

What is Grover's disease?

Grover's disease, also known as transient acantholytic dermatosis, is a fairly common itchy skin condition which predominantly affects the trunk in middle-aged and older people. This condition is more common in men than in women. It may last for several weeks or months and can be recurrent (i.e. come and go).

What does Grover's disease look and feel like?

Grover's disease causes groups of small bumps or blisters to appear on the chest, middle of the back and arms which are usually itchy. These may be flesh-coloured, red, or sometimes darker in colour.

What causes Grover's disease?

While the exact cause of Grover's disease is not known, it is thought to be aggravated by heat and sweat.

It is not thought to be hereditary (cannot be passed down generations) and is not infective (cannot be passed from person to person).

What else may also contribute to Grover's disease?

It is more common in patients who have had chronic sun exposure, prolonged bed rest and certain illnesses.

Things you can do to help yourself

Remaining cool and avoiding sweating is the best way to help manage the symptoms of Grover's disease. The use of cooling emollient creams (such as those containing menthol) may be helpful. You may wish to try an antihistamine tablet which can be bought over the counter to see if this helps reduce itching. Keeping your skin protected in the sun is also important.

Make an appointment at your GP surgery

Although there is no cure for Grover's disease, if you need help there are various treatments that can be prescribed.

Treatment options provided by a health professional include topical treatments (applied directly to the skin) such as emollients and steroid creams.

Your mental health

Grover's disease can have a significant psychological impact. If Grover's disease is affecting your mental health, you should discuss this with a health professional.

Referral to a specialist

If the diagnosis is uncertain you may need to be referred to a specialist, who will be either a Dermatologist or a GPwER/GPwSI in Dermatology (a GP who has also been trained in relevant areas of dermatology).

What will happen when you are referred?

The appointment may be face-to-face (the person attends the clinics), or a video call (Teledermatology).

If the diagnosis is uncertain a small sample of skin (a biopsy) may be taken under local anaesthetic to be examined under a microscope.

Other treatment options for patients experiencing more persistent or severe symptoms may include a course of light treatment (phototherapy) or oral medications such as retinoids.

Helping with other skin conditions

If you, a family member, or friend have an undiagnosed skin condition; or you want to learn more about how to treat skin conditions, please visit www.pcds.org.uk – if you click the purple tile near the top of the homepage that reads **Take a Tour** you can learn how best to use this website.