



**KAMARAJ IAS ACADEMY**  
Only IAS Academy by Grandson of "Perunthalaivar Kamarajar"

# Nigricans Acanthosis

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Nigricans Acanthosis identification in early stages gives both children and adults a chance to detect prediabetes or diabetes before any major complications

## About Acanthosis Nigricans

It is a skin condition characterised by dark, velvety patches on skin folds

Causes: It can be obesity, insulin resistance, metabolic syndrome, diabetes mellitus and extremely rarely, in melanomas, stomach or liver malignancies

## Symptoms of Acanthosis Nigricans

It can manifest in skin folds and creases such as behind the neck, underarms, under the breasts, the groin, even the elbows or behind the knees as dark, thick, rough or velvety skin patches.

The skin changes associated with this condition develop gradually over the course several months.

The affected skin may sometimes be itchy or emit a foul odour along with hyperpigmentation.

If it is associated with insulin resistance, the darkening often progresses fast.

## Treatment for Acanthosis Nigricans

It depends on the cause of Acanthosis Nigricans

If it is due to an underlying condition, such as diabetes or a hormonal condition, treating the condition will treat the skin problems.

Prescription creams to lighten the area.

Even laser therapy or dermabrasion is preferred to reduce thickness