



School Health
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Plano Independent School District

Acanthosis Nigricans Screening

Dear Parent/Guardian,

The 77th Texas Legislature passed legislation requiring certain school districts to screen students in grades 3, 5 and 7 for acanthosis nigricans (AN). The 78th Texas Legislature expanded those school districts to include the Plano Independent School District.

Acanthosis nigricans is a light brown to black, velvety, rough or thickened lesion or “marker” on the surface of the skin. It usually appears on the back of the neck. The “marker” forms as a result of 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. Early detection and intervention is important.

The screening procedure involves a visual exam of the back of the neck. The PISD school nurses are trained AN screeners. The 7th grade students at Robinson Middle School will be screened for AN during their PE classes. Students that have PE 1st semester will be screened sometime during the 1st semester. Students with 2nd semester PE will be screened 2nd semester. **Students are screened as I am able to get time away from the clinic. Parents are only notified of positive results.**

According to Texas state law, acanthosis nigricans screening is **mandatory**. If, for religious reasons, you do not wish to have your child screened, you must submit an affidavit of exemption, available from the school nurse. If you do not wish for the school district to perform 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 her.

Your cooperation is appreciated.

Sincerely,

Pat Fenton, RN, BSN
Robinson Middle School Nurse
469-752-6309