



EUROPEAN ACADEMY OF DERMATOLOGY AND VENEREOLOGY
ACADEMIE EUROPEENNE DE DERMATOLOGIE ET DE VENEREOLOGIE
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Press Release

PSYCHODERMATOLOGY – A HOT TOPIC IN MEDICAL FIELD !

(Brussels, 11/12/2009) At least ¼ of the worldwide population have a skin disease at any one time. Bearing in mind that those people have family and friends, dermatological problems seems to form the forefront of medical problems all over the world.

Dr Anna Zalewska, Psychodermatology Department, Chair of Clinical Immunology and Microbiology, Medical University of Lodz, Poland

What is the role of psychodermatology in this field ? Psychodermatology is a fairly new interdisciplinary subspecialty on the crossroads of dermatology, psychology, psychiatry and aesthetic medicine.

Bearing in mind that the skin and the nervous system originate from the same germ layer in the embrional period i.e. ectoderma, there is an active and continuous bidirectional activity between these two systems. In this context, skin was even coined “a little brain”.

Stress –our everyday “friend” is able to trigger and exacerbate numerous chronic skin diseases including atopic dermatitis, psoriasis, alopecia areata, acne, seborrhoeic dermatitis or urticaria. Also chronic skin diseases, visible to the surrounding people, very often lead to considerable stigmatization of the patients and their withdrawal from family, social and professional activities.

Psychodermatology provides numerous interdisciplinary and holistic interventions to patients with chronic skin diseases. Psychodermatologists are mainly trained in psychosomatic approach board certified dermatologists. They provide empathic advice to the patients concentrated on both pure pharmacological treatment of skin diseases and patient life situation problems and their influence on chronic skin diseases. This holistic approach also combined life style advice and if required psychological or even psychiatric consultation referral. Psychodermatological team is always interdisciplinary and combines dermatologists, psychologists, psychiatrists and specialist nurses.

Furthermore, such interdisciplinary approach could be implemented in all contemporary medical specialties with the enormous advantage to patients, their medical health providers and authorities.

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Profile & Mission of the European Academy of Dermatology and Venereology

Founded in 1987, EADV is a non-profit association whose mission is to advance excellence in clinical care, research, education and training in the field of dermatology and Venereology and to act as the advocate and educator of patients particularly those with cutaneous or venereal diseases.

The Media&PR office in the EADV House deals with your enquiries and co-ordinates all Media&PR activities. For direct contact and to be part of our database for regular news mailings, please write to media.pr@eadv.org.

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