, NATURAL VARIATION EXISTS, AND MINOR DIFFERENCES ARE NORMAL; SIGNIFICANT CHANGES SHOULD BE EVALUATED BY A HEALTHCARE PROFESSIONAL.

ADDITIONAL RESOURCES

THE LUNULA ARE SLITS OR FURROWS ON EACH SIDE OF THE NAIL

THE LUNULA ARE THE CRESCENT-SHAPED, WHITISH AREAS LOCATED AT THE BASE OF OUR FINGERNAILS AND TOENAILS. THESE SMALL, SEMI-CIRCULAR ZONES ARE OFTEN OVERLOOKED, YET THEY HOLD SIGNIFICANT IMPORTANCE IN UNDERSTANDING NAIL HEALTH AND OVERALL WELL-BEING. THE TERM "LUNULA" ORIGINATES FROM THE LATIN WORD FOR "LITTLE MOON," APTLY DESCRIBING THEIR SHAPE AND APPEARANCE. IN THIS ARTICLE, WE WILL EXPLORE THE ANATOMY, FUNCTIONS, CLINICAL SIGNIFICANCE, AND AESTHETIC ASPECTS OF THE LUNULA, PROVIDING A COMPREHENSIVE OVERVIEW OF THESE FASCINATING FEATURES ON EACH SIDE OF THE NAIL.

UNDERSTANDING THE ANATOMY OF THE LUNULA

THE LUNULA IS A VISIBLE PART OF THE NAIL MATRIX, WHICH IS RESPONSIBLE FOR PRODUCING NEW NAIL CELLS. IT APPEARS AS A PALE, OPAQUE WHITE AREA AT THE PROXIMAL END OF THE NAIL, JUST BENEATH THE CUTICLE. THE LUNULA IS MOST PROMINENT ON THE THUMBS AND LESS VISIBLE ON OTHER FINGERS, BUT ITS SIZE AND VISIBILITY CAN VARY SIGNIFICANTLY AMONG INDIVIDUALS.

STRUCTURE AND LOCATION

- SHAPE AND SIZE: TYPICALLY SEMI-CIRCULAR OR CRESCENT-SHAPED, RANGING FROM A FEW MILLIMETERS TO OVER A CENTIMETER IN WIDTH.
- COLOR: WHITISH DUE TO THE THICKENED LAYER OF KERATIN AND THE UNDERLYING BLOOD VESSELS BEING LESS VISIBLE.
- POSITION: LOCATED AT THE BASE OF THE NAIL, OVERLYING THE NAIL MATRIX.

FUNCTION OF THE LUNULA

WHILE THE PRECISE BIOLOGICAL FUNCTION OF THE LUNULA REMAINS A SUBJECT OF STUDY, ITS PRIMARY ROLE IS LINKED TO:

- NAIL GROWTH: IT HOUSES THE NAIL MATRIX CELLS THAT GENERATE NEW KERATINIZED NAIL TISSUE.
- PROTECTION: IT HELPS SHIELD THE UNDERLYING BLOOD VESSELS AND MATRIX FROM EXTERNAL TRAUMA.

SIGNIFICANCE OF THE LUNULA IN HUMAN HEALTH

THE APPEARANCE OF THE LUNULA CAN SERVE AS A USEFUL INDICATOR FOR HEALTH CONDITIONS, REFLECTING BOTH LOCAL AND SYSTEMIC ISSUES.

NORMAL VARIATIONS

- SIZE AND VISIBILITY: SOME INDIVIDUALS NATURALLY HAVE PROMINENT LUNULAE, ESPECIALLY ON THE THUMBS, WHILE OTHERS MAY HAVE BARELY VISIBLE OR ABSENT LUNULAE.
- COLOR CHANGES: VARIATIONS IN COLOR CAN BE NORMAL BUT MAY ALSO SIGNAL UNDERLYING ISSUES.

CLINICAL INDICATORS

CHANGES IN THE LUNULA'S APPEARANCE CAN SUGGEST VARIOUS HEALTH CONDITIONS:

- ANEMIA: REDUCED LUNULA SIZE OR ABSENCE MAY BE ASSOCIATED WITH ANEMIA.
- LIVER DISEASE: ABNORMALITIES CAN SOMETIMES BE LINKED TO LIVER FUNCTION ISSUES.
- CARDIOVASCULAR PROBLEMS: CHANGES IN BLOOD CIRCULATION MAY AFFECT LUNULA VISIBILITY.
- NUTRITIONAL DEFICIENCIES: IRON DEFICIENCY AND OTHER DEFICIENCIES CAN ALTER THEIR APPEARANCE.

LIMITATIONS

WHILE INFORMATIVE, RELYING SOLELY ON LUNULA APPEARANCE FOR DIAGNOSIS IS NOT RECOMMENDED. IT SHOULD BE CONSIDERED ALONGSIDE OTHER CLINICAL SIGNS AND TESTS.

VARIATIONS AND CULTURAL PERSPECTIVES

THE VISIBILITY AND PROMINENCE OF THE LUNULA CAN DIFFER DUE TO GENETIC, ENVIRONMENTAL, AND CULTURAL FACTORS.

GENETIC FACTORS

- SOME POPULATIONS NATURALLY HAVE MORE PROMINENT LUNULAE.
- VARIATIONS IN NAIL MATRIX ANATOMY CAN INFLUENCE SIZE AND VISIBILITY.

CULTURAL SIGNIFICANCE

- IN SOME CULTURES, THE LUNULA IS CONSIDERED A SYMBOL OF HEALTH AND VITALITY.
- CERTAIN TRADITIONAL BELIEFS ASSOCIATE THE APPEARANCE OF THE LUNULA WITH SPIRITUAL OR MYSTICAL MEANINGS.

Cosmetic Considerations

- SOME INDIVIDUALS SEEK COSMETIC TREATMENTS TO ENHANCE OR DIMINISH THE APPEARANCE OF THE LUNULA FOR AESTHETIC REASONS.
- NAIL ART AND MANICURE PRACTICES SOMETIMES EMPHASIZE THE LUNULA AREA TO CREATE VISUAL EFFECTS.

Care and Maintenance of the Lunula and Nail Health

MAINTAINING HEALTHY NAILS AND LUNULAE INVOLVES GOOD HYGIENE, NUTRITION, AND LIFESTYLE HABITS.

Tips for Healthy Nails and Lunula

- PROPER NAIL HYGIENE: KEEP NAILS CLEAN AND DRY TO PREVENT INFECTIONS.
- MOISTURIZATION: USE CUTICLE OILS AND HAND CREAMS TO PREVENT DRYNESS.
- BALANCED DIET: ENSURE ADEQUATE INTAKE OF VITAMINS AND MINERALS, ESPECIALLY BIOTIN, ZINC, AND IRON.
- AVOID TRAUMA: PROTECT NAILS FROM EXCESSIVE FORCE OR INJURY.
- LIMIT EXPOSURE TO HARSH CHEMICALS: USE GLOVES WHEN HANDLING CLEANING AGENTS OR HARSH SUBSTANCES.

Common Issues and Their Causes

- DISCOLORATION: MAY BE CAUSED BY FUNGAL INFECTIONS, TRAUMA, OR SYSTEMIC ILLNESSES.
- BRITTLE NAILS: CAN RESULT FROM NUTRITIONAL DEFICIENCIES, ENVIRONMENTAL FACTORS, OR AGING.
- PALE OR ABSENT LUNULA: OFTEN HARMLESS BUT MAY INDICATE UNDERLYING HEALTH PROBLEMS.

Innovations and Future Research

RECENT ADVANCES IN DERMATOLOGY AND NAIL SCIENCE AIM TO BETTER UNDERSTAND AND LEVERAGE THE SIGNIFICANCE OF THE LUNULA.

Diagnostic Tools

- DERMATOSCOPY: NON-INVASIVE IMAGING TO EXAMINE LUNULA AND NAIL MATRIX.
- BIOMARKERS: RESEARCH INTO SPECIFIC MARKERS IN NAIL TISSUE FOR SYSTEMIC DISEASES.

Potential Treatments

- TREATMENTS TARGETING NAIL GROWTH AND HEALTH, INCLUDING TOPICAL AND SYSTEMIC THERAPIES, ARE BEING DEVELOPED TO ADDRESS NAIL DISORDERS AFFECTING THE LUNULA.

Research Directions

- STUDYING THE CORRELATION BETWEEN LUNULA APPEARANCE AND SPECIFIC DISEASES.
- EXPLORING GENETIC FACTORS INFLUENCING LUNULA DEVELOPMENT.

CONCLUSION: THE SIGNIFICANCE OF THE LUNULA IN DAILY LIFE

THE LUNULA, THOUGH OFTEN OVERLOOKED, PLAYS A VITAL ROLE IN THE ANATOMY AND HEALTH OF OUR NAILS. ITS APPEARANCE OFFERS VALUABLE CLUES INTO OUR OVERALL WELL-BEING, SERVING AS A WINDOW INTO SYSTEMIC HEALTH ISSUES OR NUTRITIONAL STATUS. FROM A COSMETIC PERSPECTIVE, THE LUNULA ADDS AESTHETIC APPEAL AND INDIVIDUALITY TO EACH PERSON'S NAILS. UNDERSTANDING ITS STRUCTURE, VARIATIONS, AND SIGNIFICANCE ENABLES BETTER APPRECIATION OF THIS SMALL BUT MEANINGFUL FEATURE.

WHILE MORE RESEARCH IS NEEDED TO FULLY COMPREHEND THE BIOLOGICAL AND CLINICAL IMPORTANCE OF THE LUNULA, IT REMAINS A FASCINATING ASPECT OF HUMAN ANATOMY. WHETHER VIEWED THROUGH A MEDICAL, CULTURAL, OR AESTHETIC LENS, THE LUNULA CONTINUES TO INTRIGUE AND INFORM US ABOUT OUR HEALTH AND IDENTITY. PROPER CARE, AWARENESS, AND CURIOSITY ABOUT THESE SUBTLE FURROWS ON EACH SIDE OF THE NAIL CAN CONTRIBUTE TO BETTER NAIL HEALTH AND OVERALL WELLNESS.

IN SUMMARY:

- THE LUNULA IS A CRUCIAL PART OF NAIL ANATOMY INDICATING HEALTH.
- VARIATIONS CAN REFLECT SYSTEMIC CONDITIONS.
- PROPER CARE AND ATTENTION CAN MAINTAIN HEALTHY NAILS AND LUNULAE.
- ONGOING RESEARCH PROMISES MORE INSIGHTS IN THE FUTURE.

UNDERSTANDING AND APPRECIATING THE LUNULA ENHANCES OUR KNOWLEDGE OF OUR BODIES AND ENCOURAGES PROACTIVE HEALTH MONITORING, MAKING THESE SMALL WHITE CRESCENTS ON OUR NAILS MORE MEANINGFUL THAN THEY MIGHT APPEAR AT FIRST GLANCE.

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