



Alternative Medicine's View: This Skin Condition Can Be a Sign of Diabetes

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Darkening of the skin at the nape of the neck could be an early indication of insulin resistance and diabetes.

The condition, called Acanthosis Nigricans (AN), is marked by the darkening and thickening of the skin on the sides or back of the neck, the armpits, under the breast, and groin.

Acanthosis Nigricans is a skin condition that signals high insulin levels in the body.

Acanthosis Nigricans is important because these markings can help identify persons who run the risk of developing diabetes in the future.

Once identified, the necessary measures to lower the insulin levels and reduce the risk of developing diabetes can be taken.

Similarly, the acanthosis nigricans markers will begin to fade.

Acanthosis nigricans is a skin manifestation of insulin resistance and an early indication of diabetes," says Dr Anoop Misra, professor of medicine at the All India Institute of Medical Sciences (AIIMS), New Delhi.

Dr. Misra's study followed adult patients with acanthosis nigricans who had no history of diabetes and discover that 58% of the patients reviewed had the metabolic syndrome. In fact 24% had full-blown diabetes.

All were clueless about their diabetic status.

Dr. Badanek has been and currently is 40 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151