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Confessions of a Celebrity Medical Pedicorist
When a person nails a trim in a tree, it is difficult, if not impossible, to drive a nail so that it is flush or just below the surface using a hammer alone. Towards the end of the disc, the nail head will protrude as much as 1/8-inch. Further clogging beyond this point can lead to blows to the surface of the tree and inevitable damage. Crescent strike signs on delicate conifers, quarter rounds, crown casting, and window and door trim are often the result of over-enthusiastic finish nails. The damage can be corrected by filling the marks with the wooden filler and then grinding down the filler and painting the patch. But too much of this kind of damage means more correction and painting than is necessary. Plus, if the intended finish will be natural, unpainted wood, the wooden filler is not an option. Nail set is a small tool that allows the hammer to finish the nail flush on the surface while keeping the hammer at a safe distance from the tree. The sharp end is round enough to fit in the head of the finishing nail. The blunt end is wide enough for the hammer to strike him. Since the nail set is made of heavy hardened steel alloy, it will not bend or break down on impact. This material makes nail kit irreplaceable, as no other tools have the same size and weight required to perform this task. Nails setHammerSoftwood working material
When the noted end of the nail set has lost its round shape, from reuse, abandon it or use it for tasks other than installing nail trim. Wear a glove on your hand that holds a set of nails. If you happen to accidentally hit your hand, the glove will soften the blow. Always wear goggles and hearing protection when using a hammer and nail. Drive finish the nail as far as possible into the forest with a hammer alone without hitting the tree. It is usually about 1/4 inch to 1/8 inch from the surface of the tree. Make sure you are driving the nail perpendicular to the surface of the tree and that the nail does not bend. If not, pull the nail and try again with the new nail. Place the round, pointed end of the nail, mounted on the head of the finishing nail. Finish nails usually have a small dent on your head to ensure the placement of the nail set. Make sure the nail set is directly in line with the nail trim to avoid the nail sking kit when you hit it with a hammer. While this is not necessary, you may also find it useful to go for a hammer with a milling or checkered face for better contact between the hammer and the nail. Gently touch the hammer on the blunt end of the nail set. Tap as easily as it takes to drive a nail into a tree, increasing the force only when necessary. Keep driving Until your head is either flush with or below the surface of the tree, depending on your finishing needs. If you are going to paint a tree, you may leave a slight depression head of the nail unfilled. For an extra touch though, filing the nail hole and grinding it down smooth gives a professional look. Avoid using a set of nails for anything other than installing nail trim. The pointy end of the nail set is perfectly rounded to fit in the nail trim head. Knocking this end on other materials can dull or otherwise distort it. The next time you use it to trim your nails, it can slip out. Blunt nail sets can be flipped upside down to flatten down ordinary nails that are hard to knock down flush. Electric nails automatically sink to finish the nails. With the advent of inexpensive lithium-ion electric nail trim, it becomes much more affordable for homeowners to buy these tools that were previously used mainly by professionals. If you have a lot to finish nail doing, you may want to consider buying an electric nail. Share on PinterestKeratin is a type of protein that forms cells that make up tissue in your nails and other parts of your body. Keratin plays an important role in nail health. It protects nails from damage, making them strong and stable. Keratin forms hair and skin cells, too. It also forms cells that are a key part of many glands and that line the internal organs. Nails begin to grow under the skin. As new cells grow, they push the old ones through the skin. The part you can see is made up of dead cells. That's why it doesn't hurt to cut your nails. Tiny blood vessels called capillaries sit under the nail bed. The blood flowing through the capillaries helps the nails grow and gives them their pinkish color. Nails you can see dead and have no feeling. However, the layer of skin under the nails, called the dermis, has sensory nerve endings. They send a signal to your brain when the pressure is saturating to your nails. Although the myth that nails grow after death is not true, there is a reason why they exist. After someone dies, their skin dehydrates and shrinks, pretending that their nails have grown. If you're right-handed, you may have noticed that the nails on this hand are growing faster than the left, and vice versa. This may be because the hand is more active (see paragraph 11). Using your hands a lot makes your nails more prone to minor injuries from things like tapping them on the table or using a keyboard. This promotes circulation in your hands by stimulating nail growth. Also called onychophagia, nail-biting usually does not cause long-term damage. However, it increases the risk of getting sick by spreading germs into the mouth. Damage to the skin around the nails can lead to infection, too. To keep nails healthy, breaks from using polish or with artificial nails. Using and removing these products can be difficult on nails, so break them helps the nails to recover themselves. Nail growth and other nail characteristics depend in part on your inherited genes. Other factors include your age and health status. This little piece of skin at the base of the nail protects the new nail germs as it grows through the skin. You don't have to cut cut the cuticles. This removes an important barrier that helps prevent infection. Primates, including humans, have nails instead of claws, as well as counter-placed thumbs. This gives people more flexible hands that allow us to understand things better than other mammals. Your nails give you a picture of your overall health. Changes in nail color or impaired their growth can be a symptom of disease, poor diet, or excessive stress. Talk to your doctor if you are worried about recent changes in your nails. Follow these tips for good nail hygiene: Trim your nails regularly, keeping them short. If you have more nails, scrub the bottom of them when you wash your hands. Use soap and water every time and consider using a nail brush as well. Sanitize nail care tools before each use (and make sure that any salon you visit does the same). Do not bite or chew nails. Avoid copying or biting off the thrust. Instead, use a disinfected nail trimmer to remove them. Nail care tips can help you improve the look of your nails. Visit HowStuffWorks to find these great nail care tips. Caring for your nails is extremely important because your hands are always visible. Visit HowStuffWorks to find great articles on nail care. Nails help protect the ends of fingers and toes, and allow your fingers to perform activities such as scratching or picking things up. Nails are usually present on every finger and finger. They are made of a nail plate (the hardest part of the nail and the part that can be seen) and the fabric that lies under the nail plate. Nails receive blood and nourishment from the body. They are attached to the body by a nail bed that is kind of like the root and gets nutrients to keep nails healthy and allow new nail cells to form and grow. As they grow, newer cells push out older cells. The old cells push forward and get flatter and harder, which forms a nail plate. The nail plate has no living cells, so the nails can be cut without pain. Nails change various problems that can occur with nails, nails, or both. Some cancers and cancer treatments can cause changes in the nails. Changes can occur in the nail bed or in the nail plate itself. Changes in nails may be temporary or may last. Types of nails change depending on what causes changes in nails, you may notice changes in the way they look, feel and work. You may also notice changes in the fabric around or under the nails. Some common nail changes include: Changes in the thickness and strength of the nails, causing the nails to become weaker painful, thin nails, fingers, or fingers dry or crack the skin in around the nail changes in the color of nails or nails (either bleached area or overly pigmented, darker than normal areas) ridges, markings, pits, stains, cleavage and other unusual signs can also affect the nails in different ways. One, two, several, or all your nails may be affected by the changes. Some changes occur shortly after the start of treatment, but others may occur a few weeks or months after the start of treatment. Some may be temporary, while others may be long or permanent. Remember that while some cancers and cancer treatments can cause changes in nails, no cancers and medications can also cause them. It is important to talk to your doctor about all the medical problems you might have and about the medications, vitamins, minerals and supplements that you are taking, so that your risk can be discussed and you know what to expect. Nails change to look for dark areas near nail cuticles (subungual lesions): They look like bruises under the nails, and are usually along the lower edge of the nail, near the cuticle. These types of color changes can be seen in nail cancer (called melanoma) and can also be a side effect of some of the types of drugs used to treat cancer. Cracks: Small thin cracks or deep cuts or tears in the tips of the fingers, nail plate or bed, which can be very painful. Hemorrhage (splinter hemorrhage): Tiny red lines in the nails that have tiny bleeding areas under the nail plate. Hyperpigmentation: Nail plates are usually translucent (clearly). Some medications or radiation can cause darkening of the skin, or the nail itself. Usually this darkening is temporary, but sometimes it is permanent and can occur in some parts of the nail, or all over the nail. Inflammation (paronia): Redness and sometimes swelling of the nail and surrounding toes or toes, sometimes with an infection that is bacterial or fungal, which can be very painful and can limit your ability to do normal daily activities. Lifting the nail plate (oniholisis): It is usually a temporary condition, but can be precipitation. If the nail rises from the nail, it makes the nail fall and it becomes a place where the infection can easily occur. Loss of nails: Complete loss of nail plate. Some medications cause the nail plate to loosen completely and be lost. It is temporary, but can be painful and can increase the risk of infection. Ridges or lines in the nail plate: Some medications cause different looking ridges or different colored lines in the nail plate. They can happen and remain on the the entire treatment and tend to grow as soon as the nail grows completely. Usually these types of changes are not painful. Cancer Treatments That May Cause Nail Changes Some Medications Used to Treat Cancer May Stop Nail Growth while you take them. If you get treatment in cycles, nails can start to grow a little between cycles, but can produce white horizontal lines in the nail plate, called the Be line. They are harmless and tend to grow as soon as the treatment is finished. Here are some of the changes that you may have in your nails, and some of the drugs to treat cancer than can cause them. Being on more than one drug that can cause nail changes can increase how serious the side effects will be. Type of Nail Change Some cancer treatments that can cause this dark area in cuticle Target therapy antiangiogenic multikinase inhibitors (sorafenib, sunitinib) Over-pigmented (hyperpigmented) nails Chemotherapy such as Bleomycin, capecitabine, cyclophospide, dakarbasin, danorubicin, docorubicyn, docorubicyn, idarubicin, melphalan, methotrexate Target therapy such as EGFR inhibitors (erlotinib, gefitinib) and monoclonal antibodies (cetuximab, panitumumab). Fissures (deep grooves), panitumumab) hemorrhage, docetaxel, Paclitaxel, nab-paclitaxel) Inflammation (paronihia) Chemotherapy (taxsan) docosubicin, docetaxel, paclitaxel, nab-paclitaxel) Target therapy with EGFR inhibitors (erlotinib, gefitinib, dacomitinib), monoclonal antibodies necitumab, panitumumab, and inhibitors tlemsirilmus) Lifting nail (oniholise) Chemotherapy such as dakarbasin, downombin, and mitoxantron Target therapy such as mTOR inhibitors (everolimus, tlemsyrolimus) Loss of nail chemotherapy such as bleomycin, folds, or other discoloration chemotherapy such as cyclosmes , doxorubicin, docetaxel, hydroxyurea, idarubicin, iflphosphamide, and 5-fluorouraci (5-FU) The management of nail changes Many changes in nails that occur during cancer treatment can affect their appearance. For example, ridges or lines in your nails are usually not painful, but cause changes in the way your nails look and feel. Once the treatment causing the change is made, the changes tend to go away over time as the nail grows. Nail changes may be temporary include: Changes in nail color (dark areas; hyperpigmentation) Splinter hemorrhage ridges, lines and folds in the nail For minor, non-painful nail changes, the following may be helpful: Protection of cleavage, ridges, and thin nails using water-soluble nail polish, or nail polish recipe (which your doctor can provide) for protection. Biotin (food supplement) can be prescribed to strengthen the nails. Ask your doctor if it is safe for you to take biotin. Some changes, however, are painful or related to infection, and require treatment. Talk to your doctor about what is best for your situation before trying anything at home. Nail (paronychia): Treatment recommended by a doctor may include the use of steroid steroids and white vinegar and water absorbs (1 part vinegar per 1 part water), disinfection absorbs, or oral anti-inflammatory drugs, or antibiotics Nail lift (oniholisis): Surgical removal of part of the nail plate may be recommended for pain relief. Nail Infections (bacterial or fungal): Antibacterial ointment may be recommended by a doctor and is regularly applied to nail and nail cracks (deep grooves that can open or cause nail cleavage): Surgical removal of part of the nail plate may be recommended to relieve pain What a patient may do may not be possible to prevent nail changes, but you can do some things to help manage minor changes in nails , and to avoid them worse. Some things you can do include: Check your hands and feet every day to look for changes in your nails. Use water-soluble nail polish on nails that have ridges, gentle, or cleavage to strengthen and protect them. Let your medical team know as soon as you see the nail changes. Keep your nails trimmed short. Short nails are less likely to break or get caught. Keep your nails clean to avoid infections Protect your hands when putting them in water (such as washing dishes), gardening, or cleaning. Wear work gloves when performing these tasks to protect your nails Don't get a professional manicure while you get treatment for cancer Wear loose-fitting shoes Avoid pressure on the nail bed (both fingers and toes) If you are taking a dcax (especially docetaxel), consider applying cold nail packs for 15 minutes before the infusion of the drug, during the infusion of the drug, and within 15 minutes of the infusion. This can prevent the lifting of nails. It is important to inform your medical team as soon as you notice any expected or unexpected changes in your nails. Preventing and avoiding nail injuries is an important part of keeping your nails as healthy as possible. If you are getting medication to treat your nail changes, be sure to tell your doctor how the medicine works for you, or if new problems come up. The questions to ask about nail problems If you are concerned about nail problems or if you are in danger of nail changes, here are a few questions to ask your health team: Should I wear protective nail polish? If not, why not? Can I continue my ongoing nail care and treatment? Be sure to explain if you get special salons treatments such as acrylic or nail gel or polish. Can my treatment cause nail changes? What changes should we expect? When can we expect these changes to begin? When do they end? Is there anything I can do to avoid these changes? If I notice a change in nails, what do I do? Are there other medications that I should avoid if I have a nail change? Will the presence of nail changes cause me to slow down, pause, or stop my cancer treatment? If that happens, what choice do I have? Choice? Choice?

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