

USA WEEKEND

AUGUST 26-28, 2005
usaweekend.com

Our special fall
travel guide

Help name the
National Zoo's
baby panda,
Page 26

ThinkSmart:
The truth about
milk and diets



21 SMART WAYS

TO ADD PIZAZZ TO YOUR HOME'S INTERIOR,
FOR LITTLE OR NO MONEY — with the editors of *Budget Living*

What your nails say

Look at your nails. Leading New York dermatologist Joshua Fox says that you may want to see a skin doctor to rule out underlying illness if your nails are:

Curved. Nails that resemble the back of a teaspoon (doctors call them “clubbed”) can indicate a lung, heart or liver problem. If they’re curved in, like the cup of a teaspoon, and whitish or very pale, you could have anemia.

Streaked. A new or changing dark streak running the length of a nail and widening at the base can signal potentially deadly melanoma. If you’re dark-skinned, you’re apt to have harmless dark pigment on your nails — but you still can get melanoma. **W**