

STATE REQUIRED SCREENINGS

ACANTHOSIS NIGRICANS

FIRST, THIRD, FIFTH AND SEVENTH GRADES

ACANTHOSIS is a skin condition that signals high insulin levels in the body. It is seen on the back of the neck as a black-velvety marker most of the time. It is a risk indicator for Type 2 Diabetes. High insulin levels have been shown to increase the risk for other chronic health problems. The pancreas is the organ in the body that produces insulin. Insulin is important because it helps regulate the amount of sugar in the body.

The “marker” Acanthosis Nigricans indicates the body has been producing too much insulin for quite some time. Through time, the pancreas may stop producing enough insulin to take the glucose to the cells in the body. People with the marker are at risk developing diabetes in the future. High insulin levels can also increase the risk for obesity, cardiovascular disease, hypertension, high cholesterol and triglycerides, and in females, amenorrhea, increase facial hair, severe acne, and enlarged ovaries.

Taking immediate action may help delay or prevent the health condition associated with high insulin levels. Acanthosis Nigricans is frequently associated with obesity. If a student is found to have this marker they are to visit their doctor. The doctor may perform a blood test; he may recommend nutritional counseling and exercise to help your body become more sensitive to the insulin it produces. Paperwork is sent home for the doctor to complete and then return to the school nurse. Reports are sent yearly to the State of Texas as required.

VISION AND HEARING

GRADES: PRE-K, KINDERGARTEN, FIRST, THIRD, FIFTH, SEVENTH, AND SPECIAL EDUCATION.

If a child is found to fail either screening a note will be sent home to the parent for them to see a doctor, paperwork is sent home for the doctor to complete and then return to the school nurse. Reports are sent yearly to the State of Texas as required.

SPINAL SCREENING

SIXTH AND NINETH GRADES.

If a child is suspected of having an abnormal curvature, deviation, or hump in &of the spine area, the child is referred to their doctor for examination. Paperwork is sent home for the doctor to complete and return to the school nurse. Reports are sent to the State of Texas yearly as required.

HEIGHT AND WEIGHT

Physical Fitness evaluations required by state.