Almost everyone knows someone who has dealt with acne or had a case of dandruff. Even though you might think these problems just affect your appearance, they can make you feel miserable. It's important to pay attention to the health of your skin, hair, and nails so you can prevent problems like an ingrown nail, a rash, or a life-threatening problem like melanoma (skin cancer). Our topics are here to help you deal with skin, hair, and nail problems, and they can give you tips for preventing these problems.

Get more information in our skin, hair, and nail topics, such as:

- Skin Cancer, Melanoma.
- Protecting Your Skin From the Sun.
- Nail Problems and Injuries.
- Hair Loss.
- Fungal Nail Infections.
- Scalp Problems.
- Acne: Should I See My Doctor?
Acne: Treatment With Antibiotics
Acne: Treatment With Benzoyl Peroxide
Acne: Treatment With Salicylic Acid
Actinic Keratosis
Age-Related Foot Changes
Alcohol Increases the Risk of Cold Injury
Alkali Burns
Allergic Reaction to Tattoo Dye
Alopecia Areata
Alopecia Areata: Psoralen With Ultraviolet A Light (PUVA) Therapy
Anal Fissure
Anal Fissures: Botox Injections
Anal Fissures: Internal Anal Sphincterotomy
Anal Fissures: Nifedipine and Diltiazem
Anal Fissures: Nitroglycerin Ointment
Animal and Human Bites
Animal and Human Bites: When Stitches Are Needed
Anthrax
Artificial Nails: Problems and Treatment
Aspiration of a Ganglion
Athlete's Foot
Atopic Dermatitis (Eczema)
Bedbugs
Birthmarks
Black Widow Spider Bite
Blepharitis
Blister Care
Blisters
Body Lice
Body Piercing Healing Times
Body Piercing Problems
Body Piercing: Safe Jewelry Choices
Boils
Botulinum Toxin (Botox)
Breastfeeding: Sore Nipples
Breathing Smoke or Fumes
Broken Blisters: Home Treatment
Brown Recluse Spider Bite
Bruises and Blood Spots Under the Skin
Burns and Electric Shock
Calluses and Corns
Calluses and Corns: Protective Padding
Calluses and Corns: Using Pumice Stones
Cancer: Home Treatment for Mouth Sores
Capsaicin
Care for a Skin Wound
Care of an Insect Sting
Cuts
Cuts: When Stitches Are Needed
Dandruff
Dermabrasion
Determining the Seriousness of a Burn
Diabetes: Checking Your Feet
Diabetes: Protecting Your Feet
Diabetes: Steps for Foot-Washing
Diaper Rash
Dry Skin and Itching
Electrical Shock or Burn
Electrocautery for Genital Warts
Electrolysis for Removing Hair
Environmental Illness
Estimating the Size of a Burn
Excision for Nonmelanoma Skin Cancer
Eye Injury: First Aid for a Black Eye
Eye Injury: First Aid for Minor Cuts
Eyelid Problems
Face-Lift (Rhytidectomy)
Facial Injuries
Facial Problems, Noninjury
Fifth Disease
Filler Injections
Fire Ant Stings
First Aid for Chemical Burns
First Aid for Electrical Burns
First Aid for Tar or Plastic Burns
Fishhook Injuries
Fly Bites
Folliculitis
Foot Odor
Fungal Infections: Risks of Oral Antifungals
Fungal Nail Infections
Ganglions
Hair Loss
Hair Loss Caused by Lack of Protein
Hair Loss From Cancer Treatment
Hair Transplant Surgery
Hand-Foot-and-Mouth Disease
Head Lice
Heat Rash
Heavy Sweating
Henna Tattoos (Mehndi)
Hidradenitis Suppurativa
High-Pressure Injection Wounds
Home Remedies for Bites and Stings
Removing a Bartholin Gland Cyst
Removing a Fishhook
Removing an Object From a Wound
Removing Moles and Skin Tags
Removing Splinters
Ringworm of the Scalp or Beard
Ringworm of the Skin
Rosacea
Roseola
Scabies
Scabies: Getting It From Animals
Scabies: Using Medicines
Scalp Problems
Scarlet Fever
Sclerotherapy for Varicose Veins
Scorpion Stings
Scraps
Seabather's Eruption
Seborrheic Keratoses
Seborrheic Keratosis: Cryotherapy
Seborrheic Keratosis: Curettage
Seborrheic Keratosis: Electrocautery Treatment
Seborrheic Keratosis: Laser Treatment
Shingles
Shingles Vaccine: What You Need to Know
Sjögren's Syndrome
Skin Adhesives (Liquid Stitches)
Skin Cancer Screening
Skin Cancer, Melanoma
Skin Cancer, Nonmelanoma
Skin Changes
Skin Cyst: Home Treatment
Skin Grafting for Venous Skin Ulcer
Skin Rashes: Home Treatment
Smallpox
Snake and Lizard Bites
Snakebite: Symptoms of a Pit Viper Bite
Stages of Lyme Disease
Stopping Facial Bleeding
Sun Protection to Prevent Sunburn
Sunburn
Sunburn and Skin Cancer
Sunburn: Skin Types
Surgical Excision of Melanoma
Surgical Nail Removal for Fungal Nail Infections
Surgical Removal of Ganglions
Surgical Removal of Genital Warts by Excision
Swimmer's Itch
Swollen Glands, Hernias, and Other Lumps Under the Skin
Symptoms of Lyme Disease
Syphilis: Chancre
Syphilis: Gummata
Taking Care of Your Stitches or Staples
Tattoo and Piercing Safety
Tattoo Problems
Tattoo Removal
Tattoos: Reporting Problems
Thrush
Tick Bites
Tick Bites: Flu-Like Symptoms
Tick Bites: Signs of Tick Paralysis
Ticks: How to Avoid and Remove Ticks
Tinea Versicolor
Torn or Detached Nail
Toxic Reaction to Insect or Spider Venom
Toxic Shock Syndrome
Treating a Hangnail
Treating a Nail Infection
Treating Personal Contamination
Treating Weak or Brittle Nails
Types of Acne
Types of Fungal Nail Infection
Types of Hair Loss
Types of Psoriasis
Ultraviolet Rays From the Sun
Unwanted Hair in Women
Using Tape to Remove Warts
Vaginal Rashes and Sores
Varicose Veins
Varicose Veins Home Treatment
Varicose Veins: Phlebectomy or Stab Avulsion
Varicose Veins: Radiofrequency Ablation
Vein Ligation and Stripping
Venous Skin Ulcer
Venous Skin Ulcer: Debridement
Venous Skin Ulcers: Home Treatment
Vertigo: Senses That Help Your Balance and Position
Warts and Plantar Warts
Warts: Electrosurgery and Curettage
Warts: Using Salicylic Acid
Yeast Skin Infection
Medical Tests

Hair Analysis
KOH Preparation
Lyme Disease Test
Skin and Wound Cultures
Skin Biopsy

Make a Wise Decision

Acne: Should I See My Doctor?
Acne: Should I Take Isotretinoin for Severe Acne?
Basal Cell Skin Cancer: Should I Have Surgery or Use Medicated Cream?
Hair Loss: Should I Take Medicine to Regrow Hair?
Nail Infection: Should I Take Antifungal Pills?
Shingles: Should I Get a Shot to Prevent Shingles?
Varicose Veins: Should I Have a Surgical Procedure?
Warts: Should I Treat Warts?

Take Action

Atopic Dermatitis: Taking Care of Your Skin
Chickenpox: Controlling the Itch
Diabetes: Taking Care of Your Feet
Psoriasis: Skin, Scalp, and Nail Care
Skin Cancer: Protecting Your Skin

Note: The "printer friendly" document will not contain all the information available in the online document. Some information (e.g. cross-references to other topics, definitions or medical illustrations) is only available in the online version.

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