



*Onychotermiology (Typical Clinical or Onychoscopic Sign)*

## Yellow nail syndrome

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### CASE DETAILS

A 13-year-old male presented with thickened, hard, yellow finger- and toenails for 5 years. He had a history of recurrent sinusitis. Nails showed xanthonychia [Figure 1a], pachyonychia, and increased transverse curvature, with Grade 2 onycholysis and subungual hyperkeratosis [Figure 1b]. Chest X-ray was normal. Based on clinical findings, a diagnosis of yellow nail syndrome (YNS) was made. The patient was treated with fluconazole (150 mg

weekly), Vitamin E (400 mg BD) and antibiotics for sinusitis.

### DESCRIPTION

YNS may present as isolated nail changes, cough/sinusitis, lymphoedema, or severe life-threatening conditions, including pleural effusion. Although there is no cure, symptomatic management and thorough screening with regular follow-up help identify complications early.



**Figure 1:** (a) Clinical image showing yellowish discoloration (xanthonychia) and thickening (pachyonychia) of multiple nails with an increased curvature. Cuticles are absent in multiple nails. (b) Close-up view of both thumbnails showing pachyonychia and xanthonychia. The left thumbnail shows greenish discoloration as well as a circular biopsy site.

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### **Authors' contributions**

All the authors contributed to the manuscript preparation and design of the study, acquisition of data, analysis, and interpretation of data, drafting the article and revising it clinically for important intellectual content and final approval of the submitted version.

### **Ethical approval**

Institutional Review Board approval is not required.

### **Declaration of patient consent**

The authors certify that they have obtained all appropriate patient consents.

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Nil.

### **Conflicts of interest**

Dr. Chander Grover is on the editorial board of the Journal.

### **Use of artificial intelligence (AI)-assisted technology for manuscript preparation**

The authors confirm that there was no use of artificial intelligence (AI)-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

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