

## What can be done about Acanthosis Nigricans?

Acanthosis Nigricans are skin markers that signals elevated insulin levels and a risk of developing diabetes and other conditions in the future.

Taking immediate action may help delay or prevent the health conditions associated with high insulin levels.

Acanthosis Nigricans is frequently associated with obesity.

## What steps can be taken if Acanthosis Nigricans is present?

1) Visit your physician and get the appropriate exams to determine the status of your glucose.

2) From there, your physician may recommend some:

- 1) nutritional counseling
- 2) exercise to help your body become more sensitive to the insulin it produces.



For more information on this and other health topics. Ask for the Community Health Worker at your local "Sunset" clinic.

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Developed by:  
The University of Texas-Pan American  
Border Health Office

# Acanthosis Nigricans



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## Acanthosis Nigricans

Acanthosis Nigricans is a skin condition that signals high Insulin levels in the body. Insulin is produced by an organ called the pancreas.

Insulin is important because it helps “carry” the glucose or sugar to the cells in your body.

High insulin levels indicate that the body is resisting the insulin that is being produced. As a result, the pancreas produces more insulin than needed, and through time, it can stop producing enough insulin to take the glucose to the cells in the body.

Acanthosis Nigricans is important because the markings can help identify individuals who run the risk of developing diabetes in the future.

## Why is it important to know about Acanthosis Nigricans?

It is important to know about Acanthosis Nigricans because of the increasingly alarming rates of people developing type 2 diabetes. Until recently it was believed that children could not develop type 2 diabetes. However, children can.

Acanthosis Nigricans screenings can help identify individuals who have high insulin levels and who may be at risk for developing the disease. Once identified, the necessary measures can be taken to lower the insulin levels and reduce the risk of developing diabetes.

**Exercise and proper nutrition** will help the body become more sensitive to insulin and lower insulin levels. Eventually, the Acanthosis Nigricans marks will begin to fade.

## Other conditions related to insulin resistance:

Scientists have also found that having high insulin levels over long periods of time can increase the risk of the following conditions:

- Obesity
- Cardiovascular disease
- Hypertension
- Increased cholesterol and triglycerides
- In females, high insulin levels may increase the risk of developing Polycystic Ovarian Syndrome that is characterized by **amenorrhea** (irregular menstrual cycles), **extreme facial hair**, **severe acne** and **enlarged ovaries**.

