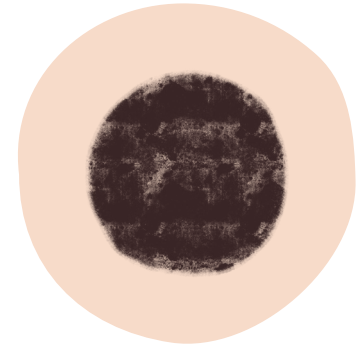


Acanthosis Nigricans

What is it?

Acanthosis nigricans is a condition which causes a brown, velvety appearance of the skin, usually in the skin folds including the neck, armpits and groin. It is more common in people with darker skin. Acanthosis nigricans is not harmful, but it is usually associated with being overweight and can be a sign of pre-diabetes.

People with acanthosis nigricans will often also have skin tags ("acrochordons") around the neck and armpits. While these are harmless skin growths, they can be a sign of pre-diabetes. If they bother you, there are different treatments available to remove them.



What can we do about it?

Losing weight is the best way of managing acanthosis nigricans. This can be done by exercising regularly and eating healthy foods.

For children and young people, it is recommended to do 60 minutes of exercise every day. For most people, the skin can go back to normal once they've lost weight.

As a guide to healthy eating, it is best to eat a good variety of fruits and vegetables, choose wholegrains and limit foods that are high in sugar and fat.

Your doctor may also do a general check-up, including measuring your height, weight and blood tests to check for associated conditions.

How can we prevent it?

- ✓ Maintain a healthy weight by exercising and eating healthy foods.
- ✓ Get your health checked by your doctor.

Your skin care plan:



Want more information?

dermnetnz.org

dermcoll.edu.au/a-to-z-of-skin

This factsheet was developed as part of the Koolungar Moorditj Healthy Skin Project.