

1. Toenails with slightly sunken, spoon-shaped indentations



What it means: Anemia (iron deficiency) often shows up as an unnatural, concave or spoonlike shape to the toes' nail beds, especially in moderate-to-severe cases. It's caused by not having enough hemoglobin, an iron-rich protein in the blood cells that transports oxygen. Internal bleeding (such as an ulcer) or heavy menstrual periods can trigger anemia

More clues: On fingers as well as toes, the skin and nail beds both appear pale. The nails may also be brittle, and feet may feel cold. Fatigue is the number-one sign of anemia, as are shortness of breath, dizziness when standing, and headache.

What to do: A complete blood count is usually used to diagnose anemia. A physical exam may pinpoint a cause. First-step treatments include iron supplements and dietary changes to add iron and vitamin C (which speeds iron absorption).