Head to Toe Clues of Cardiac Problems

Dry, brittle hair related to cardiac or vascular insufficiency

Yellow-orange plaque under eyelids associated Poor vision resulting from hypertension with chronic elevated serum cholesterol Distended jugular vein associated with right-Blue tinged tongue indicative of cyanosis sided heart failure or constrictive pericarditis Dry tongue due to dehydration Crackles (rales) in lungs related to left-sided heart failure Enlarged liver associated with right-Enlarged abdomen due to sided heart failure ascites possibly related to rightsided heart failure BP > 130/90 related to hypertension Clubbing of nails associated with chronic low oxygen levels secondary to poor circulation Thick nails related to impaired circulation and poor nutrition Thin, fragile skin and absence of hair on lower extremities due to poor circulation Edematous ankles due to poor circulation