



Dakshama Health & Education  
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# GPP: A RARE DERMATOLOGICAL DISEASE WE NEED TO TALK ABOUT

## WHAT IS GPP?

GPP is a prolonged, rare condition. GPP can have many different effects on your body, and not everyone will have the same symptoms. Along with red, dry, cracked, or scaly skin, painful pus-filled blisters (also known as pustules), and intense itching are possible symptoms.

Additionally, GPP can result in other symptoms like fever, headaches, or tiredness.

## PHYSICAL BURDEN

- Extensive, extremely painful blistering on large areas of the skin
- Can cause damage to the skin
- Unpredictable, Sudden flare-ups
- Fever and chills
- Muscle weakness and fatigue
- Severe itching
- Joint pain

## EMOTIONAL BURDEN

- Sleep deprived
- Work life balance
- Stigma and discrimination
- Relationship and social life
- Depression and anxiety
- Anxiety about receiving the incorrect diagnosis

Visit us at: <https://cops.dermatologypatients.co.in>

Join our support group on Facebook: <https://www.facebook.com/groups/918010845561661/>

To join our WhatsApp closed group: <https://forms.gle/UVuLEske62v1bhjN6>



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- Worry about unexpected flare-ups

## IS THERE ANY CURE?

For GPP, there is no approved treatment. Better care is urgently required for those with GPP. When someone has GPP, they require immediate treatment to prevent endangering their lives. Medication options may help reduce life-threatening flare-ups.

## WAY FORWARD-WHAT CAN BE DONE

- Promote better diagnosis and treatment options by advocating for change
- Spread awareness on the disease amongst the community and healthcare professionals
- Build advocacy and communication toolkits
- Building the capacity of patient advocates with GPP
- Documenting stories of the people living with GPP
- Consultations with the experts and policy makers for the inclusion of the rare disease

Series of roundtable discussions on these urgent needs regarding rare dermatological diseases were Conducted by [Dakshama Health](#).)

*Round Table meeting 1:* [Click here to watch the recording](#)

*Round Table meeting 2:* The round table discussion deliberated about the roles and responsibilities of the stakeholders involved in the identification, treatment, and inclusion of new rare diseases, as well as explored accelerated regulatory pathways for new rare dermatological disease treatment options

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