

In Dermatology

Yellow Nail Syndrome



Yellow nail syndrome is a rare disorder of the nail, which is usually accompanied by lymphoedema. It may also be associated with recurrent pleural effusions and less commonly bronchiectasis, chronic bronchitis and sinus infections.

The cause of yellow nail syndrome is unknown.

Nail changes once established are usually permanent, although complete reversion to normal nails has occurred in some cases. Treatment of nails includes topical vitamin E solution and oral Itraconazole. Some studies have shown that nutritional supplementation with vitamin E appears to be effective in controlling yellow nail syndrome, for unknown reasons. Zinc supplements have also been used but it is unclear whether they are effective.

Itraconazole and fluconazole are oral antifungal agents appear to speed up the rate of growth of nails, which may be of benefit in yellow nail syndrome even though it is not caused by fungal infection.

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