

FORT WORTH INDEPENDENT SCHOOL DISTRICT
Health Services Department

Acanthosis Nigricans Screening (Letter to Parents)

Dear Parent/Guardian:

The school nurse will be conducting acanthosis nigricans screening on students in the 1st, 3rd, 5th and 7th grades. The purpose of screening is to detect a black-brown velvety marker that usually appears on the back of the neck. This marker is called acanthosis nigricans. The marker is caused by too much insulin in the blood. It is a pre-diabetic condition and serves as an indicator of risk for Type 2 diabetes and other chronic health problems. Acanthosis Nigricans is usually seen during the pre-adolescence and adolescence years.

Early detection and attention are important to reduce the excess insulin in the blood. Treatment usually consists of diet changes and physical activity since acanthosis nigricans is also associated with excess weight.

The procedure for screening is simple. Screeners who have been trained will look at your child's neck during the already state-mandated spinal and/or vision and hearing screening. The school district will combine both screenings. The acanthosis nigricans screening is usually a visual exam that only requires seconds to complete.

Parents will be notified of the positive results of the screening. The screening procedure does not replace your child's need for regular health care and check-ups.

According to Texas state law, acanthosis nigricans screening is required for school children. If, for religious reasons, you do not wish to have your child screened, you must submit an affidavit of exemption to this office no later than 10-22-2020 if you do not wish for the school district to administer the acanthosis nigricans screening, you may select a health care provider of your choice. However, you must notify the school nurse and submit a copy of the screening results to the nurse within one month.

Thank you for your cooperation.

Sincerely,


School Nurse


Principal

10/19/2020
Date