AgelessCoach™
AGE STRONG. LIVE LONG.

Insulin Resistance Skin Signs: Seven Signs, Two Tests

The seven skin signs that point at insulin, the four-way sorter, and the two blood tests with the exact numbers that confirm prediabetes.

✓ **Verified against published guidance** from the AAD, Mayo Clinic, Cleveland Clinic & NIDDK · sources below

Cleveland Clinic says the patches normally develop slowly over months or years. If a dark patch appears suddenly or spreads fast, see a dermatologist promptly; sudden onset may, rarely, be a sign of cancer.

✓ Do This

Check The Three Folds

- Back of the neck
- Armpits and groin
- Under the breasts

COACH'S TIP Mayo Clinic and Cleveland Clinic name all four sites.

Use Your Fingertips

- Velvet feel is the tell
- Color runs light brown to black
- Compare with skin beside it

COACH'S TIP Cleveland Clinic describes both texture and shade.

Note The Companions

- New skin tags
- Itching in the patch
- A mild odor from the fold

COACH'S TIP Mayo Clinic lists all three.

Ask For Two Blood Tests

- A1C: 5.7 to 6.4 percent
- Fasting glucose: 100 to 125 mg/dL
- Either range means prediabetes

COACH'S TIP NIDDK sets both numbers.

Say This At The Visit

- I have a velvety dark patch
- It can point to insulin resistance
- Can we check A1C and fasting glucose

COACH'S TIP Mayo Clinic says most people with it are insulin resistant.

Treat The Cause For 90 Days

- Walk after meals
- Two strength sessions a week
- Retest in 1 year, or 3 if normal

COACH'S TIP Cleveland Clinic says treating the cause treats the skin.

✗ Do Not

Do Not Scrub It Off

- It is not dirt or dye
- Scrubbing will not remove it
- Washing will not either

COACH'S TIP The AAD and Cleveland Clinic both say so.

Do Not Buy A Fade Cream First

- May not work
- May irritate and worsen
- Ask a provider first

COACH'S TIP Cleveland Clinic gives that warning.

Do Not Wait It Out

- It will not go away on its own
- Type 2 risk is much higher
- Early is the useful part

COACH'S TIP Cleveland Clinic and Mayo Clinic say so.

Do Not Assume Slim Means Safe

- Otherwise healthy people get it
- Age 35 plus is a risk on its own
- Family history counts

COACH'S TIP Cleveland Clinic and NIDDK.

Do Not Stop A Medicine Alone

- Niacin, birth control pills
- Prednisone and other steroids
- Bring the bottle to the visit

COACH'S TIP Mayo Clinic names the drugs; the AAD says switching may be an option.

Do Not Ignore Sudden Spread

- Slow over months is usual
- Sudden or fast is different
- See a dermatologist promptly

COACH'S TIP Cleveland Clinic and Mayo Clinic.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

97.6M	US adults with prediabetes in 2021, most with no symptoms, per NIDDK
5.7 to 6.4	the A1C percent range that means prediabetes, per NIDDK
5 to 7%	of body weight lost cut diabetes risk in the Diabetes Prevention Program, per NIDDK

Sources: American Academy of Dermatology (Acanthosis nigricans overview), Mayo Clinic (Acanthosis nigricans, 2025), Cleveland Clinic (Acanthosis Nigricans, 2021), NIDDK (Insulin Resistance & Prediabetes, 2025). **Educational content, not medical advice.** Talk with your doctor.