Generalized pustular psoriasis (GPP):
A rare autoinflammatory skin disease

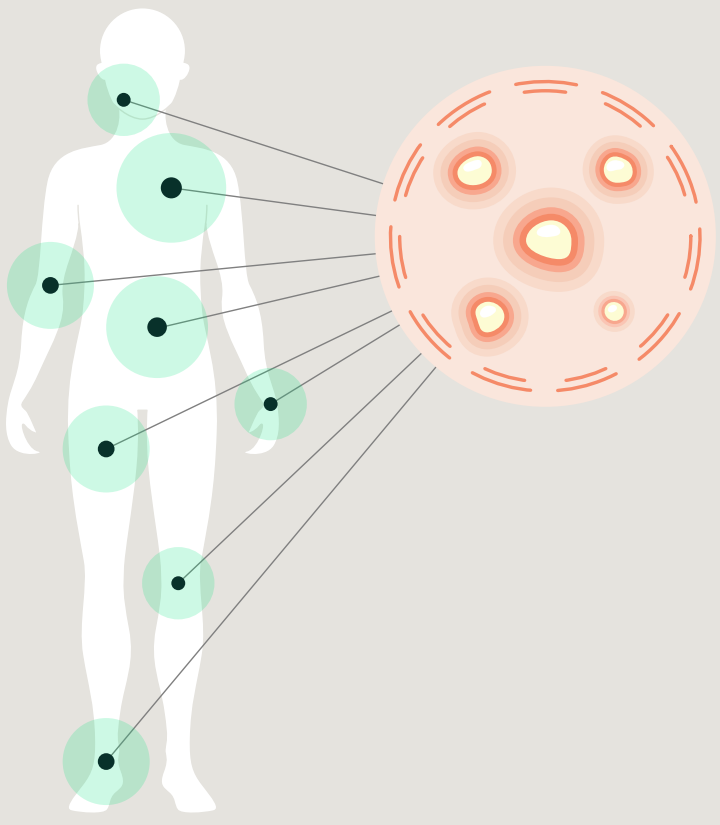
What is GPP?

GPP is a chronic, inflammatory disease associated with **skin** (episodes of painful pus-filled blisters) and **systemic symptoms**, such as **fever, pain and fatigue.**[1,2,3]

GPP varies a lot between individuals living with the condition, with the symptoms presenting on a continuum, which means it can present either in a persistent or relapsing course.[2,3,4]

GPP is not contagious and cannot be spread from person to person.[5]

It can lead to life-threatening complications, such as multi-organ failure and sepsis, often requiring emergency care.[6]



Who has GPP?

GPP is a rare disease; with prevalence varying considerably across geographical regions, ranging from

1.76 to 124 patients per million persons[2]

GPP can occur with or without concomitant psoriasis[7]
Studies have highlighted

higher predominance in females[8, 9 -11]

GPP often first appears between

40–50 yrs of age

and earlier in some patients, depending on their genetic make-up[11]

What causes GPP?

GPP is distinct from plaque psoriasis, with the IL-36 pathway being a key driver of the condition. The exact cause of GPP is unknown, but factors that can contribute to GPP flares include:[3,8,12-16]

- Overexposure to sunlight
- Genetic mutations
- Upper respiratory tract infections
- Sudden withdrawal of steroids & exposure to certain medications
- Hormonal changes & pregnancy
- Periods of stress & anxiety

Systemic related GPP symptoms include:[13]

- Anorexia
- Chills
- Fever
- Malaise
- Nausea
- Severe pain

How GPP can impact quality of life[3]

GPP symptoms are unpredictable, which can affect all aspects of life:

Ability to perform daily activities

Mental health (anxiety and depression)

Social relationships

Scientific advances in GPP

An expert Global Delphi Consensus panel has classified GPP as phenotypically, genetically and immunologically distinct from plaque psoriasis[17]

Until recently, the absence of randomized, placebo-controlled GPP trials has posed significant challenges in finding effective treatments[18]

Research into the IL-36 pathway as a therapeutic target has advanced scientific knowledge of GPP[19], and has led to the first approved comprehensive therapy for the treatment of GPP in the US and China[20,21]

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