

Palmoplantar Pustulosis (PPP): a rare and chronic autoinflammatory skin disease

WHAT IS PPP?

PPP is a **chronic, autoinflammatory skin disease**. It is **distinct from the more common plaque psoriasis** but as many as a quarter of people with PPP also have concomitant psoriasis¹⁻³

PPP is characterized by blisters of **non-infectious, sterile pustules on the palms of the hands and soles of the feet**, surrounded by **red patches of skin**. When the blisters resolve, they turn **brown, peel off, and form a crust**⁴

Once developed, PPP is a **chronic disease that may persist for decades**^{5,6}

PPP is not contagious and cannot be spread from person to person



WHO HAS PPP?

PPP is a rare and chronic autoinflammatory skin disease. Estimated prevalence of PPP ranges from **0.9–9.1 per 10,000 people worldwide**⁷

Anybody can develop PPP, but the **majority of cases occur in women (82%-92%)**²



Up to **3-4% of psoriasis cases** present with **concomitant PPP**⁸



PPP often first appears between

45-65 yrs of age²

WHAT CAUSES PPP?

The exact cause is unknown, but factors that can trigger PPP flares include:^{2,9-11}



Smoking



Overexposure to sunlight



Tonsillitis, dental infections and sinusitis



Genetics



Reaction to a TNF- α inhibitor used to treat psoriasis



Friction caused by wearing shoes



Metal sensitivity, mainly nickel



Periods of stress

COMMON SYMPTOMS DURING PPP FLARES INCLUDE:^{8,12}



Burning sensation



Cracked skin



Dry and thick skin



Itchiness



Scaly skin



Severe pain

INFLAMMATION OF THE PALMS AND SOLES CAN SEVERELY IMPACT QUALITY OF LIFE^{8,13-17}

PPP can lead to significant functional disability and is associated with substantial impairment in quality of life



Mental health (anxiety and depression)



Performing daily activities



Sleeping comfortably



Using hands



Walking or standing for long periods of time comfortably

MORE HELP NEEDED TO TREAT PPP⁶



Treatment of PPP is difficult; it can be highly individualized to the patient and the level of supportive evidence is limited



There are currently no therapies specifically approved for PPP in Europe or the United States



Therapies currently used for PPP are limited and lack profound and persistent efficacy

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