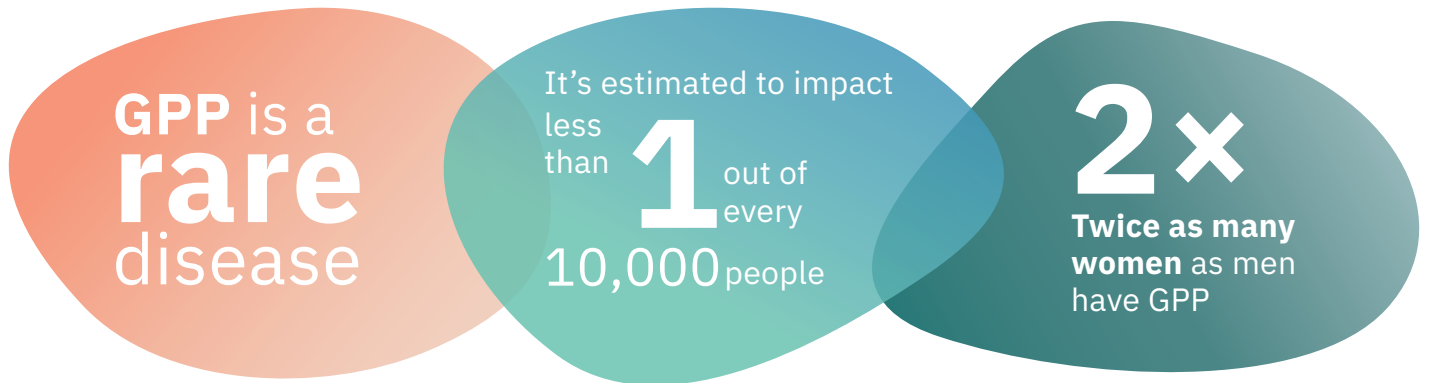


GPP The facts

GPP stands for generalized pustular psoriasis (sometimes called pustular psoriasis or von Zumbusch psoriasis). It is a rare, life-long disease that can affect your whole body. Since GPP is uncommon, many people (including your dermatologist) may not know what it is.

Finding support often means being your own best advocate: gathering information, understanding all your treatment options, and directly asking for what you need from friends, family, colleagues, and your doctor. Here are some facts to make this easier:



GPP symptoms appear both on and beneath the skin and can include:

-  Painful pus-filled blisters called "pustules"
-  Red, dry, itchy, or scaly skin
-  Skin that is swollen
-  Burning pain on the skin
-  Fever/chills
-  Exhaustion
-  Joint pain
-  Nausea
-  General discomfort or weakness

GPP is diagnosed and treated primarily by dermatologists, but some rheumatologists may also diagnose the condition

But because GPP is rare, it may take time to diagnose. It can help to find a dermatologist who has experience with GPP. [This tool](#) can help you find a specialist.

The ups and downs of GPP can impact daily life

Flares are sudden, intense symptoms, including episodes of widespread pustules that can occur without warning. You can also experience symptoms in the absence of flares, including skin that is red, scaly, or has small blisters. To help address GPP symptoms, it's important to address the cause: ongoing inflammation throughout the body.

GPP is not contagious

It's an immune disease, so you can't catch it from someone else or give it to someone else.

Some people with GPP may also experience plaque psoriasis (the most common form of psoriasis). However, they are very different diseases with different symptoms — and are caused by different processes in the body.

GPP is not just about the skin and other physical symptoms

The disease can take an emotional toll, including feelings of fear, anxiety, and even hopelessness. Many people worry about when the next flare may occur, if their condition will worsen over time, and how GPP may affect their ability to participate freely in daily life. Even when symptoms are mild, GPP can impact everyday activities.

Taking back control

"A part of being in control is being vocal with your doctor. If treatment is not working or symptoms are getting worse, definitely let your doctor know."

Mary, living with GPP

"Find your voice. Advocate for yourself. Take a stand. Don't take no for an answer ever. You deserve to be seen."

Heather, living with GPP