

## In Dermatology

### **Nail Pitting**

Nail pitting is when small depressions appear on the surface of the nails. The pitting can be shallow or deep, depending on the individual case.

#### ***Types of Pitting***

1. Irregular pitting: - seen in psoriasis.
2. Geometric pitting: - multiple small superficial pits, which are regularly distributed in a geometric pattern
3. Coarse pitting and cross ridging: - very irregular pits seen in eczema
4. Elkonyxis: - very large pits, seen in syphilis, Reiters disease, after trauma, and after etretinate and isotretinoin therapy.
5. Rosenaus depression: - small pitted craters found on the middle and ring finger and are reported to occur in diabetes mellitus.

#### ***Important Facts About Nail Pitting***

1. Pits more commonly affect finger nails than toe nails.
2. Isolated nail involvement with more than 20 pits are suggestive of having a psoriatic etiology.
3. A rare uniform pitting of the whole nail plate appears to be a developmental anomaly.
4. Pitting is occasionally helpful in building a clinical case for psoriatic arthritis, in the absence of other definitive markers, especially where it is the only cutaneous manifestation of psoriasis.

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