

# Clubbing

## Stages of Clubbing

1. Fluctuant nail bed
2. Loss of nail angle
3. Curvature of nail
4. Broadening of distal phalanx

## Causes of Clubbing

- **Respiratory**
  - Idiopathic pulmonary fibrosis
  - Lung cancer
  - Suppurative lung disease (bronchiectasis, CF)
  - Sarcoidosis / TB
- **Cardiovascular**
  - Cyanotic congenital heart disease
  - Infective endocarditis
- **Abdominal**
  - IBD
  - Liver cirrhosis (& PBC)
- **Others**
  - Pregnancy
  - Acromegaly
  - Thyroid acropachy
  - Familial clubbing

