


Blue fingernails anxiety

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What causes your fingernails to turn blue. Can anxiety cause blue fingernails. Can anxiety cause purple fingernails. Can anxiety affect your nails. Can anxiety cause nail problems.

Hello everyone, anyone gets blue nails when they are anxious. My fingernails are very red lately. I need input. Ty. Hey, Buckle! I have no idea about this friend. I remember exchanging a few words with you, although before, now I have to go back and see who you are!!! LOL!!!!. (scientific possible explanation for blue nails?. You are in the middle of a panic and your internal systems have received a RED CODE to protect your vital organs and maintain blood supply in the midsection and limit blood flow to the extremities.The side effect of a panic attack to prepare you to be stabbed by a 17th century Viking sword that the boy of the pizza can be brought... Enduronman.. Thank you. I'll check with the doctor tomorrow. It's weird that happens every once in a while and I don't Yer Dr. is probably going to have a "WTF" look on her face after she reports it to him.. It tells me that your brain has ordered your adrenal glands to pour norepinephrine into your systems, and increase your heart rate, pulling blood and keeping it in the "core" of your body to protect your vital organs from imminent physical attack or armed intruders or barbaric Viking warriors... Are you preparing for a battle of some kind?. Or are you allowing the mind to be overly creative and imagining some truly catastrophic possibilities (which will not happen anyway)... Blue nails can be caused by lack of oxygen in the blood. I know I shouldn't have Googled (mentally I get grounded) but if E-man doesn't know then I needed a backup I was very short of breath, maybe that's it. My sister used to get her fingers and fingers purple when she was really anxious- the doctor told her she had a circulation sphere but from her anxiety she stopped so she has purple toes and toes xx I think the blue nail thing is all in our head, really. I have to look at my fingernails 100 times a day and convince myself they're blue. I'm actually sitting next to the air duct, and I probably am. I always compare my left hand with my right hand and persuaded me the left hand is definitely bluer than the right. It could definitely be a bad circulation, of course it could, but I bet it isn't. Like me. There's just something else to deal with! Keep smiling;-) Thanks guys. I saw my PCP today and she wasn't worried. My ox levels are fine and so are my lungs. stupid anxiety!!!! Yeah, that anxiety will buy you all the time. I have to agree with E. Must be anxiety. Body and anxiety are crazy things. My deer and fingers turn blue if I sit or sit too long if I'm anxious. It's that your body goes into that self-preservation mode. I'm a nurse and a single mother at 5. I don't sit in a For a long time! But it still happens. My Dominican sent me to a vascular doctor. He explained basically the same thing that man did before. He said perhaps a form of Reynaulds syndrome. I don't Nor the second opinion.. I'm glad that He checked and you're fine! Next time if it happens again moving and doing some nice deep breaths and relaxing ps told me that being warm also helps ... Á The father of a healthy 15-year-old leads her to the E.R. (ED) for the evaluation of blue hands. His father told the ED staff that his daughter had called him in the middle of a meeting immediately after giving a stressful oral presentation. He said he had blue hands and couldn't breathe. The father ordered the daughter to go directly to the nurse's office to ask for help. When he came to pick her up at school, he found his daughter in tears, but not breathless. Her lips were pink, but her hands were dark and blue. It's when he rushed her to the pediatric emergency room. Physical Examination In ED, the girl was immediately connected to a pulse oxymeter that showed 99% oxygen saturation levels. She was vigile and oriented, but she cried when she looked at her hands again. It was afebrile; blood pressure was 105/68 mmHg. The physical examination showed wet mucous membranes and no perioral cyanosis. He had no murmuring and the lung examination was normal without sibilant breath, tachypnea or increased respiratory fatigue. The abdominal examination was normal without organomegaly. Recommended: How to perform a better physical examination The rest of the examination, including neuromuscular examination, was normal, except for the hands that had a dark blue color particularly concentrated on the back of the hands (Figure). The abstained resident of the ED asked if he had touched something blue that day or if he was wearing some new garment that was blue. His answer was neither. He told that the only different thing this day was that he was nervous about his oral presentation just before his hands became blue and his breathing problems. His laboratory tests were completely normal and included a complete hemochrome with normal differential; a complete normal metabolic panel; a negative test of antinuclear antibodies (ANA;

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