

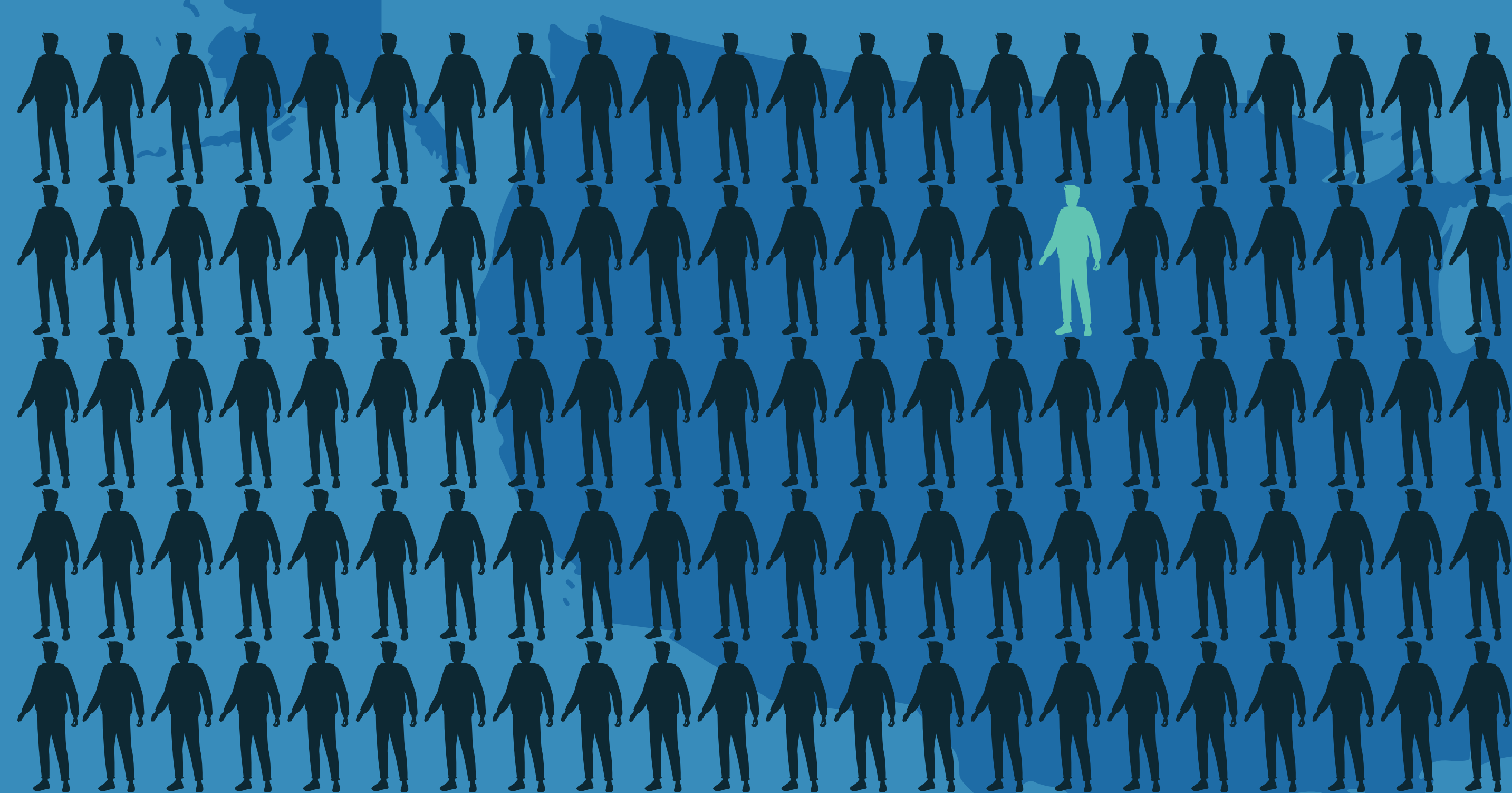
GPP: THE FACTS



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. It's estimated that roughly

1 person
out of
10,000

has it in the United States.

Twice as many women as men are impacted by GPP, but GPP can affect anyone.

GPP symptoms include:



Joint pain



Muscle weakness



Widespread pus-filled blisters on your skin



Dry skin that peels and cracks easily



Burning pain on the skin



Fiery red or discoloured skin



Severe itching



Headaches



Tender or sensitive skin



Fever



Chills



Nausea



Extreme tiredness



Severe pain



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.



A dermatologist (skin specialist) is the right doctor to diagnose GPP

But because GPP is rare it may take a few visits to different doctors. Some Dermatologists won't have seen many cases before, so you may be referred to a dermatologist who has more experience in treating GPP.

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



Nearly
2/3

people with GPP also have plaque psoriasis (the most common type of psoriasis)

However they are very different diseases with different symptoms. They are caused by different processes in the body, so they are treated in different ways.

GPP is not just about the skin and other physical symptoms. It can affect other parts of your life, such as work, hobbies, socialising, and your mental wellbeing too. It's important to talk to your doctor if GPP is affecting your mental health. Having a support network of friends and family can also be a big help.



Living with GPP is not easy but when it is managed well and you have support, it shouldn't stop you from living your life.



Boehringer Ingelheim Singapore Pte. Ltd.
300 Beach Road #37-00 The Concourse
Singapore 199555
Phone +65 / 6419 8600
Fax +65 / 6297 5771

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