



# Grover's Disease

**What is Grover's disease?** Grover's disease (transient acantholytic dermatosis) is a common disorder characterized by a rash that suddenly appears, lasts weeks to months, and then spontaneously resolves. In some cases, it may be persistent or recurrent. Grover's disease most often affects men over 50, and is much less common in women or younger individuals. It is strictly a skin condition and is not associated with any internal diseases.

**What causes Grover's disease?** The cause is unknown. It is thought that dry skin and sun exposure play a role in the development of the disease. Frequently, it follows sweating or some type of heat stress to the skin.

**What does Grover's disease look like?** The lesions of Grover's disease are itchy pink or red bumps, which may be scaly, blistered, crusted or eroded. There may be slight bleeding. Lesions typically occur on the central chest and back. Sometimes, Grover's disease can be complicated by the development of dermatitis (inflammation of the skin). Larger, itchy, dry patches develop and may spread to affect other areas of the body.

**How is Grover's disease treated?** Dermatologists may make the diagnosis from the appearance of the rash, but a skin biopsy looking for its characteristic features under the microscope may be necessary to confirm it. Treatment is difficult and there is no known cure, but the good news is that most cases resolve on their own in 6 to 12 months. In the mean time, the following measures may help:

- Avoid excessive sun exposure and remain cool, as further sweating will induce more lesions.
- Mild topical steroids (hydrocortisone) or oral antihistamines (Benadryl) are only necessary if the lesions are itchy.
- Keep your skin moist with a bland emollient (e.g. Cetaphil or Eucerin cream).
- Oral retinoids such as acitretin (Soriatane) or isotretinoin (Accutane) have been shown to be helpful in a small number of cases. However, they have significant side effects and are not recommended for mild cases.

**For more information on Grover's disease go to:**

[www.dermnet.org.nz/scaly/grovers.html](http://www.dermnet.org.nz/scaly/grovers.html)