

## Key Terms for Performance of Nutrition-focused Physical Examination

Term	Description
Acanthosis nigricans	hyperpigmented, velvety thickening of the skin of the neck, groin or axilla (armpit)
Angular blepharitis	inflammation of glands/corners of eyelids
Angular stomatitis	inflammation of/bilateral cracks at comers of lips
Aphthous-like ulcer	smooth ulcer on dorsum or undersurface of tongue, on gums or on inside of check; white or other colors
Atrophy	withered or shrunken
Bitot's Spots	foamy spots on sclerae of eyes from desquamated keratinized epithelial cells
Casal's necklace	darkened, weathered looking area around the neck
Cheilosis	vertical cracks of lips
Cobblestone dorsum	tongue appears granular like cobblestone
Corkscrew hair	hairs protruding from the skin are corkscrew shaped
Corneal arcus	white ring around cornea - outer iris
Corneal vascularization	small blood vessels apparent near surface of cornea; appears reddened
Dermatitis	inflammation of the skin
Dysgeusia	distorted sense of taste
Dyssebacea	sebum accumulation in hair follicles giving shark like appearance
Ecchymosis	dark bruise-like blotches on skin; fragile skin syndrome
Eczematous dermatitis	Eczema
Epiphysial enlargement	expanded articular (joint) end of a long bone
Fissuring	valley-like cuts or depressions as in a tongue
Flag sign	alternating bands of light and dark hair
Flaky paint dermatosis	hyperpigmented areas of the skin that appear like flaking paint; most often seen on thighs and buttocks
Follicular hyperkeratosis	spinous, horny, papules; buildup around hair follicles
Geographic tongue	white around patchy atrophy w/regular borders
Gingival hypertrophy	reddened, swollen gums
Glossitis	inflammation of the tongue
Hyperpigmentation	darkened areas of the skin
Hypoguesia	diminished sense of taste
Kayser-Fleisher ring	brown to green ring of copper deposits in cornea near limbus
Keratomalacia	softening of the cornea
Koilonychia	spoon-shaped, concave fingernails
Leukonychia	whitish discoloration of the nails
Leukoplakia	white/yellow overlay on tongue with irregular borders or white patch on mucous membrane that will not rub off
Lobulated	a defined area of an organ demarcated by fissures, connective tissue or shape; in middle of tongue; closed w/o edema
Mucocutaneous border	border of mucous and skin as at the lips
Nasolabial seborrhea	build up of greasy, scaly material in nasolabial folds
Night blindness	poor adaptation or response to low illumination; poor eyesight with poor illumination;
Ophthalmoplegia	paralysis of ocular muscles
Osteomalacia	softened bones caused by inadequate/delayed mineralization; adult version of rickets
Osteoporosis	loss of bone mass
Pallor	pale hue of the skin or area being observed
Papillary atrophy (filiform)	bald or smooth, shiny appearing tongue
Papillary hypertrophy (fungiform)	a berry-like appearance of tongue
Parotid gland	gland located anterior to earlobe
Pellagrous dermatitis	darkened areas on dorsum of hands, neck, forearms &/or lower legs
Peripheral neuropathy	impaired feeling/reflexes in peripheral limbs with marked tenderness of calf muscles
Petechiae	small purple or red hemorrhages surrounding hair follicles
Photophobia	sensitivity to light
Pterygium	clear, gelatinous area/deposit on nasal area of eye
Rickets	interruption in the development and mineralization of the growth plate of bone; in the legs can give a very bow-legged appearance
Splinter-type hemorrhages	nail bed hemorrhages arranged in a semi-circular formation
Swan neck hairs	hairs shaped/curved like the neck of a swan protruding from the skin
Temporal	related to the temples
White-spotting	white spots/streaks in the nails
Xanthoma	subcutaneous lipid deposits on eyelids, below or above eyes, elbows, knees, knuckles
Xerosis	abnormal dryness as of the eyes, skin or mouth