

2. Hairless feet or toes

What it means: Poor circulation, usually caused by vascular disease, can make hair disappear from the feet. When the heart loses the ability to pump enough blood to the extremities because of arteriosclerosis (commonly known as hardening of the arteries), the body has to prioritize its use. Hairy toes are, well, low on the totem pole.

More clues: The reduced blood supply also makes it hard to feel a pulse in the feet. (Check the top of the foot or the inside of the ankle.) When you stand, your feet may be bright red or dusky; when elevated, they immediately pale. The skin is shiny. People with poor circulation tend to already know they have a cardiovascular condition (such as heart disease or a carotid artery) yet may not realize they have circulation trouble.

What to do: Treating the underlying vascular issues can improve circulation. Toe hair seldom returns, but nobody complains much.