



Acanthosis Nigricans (AN)

AN, a hyperkeratinization of the skin, is associated with systemic disorders such as hyperinsulinemia and insulin-resistance and may serve as an indicator for Type 2 diabetes. Insulin-resistance and the compensatory hyperinsulinemia have been linked to obesity, hypertension, hyperlipidemia, stroke and cardiovascular disease. Ultimately, insulin-resistance results in pancreatic exhaustion, which may lead to the development of Type 2 diabetes.

It is mandated by Texas law (Section 95.001, Health and Safety Code) that those individuals who attend public or private schools located in Texas Education Agency (TEA) Regional ESCs: 1 (Edinburg), 2(Corpus Christi), 3(Victoria), 4(Houston), 10(Dallas), 11(Ft. Worth), 13(Austin), 15(San Angelo), 18(Midland), 19(El Paso), and 20 (San Antonio) must be screened for AN.

School nurses will conduct the project in schools during state-mandated hearing, vision and spinal screenings. AN is a condition that can be easily evaluated by means of a visual examination. It frequently manifests itself on the nape and sides of the neck, but can also be found on the axillae, elbows, knuckles, knees and groin area. Hispanics, Native Americans and African Americans have a higher prevalence of these lesions and could be genetically predisposed and more sensitive to higher insulin levels.

The nurses will record this data on appropriate forms supplied by the Texas-Mexico Border Health Coordination Office (TMBHCO). TMBHCO has the responsibility of interpreting and reporting these measures back to the nurses in an accurate and timely fashion. The nurses will also report any findings and treatments after the child has been seen by a clinician. If you have questions regarding this screening, contact the TMBHCO office at tmbhco@panam.edu or by phone at 956-381-3687