

Anna Zalewska

## SELF-INFLICTED SKIN LESIONS – CLINICAL PRESENTATIONS

**Abstract**

Self-inflicted skin lesions belong to psychodermatological skin diseases. Psychodermatology is a new entity combining many aspects of dermatology, psychology and psychiatry. The clinical spectrum of psychodermatological diseases varies from unconscious picking of the skin to totally self-destructive actions. The lesions can present as excoriations, ulcerations, purpura, bullae, burns and demonstrate bizarre and angulated configurations. Patients by manipulating create ulcers which heal with scarring and postinflammatory hyperpigmentation. The commonest sites involved are exposed areas and accessible to manipulation. Patients are surprisingly creative in employing numerous methods in order to produce desired skin lesions.

Dermatitis artefacta, neurotic excoriations, Munhausen's syndrome, malingering, acne excorieé, trichotillomania are among the most often diagnosed.

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*Curriculum vitae*

**Name:** Anna Zalewska-Janowska

**Date of birth:** 1.10.1967

**Marital status:** married

**Address:** Folwarczna 8A, 91-481 Łódź

**Undergraduate school training:**

Medical Faculty, Medical University of Lodz, graduated 1992

Leeds University, Medical Faculty – 1991/1992

**Postgraduate school training:**

Dermatology (Including pediatric dermatology and dermatopathology) and Venereology - 1 st degree of specialization, 1996

Dermatology (Including pediatric dermatology and dermatopathology) and Venereology - 2 nd (advanced) degree of specialization, 1998

06-12.1999 – clinical training at Geneva University Department under the supervision of prof. J-H. Saurat

MD degree - 1992

PhD degree - 1995

Privat docent degree (dr hab. n. med.) 1998

**Academic and hospital appointments:**

*Assistant:* Department of Dermatology, Medical University of Lodz

*Adjunct and Consultant:* Department of Dermatology, Medical University of Lodz since 1999 (dermatology, dematopathology, venereology)

Head of the Psychodermatology Department, Medical University of Lodz: since 2008

Chair of Dermatology and Venereology, Medical University of Lodz, Krzemieniecka 5, 94-017 Lodz, Poland

**Membership:**

Polish Dermatological Society (Board member since 2008)

European Society for Dermatological Research (Eastern European Committee member)

European Academy of Dermatology and Venereology

European Society of Dermatology and Psychiatry

International Society of Dermatology

European Society for Contact Dermatitis

Czech Society of Psychodermatology – honorary member

**Editing:**

Case Report and Clinical Practice Review - board member

Urticaria and related problems – board member

Dermatologica – editor-in-chief

**Publication activity:**

above 100 full text publications – mainly journals of national and international circulation Chair and invited speaker on numerous international meetings (WCD, EADV, ESDR, ESDaP)