Generalized Pustular Psoriasis (also called GPP) is a rare type of psoriasis. Because GPP is rare, many people (including doctors) are not familiar with it.

Talking about GPP can help other people better understand it. But because it’s such a unique condition, it can be difficult to know where to begin.

To help get you started, here are some facts about GPP.

Even if you are living with GPP, some may come as a surprise to you!

- GPP is a rare disease.
- GPP is not contagious. It’s an immune disease so you can’t catch it from someone else or give it to someone else.

GPP symptoms may include:

- Widespread pus-filled blisters on your skin
- Tender or sensitive skin
- Fever
- Chills
- Nausea
- Extreme tiredness
- Burning pain on the skin
- Fiery red or discoloured skin
- Headaches
- Muscle weakness
- Joint pain
- Dry skin that peels and cracks easily
- Muscle weakness
- Severe itching
- Severe pain
- Fainting
- Frequent urination
- Incontinence
- Metabolic acidosis
- Muscle weakness
- Tenderness

A dermatologist (skin specialist) is trained to recognize and diagnose GPP. But because GPP is rare, it may take a few visits to different doctors. So you may be referred to a dermatologist who has more experience in treating GPP.

GPP flares can come on very suddenly. They can happen anytime and they can be unpredictable—it’s hard to know when you are about to have one, how long it will last, or how severe it will be. If they’re not treated, they can be life-threatening. It’s important to see your dermatologist as soon as you feel a flare starting.

Some people may experience plaque psoriasis (the most common form of psoriasis) prior to developing GPP or following GPP. However, they are very different diseases with different symptoms. They are caused by different processes in the body.

Although living with GPP is not easy, it’s important to remember that there are ways to help manage your disease, including working closely with your dermatologist. Having the right support can also help you manage your life with GPP better.

It’s estimated 1 person out of 10,000 has it in the United States. Twice as many women as men have GPP.

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