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Document 1

**Growing nails**

Warm weather, pregnancy and even typing boost the growth rate of nails, according to a review of nail-related research in the *Journal of the American Academy of Dermatology.*

Calcium, vitamin D and oral contraceptives may also speed growth, although further studies are needed, says Richard Scher, a dermatologist specializing in nail disorders at Columbia University and Presbyterian Center in New York City.

Slower growth is linked with aging, smoking, malnutrition, nursing and cold temperatures (wearing gloves in winter can help, the researchers say).

Fingernails grow about three millimeters per month, the report states, while the rate for toenails is about 60% slower. Nail polish probably doesn’t affect nail growth, but because it slows water loss from the nail, it may actually be beneficial in preventing breakage, Scher says.

Over time, acrylic nails “may slow down the nail growth rate and result in thinner nails,” Scher says. This should be taken off “every few months to give the nails a rest.”

*Taken from “Allure”, November 2016*

*(171 words)*