

DEMYSTIFYING GENERALISED PUSTULAR PSORIASIS (GPP) FOR PATIENTS: Facts, Figures, and Realities

UNDERSTANDING GPP

- **Rare chronic skin condition** caused by deficiencies in the immune system
- **Severe** and **potentially life-threatening**¹
- **Generalised** means it impacts a larger skin area, and **Pustular** as it manifests as pus-filled bumps, or pustules²
- GPP cases can stem from **IL-36RN genetic mutation**. The gene is found in the skin, and regulates inflammation as the body's early immune response³



IN SINGAPORE ALONE,
40,000 affected by
psoriasis^{4,5}
400 ARE GPP PATIENTS
GPP might be more prevalent than perceived.
Often misdiagnosed as regular psoriasis,
eczema, or skin infections⁶

GPP DEMOGRAPHICS

Mainly seen in adults and starts between the ages of

40 - 59

and is more common in women than men.
It can also occur in infants, young children, and adolescents



RECOGNISING GPP: SYMPTOMS AND CHARACTERISTICS

Early symptoms

- Dry skin with burning sensation
- High fever and discomfort⁷



Characterisation

- Recurring flares that emerge several times a year or every few years⁸
- The nature of flares can include:
 - Sudden appearance of small pustules¹
 - Red patches on the skin surrounding pustules¹
 - Extreme pain, itching, and burning⁹



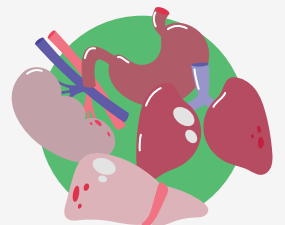
Additional complications

- Plaque psoriasis (scaly patches on skin)
- Inflammatory polyarthritis (swollen and painful joints)



Can lead to severe complications:

- Sepsis⁸
- Pneumonia
- Liver damage
- Cardiorespiratory failure
- Kidney disorders¹¹



GPP SUBTYPES⁷

Acute GPP

- **Highest risk of mortality**⁷
- Rapid widespread inflammation and pustule eruption¹²
- Fever, chills, nausea, disrupted appetite, fatigue¹²

Annular GPP

- **Milder symptoms**¹²
- Lesions developing into ring-like pustules and red patches
- Pustules lasting less than a day¹³

Pustular Psoriasis during pregnancy

- Eruption of red ring patches with non-infectious pustules
- Lesions within skin folds that spread rapidly¹⁴

COMPARING GPP WITH PSORIASIS

GPP may be misdiagnosed as plaque psoriasis, which accounts for 90% of the psoriasis cases.¹² However, GPP is more severe with **~50% higher mortality rate**

	PLAQUE PSORIASIS	GPP
APPEARANCE ¹⁶	Red patches of skin covered by silvery-white scales	Pustules surrounded by red skin
AFFECTED BODY PARTS	Scalp, trunk, limbs, elbows and knees ¹⁷	Arms, legs, and trunk ²
MANAGEMENT ¹⁶	Managed in an outpatient setting	Hospitalisation required



TRIGGERS FOR GPP FLARES



Discontinuing steroids during plaque psoriasis treatment^{1,18,19}



Taking systemic medications including pain and hormone therapies⁸



Sun overexposure⁸



Pregnancy⁷



Infections, stress, low calcium,⁷ upper respiratory tract infections¹⁴

GPP: BEYOND SKIN DEEP STIGMA AND SUPPORT



DISPELLING GPP MYTHS TODAY FOR A MORE INCLUSIVE TOMORROW

GPP is not contagious!²⁰

- Not an infectious disease caused by bacteria or viruses
- Non-transmissible; GPP cannot be contracted from someone by:
 - Shaking hands, including hands with lesions
 - Sharing food and drinks
 - Engaging in intimacy

GPP is not a reflection of poor hygiene or lifestyle choices²⁰

- GPP is involuntary, caused by deficiencies in the immune system
- Symptoms appear despite patient seeking treatment; GPP has no cure yet

MENTAL HEALTH²¹



2/3

experienced fear, anxiety,
and were worried about
loss of medication effectiveness

SLEEP²²

90%
experienced
poor sleep quality

38%
experienced
clinical insomnia



WORK AND PRODUCTIVITY

27%

stopped
working

Economic burden of
GPP in Singapore
~SGD 18,705²⁴⁻²⁸
(hospitalisation and treatment
cost (including biologics))

65%

faced
discrimination
in work



DAY-TO-DAY ACTIVITIES²¹

6 out of 10

Impaired physical activity

4 out of 10

Reduced ability for
household activities

SOCIAL LIFE²³

94%

social life
impacted

77%

experienced
stigma



- Denied salon access
- Social avoidance
- Internalized stigma
leading to self-shame

OVERCOMING AND DESTIGMATISING GPP: HOW PATIENTS CAN MAKE A DIFFERENCE



Seek effective GPP treatments

- Corticosteroid withdrawal after long-term usage can trigger flares⁸
- Traditional medicine or home remedies could worsen GPP⁵



Develop a holistic care plan

- Including emotional support, as regulating emotions can help to prevent flares



Engage in conversations

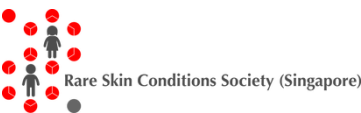
- Destigmatise GPP
- Encourage empathy
- Foster inclusivity

CONNECT FOR SUPPORT AND MORE INFORMATION ON GPP/PSORIASIS

Join a support group:



Helpline for urgent cases:
+65 9005 8264



**Committed to being your
befriender throughout your
Psoriasis journey.**

Scan the QR code to join
our community today



References:

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