Palmoplantar Pustulosis (PPP): a rare and chronic autoinflammatory skin disease

**WHAT IS PPP?**

PPP is a chronic, autoinflammatory skin disease. It is distinct from the more common plaque psoriasis but as many as a quarter of people with PPP also have concomitant psoriasis.6,11

PPP is characterized by blisters of non-infectious, sterile pustules on the palms of the hands and soles of the feet, surrounded by red patches of skin. When the blisters resolve, they turn brown, peel off, and form a crust.8

Once developed, PPP is a chronic disease that may persist for decades.8,11

PPP is not contagious and cannot be spread from person to person.

**WHO HAS PPP?**

PPP is a rare and chronic autoinflammatory skin disease. Estimated prevalence of PPP ranges from 0.9—9.1 per 10,000 people worldwide.6

PPP often first appears between 45—65 yrs of age.

Up to 3-4% of psoriasis cases present with concomitant PPP.6

Anybody can develop PPP, but the majority of cases occur in women (82%-92%).7

**WHAT CAUSES PPP?**

The exact cause is unknown, but factors that can trigger PPP flares include:7,9-11

- Smoking
- Overexposure to sunlight
- Tonsillitis, dental infections, and sinusitis
- Genetics
- Reaction to a TNF-α inhibitor used to treat psoriasis
- Friction caused by wearing shoes
- Metal sensitivity, mainly nickel
- Periods of stress

**COMMON SYMPTOMS DURING PPP FLARES INCLUDE:**

- Burning sensation
- Cracked skin
- Dry and thick skin
- Itchiness
- Scaly skin
- Severe pain

**INFLAMMATION OF THE PALMS AND SOLES CAN SEVERELY IMPACT QUALITY OF LIFE:**

PPP can lead to significant functional disability and is associated with substantial impairment in quality of life.

**MORE HELP NEEDED TO TREAT PPP**

Treatment of PPP is difficult; it can be highly individualized to the patient and the level of supportive evidence is limited.

There are currently no therapies specifically approved for PPP in Europe or the United States.

Therapies currently used for PPP are limited and lack profound and persistent efficacy.

8.13-17

References:

7. The exact cause is unknown, but factors that can trigger PPP flares include:7,9-11
8. Smoking
9. Overexposure to sunlight
10. Tonsillitis, dental infections, and sinusitis
11. Genetics
12. Reaction to a TNF-α inhibitor used to treat psoriasis
13. Friction caused by wearing shoes
14. Metal sensitivity, mainly nickel
15. Periods of stress
16. Pain
17. Mental health (anxiety and depression)
18. Performing daily activities
19. Sleeping comfortably
20. Using hands
21. Walking or standing for long periods of time comfortably

8,13-17