



# GROVER'S DISEASE

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Grover's disease (transient acantholytic dermatosis) is a condition that appears suddenly as itchy red spots on the trunk, most often in older men. Minor cases of Grover's disease may be rather common. Sometimes the features of Grover's are found in people who do not itch or have a conspicuous rash. Most of the people with Grover's who visit a dermatologist, however, itch a lot.

Grover's may be suspected by its appearance, but since it has such a characteristic appearance under the microscope a shave skin **biopsy** is often performed. Once confirmed, most cases of Grover's disease last six to twelve months (which is why it was originally called "transient"). Unfortunately it may last much longer.

The cause of Grover's is unknown. Sometimes it seems to start up or worsen after exposure to extremes of temperature; other times it appears for no known reason.

Minor outbreaks can be controlled with prescription strength topical cortisone creams. More troubling eruptions usually clear up after taking **Accutane** or **tetracycline** pills for one to three months. If these fail or the outbreak is severe, **PUVA phototherapy** treatments, antifungal pills and **cortisone injections** are alternatives.

**This information has been provided to you compliments of the American Osteopathic College of Dermatology and your physician.**

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