

# ACANTHOSIS NIGRICANS IS A PRIMARY CLINICAL INDICATION FOR PREDIABETES IN CHILDREN

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## ABSTRACT

Diabetes mellitus is a very common metabolic disorder of endocrine system. Acanthosis nigricans is a sign of prediabetes condition which affects the skin characterised by areas of dark, velvety discoloration in body folds and creases. It is alarming sign of frank diabetes in most children who are obese. It is mainly associated with insulin resistance. Acanthosis nigricans is seen in most people and thought that it is a dermatological condition which is seen mostly in over weight and obese children. In this article we have briefly explained about the epidemiology, aetiology, risk factors, pathophysiology, diagnosis and management of acanthosis nigricans. The main objective is, by early diagnosing and knowing the root cause of acanthosis nigricans in overweight children who are left undiagnosed, we can reduce the prevalence and incidence of future diabetes in children by managing it effectively.

**Key words:** Acanthosis nigricans, Insulin resistance, Obesity, Prediabetes, Pathophysiology, Management.

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