

Comment

Dermatology is a rapidly developing field of medicine, either in terms of etiopathogenesis of diseases or their treatment. I hope the issues discussed in this cycle of publications will arouse interest of a broad range of readers.

Certain progress has been visible in the scope of molecular biology techniques during the last few decades. The very interesting and original teamwork was to evaluate changes in the expressions of genes encoding TGF- β 1-3 isoforms in psoriatic patients when compared with healthy persons and indicate possibilities to use the cytokine as a new complementary molecular marker. The achieved results indicate that determination of TGF- β 1-3 expression may become a useful, new molecular marker in psoriasis, integrating into the strategy of therapy personalisation. It may be stated that such determination would not be very burdensome or troublesome from the patient's point of view.

The second work from the centre in Katowice involves a correlation between E-selectin concentration and soluble interleukin-2 receptor in serum and a capillaroscopic assessment of the nailfold microcirculation in patients with limited scleroderma. The objective of the paper was to determine the correlation between E-selectin concentration and sIL-2R and occurrence of possible abnormalities in nailfold microcirculation in various forms of limited scleroderma (LOS). Additionally, the relationship between the lesions from LOS sub-type in capillaroscopy was evaluated in patients with limited scleroderma. The authors claim that the role of capillaroscopy in diagnostics of limited scleroderma is significant. Though abnormalities in nailfold microcirculation are rarely observed in the disease in question, their occurrence has considerable clinical implications and requires further observation. Possible concurrence of LOS and limited scleroderma or the probability of lesion progression towards SSc suggest that capillaroscopy is recommended for all patients with limited scleroderma, especially those showing extracutaneous symptoms.

Two original works presented in the Monthly magazine were elaborated in the centre in Lublin, under supervision of professor Grażyna Chodorowska and professor Dorota Krasowska. The aim of the first work was to evaluate concentrations of selected adipokines in serum of patients with common psoriasis and examine possible interdependencies with selected laboratory and clinical parameters. Among the chosen adipokines, resistin shows the greatest relationship with the intensification of skin lesions, expressed with PASI ratio. Apart from that, leptin and growth factor originating from pigment epithelium show the biggest dependency with body mass disorders, expressed with BMI, leptin and chemerin show the greater interrelationship with lipid profile disorders in psoriatic patients. Results of the conducted studies indicate the possible share of tested adipokines in pathological processes leading to psoriasis.

The second work involved assessment of health-related behaviour in patients with limited scleroderma and determination of interrelationship between the discussed elements and intensification of lesions in the skin and organs. Own studies showed that a general health-related behaviour ratio in patients with limited scleroderma was significantly higher than in the control group ($p < 0.001$). Such interdependency was ascertained in all examined fields. Patients with limited scleroderma showed considerably higher health-related behaviour ratio than persons from the control group, which indicates that health risk factors mobilized patients to undertake pro-health behaviour.

The objective of the original work from the Chair and Clinic of Dermatology, Venereology and Alergology from Wrocław and Clinic of Dermatology in Rzeszów was to characterize the clinical image of erythema nodosum (EN). EN is one of the most common forms of cellulitis. However many aspects of its pathology remains unanswered. Despite the fact that it is a reactive disease, it is diagnosed in many cases as an idiopathic one. Further studies on EN are required to better characterise its pathomechanism and optimise patient therapy.

Interesting aspects are described by the doctor of medical sciences Hubert Arasiewicz, with his team from the Chair and Clinic of Dermatology at the Medical University of Silesia (Katowice) concerning the most commonly observed adverse effects in the group of patients with cicatricial alopecia treated with hydroxychloroquine. Among the adverse effects reported by the patients were the following: intensified gastric reactions, vision disorders, discolorations, skin itching, weakened muscle strength, muscle pains, vertigo and headaches, urticaria and elevated liver enzyme levels. In two cases therapy was discontinued (urticaria). In the remaining cases, dosages were modified, which made it possible to control the reported symptoms whilst maintaining the therapeutic effect. The majority of adverse effects were reported up to 3 months since hydroxychloroquine therapy commencement.

Medical cosmetology is an important field of dermatology, dealing with either healthy and ill skin and it fully deserves being included into the group of medical sciences and, due to the specific content and scope of ac-

tions, being given a proper place among other medical specialities. Rapidly developing practical and theoretical knowledge about cosmetic dermatology requires broad popularisation in order to ensure that medical doctors and cosmetologists dealing with aesthetic medicine cooperate properly. That is why, at the end, I present two original works from the Institute for the Structural Studies on Skin at the Chair of Cosmetology at the Faculty of Pharmacy with the Laboratory Medicine Section at the Medical University of Silesia (Katowice).

The first work concerns the role of a coach in a cosmetology and aesthetic medicine salon. A medical coach is a person whose task is to provide assistance in discovering, understanding and achieving patients' life goals. The coach is to help them in health management. A coach should also support doctors and other health care professionals. Recently, coaches have become very active in salons dealing with the professional body care. The objective of the work was to get opinions of cosmetologists concerning their possible cooperation with a medical coach in cosmetology and aesthetic medicine salons. On the basis of the conducted research, it was ascertained that cosmetologists' knowledge about coaching and competences of a medical coach is scarce. It probably results from the low popularity of the profession in our country. A post of a coach is better known among the citizens of western countries. In Poland, the profession itself has been popularised for more than a dozen or so years, however, in medical disciplines it has just began.

The second work involves micro-needle mesotherapy – what patients know about it, which leads to the conclusion that the knowledge about the treatment in patients to undergo it is relatively good. It may result from the relevant approach on part of the personnel, consisting in talks with patients and availability of informative leaflets and web pages dealing with skin care.

I would also like to present five review works. The first three were elaborated in the centre I personally manage.

The first work concerns emergencies in dermatology, which include a group of skin diseases of various aetiology, with an acute and dynamic course and systemic reactions posing threat to patient's life. A common feature of those diseases is the necessity to undertake immediate medical rescue actions and proper treatment, alleviate its course, lower the risk of early and late complications and considerably decrease the mortality rate.

The second work concerns neonatal and infant acne. Its authors claim that neonatal acne has a mild course, recedes spontaneously, leaving no scars and does not require any therapy, whereas infant acne creates risk of scar occurrence and may require treatment, which – in the majority of cases – is similar to the one applied in juvenile acne (with more serious course). The aforementioned work focuses in the pathogenesis, clinical symptoms and therapeutic possibilities of early childhood acne.

Another work from this group summarises current knowledge about seborrheic dermatitis, in particular therapeutic opportunities. The paper constitutes a review of the available literature on the subject and presents the most significant recent findings.

The next work I would like to draw your attention to involves the role of vitamin D in dermatology, which was elaborated jointly with the the Chair and Clinical Ward of Internal Diseases, Dermatology and Allergology at the Medical University of Silesia (Katowice). Basically, the dermatologists focused on the significance of vitamin D in psoriasis, but the conducted studies extend its therapeutic indications in such skin diseases like tumours or atopic dermatitis.

The last review work concerns black-caraway (*Nigella sativa*) in cosmetic and medicinal products, which is used in dermatology. The paper was elaborated in the Institute for the Structural Studies on Skin at the Chair of Cosmetology at the Faculty of Pharmacy with the Laboratory Medicine Section at the Medical University of Silesia (Katowice).

I hope the selected publications will meet your expectations. I wish you a pleasant read.

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