

10 Things Your Hands Can Tell About Your Health—Do Your Hands Ever Feel Like Pins and Needles?

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January 17, 2019

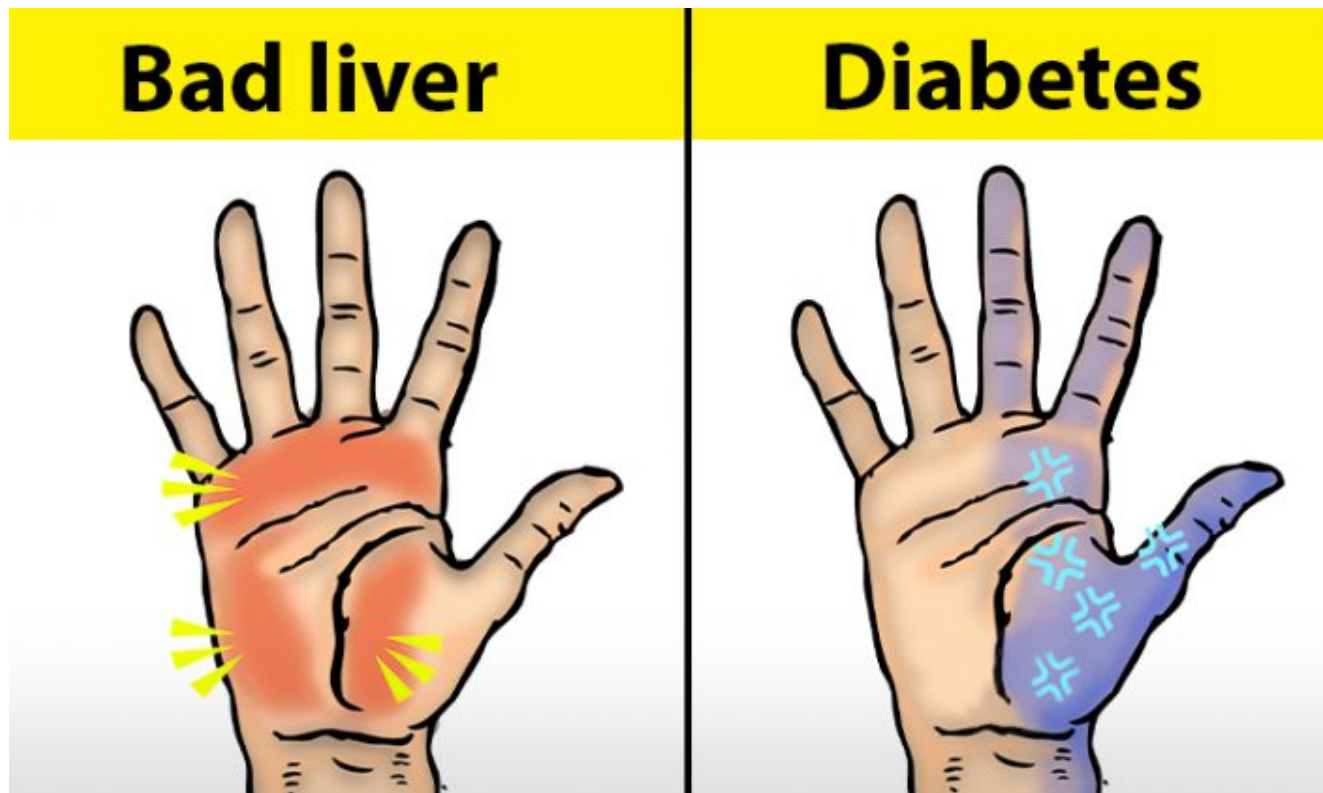


Illustration showing red hands and pins and needles. (Epoch Times)

By GQ Pan

Believe or not, your hands actually say a lot about your overall health. Reading hand symptoms can help predict potential health conditions and prevent existing ones from getting worse. Here we have compiled 10 hand signs and symptoms and what they could mean:

1. Dry hands



Dry hands (Public domain)

It's common for skin tissue of the hand to become dry in winter months since the seasonably low humidity draws moisture out of the skin. If you work in a hospital, restaurant, or anywhere where you frequently wash your hands, this may also contribute to dryness. This is because every time we wash our hands, we strip natural oils from our hands' skin, which provide moisture. This can be easily remedied by carrying a small bottle of hand lotion or moisturizing cream to re-hydrate your hands whenever they are feeling dry.

A lack of essential fatty-acids such as omega-6 can cause dryness, too. Foods like tofu and walnuts can help solve this.

2. Trigger finger



Image of middle finger contracting (MIA Studio/Shutterstock)

Trigger finger, a.k.a. stenosing tenosynovitis, is where the finger (usually the ring finger or thumb) gets locked into the contracted position and pops or snaps when you try to straighten it.

This happens because the tendon becomes inflamed, making it harder to extend the finger. Anyone can develop this condition, but it is seen more often in women than men. It's also more common in people who have to repetitively clasp or grip things in their daily work. People with thyroid disease and diabetes also have a higher risk of developing trigger fingers as well.

3. Cold hands



Patient with symptoms of Raynaud's (Public domain)

Everyone gets cold hands or feet from time to time—it's only natural—but if your hands often feel cold even in warm temperatures, it could be a sign of a condition called Raynaud's, which is characterized by a decrease in blood flow to the fingers due to cold, stress, or emotional trauma.

There are two kinds of Raynaud's: primary Raynaud's, which remains a medical mystery and occurs on its own, and secondary Raynaud's, which may be a symptom of some other disease that can decrease blood flow or damage tissues in your hands or fingers.

4. Tingling hands



Illustration (Orawan Pattarawimonchai/Shutterstock)

Some people may wake up with numb hands or with a feeling of pins and needles after sleeping with the wrists bent. This kind of temporary tingling is caused by pressure on nerves.

In some cases, however, tingling hands, sometimes accompanied by itching and pain, may be a sign of nerve damage known as peripheral neuropathy (PN). It's estimated that there are more than 20 million Americans, mostly older adults, who suffer from PN, which is often due to a combination of many factors, ranging from unhealthy habits such as smoking and alcohol abuse to diseases such as diabetes.

5. A weak hand grip



Illustration (Public domain)

In the world of business, a limp handshake is often interpreted as a sign of nervousness or weakness. In the world of medicine, though, hand strength can actually show how healthy your heart is. According to [a 2016 review](#), a weak hand grip has a strong correlation with higher risk of developing heart disease. [Some researchers](#) suggest using hand grip strength to measure risk of suffering a heart attack or stroke.

6. Shaky hands



Illustration (Alice Day/Shutterstock)

Having shaky hands is not usually a big deal. Everyone has a little bit of quiver in their hands, which is called physiologic tremor. It can get more noticeable when you take certain medicine, drink too much coffee, or stay up late.

But there are also various of disease-related tremors such as Parkinsonian tremor, a.k.a. “pill rolling.” If you find your hands repetitively shake like there’s a small pill rolling between your thumb and index finger, it can be a sign of early Parkinson’s.

7. Fragile fingernails



Illustration (Tushchakom/Shutterstock)

Breaking a fingernail is an annoyance everyone has experienced. If your nails are too weak, though, you may want to incorporate some zinc into your diet. Zinc not only helps you grow strong fingernails, but also helps boost the immune system. Zinc supplements definitely work, but zinc-rich foods such as nuts, yogurt, and shellfish are also excellent sources.

Oh, did I mention vitamin A, vitamin C, and biotin? You probably need more of these, too.

8. Red palms



Illustration (Chalie Chulapornsiri/Shutterstock)

Red palms, formally-known as palmar erythema, is a condition where the lower part of your hands turns reddish. Sometimes the redness extends all the way up to the fingers. The condition itself is actually harmless. It can be the result of unusual hormone changes which bring more blood to the surface—and that's why it occurs more often in pregnant women. In some cases, however, red palms can be a sign of liver diseases such as liver cirrhosis, hemochromatosis, and Wilson's disease.

9. Swollen fingers



Illustration (Public domain)

Having fingers that look like sausages can be a result of consuming too much salt. The body works hard to maintain its delicate salt balance, which is quite easily thrown off. Taking in too much salt makes it more difficult for kidneys to filter blood and take out unwanted fluids, which causes fluids to accumulate in certain areas, including the hands.

When fluids build up, your heart has to work harder to pump blood through the system, which then increases blood pressure, which in turn puts extra pressure on your kidneys and reduces their ability to filter blood. Limiting the salt in your diet can break this vicious cycle.

10. Clubbed fingers



Illustration (Douglas Olivares/Shutterstock)

Clubbed fingers is also called Hippocratic fingers because of Hippocrates, the ancient Greek physician who first described the condition more than 2,000 years ago. Although the exact reason why the ends of the fingers become enlarged to the point where they sometimes look like drumsticks remains a topic of debate today, this symptom has been associated with various of health problems.

Certain diseases are known to inhibit oxygen from reaching your fingers and toes—the farthest extremities of the body—which causes the tissue under the nail plates to thicken and then causes the nails to bulge. This may explain why finger clubbing often occurs in those who have lung conditions, which can restrict the body from getting enough oxygen. Such conditions include: lung cancer, cystic fibrosis, and bronchiectasis.

RECOMMENDED

International

October 25, 2018

Common Blood Pressure Pills Linked to Higher Risk of Lung Cancer: Study.



By Jack Phillips

A new study has suggested that people who take angiotensin-converting enzyme (ACE) inhibitors have an increased chance of developing lung cancer. Millions of people take the drugs ...

Chefs

January 3, 2019

How Changing My Diet Changed My Life, According to Chefs



By Melanie Young

Losing weight is the second most common New Year's resolution people make, after "saving money," but sticking to a healthy regimen can be hard for many. Studies ...

US News

January 2, 2019

Blood Pressure Medication Valsartan, Manufactured by Aurobindo, Recalled Over Cancer Concerns: FDA



By [Jack Phillips](#)

[Another manufacturer of valsartan announced on Dec. 31 that it's recalling 80 lots of tablets due to a detection of a carcinogenic substance. Aurobindo Pharma USA, Inc. ...](#)

[US News](#)

January 4, 2019

FDA: More Batches of Losartan Potassium, Blood Pressure Drug, Are Being Recalled



By [Jack Phillips](#)

It may sound like a broken record, but the U.S. Food and Drug Administration (FDA) has issued a recall of more blood pressure drugs due to the ...

September 29, 2014

Indian Boy Is Born with 35-Pound Hands (Video)



By Epoch Video

The Doctors discuss the story of an 8-year-old boy from India who suffers from a mysterious condition that has caused a debilitating deformity of his hands.

Health

January 15, 2019

20 Simple Life Hacks to Boost Mental Health Every Day.



By GQ Pan

When it comes measuring how well we care for ourselves, it's not just about keeping our bodies physically fit. Making sure our minds stay balanced and happy is ...

Life

January 12, 2019

Waking Up at Night Around 4am is Believed to Signify 'Spiritual Awakening'



By Michael Wing

Many people have trouble sleeping these days or may wake up at certain hours at night not knowing why. For some, it has become a habit and ...

Better Life

January 11, 2019

Only In Japan: 11 Sights, Inventions, and Experiences That Make This Place Great



By Jocelyn Neo

If you have traveled to Japan, you might have chanced upon some interesting creations or experienced some amazing things. But for those who have not been to ...

Better Life

January 4, 2019

20 Common Healthy Food Myths That You Probably Believed



By [GQ Pan](#)

[It's a whole new year, and while reading this, you may already have a few New Year's resolutions in mind, one of which is "eat healthier." If ...](#)

[Health News](#)

January 17, 2019

Researchers See Possible Link Between Opioids, Birth Defect



By [The Associated Press](#)

[Health officials are looking into a possible link between prescription opioids and a horrific birth defect. When a baby is born with its intestines hanging outside the ...](#)

[Viewpoints](#)

January 17, 2019

Vaccine Mandates Results Don't Safeguard Children's Rights or Health: How Did We Get Here?



By The Children's Health Defense Team

For decades, the U.S. government has made compulsory childhood vaccination one of the cornerstones of its public health policy. Outside the U.S., countries' vaccination policies range from completely voluntary ...

Arts & Culture

January 17, 2019

Traditional African-American Gospel Songs Deliver Message of Hope and Freedom



By Simone Jonker

African-American spirituals are a valuable part of American history. Born out of an oral tradition that reveals Christian values while describing the hardships of slavery from the ...

Performing Arts

January 17, 2019

Jennifer Pike on the Personal Connections in Her Latest Album



By Robert Hugill

LONDON—With her latest recording, violinist Jennifer Pike has been rediscovering her Polish roots. The Chandos disc "The Polish Violin," with pianist Petr Limonov, is a program of music by Karol ...

Entertainment News

January 17, 2019

Chris Pratt and Katherine Schwarzenegger Planning a Traditional Wedding for This Summer Reports Say.



By Tiffany Meier

Religion will play a major role in the highly anticipated wedding of Chris Pratt and Katherine Schwarzenegger, according to reports. "They're going to want a religious wedding," ...
Film & TV

January 17, 2019

'Stan and Ollie': A New Biopic of the Aging Comedy Duo Is a Touching Love Story.



By The Conversation

Stan Laurel and Oliver Hardy (or "the boys" as they were often known) can, arguably, be regarded as the greatest double act that comedy has produced. If ...

Drinks

January 16, 2019

Wine School: How Much Sugar is in My Glass?



By [Amanda Burrill](#)

[I've never bought into making lofty New Year's resolutions, but I do find the shift from one year to the next a good time to reflect on ...](#)

[Recipes](#)

January 16, 2019

Kale and Quinoa Dolmades With Yogurt Dipping Sauce



By [Epoch Times Staff](#)

[This dish is my modern twist on the quintessential Greek dish, dolmades. Instead of vine leaves, I have used another ancient Greek ingredient: kale. The ancient Greeks ...](#)

[China](#)

January 17, 2019

Mutual Travel Warnings Issued by North America and China



By Daniel Holl

The United States and Canada have issued travel warnings to their citizens who intend to visit China, and likewise China has reacted with travel warnings to its ...

Travel

January 15, 2019

Amsterdam Revisited



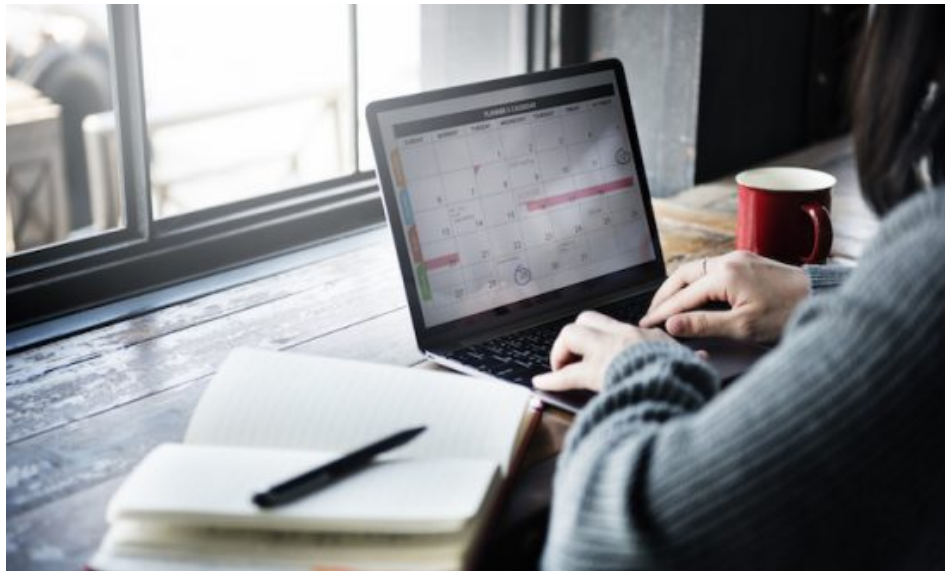
By Barbara Angelakis, Epoch Times Contributor

Amsterdam is a city of bicycles and canals, distinctive architecture and friendly people, and a city with a personality to suit any taste or budget. We revisited ...

Family.

January 16, 2019

Want to Put Family First in the New Year? Mark Your Calendar



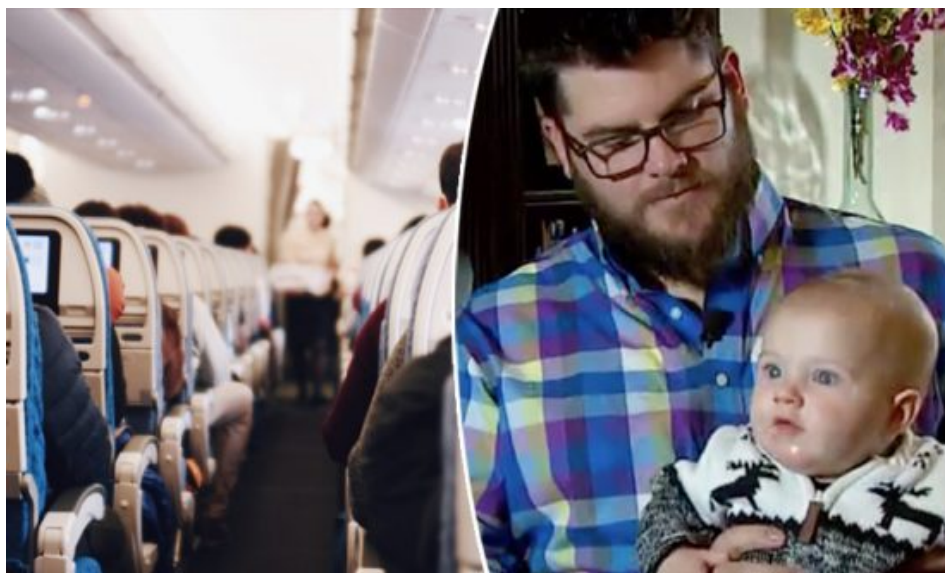
By Barbara Danza, Epoch Times

Happy New Year! Another holiday season has passed and another new year has begun. It's time for setting goals, making resolutions, and getting back into the swing ...

Life

January 15, 2019

Little Boy Melts the Internet's Heart After Falling Asleep in Strangers Lap on Plane



By Li Yen, Epoch Times

Traveling with a baby on a flight can be challenging as the little one needs extra care. So, imagine how stressed out one Texas dad felt when ...

Space

January 17, 2019

Total Lunar Eclipse Meets Supermoon Sunday Night



By The Associated Press

Here comes a total lunar eclipse and supermoon, all wrapped into one. The moon, Earth and sun will line up this weekend for the only total lunar ...

Trump Presidency

January 17, 2019

Trump Sets Goal of Missile Detection 'Anywhere, Any Time, Any Place'



By Tommy Sears

WASHINGTON—President Donald Trump announced the release of the 2019 Missile Defense Review on Jan. 17, while Pentagon officials highlighted the increasing threat of new missile technologies being ...

Americas

January 17, 2019

250 Illegal Immigrants Give Themselves Up to Border Agents in New Mexico



By Colin Fredericson

Border agents arrested almost 250 illegal immigrants in New Mexico on Jan. 16. The group of Central American migrants is believed to have been brought over the ...

Markets

January 17, 2019

Fewer Americans Seek Unemployment Benefits, Surprising Economists



By Petr Svab

Fewer Americans signed up for unemployment benefits in the week ending Jan. 12, surprising economists who predicted an increase. Initial claims for state unemployment benefits decreased 3,000 ...

Trump Presidency

January 17, 2019

North Korea Envoy Headed to US to Meet Pompeo, Possibly Trump: Report



By [Reuters](#)

[A North Korean envoy was headed for Washington on Jan. 17, for expected talks with Secretary of State Mike Pompeo and a possible encounter with President Donald ...](#)
[US News](#)

January 17, 2019

Why Steny Hoyer and Rand Paul Could Become Shutdown Heroes



By [Mark Tapscott](#)

[News Analysis House Majority Leader Steny Hoyer \(D-Md.\) gave an easily missed signal Jan. 17 that an end to the longest-ever government shutdown may be closer than ...](#)

[Americas](#)

January 17, 2019

Car Bomb at Colombian Police Academy Kills Nine, Injures 24



By [Reuters](#)

A car bomb exploded at a police academy in Colombia's capital Bogota on Jan. 17, killing at least nine people.

[US News](#)

January 17, 2019

Experts: US Must Be Ready for Cyberwar



By [Jennifer Zeng](#)

WASHINGTON—The United States is at the beginning of an era of cyberwarfare with China and several other adversaries, and needs to take vigorous actions to fight and ...

[Trump Presidency](#)

January 17, 2019

President Trump Grounds Pelosi by Canceling Flight



By [Charlotte Cuthbertson](#)

WASHINGTON—President Donald Trump sent a letter to Speaker of the House Nancy Pelosi (D-Calif.) on Jan. 17, telling her that her upcoming “seven-day excursion” to Brussels, Egypt,...

[Europe](#)

January 17, 2019

Chinese Regime Pressure Suspected Behind Shen Yun Show Cancellation in Spain



By [Janita Kan](#)

Just weeks before New York-based Shen Yun Performing Arts is scheduled to perform at one of Spain's major opera houses, the organizers were told that their show was ...
Asia & Pacific
January 17, 2019

Chinese Teen Who Sold Kidney for an iPhone Is Now Bedridden for Life: Reports



By Jack Phillips
A Chinese teen who sold his kidney for an iPhone a few years ago is reportedly bedridden for life. Wang Shangkun, who was 17 years old when ...
Social Media
January 17, 2019

Facebook Shuts Hundreds of Russia-Linked Pages, Accounts



By The Associated Press

LONDON—Facebook said on Jan. 17, it removed hundreds of Russia-linked pages, groups and accounts that it says were part of two big disinformation operations targeting users outside ...

UK

January 17, 2019

UK in Deadlock Over Brexit ‘Plan B’ as May, Corbyn Double Down



By Reuters

LONDON—Britain's last-minute scramble to shape its exit from the European Union, its biggest policy upheaval in half a century, hit the rocks Jan. 17 as Prime Minister ...

US News

January 17, 2019

FBI: Man Wanted to Attack White House With Antitank Rocket



By The Associated Press

ATLANTA—A Georgia man who traded his car for an antitank rocket, guns, and explosives in a plot to storm the White House is under arrest, authorities said. ...

Politics

January 17, 2019

Top Democrat Says Border Walls Work, Disputes Pelosi's Claim of 'Immorality'



By Zachary Stieber

One of the top Democrats in Congress has said that border walls do work, in contrast with many of his colleagues, who have claimed that walls do ...

