

**McKinney Independent School District
School Health Services**

Acanthosis Nigricans Screenings

Dear Parents/Guardian,

The State of Texas has mandated that all students in 1st, 3rd, 5th, and 7th grades be screened for Acanthosis Nigricans. The MISD Health Services Staff will be conducting the screenings the week of _____.

Acanthosis Nigricans is a skin condition that signals high insulin levels in the body. The purpose of screening for Acanthosis Nigricans is to help identify students who run the risk of developing diabetes in the future. Once these students are identified, measures can be taken to help them lower their insulin levels and reduce their risk of developing diabetes. Acanthosis Nigricans is a skin condition that causes light brown-black, velvety, rough, or thickened areas on the surface of the skin. It is most frequently seen on the back of the neck. It can begin at any age, but is most frequently seen in preadolescence.

The procedure for screening is simple. Screening will be conducted during a specific time agreed upon by the lead teacher and campus nurse. Acanthosis Nigricans on the skin of the neck is easily identified. The campus nurse will visually examine and palpate the neck for the thickened, darker skin.

Students who are identified to have Acanthosis Nigricans will have their blood pressure, height, and weight measurements taken as well. Parents will be notified of the results of the screening only if professional follow-up is necessary. Usually the recommendations from your health care provider consist of dietary changes and additional physical activity. This screening procedure does
