

WHAT IS GPP?

Patient
Information
Brochure



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INTRODUCTION

This booklet is for people who are affected by **generalized pustular psoriasis (or GPP)**. It explains what GPP is and looks at how it is different from plaque psoriasis. It provides information about the symptoms of GPP and what to do if you are experiencing them. It also explains what GPP flares are and how to recognise them.

Contact your doctor if you have any questions after reading this booklet, or if you would like more information about any of the topics covered.

There is also more information about GPP available at **GPPandMe.com**.



WHAT IS GPP?

GPP is a rare, lifelong disease. GPP can affect your body in many different ways and not everyone will experience exactly the same symptoms. You might have painful, pus-filled blisters (called pustules), along with red, dry, cracked or scaly skin, and severe itching.

GPP can also cause more general symptoms, such as fever, headache, or extreme tiredness.

WHAT CAUSES GPP?

It's not known exactly what causes GPP, but it's important to know that **GPP is not contagious.** You might be naturally prone to getting it, but it can also be triggered by something in your life, such as stress, a medicine, or another disease.

GPP affects more women than men.

It often starts in people in their 40s, but it can occasionally occur at a younger age.

The symptoms of GPP can be very challenging, no matter what stage of life you are at. If you're experiencing symptoms that seem like those in GPP, **it's important to try and get a diagnosis as soon as possible.** This will help you to get the right care for you.

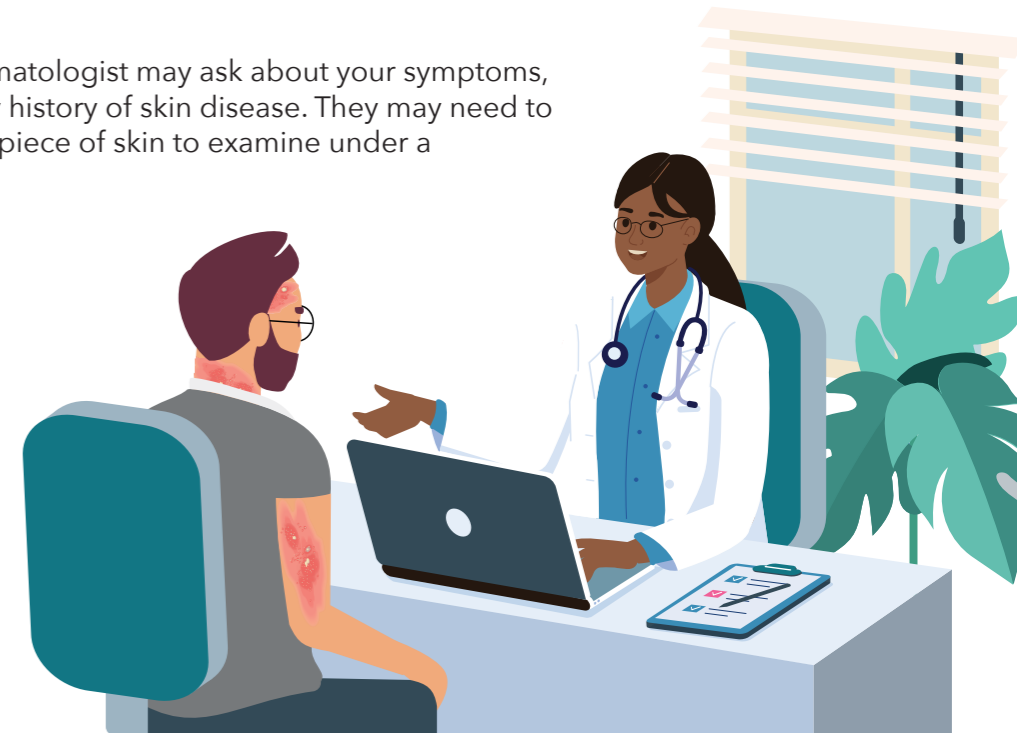


DIAGNOSING GPP

Getting a diagnosis of GPP is not always straightforward. Because GPP is rare, some doctors may not be very familiar with it. **You may be referred to a dermatologist (skin specialist) to diagnose GPP.** If your dermatologist suspects that you have GPP, you might even find that they refer you to another dermatologist who has more experience treating it.

At your first appointment, your dermatologist may ask about your symptoms, your medical history, and any family history of skin disease. They may need to do blood tests or even take a small piece of skin to examine under a microscope (a biopsy).

It can be confused with and can occur alongside plaque psoriasis. So it's important that you talk openly about all your symptoms. This will help your doctor to confirm the diagnosis. They can then work out how best to help you manage your GPP symptoms long-term.



HOW IS GPP DIFFERENT FROM PLAQUE PSORIASIS?

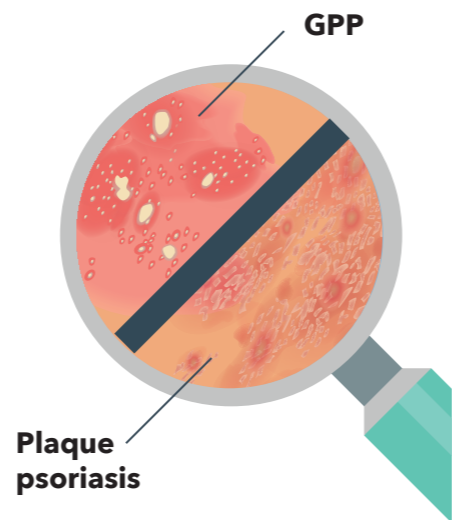
Although GPP can be confused with plaque psoriasis, they are 2 different diseases.

Plaque psoriasis is the most common form of psoriasis. It accounts for nearly 8 out of 10 psoriasis cases. GPP, on the other hand, is a rare disease.

Even though GPP is very different from plaque psoriasis, nearly 2 out of 3 people with GPP also have plaque psoriasis and there are some similarities in symptoms between the two conditions.

Both GPP and plaque psoriasis can show up as large areas of red itchy skin. But GPP also causes painful pus-filled blisters (called pustules) and sometimes more general symptoms. The symptoms of GPP can be severe and can have a strong impact on your quality of life.

It's important to get the correct diagnosis because GPP and plaque psoriasis are different diseases caused by different processes in the body. So, treatments that work for plaque psoriasis may not work for GPP.



I was diagnosed with GPP six months after the birth of my first child. It was a very scary experience. I didn't know what was happening and it took quite a while to get a proper diagnosis. I went to many doctors, first a primary care physician and then a dermatologist. They tried me on many different medications, ointments, and creams - nothing was working. It took a good year to receive a diagnosis of psoriasis and even longer to find out it was GPP.

Christine, GPP patient

WHAT ARE THE SYMPTOMS OF GPP?

Being aware of GPP symptoms may help you to recognise them early, so that you can get the correct diagnosis as soon as possible. If you're living with GPP, you might experience skin symptoms that cover large parts of the body and may look and feel like:



Widespread pus-filled blisters on your skin



Dry skin that peels and cracks easily



Tender or sensitive skin



Fiery red or discoloured skin



Severe itching

GPP doesn't just affect the skin. You might have other symptoms:



Fever



Chills



Headaches



Joint pain



Muscle weakness



Extreme tiredness

You may find that your symptoms are unpredictable and appear very suddenly. If the symptoms are not treated, in rare cases, they can be life-threatening.

For this reason, it's important that you talk to your doctor about any symptoms you are experiencing, and how long you have had them. You might find it helpful to make notes before your doctor's appointment so that you remember everything you want to say. You could also use the symptom tracker on the following pages to help you track your symptoms over time. This can help you better understand your symptoms and talk to your doctor about them.

WHAT IS A GPP FLARE?

A GPP flare is when symptoms of GPP appear suddenly, without warning.

GPP flares involve a group of symptoms that include widespread reddened, inflamed skin that is covered with pus-filled blisters. Flares may also include general symptoms such as fever, joint pain, or feeling extremely tired. GPP flares don't always show up in the same way, so it's hard to predict how severe a flare will be or how long it will last. Flares can last for months. You might also experience continued symptoms between flares.

RECOGNISING TRIGGERS OF FLARES

Flares can be very challenging to manage and it's natural to want to prevent them from happening. It's not known exactly what causes GPP flares, but we do know that they are sometimes triggered by external events or circumstances.

Common triggers for GPP flares are:



Stopping steroid treatment



Infection



Stress



Pregnancy

Other less common triggers are:



Starting steroid treatment



Irritating skin creams or ointments



Too much sunlight

GPP can be unpredictable and different people will have different triggers. Not all triggers will lead you to develop a flare. Over time, as you become more familiar with how GPP affects you, you may be able to recognise what triggers your flares.

WEEK	SKIN SYMPTOMS				GENERAL SYMPTOMS					Notes (including potential triggers and symptom duration)	
	Blisters/ pustules	Redness or discoloured skin	Skin pain (tenderness or burning)	Severe itching	Fever/ chills	Headache	Joint pain	Muscle weakness	Extreme tiredness		Other symptoms
WEEK 1											
WEEK 2											
WEEK 3											
WEEK 4											

RECOGNISING FLARES EARLY



Paying attention to how you feel before a flare and tracking your symptoms between flares can help you to monitor your disease and potentially identify your triggers. **Recognising flares, and what triggers them, may even help you to manage your disease and help you to feel more in control of your GPP.**

In the lead up to a flare, you may feel unwell and experience a general feeling of uneasiness, extreme tiredness, chills, decreased appetite or nausea.

The flare may start with fiery red, tender skin, followed by painful blisters and dry, scaly skin. The blisters may join together. Once the blisters burst, new blisters may appear.

MANAGING FLARES

If you feel a flare coming on, **you may require medical care**. It's important to get the right treatment as soon as possible for the best results. **You should contact your dermatologist as soon as possible.**

If you need medical attention when you are away from home, you can fill out the card below to help any healthcare provider contact your dermatologist. This way, any healthcare provider can talk to your dermatologist first before giving you treatment.



PATIENT CARD

You can use this patient card to let doctors and nurses know you have GPP



I am living with a rare, lifelong disease called GPP (generalized pustular psoriasis).

GPP symptoms may be severe and even life-threatening if left untreated. **Please contact my dermatologist to find out more.**

My Name:

Date Of Birth:

Name of Dermatologist:

Dermatologist's Phone Number:

- Treatments that I am currently taking:
- Triggers of flares (if known):

FURTHER INFORMATION

Although living with GPP is not easy, it's important to remember that there are ways to help manage your disease. For more information about GPP, please visit **GPPandMe.com**.



A public awareness initiated by Boehringer India Pvt Ltd. Information in this material does not constitute any medical advice. Please consult your doctor for any medical advice.



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