

GPP: Taking an active role in your care

Living with GPP, or generalized pustular psoriasis, isn't easy, but there are some things that you can do to help manage life with GPP.

Taking an active role in your care might even help you to feel more in control of your condition!



Find a doctor who knows GPP

There are some dermatologists who know GPP and other rare skin diseases well.

You can find a dermatologist with experience in treating GPP near you by asking your dermatologist for a referral or by contacting a patient organization.



Work with your doctor to help find the best treatment plan for you

Be open and honest with your doctor about your experiences and feelings. It may help them to understand what matters most to you.

It's important to set clear treatment goals with your doctor. Building a good relationship with them is just as important!

Remember that treatment may take a while to start working. Try not to be disappointed if something doesn't work straight away

It can take some time for you and your doctor to find a treatment plan that works best for you.



Improve your understanding of your condition by tracking your symptoms.

Your doctor may know GPP well, but you know your own body best! Keeping a journal of how you are feeling between flares could help you better understand your disease and potentially even help you to identify your triggers.

Writing it down can help you see how your symptoms change over time. During a flare, note your symptoms, how they started, how severe they are, and how long they last.

Get to know what triggers your flares - it may help you to manage your disease!

Pay attention to how you feel before a flare starts to develop. You may feel unwell or extremely tired. You may have chills or nausea or lose your appetite. While it's not known exactly what causes GPP, triggers of a GPP flare can include:



Starting/stopping some steroid medicines and pain medication



Infection



Stress



Pregnancy



Irritating skin creams/ointments



Too much sunlight

Contact your dermatologist as soon as you notice signs of a flare

This is important because flares can be serious and you may need to go into hospital. Complications from a flare can be life-threatening.

Carry information with you that helps explain GPP and that shows your dermatologist's phone number.

This way, any healthcare provider can always check with your dermatologist first before treating you. It's important to receive help to manage your condition. Most of the medications used are not specifically approved for GPP, but they can help relieve skin symptoms, as well as fever and pain



Finally, remember to look after your mental wellbeing too! GPP isn't just about the physical symptoms. It can affect many aspects of your life, even between flares

Don't be afraid to ask for help, your dermatologist may be able to recommend a mental health professional or even a support group. They can help you manage the emotional impact of GPP and how you deal with GPP day to day.

Living with GPP is not easy, but when it is managed well and you have support, it shouldn't stop you from living your life. Remember that you're not alone in managing your GPP and taking an active role in your care can be a big help



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