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Centro Hospitalar Universitário de Santo António in Porto, Portugal. His main research topics in dermatology are immunodermatology, immunology, and immunopharmacology of psoriasis and atopic dermatitis.

He has been the principal investigator for several psoriasis and atopic dermatitis clinical trials and has been involved in the development of national guidelines for the treatment of psoriasis and atopic dermatitis. He is associate editor of Acta Médica Portuguesa and Drugs in Context, co-editor of Portuguese Journal of Dermatology and Venerology, and an editorial board member of Drugs, Journal of European Academy of Dermatology and Venereology, Journal Dermatological Treatments, Journal of International Medical Research, and the Foundation René Touraine's e-Book Therapeutics In Dermatology. He has published more than 150 articles on psoriasis and atopic dermatitis and served as editor of the Portuguese book Psoriasis and Psoriatic Arthritis.

Dr. Torres is a founding member of the Portuguese Atopic Dermatitis Group, president of the Portuguese Group of Psoriasis, president-elect of Skin Inflammation & Psoriasis International Network (SPIN), member of Group for Research and Assessment of Psoriasis and Psoriatic Arthritis (GRAPPA), and an IPC and IEC Councilor.