

Live well with Generalized Pustular Psoriasis (GPP):

A COLLECTION OF TIPS AND TECHNIQUES TO HELP MANAGE YOUR GPP

INSIGHTS FROM PEOPLE LIVING WITH GPP

GPP is a rare, lifelong disease, that can impact every aspect of the lives of those affected by it.¹ Data from an online survey of 66 people living with GPP in the USA revealed that:²

Nearly **40%** of respondents

reported that it took years to receive a diagnosis of GPP, due to misdiagnosis and having to visit multiple physicians.



Almost **9/10** people had experienced two or more flares in the past year.

Over **3/4** of respondents

reported that their flares have an impact on most aspects of their daily life.

Although **living with GPP is not easy**, it's important to remember that there are **ways to help manage your disease**.

Tips For Living With GPP

DIAGNOSIS AND UNDERSTANDING



Acceptance is important

Recognize that GPP is a lifelong condition and try to find effective management techniques.



Everyone's experience is different

Take the time to learn about your GPP.



Track your symptoms

Keeping a diary between flares may help monitor your disease and identify potential triggers and solutions.

DAY-TO-DAY PHYSICAL ELEMENTS



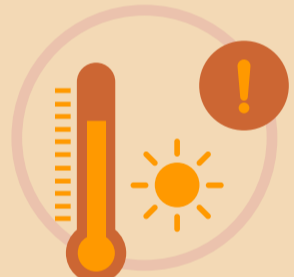
Try a healthy diet

Avoid excess alcohol, sugar, and smoking.



Wear loose, comfortable clothing

If you want to cover your skin, breathable cotton will help. If you have pustules on your feet, wear shoes with socks when possible.



Avoid extreme temperatures

Stay in a cool room or in the shade instead of prolonged periods in the heat.

EMOTIONAL WELLBEING



Relax

Do something you enjoy, try mindfulness exercises or meditation to help relieve stress.



Reassurance is important

Remind yourself that your flare will eventually clear up.



Have a support network

Talk to your loved ones, let them know how you are feeling and how they can support.



Reach out

Contact a psoriasis support organization such as **IFPA**, who can give you further advice or help connect you to other GPP patients.

DURING A FLARE



Stay hydrated

Keep your skin moisturized with creams/lotions and drink plenty of water.



Lean on loved ones

Ask for help from close friends/relatives where needed.



Stay calm

Do something that makes you feel relaxed and happy.



Rest up

Get plenty of rest or sleep.



Follow the advice of your healthcare team

Contact your physician if you need help or have any questions.

For further advice and support please reach out to your healthcare professional or your local patient organization.

The above tips were collected from personal experiences from people living with GPP during a Boehringer Ingelheim virtual meeting and 1:1 interviews.

References: 1. Kharawala S, Golembesky AK, Bohn RL, Esser D. The clinical, humanistic, and economic burden of generalized pustular psoriasis: a structured review. Expert Rev Clin Immunol. 2020;16(3):239-252. doi:10.1080/1744666X.2019.1708193 2. Kotowsky, N, Brunette, S, Valdecantos, W. Insights from patients with generalized pustular psoriasis (GPP): Results of an online survey in the US, 2021