

GROVER'S DISEASE (Transient Acantholytic Dermatitis)

Grover's disease is a skin eruption which tends to occur on the chest and back of adults. It is a harmless annoying problem, which produces small red, itchy, pimple-like areas. It can be smooth or warty in texture. Although it often occurs on the trunk of middle age adults it is by no means restricted to this area of the body or age group. The problem with this eruption is the itching associated with these lesions. This problem tends to appear or worsen in conditions of high heat and humidity. Many patients notice the eruption is worse after sweating or exercising.

Grover's disease, is named after Dr. Grover, who first described the problem. The other name is simply a descriptive term. Transient means the condition can come and go. Acantholytic is a fancy medical word to describe something that is seen under the microscope when a test is done from the actual skin eruption. Dermatitis refers to the fact that it is a red, scaly and itchy skin eruption.

It is difficult to predict the natural history of this condition. Many patients with Grover's disease have limited outbreaks only in one summer. In other cases it can come and go for many years. The exact cause of the condition is not known. It is certainly not a sign of cancer or an internal condition. In general, this is strictly a problem due to the annoying nature of the itching. In some cases a small test of the skin is required to confirm the diagnosis.

Fortunately, for the most part Grover's disease is treatable. If it is possible avoid the activities or situations which make the condition worse. There are various topical medications that can be used to relieve the symptoms. At times, oral medication is needed. I will determine the best therapy based on your individual situation.

Again, Grover's disease is a harmless, sometimes annoying condition which is treatable. If you have any questions, please ask me before you leave the office.