

Grover's Disease

Transient acantholytic dermatosis is more conveniently referred to (after its discoverer) as Grover's disease. This condition 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 done. 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. A fair portion of patients with Grover's have blood abnormalities and some tests (CBC, SPEP, ESR) are recommended.

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 (sporonox) or cortisone injections are alternatives. General treatments for itch can also be added, such as Atarax pills, Sarna lotion or Caladryl clear gel.