

GPP Flares, Causes & Triggers

A GPP flare is when symptoms of GPP appear suddenly, without warning.

GPP flares involve a group of symptoms that include widespread reddened, inflamed skin that is covered with pus-filled blisters.

Flares may also include general symptoms such as fever, joint pain, or feeling extremely tired. GPP flares don't always show up in the same way, so it's hard to predict how severe a flare will be or how long it will last.

The exact causes of GPP is unknown, but factors that can trigger GPP flares include:



**Overexposure
to Sun**



**Stress &
Anxiety**



**Sudden
changes in
medication or
steroids**



**Hormonal
Changes &
Pregnancy**



**Dental /
Upper
Respiratory
infection**



**Irritating
Skin creams
or
Ointments**