

Hello. This is a message from Nurse Wise at Centennial High School for all 9th grade parents.

Next week Centennial will be conducting scoliosis screening and acanthosis nigricans screening on all 9th grade students. The dates of this screening will be Tuesday, November 17th, and Wednesday, November 18th. According to state law, all students in the 9th grade must be screened.

The purpose of scoliosis-or spinal screening, is to detect signs of abnormal curves of the spine in their earliest stages so that the need for treatment can be determined early. Screeners, including the nurse, who have been specially trained will look at your student's back while he or she is standing and then bends forward. For this exam boys and girls will be screened separately and individually.

All students will be asked to remove their shirt or blouse for this exam. We request that girls wear a sports bra or tube top under their outer blouse on exam days.

Acanthosis nigricans is a skin condition which may appear as light brownish-black, velvety to touch, or rough and thickened areas. It is usually found on the back of the neck, armpits, and over the knuckles. These markings can be a primary signal of high insulin levels which is an indicator of insulin resistance. Insulin resistance creates the potential risk of developing Type 2 diabetes.

Parents will be notified of the results of the screenings only if professional follow-up is necessary. This screening does not replace your student's need for regular health care and check-ups. If you have questions about spinal screening or acanthosis nigricans screening, please contact Ronda Wise, nurse at Centennial, at 469 633-5608 or by email at wiser@friscoisd.org.

Thank you and have a pleasant day.